



**Laser Swimming Club
Gala
Information
for Parents**



Contact info:

laserswimsecretary@gmail.com

<http://www.laserswimmingclub.com/>

Gala Information

Volunteers are required from all clubs at Galas our club is attending. We must provide a minimum of one Team Manager (this cannot be the Coach) for our team. We also require a Time Keeper and/or Turn Judges and where large numbers of swimmers are attending we also require an Assistant Team Manager. Ideally the relevant training should have been completed prior to the event by volunteer parents, but if not Time Keeper and/or Turn Judges roles can be done on the day without prior training or experience in lower level galas as they will be shown on the day what to do during the briefing while the swimmers warm up.

Spectators are not allowed on deck at Galas, so acting as a Volunteer is a great chance to be involved close up in the fun and excitement of the day.

Parents who do not have a duty on deck must stay in the viewing gallery for the event.

Weeks Leading up to the Race

- Our Coaches will assess swimmers to see if they are ready for a Gala in the weeks leading up to Galas. There are sometimes minimum race time standards that must be achieved to enter Galas. Coaches in Laser also take a child centered approach to coaching and Gala entries. They will not enter a swimmer in a race they feel is not ready for either physically or mentally, as this can have a huge negative impact on self esteem and future performance and participation.
- Parents will receive an email with Gala Event Information. We would ask you make yourselves available to help out on the day if required. The Swim Ireland event year Calendar will also be sent to parents, we ask that holidays not be booked in the lead up or during Regional and/or National events if your swimmer is likely to qualify for these events. If in doubt if this applies to your swimmer, consult with their coach.
- Parents must confirm their swimmers entry to the Gala by completing the forms linked in the email or on the app. This **must** be done before the **Laser entry Deadline**, **Late entries cannot be accepted**. Laser Gala Secretary then submits group entries to the Race Organisers.
- Our Gala Secretary will email swimmers attending race fee notice. Race fees are a € amount per race entered and are usually between €5-10 per race, which is set by the event organisers. Race fees are payable to LASER SC. Laser SC in turn then makes a Club payment to the Race organisers. Once a swimmer entry has been submitted the fees must be paid to the Race Organisers. So unfortunately **race fees are usually non refundable, they must still be paid by parents of swimmers entered in a Gala even if swimmers change their minds or fall ill etc.**
- Parents of swimmers attending will be added to the Gala event WhatsApp group for race day updates and discussions.
- **Please be aware, clubs can be fined by Race organisers for swimmers not showing up to races entered on the day. The fines can be as much as €50 per swimmer per race (i.e. if swimmer entered 3 races and didn't show up we Laser SC could be fined €150!) It is vital that parents let us know if your swimmer cannot attend prior to the race day and on the morning of the race at the very latest.**
- Race Day schedules will be issued to parents as soon as we receive them either by email or WhatsApp message. Races are arranged by Ages, Genders, strokes (Free, Back, Breast, IM), distances, and expected swim times so they vary at all Galas. Please read the information provided carefully to check when your swimmer will likely be swimming, see below example of a Race schedule that we hope will help. With large Galas we cannot provide individual messages for all swimmers so please become familiar with how to read these schedules and if in doubt ask our Swim Gala Secretary. lasersc.galasecretary@gmail.com Ensure you know what session/s your swimmer will be entering on race day. There is a warm up swim before each session that swimmers must attend in order to compete so plan your arrival and departure times according to this.

Night before

- Have a Good dinner and snack before bed
- Pack gear bag night before
- Swimming Togs
- Goggles – and a spare
- Towel – 2 if in for the whole day
- Plenty of water, (its hot poolside suggest 3l minimum)
- Healthy snacks – raisins, nuts, popcorn, pasta, and Lunch for full day
- Laser t-shirt if you have it otherwise any t-shirt, to wear between swims and in call area.
- Sliders/flip-flops
- Laser Swim Hat
- Deck/Camp Chair
- Sleep 8-9hrs

On the Day

- Eat healthy Breakfast
- Sip water on the way to Gala
- Aim to Arrive at least 20min early – Meet Laser Team on time for briefing
- Eat small snack before warm up
- **Never Leave Deck without telling Team Managers**
- Swimmers to Always report Back to Coach for feedback straight after their swim.

