

MUNSTER GRADE “3 “ GALA

Waterford - 2B-16/17-M008
Grade 3 - Askeaton - 2B-16/17-M009

DATE: 23rd October 2016

TIME: 9am warm up 10am start

VENUES ; WATERFORD –Waterford, Carrick, Dolphin, Fermoy, Splashworld, Clonmel, Sundays Well, Blackrock, Tiger Sharks, Kingfisher, Nenagh
ASKEATON - Kingdom, Kenmare, Killarney, Ballybunion, Askeaton, Seaworld, Limerick, Ennis, Clonakilty, Mallow, West Cork Orcas

FEES : €15.00 per swimmer to cover all individual events, €20.00 per relay.
Cheques to be made payable to “Munster Region Swim Ireland”. All fees **MUST** be received prior to the competition. Fees should be sent to Tom O’Briem, Mont Pelier, O’Brien’s Bridge, Co. Limerick

ENTRIES RECEIVED AFTER THE CLOSING DATE WILL NOT BE ACCEPTED. CLOSING DATE 9TH OCTOBER 2016

Swimmers must swim in the 100m Freestyle and the 100m Ind. Medley

Times must be submitted for all swimmers for the compulsory events i.e. 100m F/C and 100m IM. Clubs may submit training times , but these must be signed off by a club Official.

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|---|---|
| 1. Boys 100m Freestyle | 11. Boys 100m Ind. Medley |
| 2. Girls 100m Freestyle | 12. Girls 100m Ind. Medley |
| 3. Boys 50m Backcrawl | 13. Boys 50m Freestyle |
| 4. Girls 50m Backcrawl | 14. Girls 50m Freestyle |
| 5. Boys 50m Butterfly | 15. Boys 50m Breaststroke |
| 6. Girls 50m Butterfly | 16. Girls 50m Breaststroke |
| Medal Presentations Events 1 – 6 | Medal Presentations Events 11 - 16 |
| 7. Boys U/11 4x50m MTR | 17. 6 x 50m Freestyle Canon Relay |
| 8. Girls U/11 4x50m MTR | ONLY 1 per club |
| 9. Boys U/13 4x50m MTR | (1 Boy, 1 Girl each age group) |
| 10. Girls U/13 4x50m MTR | Medal Presentations Event 17 |

Medal Presentations events 7 - 10

Medals will be presented in U/11, U/13 14+ age group. There is no senior category

GRADE 3

BOYS		CUT OFF TIME			GIRLS	
7 - 11	12-13	14 +	EVENT	7 -11	12-13	14 +
1.30.00	1.25.00	1.20.00	100m Free	1.33.00	1.28.00	1.23.00
1.44.00	1.39.00	1.34.00	100m IM	1.48.00	1.43.00	1.37.00
53.00	50.00	47.00	50m Brs	54.00	51.00	48.00
47.00	44.00	41.00	50m B/C	49.00	46.00	43.00
52.00	49.00	46.00	50m Fly	55.00	52.00	49.00

Swimmers achieving the cut off time in the 100m Freestyle **and** the 100m Ind. Medley event **or** the 100m Freestyle **and** 2 of the 50m events (Back, Breast or Fly), **or** the 100m Ind. Medley **and** 2 of

the 50m events (Back, Breast or Fly) will then be eligible to swim in Grade “2” galas, and will no longer be considered Grade “3” swimmers.

All competing clubs must provide at least one official per six swimmers per session up to a maximum of three officials per session.

Clubs MUST indicate on their scratch sheets the person who is responsible for their swimmers for the relevant competition