

MUNSTER GRADE 'F' GALA
SI License TBC: 28 MAY 2009 & 2008

- DATE:** 26th May **VENUE:** Mayfield & Waterford
- TIME:** 9.00am warm up 10.00am start.
- MAYFIELD:** English, Kinnear, Killybeg, Ballybrann, Chesham, West Cork Ocean, Dolphin, Blackrock, Arklow, Seaworld, Limerick, Erin.
- WATERFORD:** Waterford, Caragh, Splachwood, Clonard, Tiger Sharks, Kingfisher, Mallon, Fenway, Mallon, Naugh, Sandys Well.
- FEES:** €21.00 per swimmer to cover all individual events, €20.00 per relay.
 (Charges to be made payable to "Munster Region Swim Ireland"). All fees MUST be received prior to the competition. Fees should be sent to Tony O'Brien, Most Police, O'Brien's Bridge, Co. Limerick.

ENTRIES RECEIVED AFTER THE CLOSING DATE WILL NOT BE ACCEPTED. CLOSING DATE 10th May 2017.
Entries to paddanowen02@gmail.com

Swimmers must enter in either the 100m Freestyle or the 100m Ind. Medley, and may enter a total of 2/one event (1/1).

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.

- | | |
|---|---|
| 1. Boys 100m Freestyle | 11. Boys 100m Ind. Medley |
| 2. Girls 100m Freestyle | 12. Girls 100m Ind. Medley |
| 3. Boys 50m Backstroke | 13. Boys 50m Freestyle |
| 4. Girls 50m Backstroke | 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 110 to 50m MTR | 17. 4 x 50m Freestyle Cannon Relay |
| 8. Girls 110 to 50m MTR | €10.00 per club |
| 9. Boys 110 to 50m MTR | (1 Boy, 1 Girl each age group) |
| 10. Girls 110 to 50m MTR | Medal Presentations Event 17 |

Medal Presentations events 7 - 10

Medals will be presented in 7-11, 12-15, 16+ age groups. There is no senior category.

GRANDS

2007		2008		2009		
F-10	11-15	16+	Female	F-11	12-15	16+
1,00.00	1,15.00	1,30.00	100m Free	1,10.00	1,25.00	1,40.00
1,44.00	1,50.00	1,64.00	100m IM	1,40.00	1,45.00	1,57.00
14.00	14.00	17.00	50m Fre	14.00	14.00	16.00
47.00	48.00	47.00	50m B/C	49.00	49.00	49.00
12.00	49.00	49.00	50m Fly	55.00	14.00	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 'F' galas, and will no longer be considered Grade 'F' 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.