



## JOHN DEMPSEY MEMORIAL GALA

MARCH 29<sup>TH</sup>, 2020

HOSTED BY LIMERICK SWIMMING CLUB

Licence Number 2S-19/20-M022

- Date:** 29<sup>th</sup> March 2020
- Venue:** UL Sports Arena, Limerick
- Format:** Short Course (SC)
- Entries:** Write Gala Date, Name and Events on the outside of the envelope, Money Inside, Seal and post in the Postbox at the pool reception

**Please be advised this gala is intended for Dolphins and Sharks who are not attending the Development 2 gala in Mallow on 1<sup>st</sup> March 2020**

Electronic timing will be used throughout the gala.

- Age:** Age up - 31st December 2020 (year of birth).
- Fees:** €6.00 per individual event / €20 per cannon relay team

**Closing Date:** Closing date for all entries is **Wednesday 4<sup>th</sup> March 2020**

Late entries will not be accepted.

To facilitate the smooth and timely running of the gala, no entries will be accepted on the day.





## Meet Conditions

1. Swimmers must be members of Swim Ireland & Swim Ireland Rules will apply.
2. Heats will be run as an open event based on each swimmer's entry time in 10 lane formats.
3. All events will be H.D.W.
4. Medals will be awarded in all individual events for 9, 10, 11, 12, 13 & 14 age groups
5. Swimmers must be at least 9 years of age to compete in this gala and not older than 14.
6. Swimmers will be limited to a total of 4 individual swims plus the Cannon relay.
7. **Cannon Relay:**
  - 12 swimmers - a boy and a girl swimmer from each age group 9-14yr
  - Cannon swimmers must swim in order of age group, girls first then boys.
8. There are **Cut-Off times** for all individual events.
9. Swimmers with No Times (NTs) will be accepted. All other entry times must be official times and may be verified on the National database.
10. In the interest of safety and time, events may have to be restricted. Priority will be given to younger, and slower swimmers. Clubs will be notified of any restrictions applying to events.
11. The host club reserves the right to enter some swimmers outside the qualifying criteria.
12. Session times may change depending on entries. You will be notified of changes one week before the gala.
13. Qualification standards will be waived for swimmers with disabilities.
14. Restrictions on personnel poolside will be enforced to ensure safety & effective running of the gala.



## ORDER OF EVENTS

<b>Session 1 - Sunday 9.00 – 12.30pm</b>	
<b>Warm-up 08.00, 30 mins boys &amp; girls mixed, start 9.00 am</b>	
<b>1</b>	Girls 100 Freestyle
<b>2</b>	Boys 100 Freestyle
<b>3</b>	Girls 50 Breaststroke
<b>4</b>	Boys 50 Breaststroke
<b>5</b>	Girls 100 Backstroke
<b>6</b>	Boys 100 Backstroke
<b>7</b>	Girls 50 Butterfly
<b>8</b>	Boys 50 Butterfly
<b>9</b>	Girls 200 IM
<b>10</b>	Boys 200 IM
<b>11</b>	Mixed 600m Freestyle Cannon Relay (12 Swimmers, Boys and Girls from Each Age Group)

<b>Session 2 - Sunday 2.00 – 5.30pm</b>	
<b>Warm-up 1.00pm, 30 mins boys &amp; girls mixed, start 2.00 pm</b>	
<b>12</b>	Girls 200 Freestyle
<b>13</b>	Boys 200 Freestyle
<b>14</b>	Girls 100 Breaststroke
<b>15</b>	Boys 100 Breaststroke
<b>16</b>	Girls 50 Backstroke
<b>17</b>	Boys 50 Backstroke
<b>18</b>	Girls 100 Butterfly
<b>19</b>	Boys 100 Butterfly
<b>20</b>	Girls 50 Freestyle
<b>21</b>	Boys 50 Freestyle
<b>22</b>	Girls 100 IM
<b>23</b>	Boys 100 IM



## CUT-OFF TIMES

John Dempsey Memorial Gala Cut-Off Entry Times				
Event	BOYS			
	Age 9	Age 10-11	Age 12-13	Age 14
50 Free	40.00	38.00	36.00	34.00
100 Free	1.25.00	1.23.00	1.19.00	1.17.00
50 Back	48.00	46.00	43.00	40.00
100 Back	1.35.00	1.30.00	1.26.00	1.23.00
50 Breast	54.00	52.00	49.00	46.00
100 Breast	1.49.00	1.44.00	1.40.00	1.35.00
50 Fly	53.00	51.00	48.00	45.00
100 Fly	1.35.00	1.33.00	1.29.00	1.23.00
100 IM	1.38.00	1.36.00	1.32.00	1.28.00
200 IM	3.13.50	3.11.50	3.04.50	2.59.50
200 Free	2.52.50	2.49.50	2.43.50	2.34.50

John Dempsey Memorial Gala Cut-Off Entry Times				
Event	GIRLS			
	Age 9	Age 10-11	Age 12-13	Age 14
50 Free	45.00	43.00	40.00	39.00
100 Free	1.30.00	1.28.00	1.24.00	1.22.00
50 Back	50.00	48.00	45.00	42.00
100 Back	1.35.00	1.33.00	1.30.00	1.26.00
50 Breast	55.00	53.00	50.00	47.00
100 Breast	1.50.00	1.46.00	1.42.00	1.38.00
50 Fly	56.00	54.00	51.00	48.00
100 Fly	1.41.00	1.37.00	1.34.00	1.28.00
100 IM	1.44.00	1.42.00	1.38.00	1.34.00
200 IM	3.21.00	3.17.00	3.12.00	3.07.00
200 Free	3.00.50	2.54.50	2.47.50	2.40.50

*Swimmers who have achieved the cut-off time in an event are not eligible to swim in the event where the time has been achieved.*

