



Nottinghamshire ASA  
Presents

# The Summer Gala 2016

(Under ASA Laws and ASA Technical Rules of Swimming)  
(Licensed Level 3 - 3EM161112)



## Saturday 16<sup>th</sup> & Sunday 17<sup>th</sup> July 2016

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

Afternoon - Warm Up 2:00pm				Evening - Warm Up TBA			
101*	Male	400m	Freestyle	201*	Female	400m	Freestyle
102	Female	200m	IM	202	Male	200m	IM
103	Male	100m	Backstroke	203	Female	100m	Backstroke

### Sunday

Morning - Warm Up 8:00am				Afternoon - Warm Up TBA			
301	Male	200m	Freestyle	401	Female	200m	Freestyle
302	Female	200m	Breaststroke	402	Male	200m	Breaststroke
303	Male	100m	Butterfly	403	Female	100m	Butterfly
304	Female	100m	Freestyle	404	Male	100m	Freestyle
305	Male	200m	Backstroke	405	Female	200m	Backstroke
306	Female	200m	Butterfly	406	Male	200m	Butterfly
307	Male	100m	Breaststroke	407	Female	100m	Breaststroke

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

[www.notts-swimming.co.uk](http://www.notts-swimming.co.uk)

**Ages are Age at date, 17<sup>th</sup> July 2016**

Entries are limited to Swimmers registered to clubs within the ASA East Midlands Region.

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 29<sup>th</sup> June 2016**

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](mailto:summergala@notts-swimming.co.uk)

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



[www.notts-swimming.co.uk](http://www.notts-swimming.co.uk)

