



## JOHN DEMPSEY MEMORIAL GALA

**18 June, 2022**

**HOSTED BY LIMERICK SWIMMING CLUB**

**Licence Number 18S-21/22-M017 Level 2**

**Date:** 18th June, 2022

**Venue:** UL Sports Arena, Limerick

**Format:** Short Course (SC)

**Entries:** Closing date for ALL entries is **6pm on Sunday 29<sup>th</sup> of May.**  
Late entries cannot be accepted.

Please discuss entries with your Coach prior to submission.

Write Gala Name, Your Name and Events on the outside of the envelope, Money inside, Seal and Post in the post box at pool reception.

**Age:** Age up - 31st December 2022 (year of birth).

**Fees:** €7.00 per individual event / €20 per cannon relay team

### **FEES MUST BE RECEIVED PRIOR TO THE GALA**

Scratches will be accepted up until **Friday 10 June 2022 AT 6pm**

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 age groups
5. Swimmers must be at least 8 years of age to compete in this gala and not older than 13.
6. Swimmers will be limited to a total of 6 individual swims plus the Cannon relay.
7. **Cannon Relay:**
  - 10 swimmers - a boy and a girl swimmer from each age group 9-13yr
  - 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.
15. The host club reserves the right to limit the number of swimmers attending the gala due to COVID concerns.



## ORDER OF EVENTS

Session 1 – Saturday 12.00pm – 3pm	
Warm-up 12.00, 30 mins boys & girls mixed, start 12.30 pm	
1	Girls 100 Freestyle
2	Boys 100 Freestyle
3	Girls 50 Breaststroke
4	Boys 50 Breaststroke
5	Girls 100 Backstroke
6	Boys 100 Backstroke
7	Girls 50 Butterfly
8	Boys 50 Butterfly
9	Mixed 600m Freestyle Cannon Relay (10 Swimmers, Boys and Girls from Each Age Group)

Session 2 - Saturday 3.00 – 6pm	
Warm-up 3.00pm, 30 mins boys & girls mixed, start 3.30 pm	
10	Girls 100 Breaststroke
11	Boys 100 Breaststroke
12	Girls 50 Backstroke
13	Boys 50 Backstroke
14	Girls 100 Butterfly
15	Boys 100 Butterfly
16	Girls 50 Freestyle
17	Boys 50 Freestyle
18	Girls 100 IM
19	Boys 100 IM



## CUT-OFF TIMES

John Dempsey Memorial Gala Cut-Off Entry Times			
Event	BOYS		
	Age 9	Age 10-11	Age 12-13
50 Free	40.00	38.00	36.00
100 Free	1.25.00	1.23.00	1.19.00
50 Back	48.00	46.00	43.00
100 Back	1.35.00	1.30.00	1.26.00
50 Breast	54.00	52.00	49.00
100 Breast	1.49.00	1.44.00	1.40.00
50 Fly	53.00	51.00	48.00
100 Fly	1.35.00	1.33.00	1.29.00
100 IM	1.38.00	1.36.00	1.32.00

John Dempsey Memorial Gala Cut-Off Entry Times			
Event	GIRLS		
	Age 9	Age 10-11	Age 12-13
50 Free	45.00	43.00	40.00
100 Free	1.30.00	1.28.00	1.24.00
50 Back	50.00	48.00	45.00
100 Back	1.35.00	1.33.00	1.30.00
50 Breast	55.00	53.00	50.00
100 Breast	1.50.00	1.46.00	1.42.00
50 Fly	56.00	54.00	51.00

<b>100 Fly</b>	1.41.00	1.37.00	1.34.00
<b>100 IM</b>	1.44.00	1.42.00	1.38.00

*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.*