

Limerick Swimming Club

Celebrating 33 years
1986 - 2019

Gerry Ryan

Limerick Invitation Gala (LC) 2019

Licence No: 3L-18/19-MXXX

18th, 19th, 20th January 2019

UL Sports Arena, Limerick

Entries: On Hy-Tek - please email Deirdre at gryanlimkgala@gmail.com

Electronic timing will be used throughout the gala.

Age up - 31st December 2019 (year of birth).

Fees: €7.00 per individual event. Please post full fees on or before closing date to Eugene Higgins, Innovation Centre, National Technology Park, Castletroy, Limerick. All cheques made payable to Limerick Swimming Club. Alternatively, fees can be paid by EFT to the following (Please annotate with your CLUB NAME)

IBAN: IE36AIBK93509308747052

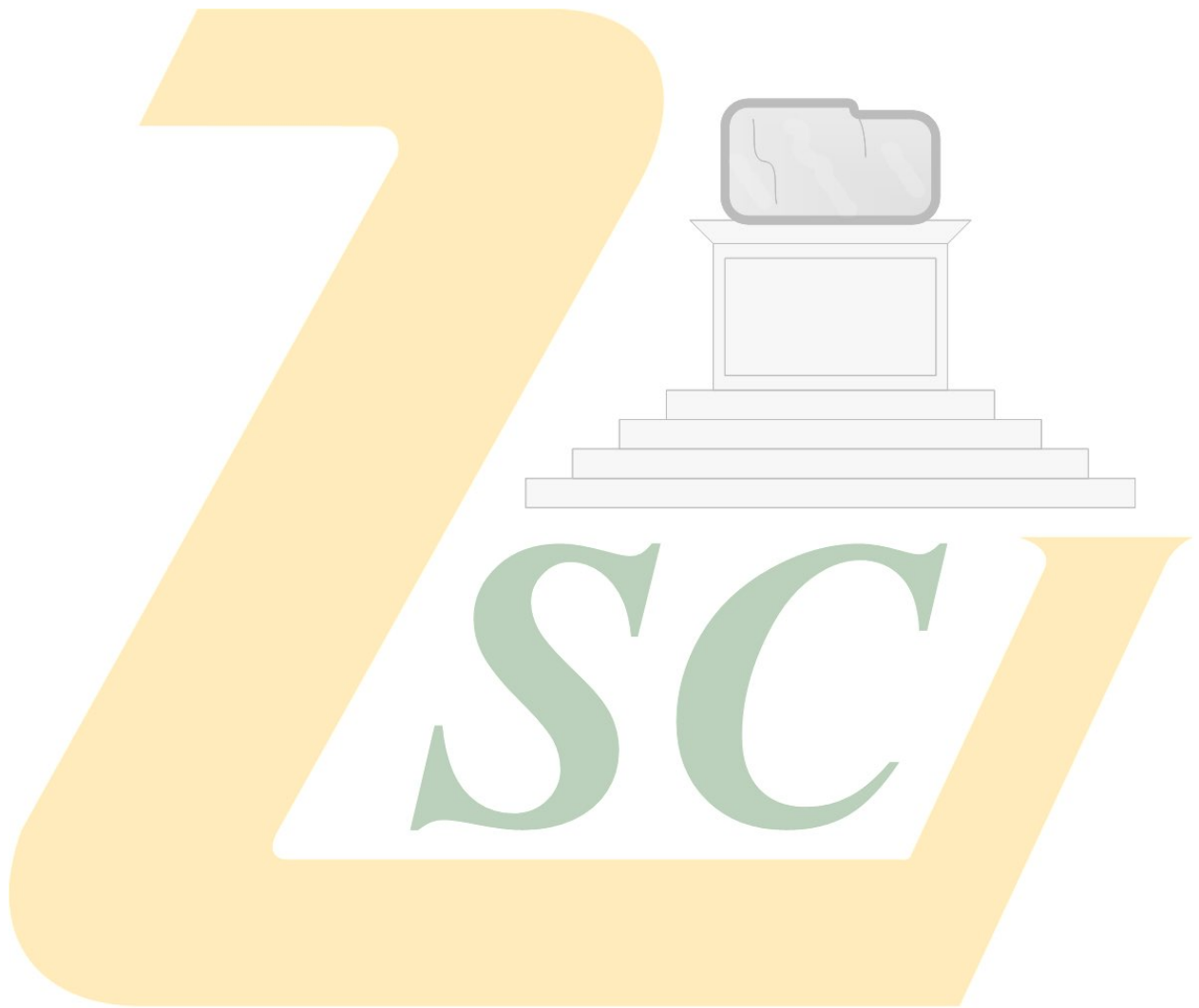
BIC: AIBKIE2D

Please email limswimtreasurer@gmail.com in relation to any questions around fees and payment

Closing date for all entries is Thursday 27th December 2018 6pm.

