

**2<sup>nd</sup> MALLOW MASTERS SHORT COURSE GALA**  
**Saturday 5<sup>th</sup> November 2011 – Mallow Swimming Complex**

Dear Swimmers,

We are proud to announce the Mallow Masters Gala for Saturday the 5<sup>th</sup> November 2011.

**Time:** Session 1 Warm Up 9.00am with 9.45am Start  
Session 2 Warm Up 1.45pm with 2.30pm Start

**Venue:** Mallow Swimming Complex

Please find enclosed Gala Information, Order of Events & Entry Forms.

Closing date is Friday October 28<sup>th</sup> 2011. 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](mailto: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 <sup>st</sup> December 2011 and all competitors must be 19 years or over on the day of swim and must be a member of an affiliated club 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
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 an entry time or fee in addition to no late entries or changes on the day being accepted.  Fees: Individual Events: €6 and Team Relay of €20  Cheques made payable to Mallow Masters Swimming Club Entry forms together with payment to be kindly sent by Friday 28 <sup>th</sup> October 2011 to: Mr. Jason Kenny, 68, Cairn Woods, Mallow, Co. Cork.
5	Health & Insurance	Are the responsibility of the entrants
6	Post Gala Presentation	Perpetual Trophy presentation 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 5<sup>th</sup> November 2011

### 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:	
	<b>Entry Time</b>
<b>Session 1 - 9.00am Warm up and 9.45am Start</b>	
1. 200m Freestyle – Mixed	
2. 100m I.M. – Mixed	
3. 100m Breaststroke – Mixed	
4. 50m Butterfly – Mixed	
5. 50m Backstroke – Mixed	
6. 100m Freestyle – Mixed	
7. 4 x 50m Medley Relay – Mixed	
<b>Session 2</b>	
8. 100m Butterfly – Mixed	
9. 50m Breaststroke – Mixed	
10. 100m Backstroke – Mixed	
11. 50m Freestyle – Mixed	
12. 4 x 50m Freestyle Relay – Women	
13. 4 x 50m Freestyle Relay – Men	
14. 6 x 50m Freestyle Relay – Mixed (Min 2 male or female swimmers on team)	
<b>Entry Fee:</b> €6 per individual event with Relay entry below	<b>Individual Entry Total €</b>

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**Relay Team Entry Sheet (please use block capitals)**

	<b>Event</b>	<b>Age</b>	<b>Time</b>
<b>Event 7.</b>  4 x 50m Medley Team Relay – Mixed		120+	
		160+	
		200+	
		240+	
<b>Event 12.</b>  4 x 50m Freestyle Team Relay - Women		120+	
		160+	
		200+	
		240+	
<b>Event 13.</b>  4 x 50m Freestyle Team Relay – Men		120+	
		160+	
		200+	
		240+	
<b>Event 14.</b>  6 x 50m Freestyle Team Relay – Mixed (Min. 2 male or female swimmers on team)		120+	
		160+	
		200+	
		240+	
		160+	
		240+	
Total Number of Relays @ €20			
Total Enclosed	€		
Team Signature			

# MALLOW MASTERS GALA

Sat 5<sup>th</sup> November 2011

## Accommodation:

Hibernian Hotel -

Telephone No: 022 21588

\*Parking available @ rear

Roundabout Tavern -

Telephone No: 022 21815

\*Parking available @ rear

## Food & Drinks:

Available @ The Arches from 3pm (Main gathering immediately after the Gala)

Choice: Steak Sandwich, Chicken Goujons, Fish & Chips, Penne Pasta

Also includes choice of desserts and tea/coffee

Cost €15.00 per person

Live Music @ The Arches will be provided for the evening

\*For any enquiries, directions or special dietary requests please contact one of the following:

John Ferris – 086 2398377 – [john.ferris@flowmeter.ie](mailto:john.ferris@flowmeter.ie)

Kieran Horgan – 087 2230920

Jason Kenny – 087-9683253