



Nottinghamshire ASA
Presents

The Summer Gala 2015

(Under ASA Laws and ASA Technical Rules of Swimming)
(Licensed Level 3 - 3EM150974)



Saturday 18th & Sunday 19th July 2015

Harvey Hadden Sports Complex, Nottingham, 50m 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.

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

Saturday AM - Warm Up 8:15am			
101*	Male	400m	Freestyle
102	Female	100m	Breaststroke
103	Male	200m	Butterfly
104	Female	100m	Backstroke
105	Male	100m	Freestyle

Sunday AM - Warm Up 8:15am			
301*	Female	400m	Freestyle
302	Male	100m	Breaststroke
303	Female	200m	Butterfly
304	Male	100m	Backstroke
305	Female	100m	Freestyle

Saturday PM - Warm Up TBA			
201	Female	200m	IM
202	Male	200m	Breaststroke
203	Female	100m	Butterfly
204	Male	200m	Backstroke
205	Female	200m	Freestyle

Sunday PM - Warm Up TBA			
401	Male	200m	IM
402	Female	200m	Breaststroke
403	Male	100m	Butterfly
404	Female	200m	Backstroke
405	Male	200m	Freestyle

All communication will be via the county website and by email.

www.notts-swimming.co.uk

Ages are Age at date, 19th July 2015

Entries are limited to Swimmers registered with Nottinghamshire Swimming Clubs, unless there is space and we will then open up to East Midlands Clubs.

Awards for the top 3 in the each dual age band:
9/10, 11/12, 13/14, 15/OV

Closing date for entries is Wednesday 1st July 2015

Entry fee per event £5.00 - Cheques payable to "Notts ASA"

Coaches passes cost £10 each (covers both days).

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

*400m events may be limited to 8 heats depending on overall timing for the day.



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