



Nottinghamshire ASA
Presents

The Summer Gala 2013



Non-individual national qualifiers only

(Under ASA Laws and ASA Technical Rules of Swimming)
(Licensed Level 3 - 3EM3563)

Sunday 21st July 2013

Beechdale Swimming Centre, Nottingham, 25m Pool

The aim of this event is to give swimmers of county and regional standard the opportunity to compete at the end of the season and continue training with a purpose, in line with the principles of Long Term Athlete Development. Swimmers must meet the current 2013 County qualifying times and have not achieved a National time in the events entered

**NOTE: All start times are provisional - to be confirmed
when the entries have closed**

	Morning Session		Afternoon Session
	8.15am warm up – 9.00am start		Warm up & Start time to be advised based on entry level
101	Female 400m Freestyle (limited to 4 heats)	201	Male 200m Freestyle
102	Male 400 Freestyle (limited to 4 heats)	202	Female 200m Freestyle
103	Female 200m Breaststroke	203	Male 200m Backstroke
104	Male 100m Butterfly	204	Female 100m Butterfly
105	Female 100m Backstroke	205	Male 100m Freestyle
106	Male 200m Breaststroke	206	Female 200m Backstroke
107	Female 100m Freestyle	207	Male 200m Butterfly
108	Male 100m Backstroke	208	Female 100m Breaststroke
109	Female 200m Butterfly	209	Male 100m Breaststroke
110	Male 200m IM	210	Female 200m IM

ALL COMMUNICATION WILL BE VIA THE WEBSITE AND EMAIL

www.notts-swimming.co.uk

Age as at date of gala, 21st July 2013

A swimmer will be limited to a maximum of 4 entries

Closing date for entries is Wednesday 3rd July 2013 - Entry fee per event £4.00
Cheques payable to "Notts ASA"

Coaches passes cost £5 each

ALL entries must be submitted electronically via the club and emailed to the meet administrator by the closing date.

Electronic entry files to be emailed to: summergala@notts-swimming.co.uk