Nottinghamshire ASA
Presents

The Summer Gala 2014

Non-individual national qualifiers only

(Under ASA Laws and ASA Technical Rules of Swimming)
(Licensed Level 3 - 3EM4726)

Sunday 20th July 2014
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, 20th July 2014

A swimmer will be limited to a maximum of 4 entries

Closing date for entries is Wednesday 2nd July 2014 - 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