



Nottinghamshire ASA
Summer Gala 2010
(Non-individual National Qualifiers only)
(Under ASA Laws and ASA Technical Rules of Swimming)



Sunday 18th July

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

All start times are provisional - to be confirmed on close of entries	
Morning Session	Afternoon Session
<p>8.30am warm up – 9.00am start Mixed 400m Freestyle (limited to 5 heats)</p> <p>9:30am warm up – 10:00am start Female 200m Breaststroke Male 100m Butterfly Female 100m Backstroke Male 200m Breaststroke Female 100m Freestyle Male 100m Backstroke Female 200m Butterfly Male 200m IM Female 200m IM</p>	<p>Start time to be advised based on entry level Male 200m Freestyle Female 200m Freestyle Male 200m Backstroke Female 100m Butterfly Male 100m Freestyle Female 200m Backstroke Male 200m Butterfly Female 100m Breaststroke Male 100m Breaststroke</p> <p>Medley Skins (Skins are fastest 6 male and fastest 6 female from 200m IM)</p>

IMPORTANT

- **Swimmers with any National Qualifying Time are excluded from the competition.**
- **All events are 'Open' but swimmers should be at, or close to, County standard.**
- **Maximum 4 entries per swimmer, but please be aware that if the gala is over subscribed then it may be necessary to restrict entries.**
- **Entry forms are available via your club, these must be returned to your club coordinator with the entry fees @ £3:50 per event. Individual entries will not be accepted.**

All meet information and confirmation of accepted entries is via the website
www.notts-swimming.co.uk

(To enter, please contact your club gala coordinator)