Please arrive at least 20min before warm up time. Laser swimmers will need to meet their Team Manager before the warm-up so they can be briefed, go through the ground rules and show them where to go while waiting, Call room, and after the races and also so they can ensure they are all ready in time for the designated warm up time.

Parents Need to Know for the Day

- For First time Competition swimmers please inform them that goggles can come off. If this happens, they should continue to swim as best they can. It happens to every swimmer at some stage in their swimming journey, Olympians included!
- Let your swimmer know that the aim of the Race is to Do Your Best. A Personal Best is always the aim! For younger swimmers especially please be aware that Being 1st or 2nd or last in a Heat doesn't mean you did better or worse than your peers as swimmers can be ability or aged mixed.
- **Please be aware that Swimmers will need to stay with their Teams on Deck during the event, except for official breaks or toilet breaks. Please do not remove your child from the event without notifying Team Managers, this is for their safety.**

- **Photographs and videos are not permitted by Swim Ireland.**
- Hydration and snacks are essential, they will be using a lot of water and energy and the deckside is very warm so please pack enough water/snacks. Dehydration and Hypoglycemia are a real risk at these events.
- Parents volunteering, it can get very warm around the pool deck so wear layers that can be removed, bring a bag, wear comfortable footwear and bring plenty of water and bring food for yourself, it could be a very long day.
- If your child cannot compete due to illness, injury or other reason at the last minute please let us know **before** the event warm up times in order to prevent a Club fine being incurred. Do not bring Swimmers with contagious illnesses including flu, chesty cough or a fever, they are much better served staying at home and resting.

As always, above all else, we hope everyone will HAVE FUN!!!

MEET ENTRY FEES PAYMENTS;

PAY LASER SC THE ENTRY FEE DUE;

Preferred Payment Option is via the app or alternatively by bank transfer payment;

Bank Transfer for Laser Swim Club:
 BIC: BOFIE2D
 IBAN: IE44BOFI90401837443534,
 Bank of Ireland
 NUI Galway

Cheques payments to be made out to – Laser Swim Club.
 If you are remitting the fees by cheque, please note the club and the name of the swim meet gala on the back.

MEET ENTRY FEES EXAMPLE BELOW;

Meet Entry Fees

2022 Irish Division 2 06/07/2022

IE - € 10.00 Relay - € 25.00

Name	IE	Fee	Relay	Fee	Total
██████████ (13)	2	€20.00	0		
██████████ (13)	1	€10.00	0		
██████████ (15)	5	€50.00	0		
██████████ (15)	3	€30.00	0		

number of races entered

Entry Fee

HOW TO READ A RACE DAY SCHEDULE

Example 1

Step 1—Look up the Swimmers Individual Meet Entries or Meet Entries Report

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HY-TEK's TEAM MANAGER 8.0 31/03/2022 Page 3

Individual Meet Entries Report

CONNACHT EASTER OPEN CHAMPIONSHIPS APRIL 22 16-Apr-22 to 17-Apr-22 [Ageup: 31/12/2022] LC Meters
Laser S.C. [LASER]

# 30A Female (3-14) 50 Breast	(14)	1:01.93L
[REDACTED]	(14)	1:02.45L
Athletes	2	
# 30B Female 15-16 50 Breast	(15)	1:05.93L
[REDACTED]	(15)	
Athletes	1	
# 32C Female 17 & Over 200 IM	(18)	2:38.66L
[REDACTED]	(18)	
Athletes	1	
# 33B Male 15-16 100 Free	(15)	1:05.72L
[REDACTED]	(15)	
Athletes	1	

