

30 Parkview
Wexford,
Ph: 0872200815

Leinster Distance & Graded Meet # 2

Dear Club Secretary,

Enclosed please find entry forms for the Leinster Distance and Leinster Graded Galas. The graded gala covers **ALL** grades.

Venue: National Aquatic Centre, Abbottstown, Dublin

Time: Sunday 24th January 2010

<u>Session 1:</u>	Distance Gala	- warm up 9am	start 9.40am
<u>Session 2:</u>	Graded Gala	- warm up 12.15pm	start 12.55am
<u>Session 3:</u>	Distance Gala	- warm up 4pm	start 4.40pm

Fee: €7 per Individual Event

Payment: Cheques should be made payable to Leinster Swimming.

Closing Date: Saturday 17th January 2010

No late entries will be accepted; there will be NO exceptions.

Ages are as of 24th January 2010.

Entries to: Gerald Fleming, 30 Parkview, Wexford
Entries, **on Hy-Tek only**, should be emailed to
gffleming@eircom.net

PLEASE NOTE: ONE START RULE WILL BE USED THROUGHOUT.

Clubs will be notified in advance as to any changes to the competition.

This gala will be run under FINA and Swim Ireland rules. A fine of €10 will apply where swimmers fail to show up for events without scratching in good time.

Yours in swimming

Gerald Fleming
Leinster Gala Secretary

ORDER OF EVENTS

Session 1 – warm up 9am start 9.40am

Mixed	800m free	(2 heats)
Female	400m free	(8 heats)
Male	200m free	(8 heats)
Female	200m back	(2 heats)
Male	200m breast	(2 heats)
Female	200m fly	(2 heats)
Male	400m IM	(2 heats)
Female	200m IM	(8 heats)

Session 2 – warm up 12.15pm start 12.55am

Male	100m	Freestyle
Female	50m	Butterfly
Male	50m	Backstroke
Female	100m	Breaststroke
Male	100m	Butterfly
Female	50m	Freestyle
Male	50m	Breaststroke
Female	100m	Backstroke
Male	50m	Butterfly
Female	100m	Freestyle
Male	100m	Breaststroke
Female	50m	Backstroke
Male	50m	Freestyle
Female	100m	Butterfly
Male	100m	Backstroke
Female	50m	Breaststroke

Session 3 – warm up 4pm start 4.40pm

Mixed	1500m free	(2 heats)
Male	400m free	(8 heats)
Female	200m free	(8 heats)
Male	200m back	(2 heats)
Female	200m breast	(2 heats)
Male	200m fly	(2 heats)
Female	400m IM	(2 heats)
Male	200m IM	(8 heats)

GALA OFFICIALS FORM

Session 1

Name.....

Name.....

Session 2

Name.....

Name.....

Session 3

Name.....

Name.....

This form must be completed and returned with entries. Entries will not be accepted without this form.