



**Leinster Distance Gala #1
2016 / 2017 Season
Licence No: 2B-16/17-L008**

Tel: 087-2200815

Dear Club Secretary,

Enclosed please find entry forms for the Leinster Distance Gala. This Distance Gala is open to swimmers of all abilities registered with Swim Ireland

Venue: National Aquatic Centre, Abbottstown, Dublin

Time: Sunday 20th November 2016

Session 1: Distance Gala - warm up 7.30am start 8.45am
Session 2: Distance Gala - warm up 2.00pm start 3.00pm

Fee: €7 per Individual Event

Payment: Cheques, together with gala and club reference and a contact name and email / mobile number should be sent to:

Leinster Treasurer
Leinster Region Swim Ireland
PO Box 12344
Blackrock
Co Dublin

Payment can also be made by transfer to the following bank account:
Swim Ireland Leinster; IBAN: IE59AIBK93251559772204; BIC: AIBKIE2D
(Older style reference numbers NSC = 93-25-15; a/c 59772204)

Please reference the club and gala on the transfer narrative, and email the treasurer on leinstertreasurer@swimireland.ie to confirm transfer.

Entries Closing: Friday 11th November 2015

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

Ages are as of the date of the gala; November 20th 2016

Entries to: Gerald Fleming, Gala Sec, Leinster Swimming
Entries, **on Hy-Tek only**, should be emailed to gffleming@eircom.net
Entries **must** include a realistic entry time for seeding and to allow the gala to be accurately timed. Training times are acceptable. **No NTs please!!**

PLEASE NOTE: ONE START RULE WILL BE USED THROUGHOUT.

Clubs will be notified in advance as to any changes to the competition. Numbers of heats may be curtailed to allow the gala to be run off in a reasonable time-frame. This is a short-course gala, and will be run under FINA and Swim Ireland rules.

Gerald Fleming Gala Sec, Leinster Swimming

Leinster Region of Swim Ireland – Regional Committee:
Phillip Fitzpatrick *Chairperson*, Nicole McInerney *Secretary*,
Niamh Nolan Gueret *Treasurer*, Pat Daly, Fran Ronan,
Mary Aldridge, Aisling McKeever, Gerald Fleming.

Website: www.swimleinster.com
Email:
leinstersecretary@swimireland.ie

Session 1 – warm up 7.30am, start 8.45am

1	Male	400m free	(6 heats)
2	Female	200m free	(8 heats)
3	Male	200m breast	(4 heats)
4	Female	200m back	(4 heats)
7	Male	200m fly	(4 heats)
6	Female	400m IM	(4 heats)
7	Male	200m IM	(4 heats)

Session 2 – warm up 2.00pm, start 3.00pm

8	Female	400m free	(6 heats)
9	Male	200m free	(8 heats)
10	Female	200m breast	(4 heats)
11	Male	200m back	(4 heats)
12	Female	200m fly	(4 heats)
13	Male	400m IM	(4 heats)
14	Female	200m IM	(4 heats)
15	Male	1500m free	(2 heats)
16	Female	800m free	(2 heats)

Scratches: To be emailed to the Gala Recorder (email address to be advised) by **8pm** on the evening **before** the gala, that is **8pm on Saturday November 19th**.

Officials: Please include the name and phone number of your Team Manager with the gala entries. Clubs will be issued with an Officials Roster in advance of the competition, as issued by the Competition Manager. **Non-Leinster clubs will be rostered as would Leinster Clubs.** (1 official per 4 swimmers in the session).