



JOHN DEMPSEY MEMORIAL GALA

MARCH 29TH, 2020

HOSTED BY LIMERICK SWIMMING CLUB

Licence Number 2S-19/20-M022

Date: 29th March, 2020
Venue: UL Sports Arena, Limerick
Format: Short Course (SC)
Entries: Entries on Hy-Tek - please email jdempseylimkswim@gmail.com

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

Please pay fees by Electronic Funds Transfer using your CLUB NAME for reference

A/C Name: Limerick Swimming Club

IBAN: IE09 BOFI 9045 7919 2663 19

BIC: BOFIE2D

Note change in account details from last year

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

FEES MUST BE RECEIVED PRIOR TO THE GALA

Closing Date: Closing date for all entries is **Wednesday 11th March 2020 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 & 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



Session 1 - Sunday 9.00 – 12.30pm

Warm-up 08.00, 30 mins boys & girls mixed, start 9.00 am

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	Girls 200 IM
10	Boys 200 IM
11	Mixed 600m Freestyle Cannon Relay (12 Swimmers, Boys and Girls from Each Age Group)

Session 2 - Sunday 2.00 – 5.30pm

Warm-up 1.00pm, 30 mins boys & girls mixed, start 2.00 pm

12	Girls 200 Freestyle
13	Boys 200 Freestyle
14	Girls 100 Breaststroke
15	Boys 100 Breaststroke
16	Girls 50 Backstroke
17	Boys 50 Backstroke
18	Girls 100 Butterfly
19	Boys 100 Butterfly
20	Girls 50 Freestyle
21	Boys 50 Freestyle
22	Girls 100 IM
23	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.