



NAC SWIM CLUB
ANNUAL LONG COURSE GALA
SUNDAY 7TH JUNE 2015
A Squad and B Squad at 50m Pool

MEET INFORMATION

VENUE:	National Aquatic Centre – Abbotstown, Dublin 15
FACILITIES AVAILABLE:	10 Lane 50m Competition Pool 2000 Spectator Accommodation
DATE:	Sunday June 7 th 2015
SESSIONS:	Session 1: Warm Up 8am to 8.50am - Session Start 9.00am Session 2: Warm Up 2.30pm to 3.20pm - Session Start 3.30 pm Our morning session must finish at 12.30pm to accommodate lessons being run by the National Aquatic Centre Academy. We may need to limit heats in morning session. Clubs will be notified in advance.
AGE GROUPS:	10 & Under, 11/12, 13/14, 15 & over
EVENTS:	100 Free; 100 Back; 100 Breast; 100 Fly 200 Free; 200 Back; 200 Breast, 200 Fly, 200 IM 400m Free Open , 50m Free, 50m Back, 50m Breast, 50m Fly Open , 800m Free Female Open (ONE HEAT ONLY) 1500m Free Male Open (ONE HEAT ONLY)

ALL EVENTS ARE HEAT DECLARED WINNERS

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 Day of Gala (7th June 2015) determines your age group for this meet.

ENTRY FEES: €7.00 for each individual event entered

ENTRY ADDRESS: Completed Meet Entry Forms and payment together in Club Box by deadline.

CLOSING DATE: Latest date for receipt of entries is 22nd May 2015
ALL ENTRIES MUST HAVE A SWIM IRELAND NUMBER

Note: The Organisers of the event reserve the right to limit numbers in each event. Clubs will be advised of any rejections and entry fees will be refunded.

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ANNUAL LONG COURSE GALA
SUNDAY, 7TH JUNE 2015**

ORDER OF EVENTS

Session 1: Warm up Start 8am

Heat Session Start 9.00am

- | | |
|----------|------------------------------|
| Event 1 | 400m Freestyle Male Open |
| Event 2 | 400m Freestyle Female Open |
| Event 3 | 200m Butterfly Male |
| Event 4 | 200m Butterfly Female |
| Event 5 | 100m Backstroke Male |
| Event 6 | 100m Backstroke Female |
| Event 7 | 50m Breaststroke Male Open |
| Event 8 | 50m Breaststroke Female Open |
| Event 9 | 100m Butterfly Male |
| Event 10 | 100m Butterfly Female |
| Event 11 | 50m Freestyle Male Open |
| Event 12 | 50m Freestyle Female Open |
| Event 13 | 200m Breaststroke Male |
| Event 14 | 200m Breaststroke Female |

Session 2: Warm up Start 2.30

Heat Session Start 3.30pm

- | | |
|----------|-------------------------------|
| Event 15 | 200m Individual Medley Male |
| Event 16 | 200m Individual Medley Female |
| Event 17 | 200m Freestyle Male |
| Event 18 | 200m Freestyle Female |
| Event 19 | 100m Breaststroke Male |
| Event 20 | 100m Breaststroke Female |
| Event 21 | 50m Butterfly Male Open |
| Event 22 | 50m Butterfly Female Open |
| Event 23 | 200m Backstroke Male |
| Event 24 | 200m Backstroke Female |
| Event 25 | 100m Freestyle Male |
| Event 26 | 100m Freestyle Female |
| Event 27 | 50m Backstroke Male Open |
| Event 28 | 50m Backstroke Female Open |
| Event 29 | 1500m Freestyle Male Open |
| Event 30 | 800m Freestyle Female Open |

ENTRY SUMMARY

Club: _____ **Contact:** _____

Address: _____

Phone: _____ **Email:** _____

Individual Events	Number	Amount	Total
Male			
Female			
		Sub Total	
		Sub Total	
		Total	

NAME	CLUB	M/F	Reg NO:	D.O.B	AGE	50m Free	50m Back	50m Brs	50m Fly	100m Free	100m Back	100m Brs	100m Fly	200m Free	200m Back	200m Brs	200m Fly	200m IM	400m Free	800m Free	1500m Free	

TOTAL INDIVIDUAL ENTRIES @ €7.00 EACH _____