

7th MALLOW MASTERS SHORT COURSE GALA

Saturday 5th December 2015 – Mallow Swimming Complex

Dear Swimmers,

We are proud to announce, our 7th running of the Mallow Masters Gala on Saturday the 5th December 2015

Time: Session 1 Warm Up 09.00am (*split warm up see below note*)* with 10.00am Start
Session 2 Warm Up 13.30pm with 14.00pm Start

**To facilitate all swimmers having as productive warm-up as possible we will split the hour into 2 halves with swimmers from the Munster area utilising the first half i.e. 09.00am to 09.30am and all other swimmers from 09.30am to 10.00am.*

It would be greatly appreciated if all swimmers could kindly comply with this request in order to be fair to all swimmers

Venue: Mallow Swimming Complex, Mallow, Co. Cork

Closing date for entries is Friday the 27th November 2015

Entries together with payment to be kindly sent to:

Mr. Jason Kenny,
68, Cairn Woods,
Mallow,
Co.Cork
087-9683253 / 022-50321
E-mail: MallowMasters@gmail.com

I would like to thank you in advance for your kind support,

Jason Kenny,
Gala Organiser

Supporting Information:

1	Age	As 31 st December 2015 and all competitors must be 19 years or over on the day of swim and must be a member of an affiliated club and/or special membership of Swim Ireland Age Groups for Men and Women: (19-24 yrs), (25-29yrs), (35-39yrs), (40-44yrs) (45-49yrs), (50-54yrs), (55-59yrs), (60-64yrs) (65-69yrs), (70-74yrs), (75-79yrs), (80-84yrs) (85yrs+)
2	Facilities	5 lane 25m Swimming Pool with Manual Timekeeping (<i>requests for record attempts facilitated by providing 3 timekeepers</i>)
3	Gala	One Start Rule will Apply with the option of overhead starts. Events will be run as mixed seeded heats with Heat Declared Winner
4	Entries	Unfortunately will not be accepted without a fee. No late entries or changes on the day being accepted. Fees: Individual Events: €5 and Team Relay of €20 <i>*The novelty 25m "Dolphin Flipper" event will be free of charge</i> Cheques made payable please to Mallow Masters Swimming Club Entry forms together with payment to be kindly sent by Friday 27 th November 2014 to: Mr. Jason Kenny, 68, Cairn Woods, Mallow, Co. Cork. <i>*Restrictions will unfortunately apply to:</i> <i>: 400m freestyle with 6 heats of 5 i.e. 30 places</i> <i>: 400m I.M. 1 heat of 5 i.e. 5 places</i> <i>: 200m freestyle 12 heats of 5 i.e. 60 places</i> <i>being offered on a first to apply first to be facilitated basis</i>
5	Health & Insurance	Are the responsibility of the entrants
6	"Après Gala" Presentation	Presentation for Top club will take place immediately after the Gala in: "The Arches Bar"
7	Accommodation and Food	Details as per the attached sheet

Mallow Masters Short Course Gala – Saturday 5th December 2015
Individual Entry Sheet (please use block capitals)

Name:	
Male/Female	
Swim Ireland No:	
Date of Birth:	
Age Bracket:	
Swimming Club	
Telephone No:	
E-mail Address:	
Session 1 – Warm Up 09.00/09.30 to 10.00am and 10.00 Start	Entry Time
1. 400m Freestyle – Mixed – <i>Restricted to 6 heats of 5 on a first to apply first to be facilitated basis</i>	
2. 100m I.M. – Mixed	
3. 200m Butterfly – Mixed	
4. 4 x 50m Freestyle Relay – Mixed (2 Male and 2 Female)	
5. 50m Butterfly – Mixed	
6. 100m Breaststroke – Mixed	
7. 200m I.M. – Mixed	
8. 50m Backstroke – Mixed	
9. 100m Freestyle – Mixed	
10. 4 X 50m Medley Relay – Male	
11. 4 x 50m Medley Relay – Female	
Session 2 – 13.30 Warm Up and 14.00 Start	
12. 200m Freestyle–Mixed– <i>Restricted to 12 heats of 5 on a first to apply first to be facilitated basis</i>	
13. 4 x 50m Freestyle Relay – Men	
14. 4 x 50m Freestyle Relay – Women	
15. 400m I.M. – Mixed – <i>Restricted to 1 heat of 5 on a first to apply first to be facilitated basis</i>	
16. 100m Butterfly – Mixed	
17. 50m Breaststroke – Mixed	
18. 25m Novelty “Dolphin Flipper” (<i>underwater or over water, in a streamlined hands together position, kick only, position on front or back, wearing a pair of flippers</i>) – Mixed	Free Of Charge
19. 100m Backstroke – Mixed	
20. 50m Freestyle – Mixed	
Entry Fee:	
€5 per individual event with Relay entry below	Individual Entry Total €

Mallow Masters Short Course Gala

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Relay Team Entry Sheet (please use block capitals)

	Event	Age	Time
Event 4. 4 x 50m Freestyle Team Relay – Mixed (2 male and 2 female)		120+	
		160+	
		200+	
Event 10. 4 x 50m Medley Team Relay - Men		120+	
		160+	
		200+	
Event 11. 4 x 50m Medley Team Relay – Women		120+	
		160+	
		200+	
Event 13. 4 x 50m Freestyle Team Relay – Men		120+	
		160+	
		200+	
Event 14. 4 x 50m Freestyle Team Relay – Women		120+	
		160+	
		200+	
Total Number of Relays @ €20			
Total Enclosed		€	
Team Signature			

MALLOW MASTERS APRES GALA

Sat 5th December 2015

Food & Drinks:

Available @ The Arches immediately after the Gala

Choice: Steak Sandwich or
 Chicken Goujons or
 Fish & Chips or
 Chicken Stir-fry
 With choice of desserts and tea/coffee

Cost €15.00 per person

Live Music @ The Arches will be provided for the evening

*For directions or special dietary requests please contact one of the following:

Kieran Horgan – 087 2230920

Jason Kenny – 087-9683253

Accommodation:

Hibernian Hotel - Telephone No: 022 21588

*Parking available @ rear

Roundabout Tavern - Telephone No: 022 21815

*Parking available @ rear