



GERRY RYAN MEMORIAL GALA 2020

HOSTED BY **LIMERICK SWIMMING CLUB**

Licence Number 3L-19/20-XXXX

Date(s): 17TH, 18TH & 19th January, 2020

Venue: UL Sports Arena, Limerick

Format: Long Course (LC)

Entries: Entries on Hy-Tek - please email to gryanlimkgala@gmail.com
Electronic timing will be used throughout the gala.

Age: Age up - 31st December 2020 (year of birth).

Fees: €7.00 per individual event; €20 per relay

Write Gala Date, Name and Events on the outside of the envelope, Money Inside, Seal and post in the Postbox at the pool reception

ENTRIES RECEIVED AFTER THE CLOSING DATE WILL NOT BE ACCEPTED. CLOSING DATE Tuesday 17th December

Please Note - Single use plastic bottles will not be provided at this event.



www.limswim.ie



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 for age groups 12&U, 13-14, 15-16 & 17&O. Relay medals will be awarded in Junior (14 & U) and Senior (15 & O) categories.
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. No Times (NT's) will not be accepted other than in the 1500m freestyle event if time permits.
10. SC times converted to LC Qualifying Times (Achieved since 1st Sept 2018) will be accepted.
11. Qualification standards will be waived for swimmers with disabilities who are classified through Paralympics Ireland.
12. In the event of the meet being oversubscribed the organisers may have to restrict the number of heats. LSC will work with clubs to minimise any impact for swimmers.
13. The host club reserves the right to enter some swimmers outside the qualifying criteria.
14. Session times may change depending on entries. You will be notified of changes one week before gala.
15. Relays will be classified as Junior (age 14 & U) and Senior (age 15 & O). Clubs will be limited to a maximum of two relay teams in each age category per event. The names of the four relay team members must be submitted to the recorder's desk at the start of the relevant session.
16. Restrictions on personnel poolside will be strictly enforced. A limited number of coach and team manager wrist bands will be allocated to each club, each morning, based on number of entries. ***Only competing swimmers and personnel with the correct wrist bands should attempt to be on deck at any time. Please respect this health and safety requirement.***

Trophies awarded will be:

The Gerry Ryan Perpetual Cup to the Best Overall Club.

The L.S.C. Plaque to the runner-up club.





Gerry Ryan 2020 - ORDER OF EVENTS

Session 1 - Friday Evening

Warm-up 6pm – 6:45pm Start
30 mins male/female mixed

Event No.		Event No.	
1	Male 200m Butterfly	4	Female 400 IM
2	Female 200m Butterfly	5	Mixed 1500m Freestyle
3	Male 400 IM		

Session 2 - Saturday Morning

Warm-up 7:15am – 9.00am Start
30min male/female mixed - Club time slots

Session 3 - Saturday Afternoon

Warm-up 1.00pm – 2.00pm Start
30min male/female mixed - Club time slots

6	Female 400m Freestyle	15	Male 200m Freestyle
7	Male 200m Breaststroke	16	Female 50m Backstroke
8	Female 200 Breaststroke	17	Male 50m Backstroke
9	Male 50m Butterfly	18	Female 100m Breaststroke
10	Female 50m Butterfly	19	Male 100m Breaststroke
11	Male 100m Freestyle	20	Female 200m IM
12	Female 100m Freestyle	21	Male 200m FC Relay
13	Mixed 200m Medley Relay	22	Female 200m FC Relay
14	Mixed 200m FC Relay		

Session 4 - Sunday Morning

Warm-up 7:15am – 9.00am Start
45 mins male female mixed

Session 5 - Sunday Afternoon

Warm-up 1.00pm – 2.00pm Start
45 mins male female mixed

23	Male 400m Freestyle	33	Male 200m IM
24	Female 200m Backstroke	34	Female 50m Breaststroke
25	Male 200m Backstroke	35	Male 50m Breaststroke
26	Female 50m Freestyle	36	Female 100m Backstroke
27	Male 50m Freestyle	37	Male 100m Backstroke
28	Female 100m Butterfly	38	Female 200m Freestyle
29	Male 100m Butterfly	39	Male 800m Freestyle
30	Female 800m Free		
31	Male 200m Medley Relay		
32	Female 200m Medley Relay		





