Limerick Swimming Club

GERRY RYAN MEMORIAL GALA 2023

HOSTED BY LIMERICK SWIMMING CLUB

License Number 7L-22/23-M007

Date(s):   **20th, 21st & 22nd Jan 2023**

Venue: UL Sports Arena, Limerick

Format: Long Course (LC)

Entries: <mark>**Closing date** for **ALL** entries is **8pm on Tuesday 20th of December**</mark>

- **Please discuss entries with your Coach prior to submission**.
- Late entries will not be accepted.
- Please place the total fee in a sealed envelope and write the following details <u>clearly</u> on the outside:

Example:
Gerry Ryan Memorial Gala – 20th, 21st & 22nd Jan 2023

Name: Swimmer's own name

Event(s):   (for example)
8.   Girls 200m Breaststroke
12.   Girls 50m Butterfly
14.   Girls 100m Backcrawl

Fee: total of €   enclosed

The envelope should be placed in the Post Box at the Pool Reception area (under the sign-in folder).

Electronic timing will be used throughout the gala.

Age: Age up - 31st December 2023 (year of birth)

Scratches: Scratches will be accepted until **Thursday 12th January at 6pm**

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 run as an open event based on each swimmer's entry time in 10 lane formats.

4. All events will be H.D.W.

5. Medals will be awarded in all individual events for age groups 13-14, 15-16 & 17&O.

6. Swimmers must be at least 13 years of age prior to December 31st 2023 to enter this meet.

7. Swimmers will be limited to a total of 8 individual swim events over the 3 days.

8. There are Qualification Times for all events except the 800m and the 1500m.

9. No Times (NT's) will <u>not</u> be accepted other than in the 800m & 1500m freestyle event if time permits. Training times must be submitted in lieu of NT's.

10. All entry times must be official times and may be verified on the National database.

11. SC times converted to LC Qualifying Times (Achieved since 1st January 2021) will be accepted.

12. Qualification standards will be waived for swimmers with disabilities who are classified through Paralympics Ireland.

13. A points system for the Gerry Ryan Perpetual Cup for best club will be applied.

14. In the event of the meet being oversubscribed the organisers may have to restrict the number of heats. LSC will work with clubs to minimise any impact for swimmers.

15. LSC will provide officials for this meet.

16. The host club reserves the right to enter some swimmers outside the qualifying criteria.

17. Session times may change depending on entries. You will be notified of changes one week before gala.

18. The host club reserves the right to limit the number of swimmers attending the gala due to COVID concerns.

19. LSC ask for clubs to provide one official per session per day (if required)

Gerry Ryan 2023 - ORDER OF EVENTS

Session 1 - Friday Evening

Warm-up 6.30pm – 7.00pm Start
30 mins male/female mixed

Event No.		Event No.	
1	Mixed 1500m Freestyle	4	Mixed 200m Freestyle Relay
2	Girls 100m Butterfly		
3	Boys 100m Butterfly		

Session 2 - Saturday		Session 3 - Sunday	
Warm-up 7:15am – 9.00am Start		**Warm-up 1.00pm – 2.00pm Start**	
Male/female mixed - Club time slots		Male/female mixed - Club time slots	
5	Boys 400 Medley Relay	25	Mixed 800m Freestyle
6	Girls 400 Medley Relay	26	Boys 400 Freestyle Relay
7	Boys 200m Breaststroke	27	Girls 400 Freestyle Relay
8	Girls 200m Breaststroke	28	Boys 200 Ind. Medley
9	Boys 400m Freestyle	29	Girls 200 Ind. Medley
10	Girls 400m Freestyle	30	Boys 50m Freestyle
11	Boys 50m Butterfly	31	Girls 50m Freestyle
12	Girls 50m Butterfly	32	Boys 200m Backcrawl
13	Boys 100m Backcrawl	33	Girls 200m Backcrawl
14	Girls 100m Backcrawl	34	Girls 200m Medley Relay
15	Girls 200 Freestyle Relay	35	Boys 200m Medley Relay
16	Boys 200 Freestyle Relay	36	Girls 200m Butterfly
17	Girls 400 Ind. Medley	37	Boys 200m Butterfly
18	Boys 400 Ind. Medley	38	Girls 50m Breaststroke
19	Girls 100m Breaststroke	39	Boys 50m Breaststroke
20	Boys 100m Breaststroke	40	Girls 100m Freestyle
21	Girls 50 Backcrawl	41	Boys 100m Freestyle
22	Boys 50 Backcrawl		

