



21st April 2025

Dear Club Secretary,

We are delighted to extend an invitation to your Club for our Level 3 LC Gala which will take place in the National Aquatic Centre on Sunday 01st June 2025.

The paperwork and Hytek files for electronic entries are attached.

Please note;

- This is a Level 3 long course gala and aimed at experienced swimmers.
- **All entries must include a time. N/T will be excluded when uploading the file.**
- **Max of four entries per swimmer and two events per session. Additional entries will be excluded when uploading the file.**
- 50m Breaststroke, Backstroke and Butterfly are open to 15yr and over only.
- If there is availability in events after the closing date and all entries are received, further entries may be accepted.
- Relays will be held if feasible, TBC when all entries are received.
- Closing date for entries is **midnight Friday 16th May 2025.**

Should you have any questions please contact me at homegalasecretary@nacswimclub.com

If you **do not** intend sending a team to this event it would be appreciated if you could let me know ahead of the closing date so that an invitation may be extended to other clubs.

Looking forward to seeing you on the day!

Yours in swimming,

Mags Connelly
Home Gala Secretary NAC Swim Club
homegalasecretary@nacswimclub.com



Invitational LC Gala 01st June 2025

Meet License #3L-24/25-L020

Meet Information

VENUE:	National Aquatic Centre, Abbotstown, Blanchardstown, Dublin 15		
FACILITIES:	10 lane 50m Competition Pool NO cool down lanes available 2000 spectator accommodation		
DATE:	Sunday 01 st June 2025		
SESSIONS:	Session 1 - Warm Up 7:20am	Start 8:40am	
	Session 2 - Warm up 1:10pm	Start 2:30pm	
	Warm up times may be subject to change based on entry levels. All clubs will be notified in advance.		
AGE GROUP:	12yrs & under, 13-14yrs, 15-16yrs, and 17yrs+ Minimum age of 10yrs on 31/12/2025. Age as 31/12/2025 determines age group for this meet.		
EVENTS:	50m, 100m, 200m Freestyle, Breaststroke, Backstroke and Butterfly 200m IM and 400m Freestyle		
TRANSGENDER and NON-BINARY POLICY:	In accordance with the Swim Ireland Transgender and Non-Binary Competition Policy, the categories for competitive swimming are now defined as follows: <ol style="list-style-type: none">1. Female - athletes with a birth sex of female.2. Open - athletes with a birth sex of male, trans or non-binary competitors, and any competitor not eligible for the Female category. The documentation for this competition has been prepared to reflect this policy.		



- CLOSING DATE:** **Latest date for receipt of entries is midnight Friday 16th May 2025.**
Entries open to members of affiliated Swim Ireland Clubs, a current SI registration number must be included with all entries.
- ENTRY TIMES:** All swimmers must submit a time per event. Events will be seeded based on times submitted.
- MEDALS:** All events will be heat declared winners.

Medals will be awarded to 1st, 2nd and 3rd in each of the stated age groups with the exception of 400m FREE events where medals will be awarded to overall 1st, 2nd and 3rd only.
- ENTRY FEES:** €10.00 for each individual event entered.

Payment By Bank Transfer to:
NAC Swim Club, AIB
AIBKIE2D IE20AIBK93251595935088
- The Organisers of the Event reserve the right to limit entries.**
- SCRATCHES:** Scratches received before midnight on 29th May 2025 will not be charged, however payment will be due for any scratches received after that date.
- ENTRY ADDRESS:** Entries by Hy-tec only to homegalasecretary@nacswimclub.com by **midnight Friday 16th May 2025.**
- QUERIES:** By email to homegalasecretary@nacswimclub.com
- 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.



Warm up times may be subject to change based on entry levels. All clubs will be notified in advance.

Session 1: Warm Up 7:20am

Start 08:40am

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

Session 2: Warm up 1:10pm

Start 2:30pm

Event 14	400m	Freestyle	Female	3 Heats Only
Event 15	200m	Butterfly	Open	
Event 16	200m	Butterfly	Female	
Event 17	100m	Backstroke	Open	
Event 18	100m	Backstroke	Female	
Event 19	50m	Breaststroke	Open	15yrs & Over
Event 20	50m	Breaststroke	Female	15yrs & Over
Event 21	50m	Butterfly	Open	15yrs & Over
Event 22	50m	Butterfly	Female	15yrs & Over
Event 23	200m	IM	Open	
Event 24	200m	IM	Female	
Event 25	100m	Freestyle	Open	
Event 26	100m	Freestyle	Female	
Event 27	200m	Breaststroke	Open	
Event 28	200m	Breaststroke	Female	