

Nottinghamshire ASA
Presents
The 2008 Summer Gala

(Licensed)

Non-individual national qualifiers only

(Under ASA Laws and ASA Technical Rules of Swimming)

Sunday 13th July 2008
Beechdale Swimming Centre, Nottingham, 25m Pool

IMPORTANT MEET TIMING

PLEASE MAKE SURE ALL SWIMMERS ARE INFORMED

The meet is cardless – turn up and swim
Please advise any problems or withdrawals by email / phone
no later than 6pm Saturday 12th July.

david.rush@asaem.org.uk

01909 481310

or text messages to

07989 138510

There will be no on the day withdrawals or changes to the entries.
It is important that you make every effort to let us know if you
are withdrawing from a swim by 6pm Saturday, the meet will then
be processed and will be swum as is.

Session 1

First warm-up (400m swimmers only) 8:30am for 9:00am Start

Second warm-up (all swimmers) 9:40am for 10:15am Start
End approx 1:15pm

Session 2

Warm-up (all swimmers) 1:30pm for 2:15 Start
End approx 5:30pm

Medley Skins (fastest 6 from 200IM) approx 30mins

End of meet approx 6pm