



BREIFNE SWIM CLUB

GALA INFORMATION

General Information for Parents

SWIM IRELAND / SWIM ULSTER

Swim Ireland - National governing body for aquatics in Ireland.

Based in Dublin – policies, governance, competitions, education

Swim Ulster - One of 4 provincial bodies. Caters for Ulster clubs – development of swimmers, competition, education. Based in Bangor.

All swimmers who wish to compete must be registered as a “competitive swimmer” with Swim Ireland before he/she can compete. This is done by the club secretary. Registration fee is €24 per swimming year with a reduction for more than one family member.

Swim Ulster fees, which include insurance, are paid only in March/April when S.U. registration is due. Competitive swimmer fee is £32.

Upcoming gala information and all results can be found on the **Breifne Swim Club website** – www.breifnesc.com

Swim Ulster website, (Competitions Section), and **Leinster Swimming website**, (Clubs Section), are also good websites for upcoming gala information and results.

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COMPETITION PATHWAY

GALAS - FUN, GIVE SWIMMERS A FOCUS AND A WAY TO MONITOR THEIR IMPROVEMENT.

AGE GROUP FOR GALAS IS "AGE ON 31ST DEC." IN YEAR OF COMPETITION

INTERNAL GALA

MINIMUM AGE – 8YRS IN YEAR OF COMPETITION



AQUASPRINT JUNIOR LEAGUE

INTER ULSTER CLUB LEAGUE – 25M AGES 9YRS TO 12 YRS



<u>SWIM ULSTER DEVELOPMENT GALAS</u>	<u>CLUB GALAS</u>
4 GALAS HELD EACH SWIMMING CALENDAR YEAR	RUN BY INDIVIDUAL CLUBS
ALL GALAS ARE SHORT COURSE (25M POOL)	HELD THROUGHOUT THE YEAR
NO QUALIFYING TIME REQUIRED ("Slower Than" Times)	AGE GROUPS AND EVENTS VARY
MINIMUM AGE 10YRS IN YEAR OF COMPETITION	MINIMUM AGE - 9YRS IN YEAR OF COMPETITION
MAXIMUM OF 4 EVENTS PER GALA ALLOWED	
MEDALS AWARDED TO FIRST 3 SWIMMERS IN EACH AGE GROUP	



SWIM ULSTER QUALIFYING GALAS (AUTUMN, SPRING AND SUMMER MEETS)

QUALIFYING TIMES REQUIRED – SWIMMERS MUST HAVE QUALIFYING TIMES IN AT LEAST 3 EVENTS TO ENTER.
GALAS RUN OVER 3 DAYS – FRIDAY EVENING TO SUNDAY.
GALAS CAN BE LONG COURSE (50M POOL) OR SHORT COURSE (25M POOL)
PROVIDE SWIMMERS WITH OPPORTUNITY TO GAIN ULSTER AGE GROUP, IRISH DIV. 1 AND DIV. 2 TIMES.



<u>ULSTER AGE GROUP CHAMPIONSHIP GALA</u>	<u>ULSTER YOUTH AND SENIOR CHAMPS. GALA</u>
AGES 11/12, 13, 14 YRS	AGES 15, 16, 17 & OVER
QUALIFICATION TIMES REQUIRED	QUALIFICATION TIMES REQUIRED
HELD IN JUNE	HELD IN MAY
LONG COURSE GALA	LONG COURSE GALA

IRISH AGE GROUP DIVISION 2 CHAMPIONSHIPS

AGES 11/12, 13, 14, 15 & OVER
QUALIFICATION TIMES REQUIRED
TIMES MUST BE ACHIEVED AFTER 1 ST JAN. IN YEAR OF COMPETITION
LONG COURSE OR SHORT COURSE CONVERSION TIMES ACCEPTED
HELD IN JULY
SHORT COURSE GALA



IRISH AGE GROUP DIVISION 1 CHAMPIONSHIPS

AGES 12/13, 14, 15, 16, 17 & OVER
QUALIFICATION TIMES REQUIRED
LONG COURSE TIMES ONLY ACCEPTED
HELD IN JULY
LONG COURSE GALA
SWIMMERS WHO QUALIFY FOR DIV. 1 GALA MAY NOT COMPETE IN DIV. 2

SWIM ULSTER SKILLS MEET

Swim Ulster have introduced the " Skills Meet" for the 2017/18 season. The purpose of this meet is:

- 1 . To focus swimmers, coaches and parents on gaining and improving swimming skills and techniques, rather than focusing solely on the time it takes swimmer to reach the wall.
2. To provide a gala style event for swimmers who are too young to compete in galas.

There will be 2 Skills Meets during the season and those taking part will complete a series of skills tests for which they will be awarded points, depending on their degree of competency.

These include streamlining, turns, kick speed, timed 25m swims with stroke to speed ratio.

