

MUNSTER GRADE "F" GALA
81 Limerick Ave., 28147-609

VENUE: UJ
DATE: 6th April

WARM UP: 12pm
CLOSING DATE: 19th March 2017.

ENTRIES: Entries on Fly-Tab only to paddington2017@gmail.com

FEES: €10.00 per swimmer to cover all individual events, €20.00 per relay event. Charges to be made payable to "Munster Regional Swims Ireland" and should be forwarded to Tom O'Brien, Main Pool, O'Brien's Bridge, Co. Limerick. Charges must be received prior to the gala.

ENTRIES RECEIVED AFTER THE CLOSING DATE WILL NOT BE ACCEPTED. CLOSING DATE 19th March 2017

Medals will be presented in U15, U18, U19, 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 confined to four events per gala.

1. Girls 200m Freestyle
2. Boys 200m Freestyle
3. Girls 100m Backstroke
4. Boys 100m Backstroke
5. Girls 100m Butterfly
6. Boys 100m Butterfly

11. Girls 200m Ind. Medley
12. Boys 200m Ind. Medley
13. Girls 100m Breaststroke
14. Boys 100m Breaststroke
15. Girls 100m Freestyle
16. Boys 100m Freestyle

Medal Presentations Events 1 - 6

7. Boys U12 4x50m Med. Relay
8. Girls U12 4x50m Med. Relay
9. Girls U14 4x50m Med. Relay
10. Boys U14 4x50m Med. Relay

Medal Presentations Events 7 - 10

Medal Presentations Events 11 - 16

17. Girls U12 4x50m FIC Relay
18. Boys U12 4x50m FIC Relay
19. Girls U14 4x50m FIC Relay
20. Boys U14 4x50m FIC Relay

Medal Presentations Events 17 - 20

GRAND 1

BPA		Qualifying Times		SRA		
7-11	12-15	16+	Event	7-11	12-15	16+
1:50.00	1:45.00	1:40.00	200m Free	1:50.00	1:55.00	1:50.00
1:05.00	1:00.00	1:05.00	200m IM	1:15.00	1:20.00	1:05.00
1:32.00	1:27.00	1:22.00	100m Back	1:35.00	1:30.00	1:25.00
1:47.00	1:42.00	1:37.00	100m Bre.	1:50.00	1:45.00	1:40.00
1:35.00	1:30.00	1:25.00	100m Fly	1:40.00	1:37.00	1:32.00

To qualify for Grade "F" swimmers must achieve the qualifying times in 200m Freestroke and 200m IM or the 200m Freestroke 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.