

SUNDAYS WELL SWIMMING CLUB

Affiliated to Swim Ireland



Founded 1924

December 2013

Dear Secretary,

We are pleased to enclose details of our annual Master's Gala which will be held this year on Saturday 15th of February 2014 at Gus Healy Swimming Pool, Douglas, Cork.

We welcome entries from your club. We will be using "Meet Manager" to run the gala, so files from Hy-Tek "Team Manager" can be exported and sent to us (as an email attachment). Please Email the competition secretary for the gala file. If you prefer, you can prepare entries on the attached sheets.

The events will consist of 50m of each stroke, 200m Freestyle, 100m Freestyle, relays of each age group and a cannon relay. This year we have also added 100m IM to the programme.

The events will all be electronically timed using the Swim Ireland Munster Branch touch pad timing system.

Entry fees are €5 for individual entries and €20 for relay entries. Cheques payable to Sundays Well Swimming Club.

If you have any queries we would be glad to take them by phone or email.

The emphasis, as always, will be on having a fun day for all!

A copy of all your swimmers times/results will be made available to clubs at the conclusion of the gala. There is no additional charge for this service.

Yours sincerely,

Fiona Twohig
Masters Gala Secretary
SWSC
fionatwohig@gmail.com
087 6155923

Frank Lynch
Gala Organizer
SWSC
frankielynch1@gmail.com
086 0412957

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MASTERS GALA (UNDER SWIM IRELAND RULES)

- VENUE:** GUS HEALY SWIMMING POOL, DOUGLAS, CORK.
- DATE:** SATURDAY 15th FEBRUARY 2014
- TIMES:** SESSION 1: WARM-UP 13:30 - START 14:00
(EXPECTED FINISH 6PM)
- SCRATCHES:** 30MINS BEFORE START SESSION
- ORDER OF EVENTS:** AS PER ATTACHED LIST.
ALL EVENTS ARE HEAT DECLARED WINNER
HEATS WILL BE SEEDED BY ENTRY TIME WITH MEN/WOMEN
AND AGE GROUPS MIXED
- AGE GROUPS (ENTRY DEPENDANT):** Men and Women: 19-24, 25-29, 30-34, 35-39, 40-44, 45-49,
50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85+
Age as at 31st December 2014
- ENTRIES:** €5.00 PER INDIVIDUAL EVENT
€20.00 PER RELAY
CHEQUES PAYABLE TO
"SUNDAYS WELL SWIMMING CLUB"
- NOTE:** IN THE EVENT OF OVER-SUBSCRIPTION, ENTRIES WILL BE
ACCEPTED ON A FIRST COME, FIRST SERVED BASIS.
ANY ENTRY UNPAID BY 2PM 15/2/14 WILL BE
AUTOMATICALLY SCRATCHED
- ENTRY SHEETS:** ENTRY SHEETS TO BE COMPLETED WITH YOUR PERSONAL
BEST TIMES SO YOU CAN BE GRADED CORRECTLY.
IF YOU ARE USING HY-TEK TEAM MANAGER, PLEASE EXPORT
ENTRIES TO THE COMPETITION SECRETARY.
- ENTRY DEADLINES:** FRIDAY 7TH FEBRUARY 2014 **PLEASE - NO LATE ENTRIES**
- ENTRIES TO:** FIONA TWOHIG
23 WELWYN ROAD,
MARYBOROUGH WOODS
DOUGLAS
CORK.
EMAIL: fionatwohig@gmail.com

- Any points not covered by the above will be at the discretion of the Gala Organizers
- The decision of the Gala Organizers will be final.

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MASTERS GALA ORDER OF EVENTS

Session 1: Saturday 15th Feb 2014. 2pm Start (warm up from 1:30pm)	
1.	Mixed 100m Individual Medley
2.	Mixed 200m Freestyle
3.	Mixed 50m Backstroke
4.	Mens 50m Breaststroke
5.	Mixed 100m Freestyle
6.	Mixed 50m Butterfly
7.	Mixed 50m Freestyle
8.	Mens 200m Medley Relay (200+)
9.	Womens 200m Medley Relay (200+)
10.	Mens 200m Freestyle Relay (160-199)
11.	Womens 200m Freestyle Relay (160-199)
12.	Mens 200m Medley Relay (120-159)
13.	Womens 200m Medley Relay (120-159)
14.	Mens 200m Freestyle Relay (100-119)
15.	Women 200m Freestyle Relay (100-119)
16.	Mens 200m Freestyle Relay (200+)
17.	Womens 200m Freestyle Relay (200+)
18.	Mens 200m Medley Relay (160-199)
19.	Womens 200m Medley Relay (160-199)
20.	Mens 200m Freestyle Relay (120-159)
21.	Womens 200m Freestyle Relay (120-159)
22.	Mens 200m Medley Relay (100-119)
23.	Womens 200m Medley Relay (100-119)
24.	8 X 50m Cannon Relay (1 male, 1 female swimmer from each age group)

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MASTERS GALA (UNDER SWIM IRELAND RULES)

SATURDAY 15TH FEBRUARY 2014

Payment Form:

NAME:.....

CLUB:.....

Individual Entries @ €5.00 each	€
Relays @ €20.00 each	€
Total:	€

Cheques made payable to Sundays Well Swimming Club

Please post entries & Cheques to:

Fiona Twohig
23 Welwyn Road,
Maryborough Woods,
Douglas,
Cork.

Entry deadline 7/02/14

Sundays Well Swimming Club Annual Masters Gala 15/02/2014

Individual Entry Form

*Please ensure you enter your personal best time in your selected events so that you can be graded correctly.
Entries are at a cost of €5 each.*

Club Name: _____

Age Groupings: 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85+ (Subject to Entries)

<u>Surname:</u>	<u>Forename:</u>	<u>M/F</u>	<u>Date of Birth:</u>	<u>100m IM</u>	<u>200m Free:</u>	<u>100m Free:</u>	<u>50m Free:</u>	<u>50m Breast:</u>	<u>50m Back:</u>	<u>50m B/Fly:</u>

Please post entries to:

Fiona Twohig,
23 Welwyn Road,
Maryborough Woods,
Douglas,
Cork.

Total Entries: @ €5 each	Total Cost:
	€

DEADLINE FOR ENTRIES: Friday 7/02/14

➤ **Please Note: If entries have not been paid by 14:00 on Saturday 15/02/14 you will be automatically scratched from your events**

Sundays Well Swimming Club Annual Masters Gala 15/02/2014

Relay Entry Form

Relays are at a cost of €20 each.

Club Name: _____

Age Groupings: 100-119 Years, 120-159 Years, 160-199 Years, 200+ Years. (Combined Ages of all Swimmers on Team)

Please enter the quantity of teams you wish to enter in the relevant age groups. All relay teams will be entered as NT.

<u>Relay:</u>	<u>100-119</u>	<u>120-159</u>	<u>160-199</u>	<u>200+</u>	<u>Mixed (Cannon Only)</u>
200m Freestyle					N/A
200m Medley					N/A
8 x 50m Cannon	N/A	N/A	N/A	N/A	

Please post entries to: Fiona Twohig
23 Welwyn Road,
Maryborough Woods,
Douglas,
Cork.

DEADLINE FOR ENTRIES: Friday 7/02/14

➤ **Please Note: If entries have not been paid by 14:00 on Saturday 15/2/14 you will be automatically scratched from your events**