Gerry Ryan 2020

QUALIFYING TIMES – MALE

EVENT	Gerry Ryan 2020 Qualifying Times MALE Long Course						
	Ages as of Dec 31st 2020						
	11 & U	12	13	14	15	16	17 & O
50FC	42.00	38.00	37.00	36.00	35.00	34.00	32.00
100 FC	1.25.92	1.20.52	1.19.20	1.15.76	1.10.60	1.08.24	1.04.96
200 FC	3.05.38	2.54.68	2.51.75	2.44.12	2.39.13	2.34.57	2.27.84
400 FC	6.13.06	5.57.61	5.51.43	5.37.89	5.24.77	5.14.15	5.09.96
800 FC	12.35.50	12.04.29	11.51.80	11.23.93	11.06.00	10.44.53	10.36.07
1500 FC	24.41.17	23.16.49	22.52.29	22.07.42	21.37.42	20.48.82	20.46.79
50 BC	41.00	41.00	41.00	41.00	37.00	37.00	37.00
100 BC	1.37.32	1.33.34	1.31.79	1.28.27	1.22.47	1.19.70	1.16.76
200 BC	3.24.58	3.16.54	3.13.26	3.07.88	2.59.69	2.56.57	2.48.92
50 BRS	45.00	45.00	45.00	45.00	40.00	40.00	40.00
100 BRS	1.51.11	1.46.58	1.44.79	1.39.91	1.33.04	1.31.32	1.25.20
200 BRS	3.53.40	3.46.36	3.42.54	3.34.83	3.28.19	3.21.42	3.11.27
50 FLY	44.00	44.00	44.00	44.00	39.00	39.00	39.00
100 FLY	1.39.11	1.33.92	1.32.36	1.28.03	1.21.22	1.17.50	1.11.79
200 FLY	3.38.09	3.25.40	3.21.95	3.11.32	3.02.38	2.54.87	2.49.85
200 IM	3.26.60	3.16.21	3.12.94	3.06.88	2.59.84	2.56.36	2.49.27
400 IM	7.09.55	6.53.60	6.44.42	6.32.00	6.02.73	5.52.06	5.48.05





Gerry Ryan 2020

QUALIFYING TIMES – FEMALE

Gerry Ryan 2020 Qualifying Times FEMALE Long Course							
Ages as of Dec 31st 2020							
EVENT	11 & U	12	13	14	15	16	17 & O
50FC	42.00	39.00	38.00	37.00	36.00	35.50	35.00
100 FC	1.26.40	1.22.90	1.21.49	1.17.78	1.14.11	1.13.40	1.11.29
200 FC	3.05.50	2.57.59	2.54.65	2.48.47	2.45.95	2.42.28	2.39.15
400 FC	6.18.06	6.02.54	5.56.27	5.50.60	5.37.84	5.34.09	5.25.93
800 FC	12.50.08	12.18.22	12.05.47	11.49.59	11.41.86	11.31.51	11.17.27
1500 FC	24.38.61	23.04.09	22.49.44	22.19.82	22.05.19	21.45.59	21.18.59
50 BC	44.00	44.00	44.00	44.00	40.00	40.00	40.00
100 BC	1.37.72	1.34.29	1.32.73	1.29.28	1.24.91	1.24.38	1.22.04
200 BC	3.28.22	3.21.38	3.18.01	3.11.93	2.58.73	3.04.00	3.00.64
50 BRS	49.00	49.00	49.00	49.00	44.00	44.00	44.00
100 BRS	1.52.64	1.49.11	1.47.27	1.43.29	1.38.16	1.36.50	1.32.17
200 BRS	4.03.93	3.50.47	3.46.57	3.44.39	3.32.24	3.30.26	3.24.08
50 FLY	48.00	48.00	48.00	48.00	43.00	43.00	43.00
100 FLY	1.44.81	1.35.85	1.34.25	1.30.68	1.25.02	1.22.19	1.20.10
200 FLY	3.37.61	3.29.97	3.26.45	3.22.38	3.17.93	3.11.36	3.06.45
200 IM	3.27.26	3.21.45	3.18.08	3.13.20	3.07.18	3.02.21	3.01.25
400 IM	7.16.96	6.58.34	6.51.04	6.40.75	6.28.73	6.22.06	6.15.65