-  RACE NO.
-  AGE GROUP
-  DISTANCE / STROKE

OR

OR (note— Race no, Age Group & Distance/Stroke indicated same as above)


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Individual Meet Entries Report

Aspiring Champions series SC 08-Oct-22 to 09-Oct-22 [Ageup: 31/12/2022] SC Meters
Location: Leisure Complex at Lannaeh
Laser S.C. [LASER]

FEMALE	
# 10A	Female 13 & Over 100 Free
# 14A	Female 13 & Over 200 Back
# 18A	Female 13 & Over 100 IM
# 25A	Female 13 & Over 100 Back
# 27A	Female 13 & Over 50 Breast
# 35A	Female 13 & Over 50 Free
# 37A	Female 13 & Over 200 Breast
# 10A	Female 13 & Over 100 Free
# 14A	Female 13 & Over 200 Back
# 18A	Female 13 & Over 100 IM
# 23A	Female 13 & Over 200 Free
# 31A	Female 13 & Over 400 Free
# 35A	Female 13 & Over 50 Free
# 27A	Female 13 & Over 50 Breast
# 35A	Female 13 & Over 50 Free

-  SWIMMER NAME
-  RACES ENTERED

HOW TO READ A RACE DAY SCHEDULE

Example 1

Step 2—Look up the Gala Event Information Sheets

UL Sport Arena, University of Limerick,
Swim-Ireland-Licence—11C-21/22-C0011

Enclosed please find entry details for the Swim Connacht LC Open Easter meet (Level 4). This swim meet is open to swimmers registered with clubs in **Swim-Ireland**.

Venue	UL Sport Arena, University of Limerick, Castletroy, Limerick V94XT66
Host	Swim-Ireland-Connacht
Format	Long-Course--10-Lane
Session-Times	Session-1—Saturday-16 th -April-Warm-Up-12:00-Start-13:00 Session-2—Sunday-17 th -April-Warm-Up-09:00-Start-10:00 Session-3—Sunday-17 th -April-Start-14:00-(Warm-up-during-interval) Schedule-of-events-as-per-Appendix-1-to-this-document.
	€7-per-Individual-Event.....€14-per-Relay-Team Cheques-to-be-made-out-to—Swim-Ireland-Connacht



Appendix-1--Order-of-Events →

Day-1	Day-2
Male-4-x-50m-MTR	Female-4-x-50m-MTR
Female-4-x-50m-FTR	Male-4-x-50m-FTR
	Female-50m-Butterfly
	Male-400m-Free
Male-200m-Free	Female-200m-Free
Female-100m-Breast	Male-100m-Breast
Male-100m-Back	Female-100m-Back
Female-200m-Butterfly	Male-200m-Butterfly
	Female-50m-Breast
Male-50m-Breast	Male-50m-Back
Female-50m-Back	Female-200m-Individual-Medley
Male-200m-Individual-Medley	Male-100m-Free
Female-100m-Free	
	Female-400m-Free
Male-200m-Breast	Male-400m-Individual-Medley
Female-400m-Individual-Medley	Female-100m-Butterfly
Male-100m-Butterfly	Male-200m-Back
Female-200m-Back	
Male-50m-Free	Female-50m-Free
	Male-50m-Butterfly
Mixed-4-X-50m-FTR	Female-200m-Breast
Mixed-800m-Freestyle	Mixed-4-x-50m-MTR
	Mixed-1500m-Freestyle

The Races are taking place over 2 Days and in morning and afternoon Sessions 1/2 or 3. Look up the Gender, Races distance and strokes entered to see what days/sessions your swimmer is entering. The actual time races take place are not usually know until a few days before as they are Dependent on number of swimmers competing and number of heats per race. In this case Female 50m Breast could be either in Session 2 or Session 3, so plan to arrive for Session 2 warm up just in case. If in doubt feel free to contact Gala Secretary for advice

