

MUNSTER GRADE “B” GALA

VENUES : **Askeaton** - Askeaton, Kingdom, Kenmare, Ennis, Limerick, Nenagh, Seaworld, Tiger Sharks, Clonmel,
Mallow - Kingfisher, Dolphin, Fermoy, Clonakilty, Sundays Well, Mallow, Carrick, Waterford, Splashworld,

DATE : **January 28^h. Mallow Warm Up 9am Start 10am**
January 29th. Askeaton Warm up 9 am Start 10am

ENTRIES : Entries on Hy-Tek only to maryjphelan@yahoo.co.uk

FEES : €15.00 per swimmer to cover all individual events, €20.00 per relay event. Cheques to be made payable to “Munster Region Swim Ireland”

CLOSING DATE : **Monday 16th. January 2012.**

ENTRIES RECEIVED AFTER THE CLOSING DATE WILL NOT BE ACCEPTED

FEES TO : **Mary Phelan, 149 Ballinacurra Gardens, Limerick**

Medals will be presented in U/11, U/13, U/15, and Senior Age groups.

Times must be submitted for the 100m Freestyle

Swimmers MUST compete in 200m Frontcrawl and 100m Ind. Medley, and must swim a minimum of three events.

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) will then be eligible to swim in Grade “B” galas, and will no longer be considered Grade “C” swimmers.

GRADE “B” Qualifying Times

Boys 100m Freestyle	1.29.0	Boys 100m Ind. Medley	1.43.0
Girls 100m Freestyle	1.32.0	Girls 100m Ind. Medley	1.47.0
Boys 50m Backcrawl	46.00	Boys 50m Freestyle	
Girls 50m Backcrawl	48.00	Girls 50m Freestyle	
Boys 50m Butterfly	51.00	Boys 50m Breaststroke	52.00
Girls 50m Butterfly	54.00	Girls 50m Breaststroke	53.00

To qualify for Grade “A” swimmers must achieve the qualifying times 200m Frontcrawl, 100m IM and one other event (either the 50m Fly, or 100m Backstroke or 100m Breaststroke)

GRADE “A” Q.T.		GRADE ‘A’ Q.T.	
1. Girls 200 m Freestyle	2.50.00	11. Girls 100m Ind. Medley	1.28.00
2. Boys 200m Freestyle	2.45.00	12. Boys 100m Ind. Medley	1.26.00
3. Girls 100m Backcrawl	1.35.00	13. Girls 100m Breaststroke	1.42.00
4. Boys 100m Backcrawl	1.32.00	14. Boys 100m Breaststroke	1.40.00
5. Girls 50m Butterfly	46.00	15. Girls 100m Freestyle	
6. Boys 50m Butterfly	44.00	16. Boys 100m Freestyle	
7. Girls U/12 4x50m Med. Relay		17. Girls U/12 4x50m F/C Relay	
8. Boys U/12 4x50m Med. Relay		18. Boys u/12 4x50m F/C Relay	
9. Girls U/14 4x50m Med. Relay		19. Girls U/14 4x50m F/C Relay	
10. Boys U/14 4x50m Med. Relay		20. Boys U/14 4x50m F/C Relay	

MUNSTER GRADE “B” GALA

_____ Individual Entries @ €15.00 per swimmer =

_____ Relays @ €20.00 =

TOTAL =

CLUB _____

SECRETARY _____

ADDRESS _____

TEL NO, _____

Team Manager _____

Please indicate the name of a person from your club who will be willing to act as an official.

All competing clubs MUST provide at least one official.

NAME _____

CAPACITY _____

TEL. NO. _____

**GALAS CANNOT BE RUN WITHOUT OFFICIALS, WE RELY ON TOO FEW FOR
TOO MUCH.**

If sufficient officials are not present, galas will be cancelled

POOL RULES

In order to comply with health and safety standards within swimming pool and at the request of a number of pool managers the following rules must be complied with

- 1. All swimmers must wear hats**
- 2. No outdoor shoes to be worn on the pool deck.**
- 3. Swimmers are not permitted on the balcony or stairs in wet gear.**
- 4. Adequate supervision of competitors must be in place at all times.
Chaperones/Managers must be appointed for each club. Any damage
caused to the complex will be charged to the club involved.**
- 5. Where lockers are provided these should be used. Unattended belongings
may be removed by staff.**
- 6. Litter bins should be used.**
- 7. Parking should be in designated areas ONLY.**
- 8. Leisure centres / pools should be treated with respect.**