For the 2017/18 season novice swimmers born in 2009 – 2006 will be targeted to take part.

From 2019 onwards, swimmers new to Development galas will be required to achieve a certain level of competency at Skills Meets before moving to Development Galas. Swimmers aged 13 and over will be allowed to bypass Skills Meets.

Further information can be found on Breifne SC website.

COMMON TERMS AND ABBREVIATIONS USED AT GALAS

S.C. - Short Course (25m pool)

L.C. - Long Course (50m pool)

HDW - Heat Declared Winner . If a gala is HDW there are only heats, as opposed to heats and finals. Swimmer's placing depends on time achieved in heat. The majority of galas are HDW.

One Start Rule - A swimmer will be disqualified on one false start.

Two Start Rule - A swimmer will be disqualified on his/her second false start.

N.T. - No Time. A swimmer can enter a gala on a No Time if he/she has not previously swum that event in a gala.

Psych Sheet - a psych sheet is a full list of swimmers entered in each event, along with each swimmer's time. Swimmers are seeded from fastest to slowest time. Psych sheets are usually sold as programmes by gala organizer.

Heat Sheet - list of swimmers' allocated heats and lanes for each event.

2 – 3 Heat Sheets are distributed to the team manager/coach shortly before gala commences. Swimmers can then see exactly when they are swimming.

Heats are swum from the slowest competitors to the fastest i.e. those entered on a N.T. will swim in the first heats of event, followed by the slowest seeded swimmers, leading up to fastest seeded swimmers. This allows each swimmer to swim in a heat with swimmers of similar ability rather than age. Results however are posted in Age Groups.

Marshalling Area - this is where swimmers are lined up in their heats.

ENTERING GALAS

Swim Ireland and Swim Ulster publish a **Calendar of Events** at the start of each swimming year (Sept.) These are available to download on Breifne SC website .

As far as possible, the gala secretary will inform members of upcoming relevant galas by email but parents should also familiarise themselves with both calendars. If unsure about suitability of gala or events, please ask.

Parents should take note of the **"Breifne" closing date** for each gala . This date will be 2-3 days prior to the official entry closing date and allows time for entries to be checked and processed. Breifne closing date will be strictly adhered to and it is parents responsibility to have entries in on time.

The **Breifne Gala Entry Form** can be used to enter galas. This will be emailed with gala info.

Once entries are in, **Gala Entry and Fee Reports** will be sent out. These should be checked and any queries referred to gala secretary.

All Breifne entries are done via gala secretary. It is not ok for individual parents to contact gala organizers to submit or amend entries.



Breifne Swim Club Gala Checklist

Parents please note that the following items are necessary when your swimmer is going to a gala with Breifne Swimming Club.

- **Swimsuit:** favourite competition swimsuit plus spare, if available.
- **Goggles:** having fixed & tested them at training beforehand .
- **Breifne Club Hat** . Available at Leisure Centre reception.
- **Breifne Club t-shirt** / hoodie / tracksuit for between swims . It is very important that swimmers keep warm between events.
- **Footwear:** flipflops, poolshoes, crocs, etc. Absolutely no bare feet allowed around the pool.
- **Towels:** 2 – 3 towels, depending on number of events. Swimmers must dry off before returning to viewing area.
- **Packed Lunch:** some suggestions of high energy foods:- pasta, sandwiches, rolls, rice cakes, small cereal boxes, cereal bars, fruit. Fun size snacks, not heavy bars of chocolate or crisps. High sugar foods should be very limited during gala. Save treats for afterwards.
- **Water Bottle :** Drinks : fruit drinks or water, no fizzy drinks. It is very important to stay warm & hydrated while at a gala, this will help your performance.
- **Dry, “post gala” clothes.**
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- **The Breifne hat & T-shirt are important, they are for identification purposes.**

GALA DAY

Ensure a good night's sleep before gala. The day can be long.

Arrive in good time, especially if you are not familiar with venue.

On Arrival: -

Warm up, usually 20mins each, boys and girls. If first event is "boys", they will warm up first, and vice versa. Approx. half way through warm up **"sprint lanes"** will be announced. These are lanes for diving warm up. Swimmers may not dive before sprint lanes are opened.

Marshalling Area – check location of marshalling area.

Once **Heat Sheets** are available check swimmer's heats and lanes. It is the swimmer's responsibility to be on time for line up.

All **queries / scratches** (withdrawal) are done by coach or team manager. Parents are generally not allowed poolside.

Once the gala starts encourage your child to observe a few heats, taking note of the start and pool exit routines. Swimmers must exit the pool from the side, never over the touch pads, which are part of the timing system.

Apart from Backstroke events, swimmers wait in the pool "on the ropes" until the next heat has dived in over them and then exit the pool.

Remember: Everyone Can Be A Winner!

It is wonderful to win a medal but for the majority of swimmers their "medal" is a Personal Best time.