

BARRACUDA SWIMMING CLUB

(Founder member of ASTRA 11)



39th ANNUAL GALA

5th July 2008

Held under HALLIWICK AST laws
Doors open 6.45 p.m. - 7.15 p.m. start

We welcome members and friends from these Clubs:

BRENTWOOD AQUACESS S.C.

HATFIELD PLATYPUS S.C.

RUISLIP TURTLES S.C.

STEVENAGE DOLPHINS S.C.

WATFORD SEA LIONS S.C.

GUESTS P.B.S.C.

The Trophies will be presented by
OFFICERS & GUESTS of the CLUB

Our thanks to the Pool staff for their willing co-operation and
also to the members of Clubs who have helped to arrange and act
as officials at this Gala.

A Raffle will be held during the evening to help cover Club expenses.

EVENTS

1. Mens 1 Length
2. Junior 3 Lengths
3. Ladies 1 Length
4. Mens 3 Lengths
5. *Invitation Girls 1 Length. B.S.C. v Guests

Presentations to Winners of Events 1, 2 & 3

6. Junior 1 Length
7. Ladies 3 Lengths
8. *Invitation Boys 1 Length. B.S.C. v Guests

Presentation to Winners of Events 4, 5 & 6

9. Senior Team Relay. 4 x 1 Length
10. Junior 2 Lengths
11. Ladies 2 Lengths
12. Mens 2 lengths
13. Junior Team Relay. 4 x 1 Length

Presentations to Winners of Events 7, 8 & 9

14. *Invitation Relay. 4 x 1 Length. B.S.C. v Guests
15. Diving

Presentations in the Foyer to Winners
of Events 10, 11, 12, 13, 14 & 15,
and the BARRACUDA TROPHY
to the Winning Club.

Points are awarded for every event except those marked*

All races are run on a time handicap which, although giving every competitor an equal chance of winning, means that all competitors do not necessarily start on "GO", but they must wait for their particular handicap times to be called. We would, therefore, ask you for COMPLETE SILENCE at the START of EVERY event, to enable each competitor to hear his or her time being counted out.

ANY SWIMMER IMPROVING ON HIS OR HER ENTERED TIME BY MORE THAN THREE SECONDS PER LENGTH, WILL AUTOMATICALLY BE DISQUALIFIED. HOWEVER A CERTIFICATE OF IMPROVEMENT WILL BE AWARDED. In team races the improvement limit will be nine seconds overall.

Late 1949 saw the start of the first swimming club in the world formed specifically for the handicapped - Halliwick Penguins S.C. The work carried out in this club led to the inauguration of the Association of Swimming Therapy on 15th May 1952 and the founding of BARRACUDA S.C. in September 1968. The Association is divided into Regional Associations, each being referred to as HASTRA. Barracuda S.C. is affiliated to HAST.

Our Gala is open to any member of the invited Clubs, no matter how severe the handicap.

Over a period of years and after hundreds of competitions, it has been found that the only FAIR and POSITIVE method of competition is by the time handicap method.

The time handicap is prepared by considering only the ABILITY OF THE SWIMMER IN THE WATER. It requires clubs to maintain a constant check on the changing abilities of their swimmers. The swimmers are encouraged to swim at their best at all times and, therefore, create keen and sporting competition.

The rules governing HAST competitions are modelled on those of the Amateur Swimming Association.

POINTS

- 1st - 6 points
- 2nd - 5 points
- 3rd - 4 points
- 4th - 3 points
- 5th - 2 points
- 6th - 1 point.