# MUNSTER GRADE "1" GALA

SI Licence No. 2B-16/17-M016

VENUE: UL DATE: December 17<sup>th</sup>. 2016

**TIME:** Warm Up 11.30 a.m. Start 12.30 a.m.

**ENTRIES:** Entries on Hy-Tek only to <u>patdonovan02@gmail.com</u> Cheques should be made payable to "Munster Region Swim Ireland" and should be sent

to Tom O'Brien, Mont Pelier, O'Brien's Bridge, Co. Limerick.

### FEES MUST BE RECEIVED PRIOR TO THE GALA

**FEES:** €20.00 per swimmer to cover all individual events.

CLOSING DATE: Monday, 28th. November 2016

# ENTRIES RECEIVED AFTER THE CLOSING DATE WILL NOT BE ACCEPTED.

**CONDITIONS:** Swimmers may enter in four individual events ONLY. Swimmers must have achieved the qualifying times in 200m Frontcrawl and two other 100m events, or the 200m I.M. and two other events, or the 200m Frontcrawl and 200m IM.

Medals will be presented in U/11, U/13, U/15, Senior Age Groups.

This gala will be swum Long Course, but qualifying times are Short Course. Where SC times are being entered these will be converted by Hy-Tek on receipt of entries.

### ALL EVENTS WILL BE HEAT DECLARED WINNER.

## **SESSION 1.**

### **SESSION 2**.

	Girls 400m Ind Medley		Boys 400m Ind. Medley
	Boys 400m Freestyle	13.	Girls 400m Freestyle
3.	Girls 100m Breaststroke	14.	Boys 100m Breaststroke
4.	Boys 200m Breaststroke	15.	Girls 200m Breaststroke
5.	Girls 200m Butterfly		Boys 200m Butterfly
6	Boys 100m Butterfly	17.	Girls 100m Butterfly
7.	Girls 100m Backcrawl	18.	Boys 100m Backcrawl
8.	Boys 200m Backcrawl	19.	Girls 200m Backcrawl
9.	Girls 200m Freestyle	20.	Boys 200m Freestyle
10	. Boys 100m Freestyle	21.	Girls 100m Freestyle
11	. Girls 200m Ind. Medley	22.	Boys 200m Ind. Medley

# Grade "1" Qualifying Times

BOYS		Qualifying Times			GIRLS		
7 - 11	12 – 13	14 +	EVENT	7 -11	12-13	14 +	
2.50.00	2.45.00	2.40.00	200m Free	3.00.00	2.55.00	2.50.00	
3.05.00	3.00.00	2.55.00	200m IM	3.15.00	3.10.00	3.05.00	
1.32.00	1.27.00	1.22.00	100m B/C	1.35.00	1.30.00	1.25.00	
1.47.00	1.42.00	1.37.00	100m Brs	1.50.00	1.45.00	1.40.00	
1.39.00	1.34.00	1.29.00	100m Fly	1.42.00	1.37.00	1.32.00	

# **MUNSTER GRADE "1" GALA**

Entries @ €	20.00 per swimmer	=	€				
	TOTAL		€				
CLUB							
SECRETARY							
ADDRESS							
TEL							
TEAM MANAGER							
Name of official who will act at the gala							

### **POOL RULES**

In order to comply with health and safety standards within swimming pool and at the request of a number of pool managers the following rules must be complied with

- 1. All swimmers must wear hats
- 2. No outdoor shoes to be worn on the pool deck.
- 3. Swimmers are not permitted on the balcony or stairs in wet gear.
- 4. Adequate supervision of competitors must be in place at all times. Chaperones/Managers must be appointed for each club. Any damage caused to the complex will be charged to the club involved.
- 5. Where lockers are provided these should be used. Unattended belongings may be removed by staff.
- 6. Litter bins should be used.
- 7. Parking should be in designated areas ONLY.
- 8. Leisure centres / pools should be treated with respect.