

MONSTER GRIDE "F" GALA
at Laneside, Inc. TBC

VENUE: Ashton & Waterford **WARM UP:** Sun. Start 10am
DATE: 10th February **CLOSING DATE:** 10th February 2017.
Ashton: Kingfish, Kestrel, Killarney, Sulphurstone, Ashton, Newmill, Laneside, Ems,
 Slough, Clonsilla, West Cork Cross
Waterford: Waterford, Carrick, Dolphin, Fenway, Splendowood, Clonsill, Bantays Well,
 Blackrock, Tiger Sharks, Kingfisher, Mullon

ENTRIES: Entries on Fly-Tak only to performance@igmail.com
FEES: €10.00 per swimmer to cover all individual events, €20.00 per relay event. Charges to be made payable to "Monster Grapes Sports Ireland" and should be forwarded to Tom O'Brien, Mast-Pole, O'Brien's Bridge, Co. Laneside. Charges must be received prior to the gala.

ENTRIES RECEIVED AFTER THE CLOSING DATE WILL NOT BE ACCEPTED. CLOSING DATE 10th FEBRUARY 2017

Medals will be presented in U13, U14, U15, and Senior Age groups.
 Times must be submitted for the 100m Freestyle

Swimmers MUST compete in one 200m event ONLY, and must enter a minimum of three events.
Swimmers will be ranked in four events per gala.

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| 1. Girls 200m Freestyle | 11. Girls 200m Ind. Medley |
| 2. Boys 200m Freestyle | 12. Boys 200m Ind. Medley |
| 3. Girls 100m Backstroke | 13. Girls 100m Breaststroke |
| 4. Boys 100m Backstroke | 14. Boys 100m Breaststroke |
| 5. Girls 100m Butterfly | 15. Girls 100m Freestyle |
| 6. Boys 100m Butterfly | 16. Boys 100m Freestyle |
| Medal Presentations Events 1 - 6 | Medal Presentations Events 11 - 16 |
| 7. Boys U12 4x50m Med. Relay | 17. Girls U12 4x50m FIC Relay |
| 8. Girls U12 4x50m Med. Relay | 18. Boys U12 4x50m FIC Relay |
| 9. Girls U14 4x50m Med. Relay | 19. Girls U14 4x50m FIC Relay |
| 10. Boys U14 4x50m Med. Relay | 20. Boys U14 4x50m FIC Relay |
| Medal Presentations Events 7 - 10 | Medal Presentations Events 17 - 20 |

GRADE 1

BPM			Qualifying Times		SPL		
7-11	12-15	16+	200m Free	7-11	12-15	16+	
1:50:00	1:45:00	1:40:00	2:00:00	3:00:00	2:55:00	2:50:00	
2:05:00	1:55:00	1:50:00	1:55:00	3:15:00	3:10:00	3:05:00	
1:52:00	1:47:00	1:42:00	1:50:00	3:05:00	3:00:00	2:55:00	
1:47:00	1:42:00	1:37:00	1:55:00	3:10:00	3:05:00	3:00:00	
1:38:00	1:34:00	1:29:00	1:50:00	3:00:00	2:57:00	2:52:00	

To qualify for Grade "1" swimmers must achieve the qualifying times in 200m Freestyle and 200m IM or the 200m Freestyle and two of the other 100m events (either the 100m Fly, or 100m Backstroke or 100m Breaststroke), or the 200m IM and two of the other 100m events (either the 100m Fly, or 100m Backstroke or 100m Breaststroke)

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