



# MALLOW MASTERS 11<sup>TH</sup> SHORT COURSE INVITATIONAL GALA

Saturday 2<sup>nd</sup> December 2023  
Mallow Swimming Complex, P51 Y563

Dear Swimmers,

The MALLOW MASTERS 11<sup>TH</sup> SHORT COURSE INVITATIONAL GALA will be held at Mallow Swimming Complex on Saturday 2<sup>nd</sup> December 2023 from 12.00 mid-day.

We have included 50m and 100m in all four strokes, 200m Freestyle and 200m Individual Medley, as well as a 'Dolphin Flipper' Novelty event.

Relays are 4 X 50m FS and 4 X 50m Medley for Mixed teams.

Individual event entries together with payment can be made online at

<http://ceall.com/gala-app/gala.php?gala=7>

The closing date for entries is Sunday 26<sup>th</sup> November 2023.

**Email address for queries:** mallowmasters@gmail.com

# MALLOW MASTERS Gala Information

1. Venue:	Mallow Swimming Complex, P51 Y563.
2. Facilities:	5 lane 25m Swimming Pool with Manual Timekeeping (requests for record attempts facilitated by providing 3 timekeepers)
3. Time:	Session 1: Saturday December 2 <sup>nd</sup> , Warm up 12:00pm Start 12:45pm Session 2: Saturday December 2 <sup>nd</sup> , Warm up 15:00pm Start 15:30pm
4. Heats	All events will be run as Heat Declared Winner (HDW) events with seeded heats, mixed Men and Women. All events will run as 5 Lane Heats
5. Age Groups for Men & Women	<ul style="list-style-type: none"> <li>○ Individuals: 19yrs – 24yrs, 25yrs – 29yrs, 30yrs – 34yrs etc. and upwards in 5-year intervals.</li> <li>○ Relays: 76yrs-99yrs, 100yrs-119yrs, 120yrs-159yrs, 160yrs-199yrs, etc. and upwards in 40-year intervals.</li> </ul> <p>Age at 31st December 2023 and all competitors must be 19 years or over on the day of swim and must be a member of an affiliated club. Competitors may represent only ONE club in the competition.</p> <p style="color: red;"><b>All Relay entrants must enter and complete at least one individual event</b></p>
6. Dependent on the number of entries received the organisers reserve the right to	<ul style="list-style-type: none"> <li>○ Limit number of heats if necessary</li> <li>○ (2) Adjust the start time of the sessions if necessary.</li> </ul>
7. Health and Insurance are the responsibility of the entrant	
8. It is a condition of attending a Swim Ireland event that swimmers accept they may be photographed or filmed as part of the occasion, either as an individual or as a member of a group. Swimmers may also appear in a photograph or video inadvertently. Swimmers must accept this. All photography and/or filming must be in accordance with Swim Ireland Guidelines.	<p><a href="https://www.swimireland.ie/competitions-events/regulations-and-safety">https://www.swimireland.ie/competitions-events/regulations-and-safety</a></p>
9. ENTRY FEES	<p>- Individual: €6      Relay: €20</p> <p>Individual entries can ONLY be made online at: <a href="http://www.irishmastersswimming.ie">www.irishmastersswimming.ie</a></p> <p>Relay entries must be filled out on the attached form and included in email to: mallowmasters@gmail.com</p> <p>Payment for relays is to be made via PayPal to <a href="mailto:mallowmasters@gmail.com">mallowmasters@gmail.com</a> and received receipt number to be included in the email with entries.</p> <p><b>CLOSING DATE FOR ENTRIES: Sunday 26<sup>th</sup> November 2023</b></p>
10. Event 10 is a Novelty Event and is free of charge. Swimmers start at the shallow end of the pool and swim 25m underwater or over water, in a streamlined hands together position, kick only, position on front or back, wearing a pair of flippers	
11. "Après Gala" Presentation: Presentation for Top club will take place immediately after the Gala in: "The Arches Bar" P51 A386	

# **PROGRAMME OF EVENTS**

## **Session 1 – Saturday 2<sup>nd</sup> December 2023**

**Warm Up: 12:00pm – Start: 12:45pm**

Event 1	200 IM	[Mixed]
Event 2	50 Back	[Mixed]
Event 3	100 Free	[Mixed]
Event 4	50 Fly	[Mixed]
Event 5	100 Brest	[Mixed]
Event 6	100 IM	[Mixed]
Event 7	4 x 50 Free relay	[Mixed]

## **Session 2 – Saturday 2<sup>nd</sup> December 2023**

**Warm Up: 15:00 – Start 15:30**

Event 8	200 Free	[Mixed]
Event 9	50 Brest	[Mixed]
Event 11	25 Dolphin Flipper	[Mixed]
Event 11	100 Fly	[Mixed]
Event 12	50 Free	[Mixed]
Event 13	100 Back	[Mixed]
Event 14	4 x 50 Medley relay	[Mixed]

# Relay Team Entry Sheet

Please enter details in BLOCK CAPITALS

Club Name .....

Session	Event No	Event		Age	Entry Time
1	7	4 X 50m	Mixed Freestyle Team Relay	76-99	
				100-119	
				120-159	
				160-199	
				200-239	
				240-279	
				280-319	
2	14	4 X 50m	Mixed Medley Team Relay	76-99	
				100-119	
				120-159	
				160-199	
				200-239	
				240-279	
				280-319	

## Fees Summary

Club Name .....

Relay Fees \_\_\_\_\_ @ €20    TOTAL ENCLOSED €.....