**Provincial Towns League (PTL)**

The PTL is the next level of competition up from the ***Aquasprints*** Junior League.

Swimmers in the Lecale Gala Squad are eligible for the PTLs. However, not all gala squad swimmers will be needed at every gala, due to the number of lanes in a pool and the large number of swimmers in each age group.

By participating in PTL galas, Lecale ASC hope to provide swimmers with the opportunity to be part of a team and take part in healthy competition with other swimming clubs that compete in the PTL each year.

To facilitate, this requires a lot of organization by Club officials in Lecale, the participation of swimmers and the commitment of their parents/guardians.

**GALAS**

**Age groups for 2019 – 2020:**

A: born Jan 2008 or 2009 **(9/10 years)**

B: born Jan 2006 or 2007 **(11/12 years)**

C: born Jan 2004 or 2005 **(13/14 years)**

D: born Jan 2003 or earlier **(15 years and over)**

* The Swimmers for each gala will be selected two (2) weeks in advance of the gala.
* **Selection is based on swimmers performance/times that have been formally recorded at Lecale Club or Swim Ulster galas. Two swimmers are selected based on fastest times from the database. We then endeavor to select other swimmers on merit and commitment, to give all gala swimmers an opportunity to swim and obtain new PB’s (which will be formally recorded and used in the selection process)**
* **Parents should download the TEAMER App as swimmers will be sent a TEAMER message (please inform us if you have not already received a registration for this) for each gala two (2) weeks in advance. We ask that all swimmers respond to this at the earliest opportunity to help the committee in planning the event. There will be a closing date for response noted on the teamer.**
* Parents should inform either Charlene Mason, Pauline McCauley or PTL Committee (see contact details below) if a swimmer is not able to compete as soon as possible to enable a replacement swimmer to be chosen if they have already accepted their teamer.

**PTL Dates and venues for 2019-2020**

| **DATE** | **PTL TEAMS** | **VENUE** |
| --- | --- | --- |
| Saturday 28th September 2019 at 2:00pm warmup | Coleraine v Lecale | Downpatrick |
| Saturday 26th October 2019 at 4.30pm warmup | Lecale v Portadown | Portadown |
| Saturday 25th January 2020 at 5.30pm (TBC) | Leander v Lecale | (TBC) Belfast |
| Saturday 8th February 2020 2:00pm warmup | Cookstown v Lecale | Cookstown |
| Saturday 7th March time (TBC) | Area Heats Selected Swimmers | Portadown |
| Saturday 28th March time (TBC) | PTL Finals Selected swimmers | Ballymena |

**RACES**

At every PTL, there are two relays (medley and freestyle), four individual strokes and an IM (Individual Medley) for each age group

* Galas last about 2.5 - 3hrs.
* Each Individual event is 50m for all age groups (M/F) with 100m IM. Relay events are 4x25m for A Group and 4x50m for B, C and D groups.
* **Medley Relay:** (Backstroke, breast stroke, butterfly, freestyle) 4 swimmers/relay team (girls and boys) (All age groups) (8 Races)
* **Backstroke:** 2/3 Girls and 2/3 Boys from each age group are chosen (8 races)
* **Breaststroke:** 2/3 Girls and 2/3 Boys from each age group chosen (8 races)
* **Butterfly**: 2/3 Girls and 2/3 Boys from each age group chosen (8 races)
* **Freestyle:** (front crawl) 2/3 Girls and 2/3 Boys from each age group chosen (8 races)
* **IM** (Butterfly, Back Crawl, Breast Stroke, Front Crawl): 2/3 Girls and 2/3 Boys from each age group (8 races)
* **Freestyle Relay:** Four swimmers/relay team from each age group (girls and boys) (8 races).

**EQUIPMENT REQUIRED**

* **Lecale T-shirt (if you have one)**
* Black bottoms (track bottoms, leggings, shorts, black jeans)
* **Black Lecale swimwear** (from McCartan's Sports, Downpatrick)
* **2 Lecale swimming hat**
* **Goggles - good ones and a spare pair!**
* Water bottle
* Two towels
* Flipflops/crocs/sandals

**TRANSPORT**

* Three (3) of the galas this year will be held at other venues, the Club provides coach transport if there are a sufficient number of children requesting transportation. A Teamer message is issued to invite swimmers and you are asked to email: lecaleswim@gmail.com if you need a seat on the bus (One (1) week before the gala). **There will be NO booking the bus on the day this year as we will only order a bus big enough to transport the number of swimmers who have pre-booked seats.**
* Coaches have seatbelts.
* Cost of the coach is £5 for each swimmer / adult travelling. However, parents who are helping travel free of charge.
* A register will be taken at the beginning of each journey to ensure all are present (if your travel arrangements change please let us know)

**PARENTAL ASSISTANCE AT GALAS**

Support from parents is essential at galas to assist with various duties:

* Timekeepers (six)
* Officials to organize swimmers prior to each race
* Officials to record times and keep score
* Help imputing times onto the computer
* Tea/ Coffee/ Juice / Food helpers and servers (home galas only)

We would ask that parents of children competing in the galas for the first time attend the galas as even though they are fun they can sometimes be slightly daunting for younger swimmers. **We also need supporters to cheer on all swimmers taking part in the galas.**

**After galas, the home team provides a supper for all participants and supporters. Swimmers are usually very hungry!**

**We, therefore, require parents to provide sandwiches, fruit, buns, crisps etc. when Lecale is hosting at Down Leisure Centre.**

**Lecale PTL Committee**

**Charlene Mason: 07989340292**

**Pauline McCauley: 07803203650**

We hope this answers any questions that you may have on the Galas, however, please feel free to speak with a PTL Committee Member on Friday night if there is any further information that you require.

Yours in Sport,

**Lecale ASC**