HOW TO READ A RACE DAY SCHEDULE

Example 2

Step 1—Look up the Swimmers Individual Meet Entries or Meet Entries Report

Meet Entries Report
2022 Irish Division 2 06-Jul-22 to 10-Jul-22 [Ageup: 31/12/2022] SC Meters

Female 13-13	# 102B 200 Back	# 104B 100 Breast	# 106B 200 Free	# 109B 50 Free	# 111B 100 Fly	# 113B 200 Breast	# 115A 1500 Free	# 118B 400 Free	# 120B 200 IM	# 125B 100 Free	# 127B 200 Fly	# 129B 100 Back	# 132A 400 IM	# 135A 800 Free
Qualifying Times	3:03.42S	1:37.36S	2:39.89S	33.81S	1:28.22S	3:30.91S	21:59.21S	5:46.25S	3:05.40S	1:13.61S	3:14.79S	1:25.38S	6:38.86S	11:40.70S
(13)	3:03.01					3:28.72								
(13)	3:01.84													
Female 15-15	# 2A 200 Back	# 4A 100 Breast	# 6A 200 Free	# 8A 50 Free	# 10A 100 Fly	# 12A 200 Breast	# 14A 1500 Free	# 17A 400 Free	# 21A 200 IM	# 24A 100 Free	# 26A 200 Fly	# 30A 100 Back	# 32A 400 IM	# 36A 800 Free
Qualifying Times	2:55.07S	1:31.36S	2:33.12S	32.37S	1:21.05S	3:18.57S	21:12.25S	5:28.00S	2:54.20S	1:09.22S	3:08.12S	1:20.53S	6:16.30S	11:08.80S
(15)	2:50.18	1:27.22						5:13.91S	2:48.69L	1:07.86S				

Race Number

Race Qualified to enter

Age group

Meet Entries Report
2022 Irish Division 2 06-Jul-22 to 10-Jul-22 [Ageup: 31/12/2022] SC Meters

Male 15-15	# 1A 400 IM	# 3A 100 Breast	# 5A 200 Free	# 9A 50 Free	# 11A 100 Fly	# 13A 200 Breast	# 16A 100 Free	# 20A 200 IM	# 22A 1500 Free	# 25A 400 Free	# 27A 200 Fly	# 31A 100 Back	# 33A 200 Back	# 37A 800 Free
Qualifying Times	5:47.08S	1:26.66S	2:23.21S	30.11S	1:16.81S	3:11.15S	1:04.97S	2:45.10S	20:43.10S	5:11.03S	2:50.31S	1:15.97S	2:44.11S	10:37.50S
(15)				28.63S	1:11.91S		1:04.12S							

Step 2—Look up the Gala Event Information Sheets

	The 50m back, 50m breast and 50m butterfly are for 15&over only and will have one final	
Session Times:	<p>Session 1: Wednesday 6th July Warm-up 0720; Competition 0845</p> <p>Session 2: Wednesday 6th July Warm-up 1115; Competition 1220</p> <p>Session 3: Wednesday 6th July Warm-up 1545; Competition 1700</p> <p>Session 4: Thursday 7th July Warm-up 0720; Competition 0845</p> <p>Session 5: Thursday 7th July Warm-up 1115; Competition 1220</p> <p>Session 6: Thursday 7th July Warm-up 1545; Competition 1700</p> <p>Session 7: Friday 8th July Warm-up 0720; Competition 0845</p> <p>Session 8: Friday 8th July Warm-up 1115; Competition 1220</p>	<p>Session 9: Friday 8th July Warm-up 1545; Competition 1700</p> <p>Session 10: Saturday 9th July Warm-up 0720; Competition 0845</p> <p>Session 11: Saturday 9th July Warm-up 1115; Competition 1220</p> <p>Session 12: Saturday 9th July Warm-up 1545; Competition 1700</p> <p>Session 13: Sunday 10th July Warm-up 0720; Competition 0845</p> <p>Session 14: Sunday 10th July Warm-up 1115; Competition 1220</p> <p>Session 15: Sunday 10th July Warm-up 1545; Competition 1700</p>
Warm up:	Warm up will take place across both pools; competition and warm up. Warm up pool will be open for	

