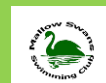


Mallow Swans Swimming Club

2019 Invitational Gala



We cordially invite you to participate in our Annual Invitational Gala which will provide swimmers with an opportunity to achieve times for Regional Development, Qualifying & Regional Championships level

Swim Ireland Level 2 Gala: Licence Number:- 2S-18/19-M022

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Meet Dates: Fri 19th & Sat 20th April 2019

Venue: Mallow Town Swimming Pool

Closing Date: Write Gala Date, Name and Events on the outside of envelope, Money Inside, Seal and Post in the Postbox at the pool reception
Closing Date Saturday 30th March 2019

50m Events: Entry Times must be shown on Entry [if no time, enter NT]
 100m/200m/ Events: Times are required /NTs not accepted

Entry Fees

| | |
|--------------|-----------------|
| Individual | €6.00 per event |
| Medley relay | €20.00 per team |
| Cannon Relay | No charge |

Max 2 Entries for Friday Night

Max 4 Entries for Saturday

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Age Groups / Medals / Awards

Medals will be awarded in all individual events in age groups as below

Medals: Age Groups 11&U 12/13 14/15 16&over

Awards:

Trophy: Best Away Club

Perpetual Cup: Best Overall Club

Relays

Relays: Swimmers eligible for U11 relays may not swim up in U16 relays.

Cannon Relay, run at the end of Day 2, only 1 Team per Club in Cannon



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Conditions

Swimmers must be:

at least 9 years of age as @ 31st December 2019 to compete at this gala
of Development 1 Grade or above

SI registration Numbers MUST be included with all entries.

Swim Ireland Rules will apply

One Start rule will apply for this gala.

Heats will be run as open events according to fastest time and will all be run
as HDW [Heat Declared Winners], with the fastest heats swimming last

Entries for 200m events will be limited to ensure compliance with SI rules.

Clubs will be informed of accepted entries prior to the gala

Max 2 Entries for Friday Night

Max 4 Entries for Saturday

MSSC reserves the right to:

Enter additional Swimmers in certain events

Limit the number of heats and/or entries to allow sessions finish on schedule

Events

| Distance | 50m | 100m | 200m |
|------------------------------|-----|------|------|
| Free | ✓ | ✓ | ✓ |
| Back | ✓ | ✓ | ✓ |
| Breast | ✓ | ✓ | ✓ |
| Fly | ✓ | ✓ | ✓ |
| IM | | ✓ | ✓ |
| | | | |
| Relays | | | |
| All age groups 4 x 50 Medley | | | ✓ |
| Cannon - Mixed Freestyle | | | ✓ |

Other/general information.....

SHOP: Shop will be open from Gala Start

Teas/Coffees, Water + Sandwiches, cakes etc available for purchase

Restrictions on personnel poolside will be strictly enforced to ensure Health &
Safety and effective running of gala. Poolside Seating will be available
for Coaches/Team Managers on deck (based on entries).

All other Team Staff/Spectators are welcome in the spectator area.

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Order of Events (Electronic Timing will be used throughout Gala)

| Session 1 Friday evening Warm Up 5.00pm (20 mins males followed by 20 mins females) Start 6.00pm | | Session 3 Saturday afternoon Warm Up during lunch break, swimmers must be supervised by a Coach Start 2.00pm | |
|---|------------------------------------|---|-------------------------------|
| 1 Boys | 200m Freestyle | 19 Boys | 200 IM |
| 2 Girls | 200m Freestyle | 20 Girls | 200 IM |
| 3 Boys | 200 Breaststroke | 21 Boys | 100m |
| 4 Girls | 200 Breaststroke | Freestyle 22 | Girls |
| 5 Boys | 200 Backstroke | | 100m |
| 6 Girls | 200 Backstroke | Freestyle 23 Boys | 50 |
| 7 Boys | 200 FLY | Fly | |
| 8 Girls | 200 Fly | 24 Girls | 50 Fly |
| Session 2 Saturday morning Warm Up 8.00am (20 mins males followed by 20 mins females) Start 9.00am | | 25 Boys | 100 Backstroke |
| 9 Boys | 100 IM | 26 Girls | 100 Backstroke |
| 10 Girls | 100 IM | 27 Boys | 50 Breaststroke |
| 11 Boys | 50 | 28 Girls | 50 Breaststroke |
| Freestyle 12 | Girls | 33 Boys | 200 Medley Relay 14-15 |
| | 50 | 34 Girls | 200 Medley Relay 14-15 |
| Freestyle 13 | Boys | Cannon Relay One Team per Club made up of one swimmer from each Age-Group (Male & Female) | |
| | 100 FLY | | |
| 14 Girls | 100 FLY | | |
| 15 Boys | 50 Backstroke | | |
| 16 Girls | 50 Backstroke | | |
| 17 Boys | 100 Breaststroke | | |
| 18 Girls | 100 Breaststroke | | |
| 29 Boys | 200 Medley Relay 11 & U | | |
| 30 Girls | 200 Medley Relay 11 & U | | |

NOTE MSSC reserves the right to limit the number of heats and/or entries to allow sessions finish on schedule Events 29-36 * may not be run due to time constraints
Cannon Relay** only one team per club may enter this event

Scratch Sheets

e-mail all scratches to mallowcompetitions@gmail.com

All scratches to be submitted by **Wednesday 17th April 8pm**. The Program will be Printed on Thursday 18th and the Gala will run AS PER THE PROGRAM.

There will be NO Scratches taken at the Gala.

Please Note, if you scratch on time you will NOT be charged.



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2019 Invitational Gala



SUMMARY SHEET

Boys Individual Entries @ €6.00 per Entry €_____

Girls Individual Entries @ €6.00 per Entry €_____

Boys Medley Relay Entries @ €20.00 per Entry €_____

Girls Medley Relay Entries @ €20.00 per Entry €_____

Cannon Relay @ €0.00 per Entry €xxxxxxx € NIL_____

TOTAL ENTRY FEES €_____

CLUB

Contact Person: _____

Address: _____

Phone: _____

e-mail: _____

Entry Fees to: Vincent Harris, Duinch Banteer, Co Cork (P51 ND62)

Closing Date: Thurs 4th April 2019

Scratches

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