

Special Olympics
Eastern



3rd Spring Gala
Special Olympics
Eastern Region
Swimming Competition

Saturday 28th April, 2018

at the
Hertfordshire Sports Village
de Havilland Campus, Hatfield Business Park, Mosquito Way, Hatfield
AL10 9EU

I N F O R M A T I O N P A C K



General Information & Eligibility

The swimming gala will take place on **Saturday 28th April, 2018** at

**The Hertfordshire Sports Village, De Havilland Campus,
Hatfield Business Park, Herts, AL10 9EU.**

Access to changing rooms will be at 17:30, Warm Up at 17:45 with the gala starting at 18:15, finishing around 21:30. Please be aware that the changing rooms are gender controlled. There is a central changing room that can be used by mixed gender, however, please let Janet Warrington know if this is required specialolympicseastherts@gmail.com.

FINAL DATE OF ENTRIES will be **Tues 20th March 2018**. Late entries will not be accepted.

All groups are reminded that athletes entering the event should:

- Conform to Special Olympics Sports Rules in terms of having been diagnosed as having a learning disability
- Have been following a supervised training programme in the relevant sport for a minimum of 26 weeks prior to the event
- All ages are invited to participate. All races are open and run on a time banding system
- Note: Athletes who meet the Intellectual Disability and length of training criteria may enter for the purpose of encouraging them to become members (i.e. may not be SAM registered).

Events / Entries

All individual events will be run on a time banding system. Swimmers submit a time and races are ranked according to entered time. A swimmer who swims more than 15% faster than their submitted time receives a 'participation certification' for breaking the 'maximum effort rule' however they will still receive their time as this is still valid. MER is 25% for 25m Freestyle.

The individual races are:

- 200m freestyle, 100m individual medley, 100m freestyle 50m freestyle and 25m of all the individual strokes (backstroke, butterfly, freestyle and breaststroke).
- Swimmers may enter up to **three** individual races.
- please note there are no relays at this event

Accurate timings must be submitted for each event on the official entry form. These will be cross-referenced with our database. Priority for entry will be given to clubs within the Eastern Region, followed by clubs from other Regions who wish to participate. [Due to over subscriptions in previous years, entries from clubs outside the Eastern Region will be on a first come, first served basis.](#) **Please use the electronic entry form if possible.**

Booking Conditions

- A swimmer may enter 1, 2 or 3 races (maximum 3 races per person)
- Individual race is **£4.00** per race
- The closing date for entries to be received by is **Tuesday 20th March 2018**
- Cheques payable to '**Special Olympics East Herts**'

Atlanto-Axial Instability

As you will be aware, this is a problem which may occur with some of the Down Syndrome athletes. There are quite a few sports that can cause pressure on the neck and if the athlete is unfortunate enough to suffer this instability it can have serious effects. Swimmers are most at risk when entering the pool by diving, and when performing Butterfly stroke. Team Managers are fully responsible for ensuring that all athletes have the appropriate medical consent for diving and / or swimming butterfly events and that all Down Syndrome athletes meet the Special Olympics requirements associated with Atlanto-Axial Instability and swimming events. Please indicate on the individuals entry form for each swimmer whether eligible to start with a dive, or will be starting in the water. These details are recorded on poolside paperwork to help ensure safe operations and changes only allowed with the approval of the referee.

Swimming Technique

Team Managers should ensure that all competitors entered in this event have recognised stroke movements as defined in FINA law. Full FINA Laws are implemented for Special Olympics Swimming events. To avoid the disappointment of disqualification in any event, swimmers with leg or arm actions that do not comply with the stroke requirements should be entered into only freestyle events. If you are in doubt, please contact your local swimming instructor or the Event Organisers. Team Managers must also ensure that swimmers are competent to swim the distances entered. If there

are truly special circumstances where a swimmer requires a poolside lane, please indicate on the entry form (lane changes on the day will be subject to the Referees permission).

Team Managers

Teams are asked to be at the pool for Registration by 17:15hrs. Briefing packs will be waiting for you at registration including safety information. Some of you may be new to this sort of event and the smooth running and schedule depends on your co-operation. Warm ups start at 17:45hrs. For information a draft programme will be sent prior to the event.

- No swimmers will be allowed to enter the changing area before 17:30hrs
- Swimmers and team representatives will not be allowed on poolside before 17:30hrs
 - Warm Up 17:45hrs
 - Opening Ceremony 18:00hrs
 - First Race 18:15hrs
- Swimmers who withdraw **cannot be substituted** on the day
- Lane changes or permission to dive will only be allowed subject to the Referees permission.

Poolside Helpers

Each team is allowed TWO or THREE Team Helpers on poolside dependent on the team size (ratio 1:10). Absolutely no young children are allowed. No outdoor shoes allowed on poolside. Due to the shortage of space please refrain from bringing sports bags onto poolside – these should be left in the changing room lockers which costs £1.00.

Awards / Photos

Awards, in line with Special Olympics Guidelines, will be presented to all swimmers during the evening. For the presentations, all swimmers are required to be wearing at least a T-Shirt on top of their swimwear.

Please note that by entering the Gala, athletes are giving permission for both action photos and medal presentation photos to be taken throughout the Gala. Photographs will be allowed to be taken poolside; however, the photographer must register at reception and declare their name, address and which swimmer/team they will be photographing in line with safeguarding and protection policies.

Health & Safety

If there are any swimmers who suffer from epilepsy the Team Manager should identify that person to the Event Director (Janet Warrington) and where possible the athlete should be identified by wearing a yellow swimming cap. Due to Health and Safety rules we must insist that all spectators and competitors in the balcony use the seats and do not congregate at the rear walkway in order to keep the fire escape free. Please ensure that all swimmers coming to the pool area have a drink bottle, tracksuit/T-shirt and towel.

Programmes / Spectator Entry

Team Managers will be sent a draft programme before the gala. [Programmes for spectators will be available on the day and the price is included in the spectator entry fee of £2.00.](#)

Contact

Janet Warrington - Disability SDO
Special Olympics East Herts
 c/o Amwell View School and Specialist Sports College,
 Station Road, Stanstead Abbots, Herts. **SG12 8EH.**

Land Line: 01920 870027 ext. 201 Mobile: 0772 989 2729
 Email: specialolympicseastherts@gmail.com website: www.specialolympicseastherts@gmail.org

List of Events

200m Freestyle Female
200m Freestyle Male

25m Freestyle Female
25m Freestyle Male

25m Breaststroke Female
25m Breaststroke Male

100m Freestyle Female
100m Freestyle Male

25m Backstroke Female
25m Backstroke Male

50m Freestyle Female
50m Freestyle Male

25m Butterfly Female
25m Butterfly Male

100m Individual Medley Female
100m Individual Medley Male

OFFICIAL ENTRY FORM

(To be returned by Tues 20th March, 2016)

Region

Team Name

Swimmer Name

Swimmer SOGB No

Male / Female (Delete as appropriate)

Please only use paper forms for entries if unable to access electronic file

	Event	Entry Time	Start (please tick)	
			Dive	In Water
No more than three events per swimmer				

NOTE : Team Managers must ensure swimmers are competent to swim and have the appropriate medical consent for the strokes and distances selected, including diving if required.
Due to the time-banding requirements no substitutions will be allowed on the night

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