HOW TO READ A RACE DAY SCHEDULE

Example 2

Step 2—Look up the Gala Event Information Sheets

For a Gala like below, where there are Heats and Finals please plan to attend the full day. It is vital that your swimmer attends a final if they qualify, as failure to do so reflects very poorly on both the swimmer and the club, and can have an impact in participation in future events.

NOTE: Day, Heat No. and warm up times		Age groups		Heat Races for above ages		FINALS			
Day 1 - Wed 6th July 2022 Session 1 Heats (15 yrs; 16 yrs; 17 yrs & Over) Male Warm Up 0720 – 0800 Female Warm Up 0800 – 0840 Start 0845		Day 2 - Thu 7th July 2022 Session 4 Heats (15 yrs; 16 yrs; 17 yrs & Over) Female Warm Up 0720 – 0800 Male Warm Up 0800 – 0840 Start 0845		Day 3 - Fri 8th July 2022 Session 7 Heats (15 yrs; 16 yrs; 17 yrs & Over) Male Warm Up 0720 – 0800 Female Warm Up 0800 – 0840 Start 0845		Day 4 - Sat 9th Jul 2022 Session 10 Heats (15 yrs; 16 yrs; 17 yrs & Over) Female Warm Up 0720 – 0800 Male Warm Up 0800 – 0840 Start 0845		Day 5 - Sun 10th Jul 2022 Session 13 Heats (15 yrs; 16 yrs; 17 yrs & Over) Female Warm Up 0720 – 0800 Male Warm Up 0800 – 0840 Start 0845	
Male 400m IM HDW Female 200m Backstroke Male 100m Breaststroke Female 100m Breaststroke Male 200m Freestyle Female 200m Freestyle		Female 50m Freestyle Male 50m Freestyle Female 100m Butterfly Male 100m Butterfly Female 200m Breaststroke Male 200m Breaststroke Female 1500m Freestyle HDW		Male 100m Freestyle Female 400m Freestyle HDW Male 50m Backstroke (15/Over Only) Female 50m Backstroke (15/Over Only) Male 200m IM Female 200m IM Male 1500m Freestyle HDW		Female 100m Freestyle Male 400m Freestyle HDW Female 200m Butterfly Male 200m Butterfly Female 50m Breaststroke (15/Over Only) Male 50m Breaststroke (15/Over Only) Female 100m Backstroke Male 100m Backstroke		Female 400m IM HDW Male 200m Backstroke Female 50m Butterfly (15/Over Only) Male 50m Butterfly (15/Over Only) Female 800m Freestyle HDW Male 800m Freestyle HDW	
Day 1 - Wed 6th July 2022 Session 2 Heats (12 yrs; 13 yrs; 14 yrs) Male Warm Up 1115 – 1145 Female Warm Up 1145 – 1215 Start 1220		Day 2 - Thu 7th July 2022 Session 5 Heats (12 yrs; 13 yrs; 14 yrs) Female Warm Up 1115 – 1145 Male Warm Up 1145 – 1215 Start 1220		Day 3 - Fri 8th July 2022 Session 8 Heats (12 yrs; 13 yrs; 14 yrs) Male Warm Up 1115 – 1145 Female Warm Up 1145 – 1215 Start 1220		Day 4 - Sat 9th Jul 2022 Session 11 Heats (12 yrs; 13 yrs; 14 yrs) Male Warm Up 1115 – 1145 Female Warm Up 1145 – 1215 Start 1220		Day 5 - Sun 10th Jul 2022 Session 14 Heats (12 yrs; 13 yrs; 14 yrs) Female Warm Up 1045 – 1115 Male Warm Up 1115 – 1145 Start 1150	
