



Nottinghamshire ASA
Presents

The Summer Gala 2019

(Under Swim England Regulations and Technical Rules)
(Licensed Level 3 - 3EM191822)



Saturday 13th & Sunday 14th July 2019
Harvey Hadden Sports Village, 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.

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

Saturday

Afternoon - Warm Up 1:30pm				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

Ages are Age at date, 14th July 2019

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

Final closing date for entries is Wednesday 19th June 2019

Entry fee per event £5.50 - Cheques payable to "Notts ASA"

Coaches passes cost £15 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 on heats depending on overall timing for the day.



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