23	Girls 200m Freestyle		
24	Boys 200m Freestyle		

Gerry Ryan 2023

QUALIFICATION TIMES –
MALE

	Gerry Ryan 2023 Qualification Times MALE Long Course Ages as of Dec 31st 2023				
EVENT	**13**	**14**	**15**	**16**	**17 & O**
50FC	36.00	35.00	34.00	33.00	31.00
100 FC	1.19.20	1.15.76	1.10.60	1.08.24	1.04.96
200 FC	2.51.75	2.44.12	2.39.13	2.34.57	2.27.84
400 FC	5.51.43	5.37.89	5.24.77	5.14.15	5.09.96
800 FC	11.51.80	11.23.93	11.06.00	10.44.53	10.36.07
1500 FC	22.52.29	22.07.42	21.37.42	20.48.82	20.46.79
50 BC	41.00	41.00	37.00	37.00	37.00
100 BC	1.31.79	1.28.27	1.22.47	1.19.70	1.16.76
200 BC	3.13.26	3.07.88	2.59.69	2.56.57	2.48.92

50 BRS	45.00	45.00	40.00	40.00	40.00
100 BRS	1.44.79	1.39.91	1.33.04	1.31.32	1.25.20
200 BRS	3.42.54	3.34.83	3.28.19	3.21.42	3.11.27
50 FLY	44.00	44.00	39.00	39.00	39.00
100 FLY	1.32.36	1.28.03	1.21.22	1.17.50	1.11.79
200 FLY	3.21.95	3.11.32	3.02.38	2.54.87	2.49.85
200 IM	3.12.94	3.06.88	2.59.84	2.56.36	2.49.27
400 IM	6.44.42	6.32.00	6.02.73	5.52.06	5.48.05

Gerry Ryan 2023

QUALIFICATION TIMES – FEMALE

	Gerry Ryan 2023 Qualification Times				
	FEMALE Long Course Ages as of Dec 31st 2023				
EVENT	**13**	**14**	**15**	**16**	**17 & O**
50FC	37.00	36.00	35.00	34.50	34.00
100 FC	1.21.49	1.17.78	1.14.11	1.13.40	1.11.29
200 FC	2.54.65	2.48.47	2.45.95	2.42.28	2.39.15
400 FC	5.56.27	5.50.60	5.37.84	5.34.09	5.25.93
800 FC	12.05.47	11.49.59	11.41.86	11.31.51	11.17.27
1500 FC	22.49.44	22.19.82	22.05.19	21.45.59	21.18.59
50 BC	44.00	44.00	40.00	40.00	40.00
100 BC	1.32.73	1.29.28	1.24.91	1.24.38	1.22.04

200 BC	3.18.01	3.11.93	3.07.00	3.04.00	3.00.64
50 BRS	49.00	49.00	44.00	44.00	44.00
100 BRS	1.47.27	1.43.29	1.38.16	1.36.50	1.32.17
200 BRS	3.46.57	3.44.39	3.32.24	3.30.26	3.24.08
50 FLY	48.00	48.00	43.00	43.00	43.00
100 FLY	1.34.25	1.30.68	1.25.02	1.22.19	1.20.10
200 FLY	3.26.45	3.22.38	3.17.93	3.11.36	3.06.45
200 IM	3.18.08	3.13.20	3.07.18	3.02.21	3.01.25
400 IM	6.51.04	6.40.75	6.28.73	6.22.06	6.15.65