Limerick Swimming Club
(There will be no changes after this date as the gala will be seeded into heats - no scratches).

**LATE ENTRIES WILL NOT BE ACCEPTED
AND
FEES MUST BE RECEIVED PRIOR TO THE GALA**



Limerick Swimming Club

Meet Conditions

1. Swimmers must be members of Swim Ireland & Swim Ireland Rules will apply.
2. One Start rule will apply for this gala.
3. Heats will be run as an open event based on each swimmer's entry time in 10 lane formats.
4. All events will be H.D.W.
5. Medals will be awarded in all individual events in age groups according to qualification table attached.
6. Swimmers can range from age 9 upwards.
7. Swimmers will be limited to a total of 10 individual swim events over the 3 days.
8. There are Qualifying Times for all events.
9. Swimmers that qualify in an open event can only swim in that open event; they cannot swim in the same age group event regardless of their time.
10. All entry times must be official times and may be verified on the National database.
11. Qualification standards will be waived for swimmers with disabilities who are classified through Paralympics Ireland.
12. 1500m Male and 800m Female events will be restricted to 1 heat of each.
13. Restrictions on personnel poolside will be strictly enforced to ensure safety & effective running of the gala. ID badges will be allocated on the morning of the gala to coaches & team managers on deck (based on entries). Please provide names with entries where possible. All other coaches and team managers are welcome in the spectator area.
14. Session times may change depending on entries. You will be notified of changes one week before gala.
15. Cannon will run time permitting.

**** The Gerry Ryan Perpetual Cup ****

Will be presented to best overall club.

**** The L.S.C. Plaque ****
Will be presented to runner-up club.

Limerick Swimming Club celebrating 33 Years

Order of Events			
Session 1. Friday Evening Open			
Warm-up 6pm, start 6:45, 45mins male female mixed			
1.	Male 200 Free Open	7.	Male 50 Breaststroke Open
2.	Female 200 Free Open	8.	Female 50 Breaststroke Open
3.	Male 50 Butterfly Open	9.	Male 200 IM Open
4.	Female 50 Butterfly Open	10.	Female 200 IM Open
5.	Male 100 Backstroke Open	11.	Male 1500 Freestyle Open
6.	Female 100 Backstroke Open	12.	Female 800 Freestyle Open
Session 2. Saturday Morning Age Group		Session 5. Sunday Morning Age Group	
Warm-up 8am - 9.00am start 30min female followed by 30mins male		Warm-up 8am - 9.00am start 30min male followed by 30mins female	
13.	Female 400 Freestyle	38.	Male 400 Freestyle
14.	Male 100 Backstroke	39.	Female 100 Backstroke
15.	Female 50 Butterfly	40.	Male 50 Freestyle
16.	Male 50 Butterfly	41.	Female 50 Freestyle
17.	Female 200 IM	42.	Male 200 IM
18.	Male 200 Butterfly	43.	Female 200 Butterfly
19.	Female 100 Breaststroke	44.	Male 100 Breaststroke
20.	Male 400 IM	45.	Female 400 IM
		46.	Cannon Relay
Session 3. Saturday Afternoon Open		Session 6. Sunday Afternoon Open	
Warm-up 12pm - 1.00pm start 30min female followed by 30mins male		Warm-up 12pm - 1.00pm start 30min male followed by 30mins female	
21.	Female 100 Butterfly Open	47.	Male 100 Freestyle Open
22.	Male 100 Butterfly Open	48.	Female 100 Freestyle Open
23.	Female 50 Freestyle Open	49.	Male 50 Backstroke Open
24.	Male 50 Freestyle Open	50.	Female 50 Backstroke Open
25.	Female 100 Breaststroke Open	51.	Male 200 Butterfly Open
26.	Male 100 Breaststroke Open	52.	Female 200 Butterfly Open
27.	Female 200 Backstroke Open	53.	Male 200 Breaststroke Open
28.	Male 200 Backstroke Open	54.	Female 200 Breaststroke Open

