



ESB SWIMMING CLUB
SPORTSCO, DUBLIN 4.

31st August 2009.

Dear Club Secretary / Coach,

The ESB Swimming Club has great pleasure in inviting you to participate in the ESB SC Annual Gala at the Sportsco Pool, Ringsend, Dublin 4 on Saturday 28th & Sunday 29th November 2009.

Enclosed are entry forms and a list of events. A separate entry form must be used for male and female. Entry forms and fees must be returned not later than Friday 13th November 2009 to Nicky Kennedy, 32 Canonbrook Court, Lucan, Co. Dublin. If using the Hy-Tek system you can send the entries by e-mail to nicholaskennedy1@eircom.net.

There are catering facilities available in the Sportsco complex and an amount of free parking.

The ESB Swimming Club looks forward to seeing your team at our gala in November 2009.

Yours in sport,

Mark Stokes,
Secretary,
ESB Swimming Club.

ESB Annual Gala 29th & 30th November 2009

- DATE: Sat 28th and Sun 29th November 09.
- TIME: Saturday 28th Session 1 starts at 9.00am,
Session 2 starts at 1.30pm,
Sunday 29th Session 3 starts at 9.00am,
Session 4 starts at 1.00pm.
- Warm up starts 1 hour before each Session.**
- VENUE: Sportsco, South Lotts Rd, Ringsend, Dublin 4.
- ENTRIES TO: **Hy-Tek entries to**
Nicholas.kennedy1@eircom.net
- Hard copy entries to Nicky Kennedy, 32
Canonbrook Court, Lucan,
Co Dublin.
Telephone: - 087 2368829
- CLOSING DATE: Friday 13th November 2009.
- ENTRY FEES: Individual Entry - €6
Relay Teams - €20
- CHEQUES: Made payable to: -
ESB Swimming Club.
- FACILITIES: 6 Lane 25 metre Swimming Pool, Electronic
Timing, Spectators viewing area, catering
facilities, car parking.
- EVENTS: 100 Metres all Strokes including IM, 50
Metres open sprint, 4 x 50m Freestyle and
Medley relays. Under 10's swim 50m all
strokes + 100 IM and relays. Swimmers may
only swim in their own age group with
exception of Under 10's who may swim 11/12
events for time only.
In relays clubs may swim 2 swimmers up. To
swim in relays swimmers must be entered
and must swim in at least **TWO** of the listed
events. **All events will be heat declared
winners.**

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- AGE GROUPS: U/10, 11/12, 13/14, 15/16 & 17 & over.
- POINTS: Points scored in order of placing will be
7 – 5 – 4 – 3 – 2 – 1
(Double for relays)
- ENTRY TIMES: Consideration times are attached. Any swimmer who, on the day, exceeds the “**Upper Limit**” consideration time will receive a commemorative “**Speeding Ticket**”. Due to time constraints, the number of heats in each event may be limited. In the event of non- acceptance of any entry, the swimmer’s fee for the particular event will be returned to their club.
- RULES: The GALA will be run as a SWIM IRELAND Designated Gala, and under SWIM IRELAND & FINA rules. One Start rule will apply throughout.
- ENTRY FORMS: Clubs using the Hy-Tek system should e-mail entries to nicholaskennedy1@eircom.net
- All other entries must be on enclosed entry forms IN AGE GROUP ORDER. A separate entry form must be used for male & female.
- RESULT SHEET: Result sheets will be available to clubs on the day. Clubs entering the gala using the Hy-Tek system can receive the results by e-mail or on disk on the day.
- MEDALS: Medals will be awarded to 1st, 2nd and 3rd in each event.

Any points not covered by these conditions will be at the discretion of the Gala Organiser.

Session: 1
Saturday Morning 28th November
Starts at 09:00 AM (warm up 8.00am)

Round		Event
Finals	1	Girls 11-12 100 Backstroke
Finals	2	Boys 11-12 100 Backstroke
Finals	3	Girls 17 & Over 100 Freestyle
Finals	4	Boys 17 & Over 100 Freestyle
Finals	5	Girls 10 & Under 50 Freestyle
Finals	6	Boys 10 & Under 50 Freestyle
Finals	7	Girls 11-12 100 Breaststroke
Finals	8	Boys 11-12 100 Breaststroke
Finals	9	Girls 17 & Over 100 Butterfly
Finals	10	Boys 17 & Over 100 Butterfly
Finals	11	Girls 11-12 50 Freestyle
Finals	12	Boys 11-12 50 Freestyle
Finals	13	Girls 10 & Under 50 Breaststroke
Finals	14	Boys 10 & Under 50 Breaststroke
Finals	15	Girls 17 & Over 100 IM
Finals	16	Boys 17 & Over 100 IM
Finals	17	Girls 11-12 200 Medley Relay
Finals	18	Boys 11-12 200 Medley Relay
Finals	19	Girls 10 & Under 200 Medley Relay
Finals	20	Boys 10 & Under 200 Medley Relay

