

Limerick Swimming Club

Celebrating 33 years 1986 – 2019

Gerry Ryan

Limerick Invitation Gala (LC) 2019

Licence No: 3L-18/19-M0013

- Date:** 18th, 19th & 20th January, 2019
- Venue:** UL Sports Arena, Limerick
- Entries:** Entries on Hy-Tek - please email Deirdre at gryanlimkgala@gmail.com
Electronic timing will be used throughout the gala.
- Age:** 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

Limerick Swimming Club

Closing date for all entries is Friday, 4th January, 2019 AT 6pm

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

(There will be no changes after this date as the gala will be seeded into heats – no scratches)

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 (except 800m and 1500m) for 11&U, 12, 13, 14, 15, 16 and 17&O age groups. Medals for 800m and 1500m will be awarded for 15&U and 16&O male and female.
6. Swimmers can range from age 10 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. All entry times must be official times and may be verified on the National database.
10. SC times converted to LC Qualifying Times (Achieved since 1st Sept 2017) will be accepted.
11. Qualification standards will be waived for swimmers with disabilities who are classified through Paralympics Ireland.
12. 1500m and 800m events will be restricted to 7 mixed heats for 800m and 3 mixed heats for 1500m.
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. Cannon age groups are – 12&U, 13&U, 14&U, 15&U, 16&O. Can will not run as time does not permit.~~

Limerick Swimming Club

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

Will be presented to the best overall club.

****** The L.S.C. Plaque ******

Will be presented to the runner-up club.

Order of Events			
Session 1. Friday Evening			
Warm-up 6pm – 6:45pm Start 45 mins male female mixed			
1.	Mixed 800 Free (7 heats)	2.	Mixed 1500 Free (3 heats)
Session 2. Saturday Morning		Session 4. Sunday Morning	
Warm-up 7:15am – 9.00am Start 30min male female mixed, clubs will be notified of allocated w/up slot		Warm-up 7:15am – 9.00am Start 30min male female mixed, clubs will be notified of allocated w/up slot	
3.	Female 200 IM	18.	Male 200 IM
4.	Male 50 Breaststroke	18.	Female 100 Freestyle
5.	Female 100 Backstroke	19.	Male 100 Freestyle
6.	Male 100 Backstroke	20.	Female 200 Backstroke
7.	Female 200 Breaststroke	21.	Male 200 Backstroke
8.	Male 200 Breaststroke	23.	Female 50 Butterfly
		24.	Male 50 Butterfly
Session 3. Saturday Afternoon		Session 5. Sunday Afternoon	
Warm-up 1.00pm approx. – 2.00pm Start 45 mins male female mixed		Warm-up 1.00pm approx. – 2.00pm Start 45 mins male female mixed	
9.	Female 50 Breaststroke	26.	Female 400 IM
10.	Male 50 Freestyle	27.	Male 400 Freestyle
11.	Female 50 Freestyle	28.	Female 100 Breaststroke
12.	Male 400 IM	29.	Male 100 Breaststroke
13.	Female 400 Freestyle	30.	Female 200 Freestyle
14.	Male 100 Butterfly	31.	Male 200 Butterfly
15.	Female 100 Butterfly	32.	Female 50 Backstroke
16.	Male 200 Freestyle	33.	Male 50 Backstroke
17.	Female 200 Butterfly		