29.	Female 400 Freestyle Open	55.	Male 400 IM Open
30.	Male 400 Freestyle Open	56.	Female 400 IM Open
Session 4. Saturday Evening Age Group		Session 7. Sunday Evening Age Group	
Warm-up 3pm approx. - Start 4pm 20min male followed by 20mins female		Warm-up 3pm approx. - Start 4pm 20min female followed by 20mins male	
31.	Male 200 Breaststroke	57.	Female 200 Breaststroke
32.	Female 100 Butterfly	58.	Male 100 Butterfly
33.	Male 200 Freestyle	59.	Female 200 Freestyle
34.	Female 50 Backstroke	60.	Male 50 Breaststroke
35.	Male 50 Backstroke	61.	Female 50 Breaststroke
36.	Female 100 Freestyle	62.	Male 100 Freestyle
37.	Male 200 Backstroke	63.	Female 200 Backstroke

Gerry Ryan 2019 Qualifying Times FEMALE Long Course				
EVENT	11 & U	12-14	15 & Over	Open
50 FC	42.00 L	42.00 L	42.00 L	31.35 L
100 FC	1.26.26 L	1.20.85 L	1.12.14 L	1.08.06 L
200 FC	2.56.48 L	2.39.64 L	2.37.53 L	2.28.94 L
400 FC	6.19.00 L	5.36.89 L	5.30.62 L	5.18.47 L
800 FC				10.29.51 L
50 BC	43.00 L	43.00 L	43.00 L	35.79 L
100 BC	1.34.31 L	1.24.92 L	1.22.75 L	1.15.93 L
200 BC	3.21.81 L	3.03.64 L	2.59.86 L	2.44.78 L
50 BRS	48.00 L	48.00 L	48.00 L	41.95 L
100 BRS	1.48.48 L	1.37.79 L	1.35.97 L	1.27.39 L
200 BRS	3.53.74 L	3.29.92 L	3.21.69 L	3.11.99 L
50 FLY	49.00 L	49.00 L	49.00 L	37.34 L
100 FLY	1.35.00 L	1.23.97 L	1.21.68 L	1.18.55 L
200 FLY	3.36.99 L	2.17.21 L	3.09.97 L	2.59.56 L

200 IM	3.25.76 L	3.04.97 L	2.59.97 L	2.48.66 L
400 IM	7.09.64 L	6.33.76 L	6.13.91 L	6.07.84 L

Gerry Ryan 2019 Qualifying Times MALE Long Course				
EVENT	11 & U	12-14	15 & Over	Open
50 FC	41.00 L	41.00 L	41.00 L	29.04 L
100 FC	1.21.34 L	1.19.63 L	1.10.53 L	1.03.30 L
200 FC	2.52.84 L	2.32.41 L	2.24.92 L	2.19.53 L
400 FC	6.03.00 L	5.21.89 L	5.11.86 L	4.45.55 L
1500 FC				19.42.45 L
50 BC	42.00 L	42.00 L	42.00 L	34.38 L
100 BC	1.30.36 L	1.20.62 L	1.18.66 L	1.11.25 L
200 BC	3.15.84 L	2.53.97 L	2.43.53 L	2.38.00 L
50 BRS	47.00 L	47.00 L	47.00 L	40.02 L
100 BRS	1.45.97 L	1.31.62 L	1.28.79 L	1.19.93 L
200 BRS	3.52.53 L	3.17.65 L	3.08.71 L	2.57.46 L
50 FLY	48.00 L	48.00 L	48.00 L	35.23 L
100 FLY	1.31.42 L	1.18.61 L	1.13.58 L	1.11.34 L
200 FLY	3.24.00 L	2.56.81 L	2.43.88 L	2.38.84 L
200 IM	3.25.61 L	2.54.76 L	2.43.92 L	2.39.85 L
400 IM	7.09.75 L	6.06.91 L	5.55.22 L	5.43.67 L

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