

Time Trials

What is a time trial?

A swim under competition rules to gain a time in a given stroke and distance.

Why do we hold time trials?

To introduce swimmers to gala/competition.

To gain up to date times for gala selection.

To highlight areas of improvement for a given swimmer to the coaches.

When do we run time trials?

3 sets of 2 Friday evenings a year (2 strokes per evening).

Which strokes and distances are involved?

Our regular time trials are -

50m Butterfly

25m Butterfly – for swimmers working towards 50m)

50m Backstroke

50m Breaststroke

50m Freestyle

The order in which the strokes are swum varies from one evening to another to ensure that all strokes are swum first at some point.

Who is welcome to take part?

Yellow 1 (in boom pool)

Red squad

Masters

Divers (provided they can swim 50m easily)

Who is expected to take part?

Yellow 1 (in main pool)

Yellow 2 and 3

Blue squad

Black squad

Gold squad

Equipment required.

Trunks/Costume.

Goggles.

Towel.

Spare Tshirt (to keep you warm while waiting).

Non fizzy drink in plastic bottle.

How do I take part?

Register

Be at the pool from 6.30pm in order to register at our desk (desk closes at 7pm).

Give your name and the strokes you want to swim to the person on our desk.

Get changed and report to coach on poolside (take all equipment with you).

Warm up

Warm up is from 7-7.30pm (you will be allocated a lane and told what to swim).

After the warm up go and sit on pool side and listen for your name.

Racing

Racing starts at 7.30pm

You will be called and lined up along the silver railing that runs along the length of the fitness pool, when you get to the front of the queue you will be sent to the lane that you will swim in.

Please don't bring music and ear-phones – you won't be able to hear when you are called.

If you are starting at the deep end - give the time keeper your name (if you are doing 25m butterfly the time-keeper will ask for your name at the end of the race).

The referee will blow several whistle blasts (usually 4) to warn you to get ready to swim.

Please be quiet from the time the whistle blows until the swimmers are actually swimming – regardless of whose race it is.

If there is an announcer he/she will announce the heat.

The referee will then blow the whistle again (once this time).

Backstroke always starts in the water (holding on with 2 hands).

You can start the forward strokes –

By diving from a block.

By diving from the side of the pool.

By getting into the water when asked (and holding on with 1 hand).

If swimming backstroke or starting any stroke in the water

Get in and hold on to the end.

If swimming a forward stroke and starting from the block.

Get on it.

If backstroke there will be a further whistle blast to ensure everyone is ready.

The starter will then say "Take your Marks" and when everyone is still will start the race.

The starting device is usually an electronic BLEEP (you will be told if it isn't going to be) – when you hear it – go for that PB (personal best time).

Please cheer the swimmers on once the race is underway.

Don't leave the pool after your swim until you are told to do so.

After your race/s

Once you have swum go back and wait to be called for your 2nd swim.

Once you have completed your swims you are free to go home BUT make sure you tell the coach that you are going.

Results will be posted near the notice board and on the web-site ASAP after the time trial.

Help with time-trials

In addition to the coaches, referees and judges we need the following volunteers to run a time trial:

Registration desk	2
Recording table	2
AOE operators	2
Announcer	1
Marshals	2
Chief Time Keepers	2
Time Keepers	6
Drinks	2

If you can help in any way (we will train you) please let me know.

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