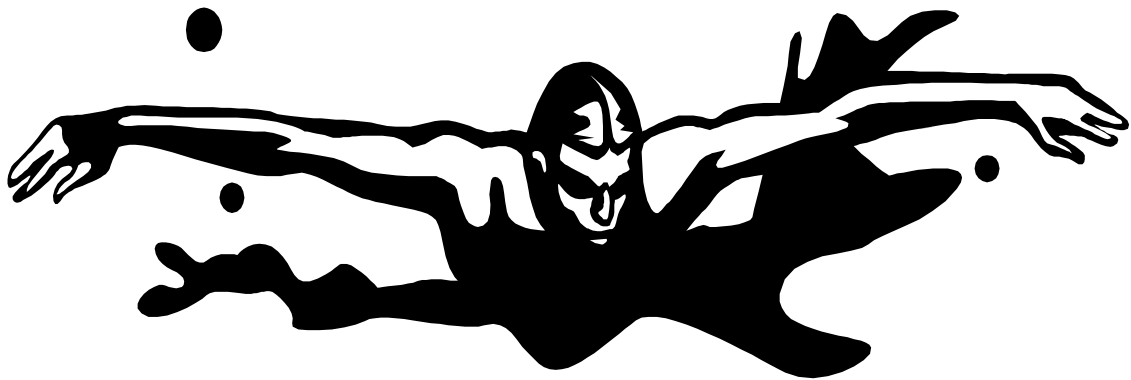




LEINSTER Swimming

Graded Gala



National Aquatic Centre
Sunday 22nd January
2012

€5

ORDER OF EVENTS

Session 1 – warm up 9.00am, start 9.40am

Mixed	800m free
Female	400m free
Male	200m free
Female	200m back
Male	200m breast
Female	200m fly
Male	400m IM
Female	200m IM

Session 2 – warm up 12.50pm, start 14.00pm

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

PLEASE NOTE: ONE START RULE WILL BE USED THROUGHOUT.

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

Session Two - Warm Up Schedule

Warm-Up Group A - 12.50 to 13.10			
Trojan	Templeogue	NAC Swim Team	Aer Lingus
St Paul's	Viking	Portmarnock	Westwood
Coolmine	Swim Club Plock	Cormorant	

Warm-Up Group B - 13.10 to 13.30			
Kells	ESB Swim Club	Wexford	Fortunestown
Otter	Atlantis		

Warm-Up Group C - 13.30 to 13.50			
Glenalbyn	Sliabh Beagh	Kilkenny	New Ross
Asgard	St Fiaccs	Tallaght	Aura SC
Enniscorthy	Laois Marlins	East Cavan	Mullingar
Breifne	Carrick Fins		