



27<sup>th</sup> April, 2019

Dear Club Secretary,

We are pleased to extend an invitation to your Club for our Long Course Gala which will take place in the National Aquatic Centre on Sunday 9<sup>th</sup> June 2019.

Due to the popularity of this event last season we are limiting entries to four events per swimmer and ask that all events include a time as this will help us greatly in estimating the running time for the day. We are targeting this meet at swimmers who are close to Division 2 standard and those hoping to achieve Division 1 times. The 50 metre Backstroke, Breaststroke and Butterfly events are open to swimmers aged 15 and over only. Should there be sufficient time once entries are processed we will then accept further entries from swimmers.

If you do not intend sending a team to this event it would be appreciated if you could let us know ahead of the closing date which will be 25<sup>th</sup> May 2019 as we have had a lot of interest from clubs outside of the Leinster region.

The paperwork and Hy-tek files for electronic entries are attached. Should you have any questions please contact us at [homegalasecretary@nacswimclub.com](mailto:homegalasecretary@nacswimclub.com)

Looking forward to seeing you on the day!

Yours in swimming

Aveen Colvin  
Home Gala Secretary NAC Swim Club  
[Homegalasecretary@nacswimclub.com](mailto:Homegalasecretary@nacswimclub.com)

# NAC Swim Club

## Invitational LC Gala 9<sup>th</sup> June 2019

Meet License Number L3L 18/19 L0

### MEET INFORMATION

- VENUE:** National Aquatic Centre – Abbotstown, Blanchardstown, Dublin 15
- FACILITIES:** 10 Lane 50m Competition Pool /No cool down facilities available  
2000 Spectator Accommodation
- DATE:** Sunday 9<sup>th</sup> June 2019
- SESSIONS:** Session 1 - Warm Up 7.45am Start 9.00am  
Session 2 - Warm up 1.30pm Start 2.45pm
- AGE GROUP EVENTS** 12 & Under, 13/14, 15/16 17 & Over (Minimum age 10years on 31/12/19)  
50m Free - 100m, 200m Back, Breast, Fly & Free 200 IM  
50m Back Breast & Fly for 15 & Over – Open 400 Free

**CLOSING DATE:** **Latest date for receipt of entries is 25/05/2019**

**Entries open to Clubs affiliated to Swim Ireland. Swimmers must have a current registration number which 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 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> in each of the stated age groups.

- ENTRY TIMES:** All entries must include a time – NT's will be rejected.
- AGE GROUPS:** Age as 31/12/2019 determines your age group for this meet.
- ENTRY FEES:** €8.00 for each individual Event entered.  
**Payment By Bank Transfer to** NAC Swim Club, Ulster Bank Lucan  
ULSBIE2D IE20ULSB98604033284060  
**Cheque payable to NAC Swim Club** - posted to 100 Applewood Heights, Greystones  
Co Wicklow.
- SCRATCHES:** Scratches received before 06/06/2019 will not charged. Payment will be due for any scratches received after that date.
- ENTRY ADDRESS:** Entries by Hy-tec only to [homegalasecretary@nacswimclub.com](mailto:homegalasecretary@nacswimclub.com) by 25<sup>th</sup> May 2019
- QUERIES:** By email only to [homegalasecretary@nacswimclub.com](mailto:homegalasecretary@nacswimclub.com)

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

Data Protection: NAC Swim Club 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 Gala Organisers ➤ The decision of the Gala Organisers will be final.

**Session 1: Warm Up 7.45am Start 09.00am**

**Warm up times may be subject to change based on entry levels club's will be notified in advance**

Event 1	400	Freestyle Female – 3 Heats Only
Event 2	200	Freestyle Male
Event 3	100	Backstroke Female
Event 4	50	Breaststroke 15 & Over Male
Event 5	200	Butterfly Female
Event 6	100	Freestyle Male
Event 7	50	Backstroke 15 & Over Female
Event 8	200	Breaststroke Male
Event 9	100	Butterfly Female
Event 10	50	Freestyle Male
Event 11	200	Backstroke Female
Event 12	100	Breaststroke Male
Event 13	50	Butterfly 15 & Over Female
Event 14	200	IM Male

**Session 2: Warm up 1.30pm Start 2.30pm**

Event 15	400	Freestyle Male – 3 Heats Only
Event 16	200	Freestyle Female
Event 17	100	Backstroke Male
Event 18	50	Breaststroke 15 & Over Female
Event 19	200	Butterfly Male
Event 20	100	Freestyle Female
Event 21	50	Backstroke 15 & Over Male
Event 22	200	Breaststroke Female
Event 23	100	Butterfly Male
Event 24	50	Freestyle Female
Event 25	200	Backstroke Male
Event 26	100	Breaststroke Female
Event 27	50	Butterfly 15 & Over Male
Event 28	200	IM Female

