



**Sundays Well  
Swimming Club**  
est. 1924



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13th January 2023

Dear Swimmers,

We are pleased to invite your club to our annual Masters' Gala which will be held this year under the auspices of Swim Ireland on Sunday 19<sup>th</sup> of February 2023 at Gus Healy Swimming Pool, Douglas, Cork.

The events will consist of 50m of each stroke, 400m, 200m and 100m Freestyle, 100 IM, free style and medley relays of each age group and a cannon relay. *The events will all be electronically timed using the Swim Ireland Munster Branch touch pad timing system.*

Entry fees are €7 for individual entries and €20 for relay entries. Entries and fees must be paid through the following [link](#). The exception to this is entries for the relays which can be booked and paid for on the day.

Presentation of relay prizes will be made in the South County immediately after the gala.

If you have any queries we would be glad to take them by phone or email. The emphasis, as always, will be on having a fun day for all!

A copy of all swimmers times / results will be made available to clubs at the conclusion of the gala.

Yours sincerely,

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Ann Toebes  
Gala Organiser  
SWSC  
E mail: [masters@sundayswellsc.com](mailto:masters@sundayswellsc.com)  
087 1273314



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## **MASTERS GALA**

### **Swim Ireland Gala Licence Number 6S-22/23-M006**

- VENUE:** GUS HEALY SWIMMING POOL, DOUGLAS, CORK.
- DATE:** SUNDAY 19<sup>th</sup> FEBRUARY 2023
- TIMES:** SESSION 1: WARM-UP 1.00pm - START 2:00pm  
(EXPECTED FINISH 6PM)
- SCRATCHES:** 30 MINS BEFORE START OF GALA
- ORDER OF EVENTS:** AS PER ATTACHED LIST.  
ALL EVENTS ARE HEAT DECLARED WINNER  
HEATS WILL BE SEDED BY ENTRY TIME WITH MEN/WOMEN  
AND AGE GROUPS MIXED
- AGE GROUPS (ENTRY DEPENDANT):** Men and Women: 19-24, 25-29, 30-34, 35-39, 40-44, 45-49,  
50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85+  
Age as at 31st December 2023
- ENTRIES:** €7.00 PER INDIVIDUAL EVENT  
€20.00 PER RELAY CHEQUES PAYABLE TO  
"SUNDAYS WELL SWIMMING CLUB"
- NOTE:** IN THE EVENT OF OVER-SUBSCRIPTION, THE SLOWEST  
ENTRIES WILL BE ELIMINATED FROM THE LONGEST EVENTS  
(IN DURATION) BASED ON SUBMITTED TIMES UNTIL THE  
ESTIMATED GALA SCHEDULE MEETS THE ALLOCATED POOL  
TIME AVAILABLE. FEES WILL BE REFUNDED TO INDIVIDUALS  
WHOSE ENTRIES ARE ELIMINATED ON THIS BASIS.  
ANY ENTRY UNPAID BY 1 PM 19/02/23 WILL BE  
AUTOMATICALLY SCRATCHED
- ENTRY SHEETS:** Individual entries to be completed online at  
<http://ceall.com/gala-app/gala.php?gala=4>  
ENTRIES TO BE COMPLETED WITH YOUR PERSONAL BEST  
TIMES SO YOU CAN BE GRADED CORRECTLY.  
IF YOU ARE USING HY-TEK TEAM MANAGER, PLEASE EXPORT  
ENTRIES TO [mastersrep@sundayswellsc.com](mailto:mastersrep@sundayswellsc.com)
- ENTRY DEADLINES:** Friday 3<sup>rd</sup> February 2023 PLEASE - **NO LATE ENTRIES**
- Queries by email to: [masters@sundayswellsc.com](mailto:masters@sundayswellsc.com)

- Any points not covered by the above will be at the discretion of the Gala Organizers
- The decision of the Gala Organizers & the Gala Referee will be final.



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## **MASTERS GALA ORDER OF EVENTS**

<b><u>Session 1:</u> Sunday 19th Feb. 2023. 2pm Start (warm up from 1.00pm sharp)</b>	
1.	Mens 4 *100m Freestyle relay
2.	Womens 4*100m Freestyle relay
3.	Mixed 50m Freestyle
4.	Mixed 400m Freestyle
5.	Mixed 50m Breaststroke
6.	Mixed 200m Freestyle
7.	Mixed 200m Breaststroke
8.	Mixed 50m Backstroke
9.	Mixed 100m IM Mixed
10.	Mixed 100m Freestyle
11.	Mixed 50m Butterfly
12.	Mens 4* 50m Freestyle Relay
13.	Womens 4* 50m Freestyle Relay
14.	8 X 50m Cannon Relay (1 male, 1 female swimmer from each age group)



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**MASTERS GALA**

(UNDER SWIM IRELAND RULES)

**Swim Ireland Gala Licence Number 6S-22/23-M006**

**Sunday 19<sup>TH</sup> FEBRUARY 2023**

**Payment Form:**

**NAME:**.....

**CLUB:**.....

<b>Relays @ €20.00 each</b>	<b>€</b>
<b>Total:</b>	<b>€</b>

Cheques made payable to Sundays Well Swimming Club

**Please Note: If entries have not been paid by 13:00 on Sunday 19/02/23 you will be automatically scratched from your events**

**Sundays Well Swimming Club Annual Masters Gala 19/02/23**

**Relay Entry Form**

*Relays are at a cost of €20 each.*

**Club Name:** \_\_\_\_\_

**Age Groupings:** 100-119 Years, 120-159 Years, 170-199 Years, 200-239 Years, 240+ Years. (Combined Ages of all Swimmers on Team)

Please enter the quantity of teams you wish to enter in the relevant age groups. All relay teams will be entered as NT.

<b>Relay:</b>	<b><u>76-119</u></b>	<b><u>120-159</u></b>	<b><u>170-199</u></b>	<b><u>200+</u></b>	<b><u>240+</u></b>
<b>4X50m Freestyle Male</b>					
<b>4X50m Freestyle Female</b>					
<b>4X50m Medley Male</b>					
<b>4X50m Medley Female</b>					
<b>8 x 50m Cannon</b>		<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>