

**3<sup>rd</sup> MALLOW MASTERS SHORT COURSE GALA**  
**Saturday 19<sup>th</sup> May 2012 – Mallow Swimming Complex**

Dear Swimmers,

We are proud to announce, as a result of a gap in the swimming calendar and in collaboration with the Swim Ireland Masters Committee, the running of a Mallow Masters Gala on Saturday the 19<sup>th</sup> May 2012.

**Time:** Session 1 Warm Up 10.00am with 10.30am Start  
Session 2 Warm Up 14.00pm with 14.30pm Start

**Venue:** Mallow Swimming Complex

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

***Closing date is Monday the 30<sup>th</sup> April 2012***

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 2012 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 a fee. No late entries or changes on the day being accepted.  Fees: Individual Events: €5 and Team Relay of €15  Cheques made payable to Mallow Masters Swimming Club Entry forms together with payment to be kindly sent by Monday 30 <sup>th</sup> April 2012 to: Mr. Jason Kenny, 68, Cairn Woods, Mallow, Co. Cork.
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 19<sup>th</sup> May 2012**

**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 - 10.00 Warm up and 10.30 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 – 14.00 Warm Up and 14.30 Start</b>	
8. 400m Freestyle – Mixed	
9. 100m Butterfly – Mixed	
10. 50m Breaststroke – Mixed	
11. 100m Backstroke – Mixed	
12. 50m Freestyle – Mixed	
13. 4 x 50m Freestyle Relay – Men	
14. 4 x 50m Freestyle Relay – Women	
15. 6 x 50m Freestyle Relay – Mixed (Min 2 male or female swimmers on team)	
<b>Entry Fee:</b>	
€5 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+	
<b>Event 13.</b> 4 x 50m Freestyle Team Relay - Men		120+	
		160+	
		200+	
<b>Event 14.</b> 4 x 50m Freestyle Team Relay – Women		120+	
		160+	
		200+	
<b>Event 15.</b> 6 x 50m Freestyle Team Relay – Mixed (Min. 2 male or female swimmers on team)		150+	
		240+	
		320+	
Total Number of Relays @ €15			
Total Enclosed		€	
Team Signature			

# MALLOW MASTERS GALA

Sat 19<sup>th</sup> May 2012

## 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 4pm (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:

Kieran Horgan – 087 2230920

Jason Kenny – 087-9683253