



EST: 1996

Club No: 82

2018 SLIABH BEAGH ASC

INAGURAL MASTERS SWIMMING GALA

27th January at Coral Leisure Centre, Clones Road, Monaghan Town.

Please find attached the information for our Gala.

The skins event is proving to be very popular so we are including it in the programme for this year. The details are at Page 6 in the document.

We are also offering the following events: 200 Butterfly, 200 Breaststroke and 800 Freestyle in the Gala.

The gala will have electronic timing in operation. This is a brand new system which the club has purchased with the help of the Sports Capital Grant Scheme.

We are combining the prize giving and reception (some food and conversation). The venue is just around the corner in the Family Resource Centre, Mullaghmat, Monaghan. Directions on site.

We hope to have the Mayor in attendance at the gala and the prize giving.

Entries ideally will be submitted by Hy-Tek or can be sent by post or email.

Payment, ideally in advance to:

Sliabh Beagh Asc

IBAN: IE20IPBS99061300346861

BIC: IPBSIE2D.

Email entries to lindamcg33@gmail.com or post to Linda McGahon, Essexford, Louth P.O., Co. Louth.

Closing date for entries is Friday 12th January 2018.

If anyone has any questions, please contact me by email (eamonohara8884@gmail.com).

Looking forward to seeing you all.

Eamon

Gala Information

Age is on 31st December 2018.

Sessions:

Session 1 – Warm up 12.00 noon. Start 12.45pm

Session 2 – Warm up 4.00pm. Start 4.30pm

Age Groups 19 – 24yrs, 25 – 29yrs, 30 – 34yrs, 35 – 39yrs, 40 – 44yrs, 45 – 49yrs, 50 – 54yrs, 55 – 59yrs, 60 – 64yrs, 65 – 69yrs & 70+

Event All events are heat declared winners in each age group.

Records If swimmers are attempting to break a record, they must notify the Race Referee, to ensure a 3rd watch, along with the electronic system is put on their lane. If a third time is not recorded, a claim cannot be made.

Mixed events As all events are mixed gender the swimmers entry time will determine what heat a swimmer will be swimming in. This of course does not apply when it is determined who qualifies for the Skins event in the afternoon when it will be an all female or all male shoot out.

Order of Events

SESSION 1

Warm Up 1200 noon Start 1245

1. Mixed 200m Butterfly
2. Mixed 100m Backstroke
3. Mixed 50m Freestyle
4. Mixed 200 Breaststroke
5. Mixed 50m Butterfly
6. Mixed 100 Freestyle
7. Men 4 x 50m 120-159 yrs Medley Relay
8. Women 4 x 50m 120-159 yrs Medley Relay
9. Mens 4 x 50m 160-199 yrs Medley Relay
10. Women 4 x 50m 160–199 yrs Medley Relay

Light refuel break

SESSION 2

Warm Up: 3.45pm

Start: 4.15pm

11. Skins finals – alternating men and women (50m Freestyle)
12. Mixed 100m Breaststroke
13. Mixed 50m Backstroke
14. Mixed 100m Butterfly
15. Mixed 50m Breaststroke
16. Mixed 4 x 50m 120-159yrs Freestyle Relay
17. Mixed 4 x 50m 120-159yrs Freestyle Relay
18. Mixed 4 x 50m 160-199yrs Freestyle Relay
19. Mixed 4 x 50m 160-199yrs Freestyle Relay
20. Mixed 800 Freestyle (2 Heats max, based on entry times, or if someone declares their intention to go for an Irish record).

Skins: Please see the rules for the skins events below.

Prize Giving and reception 7.30pm Teach na nDaoine, Family Resource Centre, Monaghan.

Individual Entry Form

Surname	First Name	Gender
Date of Birth	Age (31st Dec)	Male/Female (Circle)
Club:	SI Number :	Phone Number :
Email Address:		

Please indicate the strokes you wish to enter by completing the following form. Reference Page 3 for the order of events.

Event No.	Stroke	Distance	Entry Time	Remarks

Relay Entry Form

Event Number	Event Men 4 x 50m Medley Relay	
Name of Relay:		
Age Group	120-159	160-199
Number of Teams:		

Event Number	Event Women 4 x 50m Medley Relay	
Name of Relay:		
Age Group	120-159	160-199
Number of Teams		

Event Number	Event Men 4 x 50m Free Relay	
Name of Relay:		
Age Group	120-159	160-199
Number of Teams		

Event Number	Event Women 4 x 50m Free Relay	
Name of Relay:		
Age Group	120-159	160-199
Number of Teams		

Summary Sheet

Club Name: _____

Number of Individual Entries	@ €5.00 per event	Total €
Number of Relays	@ €10.00 per team	Total €

Enclosed is a cheque for € _____

Name

Club Position

Address

Telephone

Email Address:

SKINS EVENT

1. This 'Skins Event' will be a continuous competition commencing with 6 competitors and over a continuous series of races over a distance of 50m Freestyle. One or more competitors to be eliminated in each round until a winner is determined. Races in each competition will take place following an interval of 3 minutes from the start of the previous race. Each race will start with regulation start.
2. Skins competitions will be held for the top 6 men and women finishers in the 50m free event. If swimmers do not wish to compete in this event please inform the Race Referee within 30 minutes of the top 6 names been announced.
3. The Prizes for each event will be: 1st male and female swimmer €50. 2nd male and female swimmer €10.
4. Lanes will be allocated on the basis of 'spearheading' in accordance with the finishing times in the 50m free event. Swimmers are required to swim in their allocated lane whilst they remain in the competition until the final race. The remaining two swimmers will occupy lanes 3 and 4 for the last race.
5. Rounds will start at the starting end of the pool.
6. In all races swimmers are required to comply with the FINA Swimming Rules regarding Stroke and Finish conditions – failure to do so will lead to elimination by disqualification.
7. The slowest competitor in each round shall be eliminated – unless a competitor has been eliminated by disqualification, in which case the slowest competitor remains in the competition.
8. Apart from the first round, times achieved by swimmers are not to be used for any other purpose. Determination of the slowest swimmer will be by the Referee using manual Finish Judges, in tandem with the electronic timing system. All will be in accordance with FINA Swimming Rules governing placing.
9. In the case of more than one swimmer being disqualified, or a dead heat for the slowest swimmer all affected swimmers are eliminated.
10. Should for any reason the competition has to be halted before its conclusion, it shall restart with a re-swim of the round halted, or subsequent round if halted following the correct completion of a round. The re-Start of the competition will be in accordance with the FINA Swimming Rules of the relevant stroke.
11. In the case of a dead heat in the final race, it will be re-swam as an additional round in accordance with the Event conditions. The determination of the result following a subsequent dead heat, may be determined by any means agreed by the affected swimmers, either a toss of a coin or share the prize money.