

***** LIMERICK SWIMMING CLUB *****
CELEBRATING 30 YEARS
1986-2016

3A-15/16-M016.

Gerry Ryan Limerick Invitation Gala (L.C.) 2016

Saturday January 23rd and Sunday 24th January 2016
University of Limerick

Electronic timing will be used throughout the gala.
Age on the first day of competition applies - 23rd January 2016.

Fees: €7.00 per individual event and €24.00 per relay event. All fees to be paid on or before closing date.

Closing date for all entries is Thursday 14th January 2016 6pm.
(There will be no changes after this date as the gala will be seeded into heats - no scratches).

Limerick Swimming Club

LATE ENTRIES WILL NOT BE ACCEPTED
FEES MUST BE RECEIVED PRIOR TO THE GALA

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 in 10 lane format, and events will be run as open events based on each swimmers entry time.
4. All events will be H.D.W.
5. Medals will be awarded in all individual events in age groups according to qualification table attached.
6. Swimmers will be limited to 10 individual swim events total over the 2 days.
7. There are Qualifying Times for all events. The host club reserve the right to have some of their swimmers outside the qualifying times in 50's, 100's and 200's events only.
8. All entry times must be official times and may be verified on the National database.
9. Relays - will be run as Junior and Senior and clubs are limited to 2 teams per club per relay event. Please provide names of relay swimmers in advance. Junior girls 14 and under. Senior girls 15 and over. Junior boys 15 and under. Senior boys 16 and over.
10. Qualification standards will be waived for swimmers with disabilities who are classified through Paralympics Ireland.
11. Swimmers who qualify for one event may enter one other, but must enter with a time, swimmers entering with NT will be rejected.
12. Restrictions on personnel poolside will be strictly enforced to ensure the safety & effective running of the gala. ID badges will be allocated on the morning of the gala to coaches & team managers on deck (based on entries). Please provide their names with entries where possible. All other coaches and team managers are welcome in the spectator area.

Limerick Swimming Club
**** The Gerry Ryan Perpetual Cup ****
Will be presented to the best overall club at the gala and

**** The L.S.C. Plaque ****
Will be presented to the runner-up club.

LIMERICK SWIMMING CLUB CELEBRATING 30 YEARS

Order of Events

Session 1 Saturday Morning warm-up 8am (30mins females followed by 30mins males) start 9.15am	Session 3 Sunday Morning warm-up 8am (30mins males followed by 30mins females) start 9.15am
1. 400m freestyle Female	21. 400m Freestyle Male
2. 100m Backstroke Male	22. 100m Backstroke Female
3. 50 Butterfly Female	23. 50m Freestyle Male
4. 50m Butterfly Male	24. 50m Freestyle Female
5. 200m IM Female	25. 200m IM Male
6. 200m Butterfly Male	26. 200m Butterfly Female
7. 100m Breaststroke Female	27. 100m Breaststroke Male
8. 400IM Male	28. 400m IM Female
9. 400m Freestyle Relay Female Junior	29. 400m IM Relay Male Junior
10. 400m Freestyle Relay Male Junior	30. 400m IM Relay Female junior
11. 400m Freestyle Relay Female Senior	31. 400m IM Relay Male Senior
12. 400m Freestyle Relay Male Senior	32. 400m IM Relay Female Senior
Session 2 Saturday Afternoon warm-up 1.30pm approx, (20mins Males & 20mins Females), start 2.15pm	Session 4 Sunday Afternoon warm-up 1.30pm approx, (20mins Females & 20mins Males), start 2.15pm
13. 200m Breaststroke Male	33. 200m Breaststroke Female
14. 100 Butterfly Female	34. 100m Butterfly Male
15. 200m Freestyle Male	35. 200m Freestyle Female
16. 50m Backstroke Female	36. 50m Breaststroke Male
17. 50m Backstroke Male	37. 50m Breaststroke Female
18. 100m Freestyle Female	38. 100m Freestyle Male
19. 200m Backstroke Male	39. 200m Backstroke Female
20. Cannon	
	40. Mixed 4x100 Medley Relay Junior
	41. Mixed 4x100 Medley Relay Senior

GERRY RYAN 2016 QUALIFICATION STANDARDS

FEMALE

EVENT	10 & Under	11 & 12	13 & 14	15 & 16	17 & Over
50 FC	44.00 L	44.00 L	44.00 L	44.00 L	44.00 L
100 FC	1.22.00 L	1.17.63L	1.13.15 L	1.11.64 L	1.11.35 L
200 FC	2.56.48 L	2.48.75 L	2.39.64 l	2.37.53 L	2.34.97 L
400 FC	6.19.00 L	6.01.13 L	5.36.89 L	5.30.62 L	5.27.47 L
50 BC	49.00 L	49.00 L	49.00 L	49.00 L	49.00 L
100 BC	1.34.31L	1.30.34 L	1.24.92 L	1.22.75 L	1.21.16 L
200 BC	3.21.81 L	3.12.67 L	3.03.64 L	2.59.86L	2.54.36 L
50 Brs	53.00 L	53.00 L	53.00 L	53.00 L	53.00 L
100 Brs	1.48.48 L	1.42.64 L	1.37.79 L	1.35.97 L	1.31.97 L
200 Brs	3.53.74L	3.41.10 L	3.29.92 L	3.21.69 L	3.19.86 L
50 FLY	45.00 L	45.00 L	45.00 L	45.00 L	45.00 L
100 FLY	1.35.00 L	1.30.97 L	1.23.97 l	1.21.68 L	1.18.91 L
200 Fly	3.36.99 L	3.27.45 L	3.06.97 L	2.56.55 L	2.54.97 L
200 IM	3.25.76 L	3.16.24 L	3.04.97 L	2.59.97L	2.52.87 L
400 Im	7.09.64 L	6.50.64 L	6.33.76 L	6.13.91 L	6.09.44 L

MALE

EVENT	11 & Under	12 & 13	14 & 15	16 & 17	18 & Over
50 FC	40.00 L	40.00 L	40.00 L	40.00 L	40.00 L
100 FC	1.18.73 L	1.14.98 L	1.09.74 L	1.05.84 L	1.03.91 L
200 FC	2.52.84 L	2.44.91 L	2.32.41 L	2.24.92 L	2.21.65 L
400 FC	6.03.00 L	5.46.88 L	5.21.89 L	5.11.86 L	5.07.95 L
50 BC	44.00 L	44.00 L	44.00 L	44.00 L	44.00 L
100 BC	1.30.36 L	1.26.38 L	1.20.62 L	1.18.66 L	1.15.21 L
200 BC	3.15.84 L	3.06.67 L	2.53.97 L	2.43.53 L	2.42.71 L
50 BRS	47.00 L	47.00 L	47.00 L	47.00 L	47.00 L
100 Brs	1.45.97 l	1.40.82 L	1.31.62 L	1.28.79 L	1.21.35 L
200 Brs	3.52.53 L	3.39.98 L	3.17.65L	3.08.71 L	3.05.82 L
50 FLY	42.00 L	42.00 L	42.00 L	42.00 L	42.00 L
100 FLY	1.31.42 L	1.29.19 L	1.18.61 L	1.13.58 L	1.10.61 L
200 Fly	3.24.00 L	3.14.87 L	2.56.81 L	2.43.88 L	2.43.96 L
200 IM	3.25.61 L	3.05.71 L	2.54.76 L	2.43.92 L	2.39.21 L
400 IM	7.09.75 L	6.27.99 L	6.06.91 L	5.39.89 L	5.37.79 L