



3rd January 2020

Dear Club Secretary,

We are pleased to extend an invitation to your Club for our Level 3 LC Gala which will take place in the National Aquatic Centre on Sunday 2nd February, 2020.

This gala has proved very popular over the last two seasons and we have received high a volume of entries each year. In order to try and accommodate swimmers looking for Summer National times we have included 'faster than' consideration times in the meet entry file and are limiting entries to four events per swimmer. 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 5pm on the 18th January, 2020 so that we may extend invitations to other Clubs.

The paperwork and Hy-tek files for electronic entries are attached. Should you have any questions please contact us at 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



Invitational LC Gala 2nd February 2020

Meet License 3L - 19/20 - L

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 2nd February 2020
- SESSIONS:** Session 1 - Warm Up 7.45am Start 9.00am
Session 2 - Warm up 1.45pm Start 3.00pm
Warm up times may change and clubs will be notified once all entries are processed.
- AGE GROUP** 12 & Under, 13/14, 15/16, 17 & Over (Minimum Age is 10 Years)
- EVENTS** 50m, 100m, 200m Back, Breast, Fly & Free
400 Free & 200IM
- CLOSING DATE:** **Latest date for receipt of entries is 5PM on the 18th January 2020**
- Entries open to members of affiliated Swim Ireland Clubs, a current SI 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: Where no entry times (NT) have been submitted, swimmers will be placed in the first heats of the particular Event.

AGE GROUPS: Age as 31/12/2020 determines your age group for this meet.
Minimum age for entry is 10 Years of age on 31/12/20

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
1 Hollybrook, Robinstown, Navan. Co Meath C15 F8F5

SCRATCHES: **Scratches received before midnight 30th January 2020 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 by 5pm 18/01/20**

QUERIES: By email only to 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 - 4 Heats Only
Event 2	200 IM Male - 8 Heats Only
Event 3	200 Breaststroke Female
Event 4	200 Breaststroke Male
Event 5	100 Freestyle Female -
Event 6	100 Freestyle Male
Event 7	50 Butterfly Female
Event 8	50 Butterfly Male
Event 9	200 Backstroke Female
Event 10	200 Backstroke Male
Event 11	50 Breaststroke Female
Event 12	50 Breaststroke Male
Event 13	100 Butterfly Female
Event 14	100 Butterfly Male

Session 2: Warm Up 1.45pm Start 3.00pm

Event 15	400 Freestyle Male – 4 Heats Only
Event 16	200 IM Female – 8 Heats Only
Event 17	50 Backstroke Male
Event 18	50 Backstroke Female
Event 19	100 Breaststroke Male
Event 20	100 Breaststroke Female
Event 21	200 Freestyle Male
Event 22	200 Freestyle Female
Event 23	100 Backstroke Male
Event 24	100 Backstroke Female
Event 25	200 Butterfly Male
Event 26	200 Butterfly Female
Event 27	50 Freestyle Male
Event 28	50 Freestyle Female

Female Consideration Times	17 & Over	15/16	13/14	`12 & Under
50 Freestyle	35.00	38.00	40.00	43.00
100 Freestyle	1.15.00	1.20.00	1.25.00	1.30.00
200 Freestyle	2.35.00	2.40.00	2.50.00	3.00.00
400 Freestyle	5.25.00	5.35.00	5.52.00	6.10.00
50 Backstroke	40.00	40.00	45.00	50.00
100 Backstroke	1.30.00	1.35.00	1.40.00	1.50.00
200 Backstroke	2.55.00	3.03.00	3.15.00	3.25.00
50 Breaststroke	45.00	45.00	50.00	55.00
100 Breaststroke	1.35.00	1.42.00	1.49.00	1.58.00
200 Breaststroke	3.25.00	3.34.00	3.45.00	3.58.00
50 Butterfly	38.00	38.00	43.00	45.00
100 Butterfly	1.25.00	1.30.00	1.38.00	1.50.00
200 Butterfly	3.02.00	3.15.00	3.25.00	3.35.00
200 IM	2.57.00	3.03.00	3.12.00	3.25.00
Male Consideration Times	17 & Over	15/16	13/14	`12 & Under
50 Freestyle	35.00	38.00	40.00	43.00
100 Freestyle	1.12.00	1.16.00	1.21.00	1.30.00
200 Freestyle	2.30.00	2.38.00	2.48.00	2.58.00
400 Freestyle	5.15.00	5.25.00	5.45.00	6.05.00
50 Backstroke	38.00	38.00	48.00	48.00
100 Backstroke	1.25.00	1.30.00	1.38.00	1.47.00
200 Backstroke	2.52.00	3.00.00	3.12.00	3.20.00
50 Breaststroke	42.00	42.00	45.00	50.00
100 Breaststroke	1.30.00	1.37.00	1.44.00	1.53.00
200 Breaststroke	3.10.00	3.27.00	3.39.00	3.50.00
50 Butterfly	35.00	38.00	40.00	45.00
100 Butterfly	1.20.00	1.27.00	1.35.00	1.47.00
200 Butterfly	2.55.00	3.08.00	3.20.00	3.30.00
200 IM	2.52.00	3.00.00	3.09.00	3.20.00