JOHN DEMPSEY MEMORIAL GALA

11th May, 2025

HOSTED BY LIMERICK SWIMMING CLUB

Licence Number: 2S - 24/25 - M002

Date: **11th May 2025**

Venue: **UL Sports Arena, Limerick**

Format: **Short Course (SC)**

Entries: Entries on Hy-Tek - please email jdempseylimkswim@gmail.com

Electronic timing will be used throughout the gala.

Age: Age up - 31st December 2025 (year of birth).

Fees: **€8.00 per individual event**

Please pay fees by Electronic Funds Transfer using your CLUB NAME for reference

A/C Name: Limerick Swimming Club
IBAN: IE09 BOFI 9045 7919 2663 19
BIC: BOFIIE2D
Note change in account details from last year

Please email limswimtreasurer@gmail.com in relation to any questions around fees and payment

FEES MUST BE RECEIVED PRIOR TO THE GALA

Closing Date: Closing date for all entries is **Friday 25th April, 2025 AT 6pm**.
Scratches will be accepted up until **Friday 2nd May, 2025 AT 6pm**

Late entries will not be accepted. To facilitate the smooth and timely running of the gala, no entries will be accepted on the day.

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 9, 10, 11, 12 &13 age groups
6. Swimmers must be at least 9 years of age prior to or on December 31st to enter this meet and not older than 13.
7. Swimmers will be limited to a total of 4 individual swims
8. There are **Cut-Off** times for all individual events.
9. Swimmers with No Times (NTs) will be accepted. All other entry times must be official times and may be verified on the National database.
10. Qualification standards will be waived for swimmers with disabilities who are classified through Paralympics Ireland.
11. In the interest of safety and time, events may have to be restricted. Priority will be given to younger, and slower swimmers. Clubs will be notified of any restrictions applying to events.
12. 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.
13. The host club reserves the right to enter some swimmers outside the qualifying criteria.
14. LSC will provide officials for this meet. LSC may ask for clubs to provide one official per session (if required).

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

16. Restrictions on personnel poolside will be enforced to ensure safety & effective running of the gala.

ORDER OF EVENTS

Session 1 – Sunday 9.00am – 12.00pm	
Warm-up 8.00am, 45 mins boys & girls mixed, **start 9:00am**	
1	Girls 100 Freestyle
2	Boys 100 Freestyle
3	Girls 50 Breaststroke
4	Boys 50 Breaststroke
5	Girls 100 Backstroke
6	Boys 100 Backstroke
7	Girls 50 Butterfly
8	Boys 50 Butterfly
9	Girls 200 Freestyle
10	Boys 200 Freestyle

Session 2 - Sunday 1.00pm – 3.00pm	
Warm-up 12:00pm, 45 mins boys & girls mixed, **start 1.00pm**	
11	Girls 100 Breaststroke
12	Boys 100 Breaststroke
13	Girls 50 Backstroke
14	Boys 50 Backstroke
15	Girls 100 Butterfly
16	Boys 100 Butterfly
17	Girls 50 Freestyle
18	Boys 50 Freestyle
19	Girls 100 IM
20	Boys 100 IM

CUT-OFF TIMES

	John Dempsey Memorial Gala Cut-Off Entry Times		
	BOYS		
Event	Age 9	Age 10-11	Age 12-13
50 Free	40.00	38.00	36.00
100 Free	1.25.00	1.23.00	1.19.00
50 Back	48.00	46.00	43.00
100 Back	1.35.00	1.30.00	1.26.00
50 Breast	54.00	52.00	49.00
100 Breast	1.49.00	1.44.00	1.40.00
50 Fly	53.00	51.00	48.00
100 Fly	1.35.00	1.33.00	1.29.00
100 IM	1.38.00	1.36.00	1.32.00
200 IM	3.13.50	3.11.50	3.04.50
200 Free	2.52.50	2.49.50	2.43.50

	John Dempsey Memorial Gala Cut-Off Entry Times		
	GIRLS		
Event	Age 9	Age 10-11	Age 12-13
50 Free	45.00	43.00	40.00
100 Free	1.30.00	1.28.00	1.24.00
50 Back	50.00	48.00	45.00
100 Back	1.35.00	1.33.00	1.30.00
50 Breast	55.00	53.00	50.00
100 Breast	1.50.00	1.46.00	1.42.00
50 Fly	56.00	54.00	51.00
100 Fly	1.41.00	1.37.00	1.34.00
100 IM	1.44.00	1.42.00	1.38.00
200 IM	3.21.00	3.17.00	3.12.00
200 Free	3 .00.50	2.54.50	2.47.50

Swimmers who have achieved the cut-off time in an event are not eligible to swim in the event where the time has been achieved.