

Galway SC

Jimmy Cranny Level 3 Memorial meet

Saturday 28TH March 2020

Meet License Number: 3L-19/20-C014

MEET INFORMATION

VENUE:	University Sports Arena, Limerick
FACILITIES:	10 Lane 50m Competition Pool /Cool down facilities available, TBC'ED
DATE:	Saturday 28 TH March 2020
SESSIONS:	Session 1 - Warm Up, 12NOON (25MINS/GIRLS, 25MINS/BOYS), Start 1PM Session 2 – Warm Up, 3.30/4PM (25MINS/GIRLS, 25MINS/BOYS), Start 4.30/5PM
AGE GROUP	U12 (Aged 10-11 can swim in this meet), 13/14, 15/16, 17 & Over
EVENTS	50m, 100m, 200m Back, Breast, Fly, Free, 200 IM & 400 Free
CLOSING DATE:	Friday 20th March 2020, 8pm

Entries open to Swim Ireland members only and a current registration number must be included with all entries

ALL EVENTS WILL BE “Heat Declared Winners”. Events will be seeded based on times submitted and medals will be awarded to 1st, 2nd and 3rd in each of the stated age groups.

ENTRY TIMES: All entries must include a time – NT's will be rejected.

ENTRY FEES: €8.00 for each individual Event entered.

By Bank Transfer to: Galway Swimming Club. **IBAN: IE06AIBK93740107769027 BIC: AIBKIE2D**

By Post: Treasurer of G.S.C., 105 Woodfield, Cappagh Road, Galway H91FC7P

Cheque payable to “Galway Swimming Club”. Meet Entries are to be paid by Wednesday 25th March otherwise teams will be withdrawn and potentially replaced by oversubscribed entries.

AGE GROUPS: Age as 31/12/2020 determines your age group for this meet.

SCRATCHES: Scratches received before Wednesday 25th March will not charged. Payment will be due for any scratches received after that date.

ENTRY ADDRESS: **Entries by Hy-tec only to galwaysheadcoach@gmail.com by Friday 20th March.**

QUERIES: By email only to galwaysheadcoach@gmail.com (Please note email address)

The Organisers of the Event reserve the right to limit entries.

Data Protection: Galway SC uses a computer to manage entries and results. By submitting and accepting entries to the meet consent is hereby given, as required by the Data Protection Act, to the holding of personal information on computer. Personal data such as name, age, club, entered/achieved times may be made public prior to, during or after the meet (e.g. programs, results, Meet Mobile, etc). Any points not covered by the above will be at the discretion of the Competition Organisers. The decision of the Competition Organisers will be final.

Session 1: Warm Up 12NOON (25MINS/GIRLS, 25MINS/BOYS) Start 1PM

**DIVING WILL BE AVAILABLE FOR THE LAST 10MINS OFF EACH WARM UP.
YET TBC'ED RELATES TO THE RACING LANES ON THE DAY BEING EITHER 0-10 OR RESTRICTED
TO LANES 1-8**

- Event 1 400 Freestyle Female (5 HEATS ONLY),
Summer Nationals qualified swimmers are not permitted to swim in this event
- Event 2 400 Freestyle Male (5 HEATS ONLY)
Summer Nationals qualified swimmers are not permitted to swim in this event
- Event 3 200 Breaststroke Female (8 HEATS)
- Event 4 200 Breaststroke Male (8 HEATS)
- Event 5 100 Freestyle Female (12 HEATS)
- Event 6 100 Freestyle Male (12 HEATS)
- Event 7 50 Butterfly Female (4HEATS)
- Event 8 50 Butterfly Male (4 HEATS)
- Event 9 200 Backstroke Female (8 HEATS)
- Event 10 200 Backstroke Male (8 HEATS)
- Event 11 50 Breaststroke Female (4 HEATS)
- Event 12 50 Breaststroke Male (4 HEATS)
- Event 13 100 Butterfly Female (10 HEATS)
- Event 14 100 Butterfly Male (10 HEATS)

Session 2: Warm up 3.30/4PM (25MINS/GIRLS, 25MINS/BOYS) Start 4.30/5PM

PLEASE NOTE THE WARM UP FOR SESSION 2 WILL BE DETERMINED BY THE FINISH SESSION 1.

DIVING WILL BE AVAILABLE FOR THE LAST 10MINS OFF EACH WARM UP.

- Event 15 200IM Female (10 HEATS)
- Event 16 200IM Male (10 HEATS)
- Event 17 50 Backstroke Female (4 HEATS)
- Event 18 50 Backstroke Male (4 HEATS)

- Event 19 100 Breaststroke Female (10 HEATS)
- Event 20 100 Breaststroke Male (10 HEATS)

- Event 21 200 Freestyle Female (12 HEATS)
- Event 22 200 Freestyle Male (12 HEATS)

- Event 23 100 Backstroke Female (10 HEATS)
- Event 24 100 Backstroke Male (10 HEATS)

- Event 25 200 Butterfly Female (8 HEAT)
- Event 26 200 Butterfly Male (8 HEAT)

- Event 27 50 Freestyle Female (16HEATS)
- Event 28 50 Freestyle Male (16 HEATS)

MEET FINISH, 8.30pm APPROXIMATELY

GIRLS QUALIFICATION TIMES						
EVENT	U12 (2007/08)		U14 (2005/6)		U16 (2003/4)	17+
	LC		LC		LC	LC
50m Free	36.80		34.80		33.30	32.0
100 Free	1.21.0		1.13.0		1.10.0	1.09.0
200 Free	3.00.0		2.45.0		2.35.0	2.30.0
400 Free	6.00.0		5.45.0		5.30.0	5.15.0
50 Back					37.50	36.50
100 Back	1.35.0		1.25.0		1.20.5	1.17.50
200 Back	3.25.0		3.15.0		3.00.0	2.50.0
50 Breast					40.50	39.50
100 Breast	1.48.0		1.40.0		1.38.0	1.36.0
200 Breast	4.00.0		3.45.0		3.30.0	3.25.0
50 Fly					36.50	35.50
100 Fly	1.45.5		1.35.50		1.32.0	1.28.50
200 Fly	3.40.0		3.30.50		3.20.0	3.15.50
200 IM	3.25.0		3.15.50		3.05.0	3.00.0

BOYS QUALIFICATION TIMES							
EVENT	U12 (2007/08)		U14 (2005/6)		U16 (2003/4)	17+	
	LC		LC		LC		
50m Free		36.80		34.20		31.0	30.0
100 Free		1.21.0		1.12.0		1.08.50	1.05.0
200 Free		3.00.0		2.42.0		2.30.0	2.27.50
400 Free		6.00.0		5.40.0		5.28.50	5.21.50
50 Back						36.50	35.50
100 Back		1.35.0		1.22.50		1.18.50	1.15.50
200 Back		3.25.0		3.10.50		2.55.50	2.52.50
50 Breast						38.50	37.50
100 Breast		1.48.0		1.38.5		1.35.50	1.32.50
200 Breast		4.00.0		3.40.5		3.25.50	3.20.5
50 Fly						34.50	33.50
100 Fly		1.45.5		1.32.50		1.28.50	1.26.50
200 Fly		3.40.0		3.28.50		3.10.50	3.08.50
200 IM		3.25.0		3.12.50		2.58.50	2.50.50

SWIMMERS MAY ENTER IN SHORT COURSE TIMES, BUT AS THIS IS A LONG COURSE MEET PRIORITY WILL BE GIVEN TO LONG COURSE ENTRY TIMES.