

MUNSTER GRADE "1" GALA

SI Licence No. Mallow 2B-16/17-M024 Tralee 2B-16/17-M025

VENUE : Mallow & Tralee

DATE : Mallow 28th. January 2017 Tralee 29th. January 2017

MALLOW ; Mallow, Fermoy, Dolphin, Sundays Well, Splashworld, Waterford, Carrick, Tiger Sharks, Kingfisher, Blackrock, Clonmel

TRALEE ; Kingdom, Kenmare, Killarney, Ballybunion, Clonakilty, West Cork Orcas, Askeaton, Limerick, Ennis, Nenagh, Seaworld

TIME : Warm Up 09.00 a.m. Start 10.00 a.m.

ENTRIES : Entries on Hy-Tek only to patdonovan02@gmail.com 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, 16th. January 2017

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.

ALL EVENTS WILL BE HEAT DECLARED WINNER.

SESSION 1.

SESSION 2.

1. Girls 400m Ind Medley
2. Boys 400m Freestyle
3. Girls 100m Breaststroke
4. Boys 200m Breaststroke
5. Girls 200m Butterfly
6. Boys 100m Butterfly
7. Girls 100m Backcrawl
8. Boys 200m Backcrawl
9. Girls 200m Freestyle
10. Boys 100m Freestyle
11. Girls 200m Ind. Medley

12. Boys 400m Ind. Medley
13. Girls 400m Freestyle
14. Boys 100m Breaststroke
15. Girls 200m Breaststroke
16. Boys 200m Butterfly
17. Girls 100m Butterfly
18. Boys 100m Backcrawl
19. Girls 200m Backcrawl
20. Boys 200m Freestyle
21. Girls 100m Freestyle
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.**