

FOR PARENTS/GUARDIANS

- Swimmers must not be left unattended at galas. They must be in the care of a responsible adult.
- Coaches cannot supervise children at these events.
- At some galas, our club will be expected to provide officials for time keeping and as turn judges. Please make yourself available to help when asked to do so.
- Make sure you bring food and drinks for yourself and wear layered clothing as pools can get very warm. Galas can run for the entire day so be prepared.
- Session times can change from the published schedule. The club will try to notify parents when this happens but will not always be made aware with suitable notice.
- Many galas operate only Heat Declared Winners (HDW). They will not operate a finals session. Where finals are used they will normally be published on the schedule.
- Medals or bands will be awarded for the fastest swimmers in each age group or Grade (for development galas). The gala entry document will indicate if the gala results will be HDW or finals.
If a swimmer performs well enough to make a final, they must either swim or scratch. If you need to scratch, talk to your coach who will inform the officials.

EVENT TRACKING

Most galas use the Hytek system to track entries and events. A partner app is available called Meet Mobile which lists events, competitors and session times at some galas. For a small fee the results section of this app can be unlocked.

Alternatively, a Gala Programme is normally sold by the organisers which lists much of the same information.

All results will be made available on the club portal after the gala.

CAMERAS OR RECORDING EQUIPMENT

The use of cameras and other recording equipment is not permitted at galas. If you wish to record or take photographs, you must register with the event organisers.

USEFUL LINKS

www.swimireland.ie

www.swimleinster.ie

galasec@vikingsc.com

www.vikingsc.com

GUIDE TO GALAS





PREPARATION IS KEY TO GALAS

Take a few minutes to read these handy tips.

Gala details will be posted on the Club Notice Board and on our website. Your coaches will advise you on what events to enter. Check the board regularly.

Note that each gala is broken into sessions. These sessions can be spread over a number of days in some cases.

GALA ENTRIES

Entries should be made via the swim portal. Ensure that you talk to the coach before selecting events as you may require times to qualify for later galas.

Let us know if you are available for relays. Our coaches will make the final decision on relay participants and swimmer order.

Get your entry in on time. All Galas have a closing dates listed. Our club entry closing date will be a number of days before this to allow for verification.

GALA FEES

Entry fees should be lodged to the club account with a reference listing your family and the gala name. Do not pay for relay entries. The club normally covers these.

GALA DAY

Arrive early for the gala and report to the Coach and/or Team Manager.

If you are unable to swim you must let the Coach/Team Manager know in advance so that you can be scratched from the events. Failure to scratch swimmers can lead to a fine for our club.

There will be a warm-up at the start of each session where you get a chance to warm-up, burn off some nerves, familiarise yourself with the pool, practice turns and stroke counts.

Remember even elite swimmers get nervous.

FOOD and DRINK at the GALA

- Don't bring lots of "junk" food. Foods high in sugar and fat can impair your performance.
- Ideally high carbohydrate and some protein foods are good. Sandwiches, pasta, natural full fat yogurt are good. Eat small amounts, frequently.
- Make sure you drink PLENTY during the day. Water is best, diluted juice is OK. Avoid carbonated or sugary drinks.
- Eat well the night before a gala.



EQUIPMENT CHECKLIST

- Kit bag
- Swimming Gear (2 suits)
- Viking Hat (2 as they can rip)
- Goggles (2 pairs)
- Towels (at least two, you'll need them)
- Pool Shoes/Flip Flops
- Club T-Shirts, Tracksuit, Hoodie, Shorts
- Books / Reading Material
- Suitable Food
- Be careful if you bring phones, music players etc. Pool side is wet and water does not mix well with electricity. Also ensure you secure devices when not in use.

DURING THE GALA

- Be aware of your events and when you are scheduled to race. Do not leave the pool area without telling the Coach/Team Manager.
- Report to your coach before each event to discuss your approach to the race.
- Get to the line-up in plenty of time.
- Make sure you have hat, goggles, t-shirt, drink, flip-flops with you.
- After each race return to the coach and discuss how the race went.
- Dry off and put on warm clothes.

MOST OF ALL, ENJOY THE DAY !!!