

**Est: 1996**

**Club No: 82**

**2020 SLIABH BEAGH ASC**

**3rd ANNUAL MASTERS SWIMMING GALA**

**25th 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 a variation on the Skins event Final shootout (see page 6) and an additional novel event. See Event 12, Session 2.

The gala will have electronic timing in operation, which means all times are fully authentic for entry to championship meets.

We are combining the prize giving and food into the mid-session break (some food, conversation, photographs and medals).

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:

**Account Name: Sliabh Beagh Swimming Club**

**Bank: Permanent TSB, Dawson Street, Monaghan.**

**Account No: 27070454**

**Sort Code: 99-06-13**

**IBAN: IE31IPBS99061327070454**

**BIC: IPBSIE2D**.

Email entries to galas@sliabhbeaghasc.ie or post to Maura Bowden, Sliabh Beagh Asc, Gala Secretary c/o Monaghan Coral Leisure Centre, Clones Road, Monaghan.

**Closing date for entries is Saturday 11th January 2020.**

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 2020.**

**Sessions:**

Session 1 – Warm up 12.00 noon. Start 12.45pm

(Entry numbers may impact on Session 1 finish time and Session 2 warm up time. Swimmers will be notified if changes are likely when entry closes).

Session 2 – Warm up 3.30pm. Start 4.00pm

**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.

**Administration Points:** There will be a Tuc shop in the Reception area available in the pool foyer from 2 pm.

There will be chicken curry and rice available on conclusion of the gala (from 1815 approx). No charge.

We request swimmers to indicate if they will avail of this post gala food. We make this request in order to help us in planning the quantity to order.

**The Medal presentations will be as follows:**

During the break between sessions (when results are confirmed). We hope to have some local dignitaries to present medals. This year we are changing the Medal winning outlay. Some events will be trophy events only. In these events there will be no medals at all. For remaining events, there will be Gold, Silver and Bronze medals.

Parking is available at the pool and at the St. Louis GNS, Park Road, Monaghan H18 HK31 to the rear of the pool site.

If swimmers wish to stay overnight in Monaghan there are 3 hotels in the town (Westenra, Four Seasons and Hillgrove), Castle Leslie in Glaslough, the Sliabh Beagh Hotel in Knockatallon and numerous B&Bs in the area. We can facilitate your accommodation search if you contact us for assistance.

Thank you for your cooperation in this matter.

Yours Sincerely,

Claire Sheridan

(Club Secretary)

**Order of Events**

 **SESSION 1**

**Warm Up 1200 noon Start 1245**

**1. Mixed 200m Butterfly (Trophy)**

**2. Mixed 100m Backstroke**

**3. Mixed 50m Freestyle (The fastest 6 men and 6 women from heats will swim off in a skins final). This final sequence will be run off in a random selection of strokes from IMO (By draw).**

**4. Mixed 200 Breaststroke (Trophy)**

**5. Mixed 50m Butterfly**

**6. Mixed 100 Freestyle**

**7. Men 4 x 50m 120-159 yrs Medley Relay (Trophy & Gold Medal).**

**8. Women 4 x 50m 120-159 yrs Medley Relay (Trophy & Gold Medal).**

**9. Mens 4 x 50m 160-199 yrs Medley Relay (Trophy & Gold Medal).**

**10. Women 4 x 50m 160–199 yrs Medley Relay (Trophy & Gold Medal).**

**Light refuel break**

**SESSION 2**

**Warm Up: 3.30pm Start: 4.00pm**

**11. Skins finals – alternating men and women (50m Random IMO draw).**

**12. 25m choice kick race. (Swimmers may dive in, push off and use a kickboard or not, their choice.**

**13. Mixed 100m Breaststroke (Trophy)**

**14. Mixed 50m Backstroke**

**15. Mixed 100m Butterfly**

**16. Mixed 50m Breaststroke**

**17. Mixed 4 x 50m 120-159yrs Freestyle Relay**

**18.** **Mixed 4 x 50m 120-159yrs Freestyle Relay**

**19. Mixed 4 x 50m 160-199yrs Freestyle Relay**

**20. Mixed 4 x 50m 160-199yrs Freestyle Relay**

**21. 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.***

**Prizegiving will be during the mid-session break and on conclusion of the gala.**

**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** |
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**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  | @ €6.00 per event  | Total €  |
| Number of Relays  | @ €12.00 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. 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.
2. The first race of each skins event will start with the FINA race starting procedure. Subsequent races will start with a beep or a whistle only. A 15 seconds warning will be given by the Referee, before the Starter sends off the swimmers.
3. 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.
4. The Skins Final strokes will be determined by a draw for the stroke to be swam every round. This draw will take place poolside prior to the start of the first skins eliminator race. The objective is to find the most complete all-round swimmer.
5. The Prizes for each event will be: 1st male and female swimmer €50. 2nd male and female

swimmer €10.

1. 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.
2. Rounds will start at the starting (deep) end of the pool.
3. 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.
4. 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.
5. 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.
6. In the case of more than one swimmer being disqualified, or a dead heat for the slowest swimmer all affected swimmers are eliminated.
7. 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.
8. 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.