Session: 2
Saturday Afternoon
Starts at 01:30 PM

Round		Event
Finals	21	Boys 17 & Over 100 Backstroke
Finals	22	Girls 17 & Over 100 Backstroke
Finals	23	Boys 11-12 100 Butterfly
Finals	24	Girls 11-12 100 Butterfly
Finals	25	Boys 10 & Under 50 Butterfly
Finals	26	Girls 10 & Under 50 Butterfly
Finals	27	Boys 17 & Over 100 Breaststroke
Finals	28	Girls 17 & Over 100 Breaststroke
Finals	29	Boys 11-12 100 Freestyle
Finals	30	Girls 11-12 100 Freestyle
Finals	31	Boys 10 & Under 50 Backstroke
Finals	32	Girls 10 & Under 50 Backstroke
Finals	33	Boys 17 & Over 50 Freestyle
Finals	34	Girls 17 & Over 50 Freestyle
Finals	35	Boys 12 & Under 100 IM
Finals	36	Girls 12 & Under 100 IM
Finals	37	Boys 10 & Under 200 Freestyle Relay
Finals	38	Girls 10 & Under 200 Freestyle Relay
Finals	39	Boys 11-12 200 Freestyle Relay
Finals	40	Girls 11-12 200 Freestyle Relay

Session: 3
Sunday Morning 29th November
Starts at 09:00 AM (warm up 8:00am)

Round		Event
Finals	41	Girls 13-14 100 Freestyle
Finals	42	Boys 13-14 100 Freestyle
Finals	43	Girls 15-16 100 Backstroke
Finals	44	Boys 15-16 100 Backstroke
Finals	45	Girls 13-14 100 Breaststroke
Finals	46	Boys 13-14 100 Breaststroke
Finals	47	Girls 15-16 100 Butterfly
Finals	48	Boys 15-16 100 Butterfly
Finals	49	Girls 13-14 100 IM
Finals	50	Boys 13-14 100 IM
Finals	51	Girls 15-16 100 Freestyle
Finals	52	Boys 15-16 100 Freestyle
Finals	53	Girls 13-14 50 Freestyle
Finals	54	Boys 13-14 50 Freestyle
Finals	55	Girls 15-16 50 Freestyle
Finals	56	Boys 15-16 50 Freestyle
Finals	57	Girls 13-14 100 Medley Relay
Finals	58	Boys 13-14 100 Medley Relay
Finals	59	Girls 15-16 100 Medley Relay
Finals	60	Boys 15-16 100 Medley Relay

Session: 4
Sunday Afternoon
Starts at 01:00 PM

Round		Event
Finals	61	Boys 13-14 100 Backstroke
Finals	62	Girls 13-14 100 Backstroke
Finals	63	Boys 15-16 100 Breaststroke
Finals	64	Girls 15-16 100 Breaststroke
Finals	65	Boys 13-14 100 Butterfly
Finals	66	Girls 13-14 100 Butterfly
Finals	67	Boys 15-16 100 IM
Finals	68	Girls 15-16 100 IM
Finals	69	Boys 13-14 200 Freestyle Relay
Finals	70	Girls 13-14 200 Freestyle Relay
Finals	71	Boys 15-16 200 Freestyle Relay
Finals	72	Girls 15-16 200 Freestyle Relay

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Consideration Times

Male

GALA EVENT		17 & Over	15 / 16	13 / 14	11 / 12	10 & Under
50 m Free		Open	Open	Open	Open	
100 m Free	FAST	57.00	57.00	1.01.00	1.05.00	Open (50M)
	SLOW	1.20.00	1.20.00	1.26.00	1.30.00	
100 m Back	FAST	1.06.00	1.06.00	1.13.00	1.15.00	Open (50M)
	SLOW	1.30.00	1.30.00	1.34.00	1.36.00	
100m Breast	FAST	1.16.00	1.16.00	1.22.00	1.27.00	Open (50M)
	SLOW	1.35.00	1.35.00	1.40.00	1.45.00	
100m Fly	FAST	1.09.00	1.09.00	1.13.00	1.17.00	Open (50M)
	SLOW	1.30.00	1.30.00	1.34.00	1.36.00	
100 m IM	FAST	1.07.00	1.07.00	1.11.00	1.14.00	1.14.00
	SLOW	1.30.00	1.30.00	1.34.00	1.36.00	1.40.00

Female

GALA EVENT		17 & Over	15 / 16	13 / 14	11 / 12	10 & Under
50 m Free		Open	Open	Open	Open	
100 m Free	FAST	59.00	59.00	1.01.00	1.05.00	Open (50M)
	SLOW	1.22.00	1.22.00	1.26.00	1.30.00	
100 m Back	FAST	1.06.00	1.09.00	1.13.00	1.15.00	Open (50M)
	SLOW	1.30.00	1.30.00	1.34.00	1.36.00	
100m Breast	FAST	1.16.00	1.16.00	1.22.00	1.27.00	Open (50M)
	SLOW	1.35.00	1.35.00	1.40.00	1.45.00	
100m Fly	FAST	1.09.00	1.09.00	1.13.00	1.17.00	Open (50M)
	SLOW	1.30.00	1.30.00	1.34.00	1.36.00	
100 m IM	FAST	1.07.00	1.07.00	1.11.00	1.14.00	1.14.00
	SLOW	1.30.00	1.30.00	1.34.00	1.36.00	1.40.00

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Relay Entries

	Male		Female	
	Free	Medley	Free	Medley
10 & Under				
11 / 12				
13 / 14				
15 / 16				

Entry Summary for _____ Swimming Club

Number		€
	Individual entries @ €6	
	Relay Entries @ €20	
	TOTAL	

Cheque made payable to ESB Swimming Club

Contact Name _____

Address _____

Contact Number _____