

Badge Gala Number 3 – Licence Number : 4NW191268

Date of Gala: **Saturday 4th May 2019**



Venue: **Orford Park**

Warm-up: **5pm**
Closing date: **Sunday 21st April 2019**

Start: **5:30pm**

Name:
ASA No.

AGE
DOB

Group/Squad:
Gender: **M** **F**

Please select a maximum of TWO events	Entry time or NT*	Badge Standard Times			
		Bronze	Silver	Gold	Platinum
200m INDIVIDUAL MEDLEY		04:01.10	03:32.10	03:06.70	02:44.20
25m FREESTYLE		22.80			
50m BACKSTROKE		54.20	46.00	38.10	34.60
100m BREASTROKE		02:03.70	01:47.40	01:32.80	01:22.70
200m BUTTERFLY			03:42.80	03:08.60	02:48.30
100m FREESTYLE		01:42.10	01:26.30	01:11.80	01:04.20
25m BREASTSTROKE		27.60			
50m BUTTERFLY		55.90	47.90	40.40	36.60
200m BACKSTROKE		03:47.10	03:23.70	02:58.90	02:40.00
400m FREESTYLE		07:30.80	06:27.70	05:28.20	04:57.60

*If you do not have a time for the event you want to swim, please enter NT (for no time) in the relevant box

Junior Development Groups are only allowed to enter 25m Events

C Squad Groups can only enter 50m and 25m Events

Swimmers aged 10 or under, may only enter the 400m Freestyle and 200 Butterfly if your coach has agreed this and contacted Gala Promoter.

If you are unsure on what's the best event for your child to swim, please speak to your coach

PARENTS – INTERNAL GALAS ARE RUN ENTIRELY BY VOLUNTEERS – PLEASE OFFER TO HELP AND MAKE OUR GALAS SUCCESSFUL