



Open L3 Gala

Licence Number: 25D-22/23-C025

Venue	Sligo Regional Sports Centre
Host	County Sligo Swim Club
Format	Short Course - 5 Lane
Session Times	Sunday 7 th May 2023 Warm up 7:30 -8:30 Session 1 Start 8:45– 12:45 Session 2 13:45 – 17:45
Events	<p>AGES 9 +</p> <p>Session 1 400 Free 100 Breast 50 Fly 200 Back 50 Free 200 IM 100 Fly</p> <p>Session 2 100 Free 200 Breast 50 Back 100 Back 200 Fly 50 Breast 200 Free</p> <p>9 year olds can enter 50m events only</p>
Awards	Times can be used to qualify for Level 4 Meets. Age Category: 9, 10-12, 13-14, 15-16, 17+ Heat declared winners. Medals awarded 1 st 2 nd and 3 rd in above age categories

Fees	€7 per Individual Event
	<p>Bankers: Bank of Ireland, Stephen Street, Sligo IBAN: IE79 BOFI 9054 4024 4416 60 BIC: BOFIE2DXXX Account Name: County Sligo Swim Club Account Address: Sligo Regional Sports Centre, Cleveragh, Sligo, Co. Sligo, F91 XV62</p>
Eligibility	<p>Only swimmers registered with Swim Ireland may enter.</p> <p>This Meet will be run under World Aquatics Rules. In particular, please note that the regulations relating to World Aquatics -approved swimsuits will be enforced.</p>
Entries	<p>Entries, on Hy-Tek only.</p> <p>No NT's accepted.</p> <p>Entries should be email to treasurer@sligoswimclub.ie</p>
Entries by:	By Monday 24th April.
Officials	Clubs will need to provide timekeepers
Heats	Clubs will be notified in advance as to any changes to the competition. Numbers of heats may be curtailed to allow the gala to be run off in a reasonable time-frame.
Scratches	Scratches please no later than Thursday 27 th April. Any Scratches after this date will be charged.
Data Protection	<p>Swim Ireland and its registered clubs use a software database to manage entries and results of swimming meets, and also to manage competition records of swimmers. By submitting and accepting entries, consent is hereby given, as required by the Data Protection Act, to the holding of personal information on databases. Personal data held for each swimmer will be name, date of birth, club, Swim Ireland registration number, entry times, achieved times. Certain elements of this data (name, club, age, times, achieved times) may be made public prior to, during or after the meet (e.g. programmes, results sheets, social media updates etc.)</p>
Safety Protocol	<p>Cameras/Mobile Phones. Please note Sligo Regional sports complex have a no photography / recording policy poolside.</p> <p>Please ensure your swimmers are aware of the Swim Ireland policy regarding mobile phone usage within changing areas.</p> <p><u>Footwear MUST be always worn in the spectator and outside pool area. To avoid slip, trips and falls we ask that each swimmer please dry off before accessing these areas.</u></p>



	All accidents, however minor must be reported to meets director or Leisure Centre Manager.
First Aid	First Aid facilities will be provided by facility lifeguards and staff. Fire exits should be noted on arrival. In the event of fire alarm, swimmers and volunteers will take direction from the facility staff and / or Meet Director.