



286 Swords Road, Santry, Dublin 9



Three Oaks, Gragadder, Kilcock, Co Kildare

12 September 2010

Dear Club Secretary

Due to the success of last year's gala we decided to run the same format again this year.

Attached is the paperwork. I will also send the hy-tek files for electronic entries.

This year Swim Ireland are running an officials course in conjunction with the gala. There will be timekeepers, turn judge and stroke judge courses. If you wish to participate please contact Sarah Campbell in the Swim Ireland office to book in. Places are limited so it would be advisable to book early.

Looking forward to seeing you on the day!

Yours in swimming

Mary McDonnell
Secretary
Cormorant SC

Micheala Casesely
Secretary
NAC Swim Club

CORMORANT / N.A.C. CLUB **MINNOWS / SHORT COURST GALA 2010**

MEET INFORMATION

VENUE: National Aquatic Centre – Abbotstown, Blanchardstown Dublin 15

FACILITIES: 10 Lane 25m Pool Competition Pool
2000 Spectator Accommodation

DATE: Sunday 10th October 2010

SESSION 1: Warm Up 08.30 am Start 09.30am

AGE GROUPS: 8 and under / 9 / 10 / 11 / 12

EVENTS: 8 and under 25mtr Back, Breast, Fly & Free

9 – 12 50mtr Back, Breast, Fly & Free

U/10 / 11-12 4x50 FREE RELAY

SESSION 2: Warm up 1.00pm Start : 2.00pm

AGE GROUPS: 13 / 14 AND 15 AND OVER

EVENTS: 50m Free, 100m Back, Breast, Fly & Free
200m I.M.

13-14 / 15 & Over 4 x 50m Freestyle Relay

CLOSING DATE: **Latest date for receipt of entries is 02/10/2010**

ALL EVENTS WILL BE HDW EVENTS.

Events will be seeded based on times submitted and medals will be awarded to 1st, 2nd and 3rd in each of the stated age groups.

ENTRY TIMES: Where no entry times (NT) have been submitted, swimmers will be placed in the first heats of the particular Event.

AGE GROUPS: Age as of the 31st of December 2009 determines your age group for this meet.

ENTRY FEES: €7.00 for each individual Event entered
€20.00 for each relay team entered.

ENTRY ADDRESS: Completed Meet Entry Forms and payment together with any enquiries to:
The Meet Director, Cormorant/NAC Swimming Meet
286 Swords Road, Santry, Dublin 9.

Tel : **Michaela Caseley on 086 8508553**

Mary McDonnell on 087 2862110

E-mail: michaelacaseley@hotmail.com
marypmcdonnell@gmail.com

Session 1: Warm Up 8.30am Start 09.30am

| | |
|----------|-------------------------------------|
| Event 1 | 8 and under 25m Freestyle Male |
| Event 2 | 8 and under 25m Freestyle Female |
| Event 3 | 9-12 50m Freestyle Male |
| Event 4 | 9-12 50m Freestyle Female |
| Event 5 | 8 and under 25m Butterfly Male |
| Event 6 | 8 and under 25m Butterfly Female |
| Event 7 | 9-12 50m Butterfly Male |
| Event 8 | 9-12 50m Butterfly Female |
| Event 9 | 8 and under 25m Backstroke Male |
| Event 10 | 8 and under 25m Backstroke Female |
| Event 11 | 9-12 50m Backstroke Male |
| Event 12 | 9-12 50m Backstroke Female |
| Event 13 | 8 and under 25m Breaststroke Male |
| Event 14 | 8 and under 25m Breaststroke Female |
| Event 15 | 9-12 50m Breaststroke Male |
| Event 16 | 9-12 50m Breaststroke Female |
| Event 17 | U/10 4x50m Freestyle Relay Male |
| Event 18 | U/10 4 x50m Freestyle Relay Female |
| Event 19 | 11/12 4x50m Freestyle Relay Male |
| Event 20 | 11/12 4x50m Freestyle Relay Female |

Session 2: Warm up 1.00pm Start 2.00pm

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|----------|--|
| Event 21 | 13 & over 50m Freestyle Male |
| Event 22 | 13 & over 50m Freestyle Female |
| Event 23 | 13 & over 100m Backstroke Male |
| Event 24 | 13 & over 100m Backstroke Female |
| Event 25 | 13 & over 100 Breaststroke Male |
| Event 26 | 13 & over 100 Breaststroke Female |
| Event 27 | 13 & over 100m Butterfly Male |
| Event 28 | 13 & over 100m Butterfly Female |
| Event 29 | 13 & over 100m Freestyle Male |
| Event 30 | 13 & over 100m Freestyle Female |
| Event 31 | Open 200m I.M Male |
| Event 32 | Open 200m I.M Female |
| Event 33 | 13 – 14 4x50m Freestyle Relay Male |
| Event 34 | 13 – 14 4x50m Freestyle Relay Female |
| Event 35 | 15 & over 4x50m Freestyle Relay Male |
| Event 36 | 15 & over 4x50m Freestyle Relay Female |

ENTRY SUMMARY

Club: _____ Contact: _____

Address: _____

Phone: _____ Email: _____

| Individual Events | Number | Amount | Total |
|-------------------|------------------|------------------|-------|
| Male | | | |
| Female | | | |
| | | Sub Total | |
| | | | |
| Relays | Freestyle | €20 | |
| Girls U/10 | | | |
| Girls 11-12 | | | |
| Girls 13-14 | | | |
| Girls 15 & over | | | |
| Boys U/10 | | | |
| Boys 11-12 | | | |
| Boys 13-14 | | | |
| Boys 15 & over | | | |
| | | Sub Total | |
| | | Total | |

