



## **CORMORANT AGE GROUPS/ OPEN GALA**

**27 & 28 February 2016**

**(Under F.I.N.A. & Swim Ireland Laws)**

**Licence No 3A-15/16-L014**

- Venue:** Trinity Sports & Leisure Complex, Donaghmede, Dublin 13.
- Date:** Saturday 27 February and Sunday 28 February 2016
- Entry:** By Hy-Tek
- Closing Date:** Wednesday, 17 February 2016
- Entry Fee:** €6 per individual event
- Entries by email to:** [marypseery@gmail.com](mailto:marypseery@gmail.com)
- Entry Fees:** By cheque, made payable to Cormorant SC, to 286 Swords Road, Santry, D9
- Phone:** 087 2862110
- We regret late entries will not be accepted
- Events:** 25m all 4 strokes (8 & under only)  
50m all 4 strokes  
100m all 4 strokes and 100m I.M  
200m all 4 strokes and 200m I.M
- All events will be Heat Declared Winners
- Masters** We are pleased to be able to run 3 mixed heats for Masters Swimmers in 200m Freestyle, Backstroke, Breaststroke and Butterfly
- Order of Events:** Attached
- Awards:** Medals will be presented to 1st, 2nd and 3rd in the following age groups.  
U/9, 10, 11, 12, 13, 14, over 14  
Medals will be presented to 1st, 2nd and 3rd in the 25m events

## Saturday 27th February 2016

### SESSION 1

**Warm up: 3.00pm**

**Gala: 4.00pm**

<b>1</b>	Boys		200m Backstroke	
<b>2</b>	Girls		200m Backstroke	
<b>2a</b>	Mixed		200m Masters Backstroke	3 heats only
<b>3</b>	Boys		200m Butterfly	
<b>4</b>	Girls		200m Butterfly	
<b>4a</b>	Mixed		200m Masters Butterfly	3 heats only
<b>5</b>	Boys		200m Breaststroke	
<b>6</b>	Girls		200m Breaststroke	
<b>6a</b>	Mixed		200m Masters Breaststroke	3 heats only
<b>7</b>	Boys		200m Freestyle	
<b>8</b>	Girls		200m Freestyle	
<b>8a</b>	Mixed		200m Masters Freestyle	3 heats only

## Sunday 28 February 2016

### SESSION 2

**Warm up: 9.00am**

**Gala: 10.00am**

<b>9</b>	Mixed	8 & under	25m Butterfly	
<b>10</b>	Boys		50m Butterfly	
<b>11</b>	Girls		50m Butterfly	
<b>12</b>	Boys		100m Freestyle	
<b>13</b>	Girls		100m Freestyle	
<b>14</b>	Mixed	8 & under	25m Breaststroke	
<b>15</b>	Boys		50m Breaststroke	
<b>16</b>	Girls		50m Breaststroke	
<b>17</b>	Boys		100m Backstroke	
<b>18</b>	Girls		100m Backstroke	
<b>19</b>	Boys		200m Individual Medley	
<b>20</b>	Girls		200m Individual Medley	

### SESSION 3

**Warm up: 2.00pm**

**Gala: 3.00pm**

<b>21</b>	Mixed	8 & under	25m Freestyle	
<b>22</b>	Boys		50m Freestyle	
<b>23</b>	Girls		50m Freestyle	
<b>24</b>	Boys		100m Breaststroke	
<b>25</b>	Girls		100m Breaststroke	
<b>26</b>	Mixed	8 & under	25m Backstroke	
<b>27</b>	Boys		50m Backstroke	
<b>28</b>	Girls		50m Backstroke	
<b>29</b>	Boys		100m Butterfly	
<b>30</b>	Girls		100m Butterfly	
<b>31</b>	Boys		100m Individual Medley	
<b>32</b>	Girls		100m Individual Medley	