



# Club Gala Procedures

1. REPORT COACH ON ARRIVAL OR INFORM IF YOU RUNNING LATE.
2. GEAR:
  - Warm up togs and racing togs.
  - Club T-shirts, shorts, flip-flops or runners.
  - 2 pair of goggles.
  - Two towels
  - Club hat to be worn during warm-up and race.
3. WARMING UP:
  - Perform dry land stretching before warm up
  - Climb into the pool at the start of the warm up.
  - Make sure to swim continuously and not get in the way of other swimmers.
  - Become familiar with your surrounding and practice turns.



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- When doing a sprint raise your hand to get the attention of the Coach and always leave a gap between you and the swimmer in front.
- Report back to the Coach after each sprint for feedback.
- After warm up get changed quickly and report back to poolside.

#### 4. FOOD/DRINK:

- Eat normal breakfast in the morning.
- Do not eat directly before a race.
- Snack and drink plenty water throughout the day.
- Avoid sweets and fizzy drinks.

#### 5. RACE RULES:

- The starter will blow three short whistles to get the timekeepers attention and then one long whistle to signal the swimmers to climb onto the blocks and prepare to start.
- If after starting the referee blows the whistle continuously this signals as a false start and swimmers must stop and return to the blocks to restart the race.
- On Butterfly and Breaststroke turns swimmers must touch with two hands and the same applies at the finish. A one hand touch will lead to disqualification.
- On Back crawl finish swimmer must stay on back and touch wall with one hand.

#### 6. GENERAL:

- Stay in the pool complex all the time.
- Obey the pool rules.
- Report the Coach after each race for splits, correction and feedback.



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## GLOSSARY OF SWIMMING TERMS:

<b>DNF</b>	- Did not finish.
<b>DNS</b>	- Did not start.
<b>NS</b>	- No show.
<b>DQ</b>	- Disqualified.
<b>FTR</b>	- Freestyle team relay
<b>HDW</b>	- Heat Declared Winners(No finals will be held in this event. The fastest times in heats are winners).
<b>IAG</b>	- Irish Age Groups.
<b>IM</b>	- Individual Medley(Order: fly,back,breast,free).
<b>LC</b>	- Long Course(each length of the pool=50 m).
<b>MTR</b>	- Medley Team Relay(Order: back,breast,fly,free).
<b>PB</b>	- Personal Best.
<b>QT</b>	- Qualifying Time.
<b>NQT</b>	- No Qualifying Time Required.
<b>SC</b>	- Short Course(each length of the pool=25 m).
<b>SI</b>	- Swim Ireland.
<b>STRAIGHT FINALS</b>	- No heats will be held in this event.
<b>SWIM U</b>	- To swim in the age group above swimmers actual age group.
<b>TBD</b>	- To Be Decided.
<b>AGE GROUP</b>	- Division of swimmers according to age.
<b>FINA</b>	- The International Governing Body For The Sport Of Swimming.
<b>SCRATCH</b>	- To withdraw a swimmer from an event before the start of the competition.



- HEAT SHEETS** - A printed order of events by session with swimmers listed by heat and lane with team and entry time.
- STARTER** - The official in charge of signalling the beginning of a race and insuring that all swimmers have a fair take-off.
- SPLIT** - A swimmer's intermediate time in race. Splits are registered every 50 meters or 25 meters depending on the pool and the equipment on hand.
- REFEREE** - The head official at a swim meet.



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