

# 5<sup>th</sup> MALLOW MASTERS SHORT COURSE GALA

Saturday 7<sup>th</sup> December 2013 – Mallow Swimming Complex

Dear Swimmers,

We are proud to announce, our 5<sup>th</sup> running of the Mallow Masters Gala on Saturday the 7<sup>th</sup> December 2013.

**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 29<sup>th</sup> November 2013*

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 2013 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 ( <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 29 <sup>th</sup> November 2013 to: Mr. Jason Kenny, 68, Cairn Woods, Mallow, Co. Cork.  <i>*Restrictions will unfortunately apply to the 400m freestyle with 5 heats of 5 i.e. 25 places 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 7<sup>th</sup> December 2013**

**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>Session 1 – Warm Up 09.00/09.30 to 10.00am and 10.00 Start</b>	<b>Entry Time</b>
1. 400m Freestyle – Mixed – <i>Restricted to 5 heats on a first to apply first to be facilitated basis</i>	
2. 100m I.M. – Mixed	
3. 200m Backstroke – Mixed	
4. 4 x 50m Freestyle Relay – Mixed (2 Male and 2 Female)	
5. 50m Butterfly – Mixed	
6. 100m Breaststroke – Mixed	
7. 50m Backstroke – Mixed	
8. 100m Freestyle – Mixed	
9. 4 X 50m Medley Relay – Male	
10. 4 x 50m Medley Relay – Female	
<b>Session 2 – 13.30 Warm Up and 14.00 Start</b>	
11. 200m Freestyle – Mixed	
12. 100m Butterfly – Mixed	
13. 50m Breaststroke – Mixed	
14. 25m Novelty “Dolphin Flipper” ( <i>underwater or over water in a streamlined hands together kick only position on front or back wearing a part of flippers</i> ) – Mixed	NA
15. 100m Backstroke – Mixed	
16. 50m Freestyle – Mixed	
17. 4 x 50m Freestyle Relay – Men	
18. 4 x 50m Freestyle Relay – Women	
<b>Entry Fee:</b>	
€5 per individual event with Relay entry below	<b>Individual Entry Total €</b>

**Mallow Masters Short Course Gala**

**Saturday 1<sup>st</sup> December 2012**

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

	<b>Event</b>	<b>Age</b>	<b>Time</b>
<b>Event 4.</b> 4 x 50m Freestyle Team Relay – Mixed (2 male and 2 female)		120+	
		160+	
		200+	
<b>Event 9.</b> 4 x 50m Medley Team Relay - Men		120+	
		160+	
		200+	
<b>Event 10.</b> 4 x 50m Medley Team Relay – Women		120+	
		160+	
		200+	
<b>Event 17.</b> 4 x 50m Freestyle Team Relay – Men		120+	
		160+	
		200+	
<b>Event 18.</b> 4 x 50m Freestyle Team Relay – Women		120+	
		160+	
		200+	
Total Number of Relays @ €20			
Total Enclosed		€	
Team Signature			

# MALLOW MASTERS GALA

## Sat 7<sup>th</sup> December 2013

### Accommodation:

Hibernian Hotel - Telephone No: 022 21588

\*Parking available @ rear

Roundabout Tavern - Telephone No: 022 21815

\*Parking available @ rear

### Food & Drinks:

Available @ The Arches immediately after the Gala

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