



## Coolmine SC – Gala Entry Information

Swimming gala qualification follows a structured Swim Ireland and Swim Leinster pathway across different competition levels.

- **Level 1 Galas** are relaxed events with no disqualifications, designed for Sharks and Dolphins squad Athletes.
- **Level 3 Galas** include club and regional competitions where disqualification rules apply; performances at this level can be used to achieve qualifying times for National Level 4 and 5 meets.
- **Level 4 Galas** are national-level competitions where Athletes must have obtained qualifying times at a Level 3 meet within a designated period.
- **Level 5 Galas** are international events, requiring either selection or qualifying times (QT).

For **National Galas, Age Group Nationals (12-14 years)** allow qualifying times (QT) to be achieved in either long course (LC) or short course (SC), though SC times will be converted and only counted as consideration times (CT), which do not guarantee entry.

**Youth & Senior Nationals (15+ years)** require QT and CT to be achieved in a long course only, at Level 3 meet or higher within the qualification window, with CTs providing eligibility for consideration but not guaranteeing a swim.

**Age Group National events follow the full Olympic swimming program, which includes the following races:**

- **Freestyle:** 50m, 100m, 200m, 400m, 800m, 1500m
- **Backstroke:** 100m, 200m
- **Breaststroke:** 100m, 200m
- **Butterfly:** 100m, 200m
- **Individual Medley (IM):** 200m, 400m

Additionally, **Youth & Senior Nationals** and **Open Championship Meets** include the full Olympic Programme of events *PLUS* 50m events in Backstroke, Breaststroke, and Butterfly.

The Gala Calendar is issued by Leinster Swimming at the start of the swimming season. Following this, the Coolmine Club coaches set out the club's gala calendar (Galas Coolmine will attend). Consideration is given to the Long Term Athlete Development stage of the Athletes in each squad, the level of each squad, and whether the squad Athletes will need a specific meet to qualify for a Regional or National event later in the year. This Coolmine Gala calendar is a fluid document and is subject to change throughout the year, and can be found on our website.



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### **Gala Entry Process:**

When Gala information is received by our Gala Secretary, it is reviewed by coaches and then shared via relevant Squad WhatsApp Groups.

The Gala will be live for entry on the Go Motion App, where the Gala Information Pack will also be available.

Coaches will then accept or decline individual Athlete entries.

Once the club deadline for entries has passed, further entries will not be accepted.

A balance will be added to your Go Motion Account. Please note that when paying for Galas, you must transfer the fees (**entry fee per event as outlined in the Gala Information x number of events entered PLUS the admin fee**) to our club bank account. **You DO NOT pay the host club individually.**

### **Prior to Galas:**

#### **Club Galas:**

- Warm-up times will be issued to Coolmine prior to the gala date and communicated via relevant WhatsApp Groups.
- All Athletes are expected to attend warm-ups.

#### **Regional Galas:**

- Warm-up times and psych sheets are issued before the event and shared via WhatsApp Groups.
- Athletes are expected to attend regional gala warm-ups unless otherwise directed by their coach.

#### **National / International Galas:**

- **Age 12+**
- Warm-up times and psych sheets are issued before the event and shared via WhatsApp Groups.
- Athletes should discuss with their coach what time they need to be at warm-up for National & International events.

### **Waiting Lists:**

Waiting lists have been introduced as a protocol to manage oversubscribed Galas. This is at the discretion of the event organizers.

If an Athlete is placed on a waiting list and does not intend to participate, they must withdraw from that event to allow other Athletes the opportunity to compete. However, if the Athlete is attending the Gala for other events, they may still be called into their waitlisted event due to last-minute withdrawals. The Team Manager on the day should check at the beginning of the session at the announcer's desk or Timing Office.

### **Scratches:**

If you need to scratch or withdraw from an event or the full gala, please follow this protocol:

1. Inform the squad coach or the coach on duty at the gala.
2. Inform the Team Manager if scratching on the day.
3. Notify the Coolmine Gala Secretary via email.

**Please note:** If the deadline for scratches or withdrawals has passed, you will still be charged the entry fee for the event.