Limerick Swimming Club

Gerry Ryan 2019 Qualifying Times MALE Long Course								
Ages as of Dec 31st 2019								
EVENT	11 & Under	12	13	14	15	16	17	18 & Over
50FC	40.00	40.00	40.00	40.00	40.00	36.00	36.00	36.00
100 FC	1.25.26	1.21.56	1.19.06	1.15.76	1.10.60	1.08.24	1.04.96	1.03.24
200 FC	3.09.25	2.59.63	2.55.03	2.48.12	2.39.13	2.34.57	2.27.84	2.20.57
400 FC	6.20.00	6.09.79	6.03.61	5.49.56	5.30.52	5.19.70	5.15.43	4.59.70
800 FC	12.44.66	12.16.77	12.04.29	11.35.89	11.17.62	10.50.75	10.47.13	10.05.75
1500 FC	24.29.56	23.40.68	23.16.49	22.30.77	22.00.21	21.10.69	20.48.80	19.40.69
50 BC	41.00	41.00	41.00	41.00	41.00	37.00	37.00	37.00
100 BC	1.42.10	1.37.39	1.34.89	1.28.27	1.22.47	1.19.70	1.16.76	1.14.70
200 BC	3.36.58	3.25.02	3.20.52	3.11.88	2.59.69	2.56.57	2.48.92	2.42.57
50 BRS	46.00	46.00	46.00	46.00	46.00	42.00	42.00	42.00
100 BRS	1.49.90	1.44.46	1.41.96	1.39.91	1.33.04	1.31.32	1.25.20	1.24.32
200 BRS	4.11.00	3.57.18	3.52.68	3.38.83	3.28.19	3.21.42	3.11.27	3.07.42
50 FLY	47.00	47.00	47.00	47.00	47.00	43.00	43.00	43.00
100 FLY	1.33.55	1.29.27	1.27.77	1.26.03	1.21.22	1.17.50	1.11.79	1.10.50
200 FLY	3.38.54	3.26.87	3.22.37	3.15.32	3.02.38	2.54.87	2.49.85	2.40.87
200 IM	3.35.50	3.24.06	3.19.56	3.10.88	2.59.84	2.56.36	2.49.27	2.42.36
400 IM	7.13.52	7.04.78	6.57.78	6.44.94	6.09.20	5.58.32	5.54.24	5.38.32
Gerry Ryan 2019 Qualifying Times FEMALE Long Course								
Ages as of Dec 31st 2019								
EVENT	11 & U	12	13	14	15	16	17	18 & Over
50FC	41.00	41.00	41.00	41.00	41.00	37.00	37.00	37.00
100 FC	1.35.04	1.30.67	1.28.07	1.17.78	1.14.11	1.13.40	01.11.30	1.08.40
200 FC	3.27.11	3.16.25	3.11.75	2.52.47	2.45.95	2.42.30	2.39.10	2.28.28
400 FC	6.48.16	6.14.81	6.08.54	6.02.76	5.43.84	5.40.00	5.31.70	5.20.01
800 FC	13.03.40	12.30.96	12.18.22	12.02.03	11.54.16	11.43.62	11.29.10	10.53.62
1500 FC	24.36.62	23.38.24	23.14.09	22.43.41	22.28.49	22.08.52	21.41.01	20.38.52
50 BC	42.00	42.00	42.00	42.00	42.00	38.00	38.00	38.00
100 BC	1.48.37	1.42.12	1.39.62	1.29.28	1.24.91	1.24.40	1.22.00	1.19.38
200 BC	3.51.93	3.39.31	3.34.81	3.15.93	3.07.73	3.04.10	3.00.60	2.50.00
50 BRS	47.00	47.00	47.00	47.00	47.00	43.00	43.00	43.00
100 BRS	2.03.68	1.57.35	1.54.85	1.43.29	1.38.16	1.36.50	1.32.20	1.31.50
200 BRS	4.28.74	4.13.72	4.09.22	3.48.39	3.32.24	3.30.30	3.24.10	3.16.26
50 FLY	48.00	48.00	48.00	48.00	48.00	44.00	44.00	44.00
100 FLY	1.44.77	1.39.71	1.37.21	1.30.68	1.25.02	1.22.20	1.20.10	1.17.19
200 FLY	3.53.06	3.40.39	3.35.89	3.26.38	3.17.93	3.11.40	3.06.50	2.57.36
200 IM	3.50.67	3.38.19	3.33.69	3.17.20	3.07.18	3.02.20	3.01.30	2.48.21
400 IM	7.20.96	7.11.64	7.04.34	6.53.85	6.35.69	06.28.90	6.22.42	6.08.90



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