



NAC SWIM CLUB ANNUAL LC GALA
SUNDAY 11TH JUNE 2017
Meet License Number 3A-16/17-L033

VENUE: National Aquatic Centre – Abbotstown, Dublin 15

FACILITIES AVAILABLE: 10 Lane 50m Competition Pool
2000 Spectator Accommodation

DATE: Sunday June 11th 2017

SESSIONS: Session 1: Warm Up 8am to 9.00am - Session Start 9.15am
Session 2: Warm Up 2.00pm to 2.50pm - Session Start 3.00 pm
Our morning session must finish at 12.30pm. We may need to limit heats in the morning session or start the warm up earlier than stated. Clubs will be notified in advance.

AGE GROUPS: 10 & Under, 11/12, 13/14, 15/16 17 & Over

EVENTS: 100 Free; 100 Back; 100 Breast; 100 Fly
200 Free; 200 Back; 200 Breast, 200 Fly, 200 IM
Open 400m Free, 50m Free, 50m Back, 50m Breast, 50m Fly.

ALL EVENTS ARE HEAT DECLARED WINNERS

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 at 31st December 2017 determines your age group for this meet.

ENTRY FEES: €7.00 for each individual event entered

BANK DETAILS: NAC Swim Club, Ulster Bank Lucan
ULSBIE2D IE20ULSB98604033284060

All payments to be made in advance and due by 4th June 2017. Cheques payable to NAC Swim Club may be posted to NAC Treasurer, 114 Castlefield Court, Clonsilla, Dublin 15,

All enquiries by email to nacgalas@nacswimclub.com

Email entries by Hytec to: nacgalas@nacswimclub.com Payment due by 4th June

CLOSING DATE: Latest date for receipt of entries is 29th May 2017
All swimmers entering must be affiliated to Swim Ireland and include a registration number.

Note: The Organisers of the event reserve the right to limit numbers in each event. Clubs will be advised of any rejections and entry fees will be refunded.

NAC SWIM CLUB
ANNUAL LONG COURSE GALA
SUNDAY, 11TH JUNE 2017

ORDER OF EVENTS

Session 1: Warm up Start 8am

Heat Session Start 9.15am

Event 1	400m Freestyle Male Open	4 Heats Only
Event 2	400m Freestyle Female Open	4 Heats Only
Event 3	200m Breaststroke Male	
Event 4	200m Breaststroke Female	
Event 5	100m Butterfly Male	
Event 6	100m Butterfly Female	
Event 7	200m Backstroke Male	
Event 8	200m Backstroke Female	
Event 9	50m Freestyle Male Open	
Event 10	50m Freestyle Female Open	
Event 11	50m Breaststroke Male Open	
Event 12	50m Breaststroke Female Open	
Event 13	200m Butterfly Male	
Event 14	200m Butterfly Female	

Session 2: Warm up Start 2.00

Heat Session Start 3.00pm

Event 15	200m Individual Medley Male
Event 16	200m Individual Medley Female
Event 17	200m Freestyle Male
Event 18	200m Freestyle Female
Event 19	100m Backstroke Male
Event 20	100m Backstroke Female
Event 21	100m Breaststroke Male
Event 22	100m Breaststroke Female
Event 23	50m Butterfly Male Open
Event 24	50m Butterfly Female Open
Event 25	100m Freestyle Male
Event 26	100m Freestyle Female
Event 27	50m Backstroke Male Open
Event 28	50m Backstroke Female Open