



## **ENNIS SWIMMING & LIFE-SAVING CLUB**

### **ENNIS Invitation GALA**

Meet Licence Number 11S-22/23-M011

- Venue:-** Ennis Leisure Complex
- Dates:-** Fri 24<sup>th</sup> and Sat 25<sup>th</sup> February 2023
- Age-Groups:-** 12, 14, 16 , Senior Age as on 31<sup>st</sup> Dec 2023.
- Events:-** 50, 100, 200, 400 F/c, 50, 100 Back, 50, 100 Brst,  
, 50, 100 Fly, 100 IM, 200 IM.
- Relays:-** Relays - Age groups U12/U14/Over 15 4 x 50 freestyle  
And Medley  
Fun 4 x 50 freestyle Canon Relay with one swimmer from  
each age group (we also hope to feature Masters swimmers  
if they are there attending the Ennis Masters Gala.)
- Entries:-** By e-mail on Team Manager to: [mcgrathclare@gmail.com](mailto:mcgrathclare@gmail.com)
- Closing Date:-** February 14<sup>th</sup> at 6pm - No late entries please.
- Entry Fees:-** €7 per individual entry, €20 per relay. Please pay via  
bank transfer using Club name for reference.

Ennis Swimming Club  
Permanent TSB  
O'Connell Street  
Ennis, Co. Clare  
Account No. 12016629  
Sort Code: 99-07-28  
IBAN: IE42IPBS99072812016629  
BIC: IPBSIE2D

## **Order of Events - All events HDW**

### **Session 1 Friday - Warm up 5 - 5.45pm, Start 6pm**

- |                     |                    |
|---------------------|--------------------|
| 1. Girls 200m f/c   | 2. Boys 200m f/c   |
| 3. Girls 100m Br/st | 4. Boys 100m Br/st |
| 5. Girls 200m IM    | 6. Boys 200m IM    |
| 7. Girls 100m B/c   | 8. Boys 100m B/c   |

### **Session 2 Saturday - Warm up 8 - 9.15 am, Start 9.30am**

- |                    |                   |
|--------------------|-------------------|
| 9. Girls 400m f/c  | 10. Boys 400m f/c |
| 11. Girls 100m IM  | 12. Boys 100m IM  |
| 13. Girls 50m B/c  | 14. Boys 50m B/c  |
| 15. Girls 100m Fly | 16. Boys 100m Fly |

- |                                    |                              |
|------------------------------------|------------------------------|
| 17. Girls u/12 4x50 f/c relay      | 18. Boys u/12 4x50 f/c relay |
| 19. Girls u/14 4x50 f/c relay      | 20. Boys u/14 4x50 f/c relay |
| 21. Girls 15/over 4 x 50 f/c relay |                              |
| 22. Boys 15/over 4 x 50 f/c relay  |                              |

**Lunch 1pm - 1.45pm Approx**

**(Lanes available for warm up if required)**

### **Session 3 Saturday Start 2pm**

- |                     |                    |
|---------------------|--------------------|
| 23. Girls 50m f/c   | 24. Boys 50m f/c   |
| 25. Girls 50m br/st | 26. Boys 50m br/st |
| 27. Girls 50m Fly   | 28. Boys 50m fly   |
| 29. Girls 100m f/c  | 30. Boys 100m f/c  |

- |  |                              |
|--|------------------------------|
| 31. Girls u/12 4x50 Med relay                            | 32. Boys u/12 4x50 Med relay |
| 33. Girls u/14 4x50 Med relay                            | 34. Boys u/14 4x50 Med relay |
| 35. Girls 15/over 4 x 50 Med relay                       |                              |
| 36. Boys 15/over 4 x 50 Med relay                        |                              |
| 37. Girls 4 x 50 Canon relay (one swimmer per age group) |                              |
| 38. Boys 4 x 50 Canon relay (one swimmer per age group)  |                              |

### **Meet Conditions**

- 1) Swimmers must be members of Swim Ireland and Swim Ireland Rules will apply.
- 2) Heats will be run as open events based on swimmers' entry times in a 6 lane format. All events HDW
- 3) Medals will be awarded in all individual events for age groups 10 and under, 12 and under, 14 and under, 16 and under and Senior.
- 4) Swimmers must be 8 years of age prior to December 31<sup>st</sup> 2023
- 5) Swimmers are limited to events as follows; 10 and under 3 events maximum, 11 - 14 yrs 4 events maximum. 15 and over 6 events maximum.
- 6) ESC reserves the right to reduce the number of heats based on entries and will communicate with the clubs directly on this.
- 7) ESC reserves the right to enter some swimmers outside the entry criteria
- 8) Session times may change depending on entries, ESC will contact the clubs with any changes before the 24<sup>th</sup> Feb.
- 9) ESC will distribute psych sheets ahead of the gala and will take scratches until 6pm on the 23<sup>rd</sup> February.
- 10) A points system for the John and Nora Murphy Perpetual cups for the best Male and Female ESC swimmer of the meet will be applied.