

NASC ANNUAL GALA 2010

Affiliated to the ASA SW Regional

This year's annual gala will take place on the following dates.

Sat 11th Sept	Girls 50 Free Boys 50 Fly Girls 50 Back Boys 50 Breast Girls 100 Fly Boys 100 Back Girls 100 Breast Boys 100 Free	Sat 18th Sept	Girls 50 Breast Boys 50 Back Girls 50 Fly Boys 50 Free Girls 100 Free Boys 100 Fly Girls 100 Back Boys 100 Breast
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Closing date for entries for the above galas is Monday 6th September

Sat 30th Oct	Girls 200 Free Boys 200 Fly Girls 200 Back Boys 200 Breast Girls 200 IM Boys 100 IM	Sat 20th Nov	Girls 200 Fly Boys 200 Free Girls 200 Breast Boys 200 Back Girls 100 IM Boys 200 IM
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Warm ups for all the Saturday galas (above) will be 5pm

The long distance events will take place during Tuesday training sessions on:-

Tuesday 28th Sept	Girls and Boys 400
Tuesday 19th Oct	Girls and Boys 400 IM
Tuesday 16th Nov	Girls and Boys 800

Closing date for entries for all the galas being held from 28th September through to 20th November is Tuesday 21st September

Age as at 20th November for all events.

NO ENTRIES WILL BE ACCEPTED ON THE DAY OF THE GALA

All galas will be run under ASA Laws and Regulations and ASA Technical Rules of Swimming

Entry forms are available to print from the club website and should be given to Rachael Tozer or Coral Waldock or emailed to Rachael at rachaelt23@yahoo.co.uk

If you are in any doubt as to which events to enter please discuss with your teacher or coach.