

Meet results: East Invicta Development Gala

17 & 18th May 2025

Hythe entered 24 swimmers into the gala, with one unfortunately pulling out due to sickness.

Collectively, they competed in 62 events in the four sessions over the weekend. Of those events, 22 were strokes and/or distances our swimmers were competing in for the first time. For a number of them, this was their first gala.

We were joined by 441 swimmers from nine other clubs, who took part in 286 races during the 11 hours of competition.

We had some fantastic results and a few dramatic nail-biting races.

Dion (16) and **Oscar** (14) took home golds in their age groups for 50m backstroke and 50m butterfly respectively.

Seb (15) and **Oscar** won silvers for 100m breaststroke and 100m butterfly.

At this gala the top six in each age group win awards:

Faye (11) came 4th in her 100m breaststroke and **Seb** finished 4th in the 50m breaststroke;

Harry (9) came 5th in the 50m breaststroke – at his very first gala!

And **Oliver Newman** (15) came 6th in the 50m and 200m breaststroke.

Oscar smashed his PBs for his two medal wins, knocking 3.5 seconds off his 50m butterfly time, and nearly seven off his 100m butterfly – a testament to the extra training and hard work he's put in this year – and he also recorded a great time for his first 200m individual medley.



Other notable PBs include

- **Alice** who shaved one second off her 100m backstroke;
- **Anaya** who took a whopping 11 secs off her 100m freestyle;
- **Emily** who smashed her 50m butterfly PB by over eight seconds;
- **Eva** who took 10 seconds off her best 50m backstroke time and over 3 seconds off her 50m freestyle;
- **Faye** who shaved nearly two seconds off her 50m freestyle and over seven seconds off her 100m freestyle;
- **Freya** who knocked nearly seven seconds off her 50m breaststroke;
- **Gracie** who got a huge 14 seconds off her 100m freestyle, and seven off her 200m breaststroke;
- **Lauryn** who shaved two seconds off her 50m freestyle and three off her 50m backstroke;
- **Oliver Lewis** who picked up PBs in both his events – four seconds off 50m breaststroke and three off 50m freestyle;
- **Oliver Newman** with two off 100m freestyle and nearly four off 200m freestyle;
- **Rebecca** with nearly seven seconds off her 50m freestyle;
- **Seb** who improved his 100m freestyle by a minute and a half.

That's on top of PBs from first-time races:

- **Charlotte** (50m freestyle)
- **Chloe** (200m IM)
- **Elsie** (100m freestyle)
- **Gracie** (50m breaststroke & 100m butterfly)
- **Harry** (50m breaststroke)
- **Laurel** (50m backstroke)

- **Libby** (100m freestyle)
- **Lauryn** (100m backstroke, 200m backstroke and 100m freestyle)
- **Mateus** (50m backstroke, 50m breaststroke, 50m butterfly)
- **Oscar's** aforementioned 200m IM.

We did have 12 disqualifications over the weekend, but that is all part of swimming. Sometimes it's just the pressure of the day causing mix-ups, but there are also things we can work on.

Swimmers: please always practice tumble turns in training during sets, always finish or turn with two hands at the same time, separated, for breaststroke and butterfly, and always finish on your backstroke with backstroke. And get out of the way of others in your lane, so they can finish properly.

Forming good habits in training makes it second nature when racing.

The **East Invicta Championships 2025** will be held over the weekends of **18th/19th October** and **22nd/23rd November** only for the fastest swimmers - if you have recorded a time this year at a licensed event meeting the minimum time for your age group (age as of 23rd November 2025), you will be eligible to enter.

If your recent times are close to the qualifying time, our coaches can help you work on the relevant strokes.

We're also keeping our eyes out for anyone who might have an opportunity to meet the Kent Regionals consideration times next Jan/Feb.

A number of swimmers picked up East Invicta Championships qualifying times this weekend, including **Chloe, Dion, Emily, Eva, Faye, Freya, Gracie, Harry, Laurel, Libby, Lauryn, Oscar, and Seb**. Make sure you note this gala in your calendar!

There will be other opportunities this year for swimmers to get licensed times recorded - including our own club championships - so don't worry if you got a DQ, didn't quite get a qualifying time, or weren't able to compete.

BUT...

We cannot enter swimmers into galas without enough volunteers!

We need to be able to meet required swimmer supervision ratios for safeguarding, and we must provide enough licensed officials to event organisers to do our fair share.

This requires more parents to come forward to complete their timekeeping training, or to get DBS checked and complete safeguarding and/or team manager training (no swimming knowledge required).

We also can't run the club championships as a licensed event without more officials – if it's not licensed, times won't count towards qualification.

Please see the volunteering flyer for more details or speak to Jim, Pat, myself, or any of the coaches.



Thank you to all the swimmers, and to their parents or guardians, who attended the gala. We hope everyone enjoyed the experience. For those who were a little bit daunted or nervous – as other swimmers will testify, it gets easier the more you do!

Finally, a massive thank-you to the parents and coaches who volunteered over the weekend including **Diana, Lois, Carolyn, and Tracey**, with a special shout out to **Fiona**, who put in a full day's shift as an official, even after her son was unwell and couldn't compete, and also to **Claire** who's help poolside allowed me to officiate in Session 2. It takes a *lot* of people to run a gala, and without them both, Session 2 would have otherwise run very late with fewer lanes.



Paul Lomax
Hythe Aqua Swim Club
Competition Secretary

Disqualification (DQ) codes:

- **ST - Start**
 - False start or moving before the starting signal.
- **SA - Stroke, arms**
 - Arms not clearing the water in butterfly, or not simultaneous.
 - Arms not simultaneous on breaststroke or elbows coming out of the water.
 - Arms being taken backstroke beyond the hips in breaststroke, apart from the underwater section at the start and after each turn.
- **SL - Stroke, legs**
 - Alternating legs on butterfly.
 - None simultaneous leg action on breaststroke (A screw kick).
- **T - Turn**
 - Hands not touching simultaneously on butterfly & breaststroke.
 - A non-continuous turning action on backstroke (gliding/kicking in on the breaststroke).
 - Not touching the wall on freestyle or backstroke.
- **FI - Finish**
 - Hands not touching simultaneously on butterfly & breaststroke.
 - Finishing a freestyle or backstroke race submerged.
- **1L, 2L, 3L**
 - Means the infraction was recorded on the first / second / third length.