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10th December, 2007

## Graded Gala – 19th & 20th January 2008

Dear Club Secretary,

Aer Lingus Swimming Club has the pleasure in inviting you to their Graded Gala at the ALSAA Pool, Dublin Airport on the weekend of 19th & 20th January 2007.

No entries will be accepted from swimmers with times faster than the cut off times.  
No exhibition swims will be allowed.

All events will be Heat Declared Winners (HDW). No swimming up will be allowed in individual or relay events. To swim on a relay squad swimmers must be already entered in the gala and swim in at least 2 events in their age group.

Medals in Bronze, Silver and Gold will be awarded for Under 10, Under 12, Under 14 and Over 14 (Over 14s has an upper age limit of 24 years) Ages as 31<sup>st</sup> December 2007.

There will **be an Open 200mIM and 200mFreestyle with awards for Under 12, Under 14 and Over 14.**

A list of events plus entry forms is enclosed. Entry forms and fees should be returned not later than **Friday 11<sup>th</sup> January 2008 to Paul Nevins at the above home or e-mail address. It would be preferable if entries could be sent by e-mail.**

Catering facilities are available in the pool complex.

We look forward to seeing your club at our Gala in 2008.

Many thanks,

Yours in Sport

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Paul Nevins  
Gala Organiser.

# **Aer Lingus Swimming Club – GRADED GALA** **(under F.I.N.A & Swim Ireland Laws)**

**Date:** Saturday & Sunday 19<sup>th</sup> & 20<sup>th</sup> January 2007.  
**Venue:** ALSAA Swimming Pool, Dublin Airport.

**Entries:** Paul Nevins,  
73 Priory Wood  
Donabate  
Co. Dublin.

**Clubs with Hytek Team and Meet Manager can send entries to**  
**[adrienne.mcdonald@alswimclub.com](mailto:adrienne.mcdonald@alswimclub.com) or on diskette to above address.**

**Closing Date:** Friday 11<sup>th</sup> January 2008.

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<b>Entry Fees:</b>	Individual Entries	-	6.00 Euro
	Relay Teams	-	20.00 Euro

**Cheques:** Payable to Aer Lingus Swimming Club.

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**Qualifying Times:** Qualifying Times are as per attached sheet. Each entry **MUST** display the swimmer's best time. This is necessary for correct seeding. *Training times will be accepted where a swimmer has not competed in an open competition.*

**Cut-off Times:** Cut-off times will apply on the day – see attached sheet.

**Team Manager/  
Coaches** Swimmers must be able to swim proficiently in the events for which they enter.

**Facilities:** 5 Lane – 25 metre pool.  
New Omega Electronic Timing System.  
Restaurant and limited free car parking at the pool.

**Medals:** Medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> places in each event.  
Ages as: 31<sup>st</sup> December 2008.

**H.D.W** All events are Heat Declared Winner.

**Notes:**

1. “Swimming Up” is not allowed.
2. To swim in squads, swimmers must be entered and must swim in at least TWO of the listed events.
3. One Start Rule will apply.
4. Any points not covered by these conditions will be at the discretion of the Gala Organiser.

**AER LINGUS SWIMMING CLUB  
Graded Qualifying Times**

**19<sup>th</sup> & 20<sup>th</sup> JANUARY 2008**

		U/10	U/10	U/12	U/12	U/14	U/14	14 & OVER	14 & OVER
		M	F	M	F	M	F	M	F
<b>Freestyle</b>									
	50m 'B' Qualifying	37.00	37.00						
	100m 'B' Qualifying:			1.15.00	1.15.00	1.07.00	1.11.00	1.04.00	1.08.00
	200m 'B' Qualifying			2.40.00	2.40.00	2.28.00	2.37.00	2.18.00	2.24.00
<b>Backstroke</b>									
	50m 'B' Qualifying	41.00	43.00						
	100m 'B' Qualifying:			1.25.00	1.25.00	1.17.00	1.22.00	1.13.50	1.22.00
<b>Breaststroke</b>									
	50m 'B' Qualifying	51.00	47.00						
	100m 'B' Qualifying:			1.41.00	1.37.00	1.27.00	1.31.00	1.21.00	1.28.00
<b>Butterfly</b>									
	50m 'B' Qualifying	43.00	43.00						
	100m 'B' Qualifying:			1.30.00	1.25.00	1.15.00	1.20.00	1.11.00	1.21.00
<b>IND. MEDLEY</b>									
	100m 'B' Qualifying:	1.39.00	1.38.00	1.23.00	1.23.00	1.17.00	1.20.00	1.11.50	1.20.00
	200m 'B' Qualifying:			3.03.00	3.03.00	2.50.00	2.57.00	2.38.00	2.57.00

**NOTE: For Awards - the swimmer who is slower than the Qualifying Time and nearest to it gets the gold medal**