**Inclusive Swimming**

**Date:** Friday 20th March 2020, 1pm

**Venue:** Louisa Centre, Stanley

**Age Group:** Years 3/4/5/6, Years 7/8/9, and Years 10&11

**Gender:** Mixed

**Team Requirements:** Teams can be made up of pupils from different schools to form one SGO team.

**Learning / Physical Disability Section**

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| --- | --- | --- | --- | --- | --- |
| **KS2 Girls** | **KS2 Boys** | **KS3 Girls** | **KS3 Boys** | **KS4 Girls** | **KS4 Boys** |
| 25m Free25m Back25m Breast | 25m Free25m Back25m Breast | 25m Free25m Back25m Breast | 25m Free25m Back25m Breast | 25m Free25m Back25m Breast | 25m Free25m Back25m Breast |
| Girls Freestyle Relay**Any age group to make up a team of 4** | Boys Freestyle Relay**Any age group to make up a team of 4** |

Each individual can compete in a maximum of 2 individual events plus a relay event.

Teams can be made from a combination of Schools within the SGO area.

SGO areas can enter a maximum of 1 team per partnership.

**Scoring**

Swimmers will gain points for their team depending on their time/finishing position in their race. These points will determine the winning SGO area team winner. There will be no individual medals given. If an area an unable to form a complete team they will not score in the races they do not have representation.

**Rules**

* Outdoor wheelchair access is allowed on poolside, although wheels must be cleaned before access is permitted.
* Swimming hats are encouraged to be worn.
* Suitable swimming costumes are encouraged -for females, a one-piece costume -for males, swimming trunks or **suitable** bathing trunks. Long, loose-fitting “Bermuda” shorts with pockets are not acceptable.
* There will be a hoist available in the shallow end of lane 8 if needed.
* No diving is allowed throughout the gala.
* All individual events will start in the water.
* All 25m events will start at the shallow end and finish at the deep end.
* All swimmers must remain in the water until every swimmer in their race has finished.
* The freestyle events can be swam any stroke.
* No swimmer will be disqualified throughout the gala.
* **Every swimmer must be able to swim 25m confidently and tread water for at least 30 seconds in deep water.**
* Each lane will be timed by timing equipment and a time keeper.
* Swimmers must **not** climb out over the timing pads.
* This is a team event, no individual medals will be presented. A trophy will be awarded for the overall winning school for KS2 (primary) and KS3/4 (secondary).
* All swimmers participating in the gala will receive a certificate.
* Each event will be started by a horn with a strobe light.
* 5 metre turn flags will be available for backstroke finishes.
* Presentations will occur after the gala has finished when all the pupils are dried and dressed.
* Photographs are only allowed during the presentation ceremony with permission from the event organiser. A form must be completed prior to camera usage.

For further information please visit:

[www.yourschoolgames.com](http://www.yourschoolgames.com) or [www.swimming.org/asa](http://www.swimming.org/asa)