

# SUNDAYS WELL SWIMMING CLUB

*Affiliated to Swim Ireland*



*Founded 1924*

January 2012

Dear Secretary,

We are pleased to enclose details of our annual Master's Gala which will be held this year on Saturday 18<sup>th</sup> of February at Gus Healy Swimming Pool, Douglas, Cork.

We welcome entries from your club. We will be using "Meet Manager" to run the gala, so files from Hy-Tek "Team Manager" can be exported and sent to us (as an email attachment, or by disk). Please Email the competition secretary for the gala file. If you prefer, you can prepare entries on the attached sheets.

The events will consist of 50m of each stroke, 200m Freestyle, 100m Freestyle, 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 €5 for individual entries and €20 for relay entries. Cheques payable to Sundays Well Swimming Club.

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 your swimmers times/results will be made available to clubs at the conclusion of the gala. There is no additional charge for this service.

Yours sincerely,

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Alan McGuinness  
Competition Secretary  
SWSC  
mcguinness.alan@gmail.com  
0879082434

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Aidan Murphy  
Gala Organizer  
SWSC  
aidanmur1@gmail.com

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## MASTERS GALA

(UNDER SWIM IRELAND RULES)

**VENUE:** GUS HEALY SWIMMING POOL, DOUGLAS, CORK.

**DATE:** SATURDAY 18<sup>th</sup> FEBRUARY 2012

**TIMES:** SESSION 1: WARM-UP 13:30 - START 14:00

**SCRATCHES:** 30MINS BEFORE START SESSION

**ORDER OF EVENTS:** AS PER ATTACHED LIST.

**ENTRIES:** €5.00 PER INDIVIDUAL EVENT  
€20.00 PER RELAY  
CHEQUES PAYABLE TO  
"SUNDAYS WELL SWIMMING CLUB"

- **Please Note: If entries have not been paid by 14:00 on Saturday 18/02/12 you will be automatically scratched from your events**

**ENTRY SHEETS:** ENTRY SHEETS 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 THE COMPETITION SECRETARY.

**ENTRY DEADLINES:** MONDAY 13<sup>TH</sup> FEBRUARY 2012  
PLEASE - NO LATE ENTRIES

**ENTRIES TO:** ALAN MCGUINNESS  
82 WILLOWBANK,  
CHURCH ROAD,  
BLACKROCK,  
CORK.

EMAIL: mcguinness.alan@gmail.com

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

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## MASTERS GALA ORDER OF EVENTS

<b>Session 1: Saturday 02:00 P.M.</b>	
1.	Mens 200m Freestyle
2.	Womens 200m Freestyle
3.	Mens 50m Backstroke
4.	Womens 50m Backstroke
5.	Mens 50m Breaststroke
6.	Womens 50m Breaststroke
7.	Mens 100m Freestyle
8.	Womens 100m Freestyle
9.	Mens 50m Butterfly
10.	Womens 50m Butterfly
11.	Mens 50m Freestyle
12.	Womens 50m Freestyle
13.	Mens 200m <b>Medley</b> Relay (200+)
14.	Womens 200m <b>Medley</b> Relay (200+)
15.	Mens 200m <b>Freestyle</b> Relay (160-169)
16.	Womens 200m <b>Freestyle</b> Relay (160-169)
17.	Mens 200m <b>Medley</b> Relay (120-159)
18.	Womens 200m <b>Medley</b> Relay (120-159)
19.	Mens 200m <b>Freestyle</b> Relay (100-119)
20.	Women 200m <b>Freestyle</b> Relay (100-119)
21.	Mens 200m <b>Freestyle</b> Relay (200+)
22.	Womens 200m <b>Freestyle</b> Relay (200+)
23.	Mens 200m <b>Medley</b> Relay (160-169)
24.	Womens 200m <b>Medley</b> Relay (160-169)
25.	Mens 200m <b>Freestyle</b> Relay (120-159)
26.	Womens 200m <b>Freestyle</b> Relay (120-159)
27.	Mens 200m <b>Medley</b> Relay (100-119)
28.	Womens 200m <b>Medley</b> Relay (100-119)
29.	8 X 50m Cannon Relay (1 male, 1 female swimmer from each age group)

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## MASTERS GALA (UNDER SWIM IRELAND RULES)

**SATURDAY 18<sup>TH</sup> FEBRUARY 2012**

**Payment Form:**

**NAME:**.....

**CLUB:**.....

Individual Entries @ €5.00 each	€
Relays @ €20.00 each	€
<b>Total:</b>	€

Cheques made payable to Sundays Well Swimming Club

Please post entries & Cheques to:

Alan McGuinness  
82 Willowbank,  
Church Road,  
Blackrock,  
Cork.

***Entry deadline 13/02/12***

**Sundays Well Swimming Club Annual Masters Gala 18/02/2012**

**Individual Entry Form**

*Please ensure you enter your personal best time in your selected events so that you can be graded correctly.  
Entries are at a cost of €5 each.*

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

**Age Groupings:** 19-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79.

<u>Surname:</u>	<u>Forename:</u>	<u>M/F</u>	<u>Date of Birth:</u>	<u>200m Free:</u>	<u>100m Free:</u>	<u>50m Free:</u>	<u>50m Breast:</u>	<u>50m Back:</u>	<u>50m B/Fly:</u>

Please post entries to:

Alan McGuinness,  
82 Willowbank,  
Church Road,  
Blackrock,  
Cork.

**DEADLINE FOR ENTRIES: MONDAY 13/02/12**

Total Entries: @ €5 each	Total Cost:
	€

**➤ Please Note: If entries have not been paid by 14:00 on Saturday 18/02/12 you will be automatically scratched from your events**

**Sundays Well Swimming Club Annual Masters Gala 18/02/2012**

**Relay Entry Form**

*Relays are at a cost of €20 each.*

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

**Age Groupings:** 100-119 Years, 120-159 Years, 160-199 Years, 200+ 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><u>Relay:</u></b>	<b><u>100-119</u></b>	<b><u>120-159</u></b>	<b><u>160-199</u></b>	<b><u>200+</u></b>	<b><u>Mixed (Cannon Only)</u></b>
<b>200m Freestyle</b>					<b>N/A</b>
<b>200m Medley</b>					<b>N/A</b>
<b>8 x 50m Cannon</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	<b>N/A</b>	

Please post entries to:

Alan McGuinness  
82 Willowbank,  
Church Road,  
Blackrock,  
Cork.

**DEADLINE FOR ENTRIES: MONDAY 13/02/12**

**➤ Please Note: If entries have not been paid by 14:00 on Saturday 18/02/12 you will be automatically scratched from your events**