



# Laois Marlins Invitational Gala

Meet License Number Level 1: **1S-25/26-L002**

## Meet Information

Laois Marlins Swim Club are delighted that you are attending our November 2025 Level 1 Meet

VENUE: Portlaoise Leisure Centre

5 Lane 25m Competition Pool /No cool down facilities available

DATE: Saturday 15th November 2025

Tea/coffee will be available from the Leisure centre & the club is running a bake sale & raffle with some great prizes including a Swim analysis session & swim Scoil Lesson Vouchers

We look forward to welcoming your swimmers to Laois on Saturday 30th November

All queries can be sent to Judith O'Connor [galas@laoismarlins.ie](mailto:galas@laoismarlins.ie)

We will be awarding medals for events on the day to the top three in each age category of 7-9 (50m events only) 10-11,12,13-14 all events.

Please note: Parking will be available at the venue on the day.

The Gala will run 2 sessions with approximately 45 minutes between the two sessions. Details of events in each session and provisional warm up times are below.

Due to the large number of swimmers only Coaches, Team Manager & Swimmers are allowed into the changing rooms. With wrist bands issued to each club for Coaches & Team Managers.

We would ask that coaches and team managers please ensure their swimmers are at line up on time.

**Gala Information in relation to running order, start and finish times and warm up times for each club.**

**Warm up Starts at 12pm and Finishes at 1.00pm.**

**At 1pm whilst younger swimmers are preparing to line up etc after warmup we will have a short warm up & 2 x 25m races for our Train to train & Stars squad**

**Session 1 will start at 1.15pm and finish at approx. 3.45pm. Events 1-11**

<b>Warm Up Schedule – approx. 30-35 swimmers per time slot</b>			
<b>Time</b>	<b>Club</b>	<b>Club</b>	<b>Club</b>
12.00-12.15	Laois Marlins (15)	Piranhas (20)	
12.15-12.30	Kilkenny (14)	Tullamore (8)	St Fiaccs (10)
12.30-12.45		Celtic Waves (21)	Curragh (10)
12.45-13.00	Cormarants (22)	Mullingar Jets (14)	

**There will then be a 45 min break where swimmers for the second session can warm up**

**Session 2 will start at approx. 4.30pm and we hope to be finished by 6.30pm. Events 12-24**

<b>Warm Up Session 2 - approx 40 swimmers per warm up</b>			
<b>Time</b>	<b>Club</b>	<b>Club</b>	<b>Club</b>
3.45-4.05	Laois Marlins (27)	Piranahs (6)	Mullingar (4) Tullamore (10)
4.05-4.25	St Fiaccs (14)	Kilkenny (16)	Celtic Waves (10) Curragh (7)

## **Laois Marlins Swimming Club**

[www.laoismarlins.ie](http://www.laoismarlins.ie)

### **LIST OF EVENTS**

### **SESSION 1 - start 1:15pm**

- EVENT 1: GIRLS 50m Freestyle (11 & Under)
- EVENT 2: BOYS 50m Freestyle (11 & Under)
- EVENT 3: GIRLS 50m Breaststroke (11 & Under)
- EVENT 4: BOYS 50m Breaststroke (11 & Under)
- EVENT 5: MIXED 100m Medley (11 & Under)
- EVENT 6: GIRLS 50m Backstroke (11 & Under)
- EVENT 7: BOYS 50m Backstroke (11 & Under)
- EVENT 8: MIXED 100m Breaststroke (11 & Under)
- EVENT 9: GIRLS 50m Fly (11 & Under)
- EVENT 10: BOYS 50m Fly (11 & Under)
- EVENT 11: MIXED 100m Freestyle (11 & Under)

### **BREAK APPROX 3.45pm-4.30pm Warm up for Swimmers in the Second Session**

#### **Session 2: 4.30pm**

- EVENT 12: GIRLS 100m Freestyle (Age 12-14)
- EVENT 13: BOYS 100m Freestyle (Age 12-14)
- EVENT 14: GIRLS 50m Fly (Age 12-14)
- EVENT 15: BOYS 50m Fly (Age 12-14)
- EVENT 16: GIRLS 100m Breaststroke (Age 12-14)
- EVENT 17: BOYS 100m Breaststroke (Age 12-14)

EVENT 18: GIRLS 50m Free (Age 12-14)

EVENT 19: BOYS 50m Free (Age 12-14)

EVENT 20: GIRLS 100m Backstroke (Age 12-14)

EVENT 21: BOYS 100m Backstroke (Age 12-14)

EVENT 22: GIRLS 50m Breaststroke (Age 12-14)

EVENT 23: BOYS 50m Breaststroke (Age 12-14)

EVENT 24: MIXED 100m Medley (Age 12-14)

Any queries please let me know on [galas@laoismarlins.ie](mailto:galas@laoismarlins.ie)

Regards Judith O'Connor