Male 400m IM HDW (13/14 Only) Female 200m Backstroke Male 100m Breaststroke Female 100m Breaststroke Male 200m Freestyle Female 200m Freestyle Male 800m Freestyle HDW (13/14 Only) Female 13-14 years 200m Freestyle Relay HDW		Female 50m Freestyle Male 50m Freestyle Female 100m Butterfly Male 100m Butterfly Female 200m Breaststroke Male 200m Breaststroke Female 1500m Freestyle HDW (13/14 Only) Male 13-14 years 200m Freestyle Relay HDW		Male 100m Freestyle Female 400m Freestyle HDW Male 200m IM Female 200m IM Male 1500m Freestyle HDW (13/14 Only) Mixed 12 years 200m Medley Relay HDW Female 13-14 years 200m Medley Relay HDW		Male 400m Freestyle HDW Female 100m Freestyle Male 200m Butterfly Female 200m Butterfly Male 100m Backstroke Female 100m Backstroke Mixed 12 years 200m Freestyle Relay HDW Male 13-14 years 200m Medley Relay HDW		Female 400m IM HDW (13/14 Only) Male 200m Backstroke Mixed 13-14 years 200m Medley Relay HDW Female 800m Freestyle HDW (13/14 Only) Male 800m Freestyle HDW (13/14 Only)	
Day 1 - Wed 6th July 2022 Session 3 Finals Mixed Warm Up 1545 – 1645 Start 1700		Day 2 - Thu 7th July 2022 Session 6 Finals Mixed Warm Up 1545 – 1645 Start 1700		Day 3 - Fri 8th July 2022 Session 9 Finals Mixed Warm Up 1545 – 1645 Start 1700		Day 4 - Sat 9th Jul 2022 Session 12 Finals Mixed Warm Up 1545 – 1645 Start 1700		Day 5 - Sun 10th Jul 2022 Session 15 Finals Mixed Warm Up 1445 – 1545 Start 1600	
Female 200m Backstroke (12 years; 13 years; 14 years; 15 years; 16 years; 17/Over) Male 100m Breaststroke (12 years; 13 years; 14 years; 15 years; 16 years; 17/Over) Female 100m Breaststroke (12 years; 13 years; 14 years; 15 years; 16 years; 17/Over)		Female 50m Freestyle (12 years; 13 years; 14 years; 15 years; 16 years; 17/Over) Male 50m Freestyle (12 years; 13 years; 14 years; 15 years; 16 years; 17/Over) Female 100m Butterfly (12 years; 13 years; 14 years; 15 years; 16 years; 17/Over) Male 100m Butterfly (12 years; 13 years; 14 years; 15 years; 16 years; 17/Over) Female 200m Breaststroke (12 years; 13 years; 14 years; 15 years; 16 years; 17/Over)		Male 100m Freestyle (12 years; 13 years; 14 years; 15 years; 16 years; 17/Over) Female 50m Backstroke (15/Over) Male 50m Backstroke (15/Over) Female 200m IM (12 years; 13 years; 14 years; 15 years; 16 years; 17/Over) Male 200m IM (12 years; 13 years; 14 years; 15 years; 16 years; 17/Over) Female 15/Over 200m Freestyle Relay HDW		Female 100m Freestyle (12 years; 13 years; 14 years; 15 years; 16 years; 17/Over) Male 200m Butterfly (12 years; 13 years; 14 years; 15 years; 16 years; 17/Over) Female 200m Butterfly (12 years; 13 years; 14 years; 15 years; 16 years; 17/Over) Male 50m Breaststroke (15/Over) Female 50m Breaststroke (15/Over)		Male 200m Backstroke (12 years; 13 years; 14 years; 15 years; 16 years; 17/Over) Female 50m Butterfly (15/Over) Male 50m Butterfly (15/Over) Female 15/Over 200m Medley Relay HDW Male 15/Over 200m Medley Relay HDW	