

<b>Venue</b>	National Aquatic Centre, National Sports Campus, Dublin 15
<b>Format</b>	Long Course
<b>Date</b>	Sunday 29 <sup>th</sup> April 2018
<b>Time</b>	<p>Session 1 Warm up 8.00am- 9.15am Session starts 9 30am Session ends 11.30am</p> <p>Session 2 Warm up 11.30am-12.15pm Session starts 12.30pm Session ends 2.30pm</p> <p>Session 3 Warm up 2.30pm-3.15pm Session starts 3.30pm Session ends 6pm</p>
Please note that these Session Times may be altered once all entries have been received as the gala timings are adjusted to maximise swimming opportunity while staying within the Swim Ireland Gala guidelines. Any changes will be advised to swimmers after the close of entries.	
<b>Fee</b>	€7 per individual entry (Hytek) €8 per individual entry (Postal)
<b>Entries</b>	<ol style="list-style-type: none"> <li><b>Hy-Tek entries</b> <ul style="list-style-type: none"> <li>Should be emailed to <a href="mailto:leinstergalasecretary@swimireland.ie">leinstergalasecretary@swimireland.ie</a></li> <li>Entries close at midnight on <b>Monday 9<sup>th</sup> April 2018</b></li> </ul> </li> <li><b>Postal entries</b> <ul style="list-style-type: none"> <li>Postal entries will only be accepted with payment attached (cheque/ postal order)</li> <li>Postal Address: Leinster Administrator, Swim Ireland, Irish Sport HQ, National Sports Campus, Dublin 15</li> <li>Postal entries must be received with payment by <b>Monday 9<sup>th</sup> April 2018</b></li> </ul> </li> </ol>
<b>Payment</b>	<p><b><u>Cheques postal entries</u></b></p> <ul style="list-style-type: none"> <li>Made out to: Swim Ireland Leinster Region</li> <li>Postal Address: Leinster Administrator, Swim Ireland, Irish Sport HQ, National Sports Campus, Dublin 15</li> <li>If you are remitting the fees by cheque, please note the Swimmer and the name of the gala on the back.</li> </ul> <p><b>Entries without payment will not be accepted</b></p>
<b>Eligibility</b>	Open to all Swim Ireland club members aged 19 years + Overseas entrants welcome, must be a member of their respective governing body
<b>Medals</b>	<b><u>There will be no medals awarded at this competition</u></b>
<b>Age</b>	<ul style="list-style-type: none"> <li>Age at 31st December 2018</li> <li>Age groups 19-24 yrs, 25-29 yrs, 30-34 yrs and upwards in 5-year intervals</li> <li>Competitors may represent only ONE club in the competition</li> </ul>
<b>Officials</b>	Clubs will be asked to provide officials following a ratio of one official to every four swimmers
<b>Heats</b>	Swimmers will be notified in advance BY EMAIL as to any changes to the competition. Numbers of heats may be curtailed to allow the gala to be run off in a reasonable time-frame 400m IM will be limited to 3 heats only

## Order of Events

### Session 1 – 9am-11.30am

1	Mixed	200m	Freestyle
2	Mixed	50m	Butterfly
3	Mixed	100m	Backstroke
4	Mixed	200m	Individual Medley
5	Mixed	50m	Breaststroke

### Session 2 – 12.30pm-2.30pm

6	Mixed	400m	Individual Medley
7	Mixed	200m	Breaststroke
8	Mixed	100m	Freestyle
9	Mixed	200m	Butterfly

### Session 3 – 3.30pm-6pm

10	Mixed	200m	Backstroke
11	Mixed	50m	Freestyle
12	Mixed	100m	Butterfly
13	Mixed	50m	Backstroke
14	Mixed	100m	Breaststroke

### POSTAL ENTRY FORM

Please complete this form fully and correctly otherwise your entry will not be accepted.

Name		Swim Ireland ID		
Club		Date of Birth		
Mobile no.		Age as of 31/12/18		
Age Group				
Gender	Male		Female	
<b><u>EMAIL ADDRESS</u></b>				
Event No.	Event	Entry Fee		Entry Time
		Postal	HyTek	
1	200m Freestyle	€8	€7	
2	50m Butterfly	€8	€7	
3	100m Backstroke	€8	€7	
4	200m Individual Medley	€8	€7	
5	50m Breaststroke	€8	€7	
6	400m Individual Medley	€8	€7	
7	200m Breaststroke	€8	€7	
8	100m Freestyle	€8	€7	
9	200m Butterfly	€8	€7	
10	200m Backstroke	€8	€7	
11	50m Freestyle	€8	€7	
12	100m Butterfly	€8	€7	
13	50m Backstroke	€8	€7	
14	100m Breaststroke	€8	€7	
Total entry fees owing			€	
Payment method			Cheque      Postal Order	
I certify that the above information is correct (Signature)				

***Please type or write in block capitals on form. Illegible entries will not be accepted.***