

New to swimming carnivals?

Welcome, it is great to have you here today! Here are a few tips to help you make the most of this exciting occasion.

- You are here to have FUN! Getting nervous before your race is optional but does happen and that's completely normal. How many new friends can you make today?
- Remember your main competitor is the clock. Whilst it is nice to beat others, everyone has a slightly different age, size, skill and fitness level. Do you have a 'personal best' time "PB" to beat?
- Swimmers times, heat placing and lane number will appear briefly on the scoreboard immediately at the end of their swim. The full results will be posted on a noticeboard during the meet, and appear on our website afterwards.
- Like all sports, swimming has many rules to ensure fairness. The most important of these are written in the program under 'Meet Procedures'. Our officials are friendly and will try to help you. Follow their instructions.
- Ever been told that the best way to learn is by making mistakes? If you are 'disqualified' (DQ) for breaking a rule then congratulations - you have learned a lesson and will definitely improve next time.
- If your goggles fall off, keep going. If your cap falls off, keep going. If your hair gets in your face, keep going. If your togs fall off then, well, erm you decide.
- It is not compulsory to use the starting blocks at this carnival.
- Make sure you know which event(s) you are competing in by event number. Make sure that you report to the Marshalling Area at least 3 events prior to yours. A location map appears in the program including how to get there. The officials will look after you from there, but won't wait for you if you haven't first reported in.
- Most events today are divided into heats. These are streamed according to 'entry times' from slowest to fastest. They are being raced as 'timed finals' that means the results are based on times achieved, regardless of the heat.
- Swimming is not all about racing in pools. There are competitive swims in the ocean and open water and there are surf life saving carnivals. Many people enjoy swimming for health, fitness and friendship only. Whatever your preferred format, we really hope you will experience the joy of swimming.

If you enjoyed today and want to do more then why not join a swimming club? There are many fantastic clubs in the local area. Here at Abbotsleigh we will soon be offering monthly as well as annual memberships.