

Relay Race

- The Cub section C relay will consist of 4 x 1 **widths** of a standard sized swimming pool (**Four** Cubs form a team and each Cub will be expected to swim a single width)
- The Scout relay and Cub section D relay will consist of 4 x 1 **lengths** of a standard sized swimming pool. (**Four** competitors form a team and each competitor will be expected to swim a single length).
- Competitors may use any stroke to complete the relay.

Events

The actual events will be as stated on the programme unless altered by unforeseen circumstances. These usually take the form of Breaststroke, Freestyle, Backstroke and Relay.

Heats

The number of heats for any event will be determined by the number of competitors.

Use of the Pool

- All Scouts and section D Cubs are to stay in the spectator gallery until they are called poolside. They must **not** be at poolside until required. When section D Cubs and Scouts are called poolside, section C Cubs must retire to the changing rooms, change and move up to the gallery.
- Each Pack and Troop must provide **one**, and one only, leader to supervise the competitors poolside.
- Each supervisor is asked to keep control of the competitors and to ensure they are ready for the next race.
- All people poolside are asked to keep away from the edge of the pool and to keep quiet when announcements are made.
- No food or drink is to be taken poolside.
- All the rules of the swimming pool must be obeyed (e.g. No running poolside).

Disqualification

Any group or individual not complying with the rules will be disqualified from the race or event in question. If you have a query or question please take it up with the organizing team. Do not question the judgment of the judges and adjudicators.

Basic Swimming Skills

All groups are to **ensure** that each competitor can safely and confidently swim the required distances before the gala.

Presentations

All competitors must be in uniform in time for the presentations. Please make sure that your Group stay to see **all** the presentations as this is only polite. Some of the top placed competitors will go on to represent our district at the County Swimming Gala.



Barking & Dagenham District Scout Council invite you

to

Swimming Gala



Saturday 10th February 2007

Dagenham Swimming Pool
Althorne Way

5:00 for 5:30 p.m. start



Cubs - Section C - Widths

1	Backstroke	Heats
2	Breaststroke	Heats
3	Freestyle	Heats
4	4 x 1 Width Relay	Heats /Final
5 - 7	Finals	Final

Changeover poolside

Section D / Scouts / Explorers - Lengths

8	Backstroke - Cubs (D)	Heats
9	Backstroke - Scouts (E)	Heats
10	Backstroke - Scouts (F)	Heats
11	Breaststroke - Cubs (D)	Heats
12	Breaststroke - Scouts (E)	Heats
13	Breaststroke - Scouts (F)	Heats
14	Freestyle - Cubs (D)	Heats
15	Freestyle - Scouts (E)	Heats
16	Freestyle - Scouts (F)	Heats
17	4 x 1 Length Relay - Cubs (D)	Heats
18	4 x 1 Length Relay - Scouts (E)	Heats
19	4 x 1 Length Relay - Scouts (F)	Heats
20-23	Backstroke Finals (inc Explorers)	Final
24-27	Breaststroke Finals (inc Explorers)	Final
28-31	Freestyle Finals (inc Explorers)	Final

Section D / Scouts / Explorers - Lengths

32	4 x 1 Length Relay - Cubs (D)	Final
33	4 x 1 Length Relay - Scouts (E)	Final
34	4 x 1 Length Relay - Scouts (F)	Final
35	4 x 1 Length Relay - Explorers (G)	Final

Please listen to announcements so that you know when and where to go to compete in your events. If you qualify listen for your name to be read out during the finals.

Sections

Group C:	Cubs Under 9½ years of age
Group D:	Cubs Over 9½ years of age
Group E:	Scouts Under 12 years of age
Group F:	Scouts Over 12 years of age
Group G:	Explorers Over 14 years of age

Age is determined on the day of the competition

Rules

This is just an outline. A full set of rules for each section is available from the organizing team. Please make sure that you consult the full set before you compete in any events.

Age Ranges

Competitors may swim in a higher age section providing that they remain in that section throughout the gala (they may not compete in both sections).

Race Lengths

Section C events will consist of a single **width** of a standard sized swimming pool. All other events will consist of a single **length** of a standard sized swimming pool.