## NAC June LC Gala 2019 - 09/06/2019

### Consideration Times

Event	SLOWER THAN	FASTER THAN	Event	SLOWER THAN	FASTER THAN
Event 1 Girls 400 Free		5:50.00	Event 15 Boys 400 Free		6.10.00
Event 2 Boys 200 Free 12& U		2.50.00	Event 16 Girls 200 Free 12& U		2.54.00
Event 2 Boys 200 Free 13/14		2.40.00	Event 16 Girls 200 Free 13/14		2.43.00
Event 2 Boys 200 Free 15/16		2.29.00	Event 16 Girls 200 Free 15/16		2.39.00
Event 2 Boys 200 Free 17&Over		2.20.00	Event 16 Girls 200 Free 17 & O		2.29.00
Event 3 Girls 100 Back 12 & U		1.35.00	Event 17 Boys 100 Backstroke 12 & U		1.35.00
Event 3 Girls 100 Back 13/14		1.28.00	Event 17 Boys 100 Backstroke 13/14		1.28.00
Event 3 Girls 100 Back 15/16		1:23.00	Event 17 Boys 100 Backstroke 15/16		1.22.00
Event 3 Girls 100 Back 17 & Over		1:19.00	Event 17 Boys 100 Backstroke 17 & O		1.16.00
Event 4 Boys 50 Breast 15 & Over		37.00	Event 18 Girls 50 Breaststroke 15 & O		45.00
Event 5 Girls 200 Butterfly 12 &U		3.25.00	Event 19 Boys 200 Butterfly 12 & U		3.26.00
Event 5 Girls 200 Butterfly 13/14		3.16.00	Event 19 Boys 200 Butterfly 13/14		3.10.00
Event 5 Girls 200 Butterfly 15/16		3.07.00	Event 19 Boys 200 Butterfly 15/16		2.54.00
Event 5 Girls 200 Butterfly 17 & Over		2.56.00	Event 19 Boys 200 Butterfly 17 & O		2.40.00
Event 6 Boys 100 Free 12 & U		1.21.00	Event 20 Girls 100 Free 12 & U		1.25.00
Event 6 Boys 100 Free 13/14		1.14.00	Event 20 Girls 100 Free 13/14		1.19.00
Event 6 Boys 100 Free 15/16		1.09.00	Event 20 Girls 100 Free 15/16		1.15.00
Event 6 Boys 100 Free 17 & Over		1.03.00	Event 20 Girls 100 Free 17 & O		1.10.00
Event 7 Girls 50 Backstroke 15 & Over		43.00	Event 21 Boys 50 Backstroke 15 & O		36.00
Event 8 Boys 200 Breast 12 & U		3.40.00	Event 22 Girls 200 Breaststroke 12 & U		3.53.00
Event 8 Boys 200 Breast 13/14		3.30.00	Event 22 Girls 200 Breaststroke 13/14		3.37.00
Event 8 Boys 200 Breast 15/16		3.18.00	Event 22 Girls 200 Breaststroke 15/16		3.25.00
Event 8 Boys 200 Breast 17 & Over		3.01.00	Event 22 Girls 200 Breaststroke 17 & O		3.15.00
Event 9 Girls 100 Butterfly 12 & U		1.40.00	Event 23 Boys 100 Butterfly 12 & U		1.36.00
Event 9 Girls 100 Butterfly 13/14		1.30.00	Event 23 Boys 100 Butterfly 13/14		1.28.00
Event 9 Girls 100 Butterfly 15/16		1.25.00	Event 23 Boys 100 Butterfly 15/16		1.21.00
Event 9 Girls 100 Butterfly 17 & Over		1.18.00	Event 23 Boys 100 Butterfly 17 & O		1.10.00
Event 10 Boys 50 Free 12 & U		40.00	Event 24 Girls 50 Freestyle 12 & U		40.00
Event 10 Boys 50 Free 13/14		36.00	Event 24 Girls 50 Freestyle 13/14		38.00
Event 10 Boys 50 Free 15/16		33.00	Event 24 Girls 50 Freestyle 15/16		36.00
Event 10 Boys 50 Free 17 & Over		31.00	Event 24 Girls 50 Freestyle 17 & O		34.00
Event 11 Girls 200 Backstroke 12 & U		3.16.00	Event 25 Boys 200 Backstroke 12 & U		3.13.00

Event 11 Girls 200 Backstroke 13/14		3.06.00	Event 25 Boys 200 Backstroke 13/14		3.02.00
Event 11 Girls 200 Backstroke 15/16		2.57.00	Event 25 Boys 200 Backstroke 15/16		2.52.00
Event 11 Girls 200 Backstroke 17 & Over		2.50.00	Event 25 Boys 200 Backstroke 17 & O		2.45.00
Event 12 Boys 100 Breaststroke 12 & U		1.48.00	Event 26 Girls 100 Breaststroke 12 & U		1.50.00
Event 12 Boys 100 Breaststroke 13/14		1.41.00	Event 26 Girls 100 Breaststroke 13/14		1.45.00
Event 12 Boys 100 Breaststroke 15/16		1.33.00	Event 26 Girls 100 Breaststroke 15/16		1.39.00
Event 12 Boys 100 Breaststroke 17 & O		1.29.00	Event 26 Girls 100 Breaststroke 17 & O		1.32.00
Event 13 Girls 50 Butterfly 15 & Over		37.00	Event 27 Boys 50 Butterfly 15 & O		35.00
Event 14 Boys 200 IM 12 & U		3.15.00	Event 28 Girls 200 IM 12 & U		3.16.00
Event 14 Boys 200 IM 13/14		3.04.00	Event 28 Girls 200 IM 13/14		3.07.00
Event 14 Boys 200 IM 15/16		2.49.00	Event 28 Girls 200 IM 15/16		2.58.00
Event 14 Boys 200 IM 17 & Over		2.40.00	Event 28 Girls 200 IM 17 & O		2.52.00