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**Lurgan ASC**

#WeAreLurgan

# LASC OPEN LONG COURSE MEET 2023

## Level 3 Qualifying Gala

SUNDAY 16<sup>TH</sup> APRIL 2023

SOUTH LAKES LEISURE CENTRE CRAIGAVON

Meet License Number

3L-22/23-U015

TIMES ACHIEVED AT THIS MEET CAN BE USED TO QUALIFY FOR ULSTER (AND REGIONAL) AGE GROUP AND SENIOR LONG COURSE CHAMPIONSHIPS, IRISH SUMMER NATIONAL AGE GROUP CHAMPIONSHIPS (12-14YRS) AND IRISH SUMMER NATIONAL YOUTH & SENIOR CHAMPIONSHIPS (15+).



## Event Information

<b>Date</b>	Sunday 16 <sup>th</sup> April 2023
<b>Venue</b>	South Lakes Leisure Centre, Craigavon
<b>Age Groups</b>	Male & Female 10years, 11years, 12years, 13years, 14years & 15+years
<b>Age Up to Date</b>	31 <sup>st</sup> December 2023
<b>Events</b>	50m Free Freestyle, 50m Backstroke, 50m Breaststroke, 50m Butterfly. 100m Freestyle, 100m Backstroke, 100m Breaststroke, 100m Butterfly. 200m Freestyle, 200m Backstroke, 200m Breaststroke, 200m Butterfly. 200m IM. <b>ALL EVENTS WILL BE HEAT DECLARED WINNER.</b>
<b>Pool Set Up</b>	8 Lane 50m Format – Full Electronic timing will be in use.
<b>Sessions</b>	There will be three sessions. Session 1      10/11yrs 50m Session 2      12+yrs 50m, 100m, 200m Session 3      12+yrs 50m, 100m, 200m
<b>Awards</b>	Medals will be given to the first three places in each age group. 4 Trophies -      Best Girl 10yrs & 11yrs old – Points total in all four strokes. Best Boy 10yrs & 11yrs old – Points total in all four strokes.
<b>Entries</b>	Entry times for each swimmer should be included to assist planning and smooth running of the gala. Swimmers entering the Lurgan Open Long Course Meet 2023 must be a member of Swim Ireland affiliated club or a club from outside Ireland registered with their National Federation. The Swim Ireland Registration number or equivalent for each swimmer must be included in the file. Entries must be submitted electronically to : <a href="mailto:gala@lurganswimming.co.uk">gala@lurganswimming.co.uk</a> using Hytek Team Manager.

**The closing date for entries is Thursday 6<sup>th</sup> April 2023. Should the meet become oversubscribed entries will be considered on a first entered first served basis, based on payment. LASC reserves the right to restrict entries and the number of heats to help assist the smooth running of the gala. Payment must be received with final entries.**

**Entry Fee**

Individual entries £6/€7

Entry Fees should be transferred electronically to Lurgan Amateur Swimming Club bank account by the closing date.

Account Name: LURGAN AMATEUR SWIMMING CLUB

Account Number: 96754292

SortCode: 090127

IBAN: GB35ABBY09012796754292

**Meet Results**

The Gala results will be posted in the spectator area during the gala and on MeetMobile. A full list of results will be forwarded to individual clubs when the Meet is finished.

**Safety Protocols**

Cameras/Mobile Phones. The use of all photographic equipment is strictly controlled. All photographic equipment must first be registered at the South Lakes Leisure Centre Reception on entry. You may be asked for photographic ID to register your camera and must display the pass given.

Footwear MUST be always worn in the spectator and outside pool area. To avoid slip, trips and falls we ask that each swimmer please dry off before accessing these areas.

All accidents, however minor must be reported to LASC and or South Lakes Leisure Centre Manager.



## ORDER OF EVENTS

\*\*Warm Up Times & Session time subject to alteration depending on number of entries received.

Session 1
Event 101 – Girls 10/11yrs 50m Backstroke
Event 102 – Boys 10/11yrs 50m Backstroke
Event 103 – Girls 10/11yrs 50m Breaststroke
Event 104 – Boys 10/11yrs 50m Breaststroke
Event 105 – Girls 10/11yrs 50m Butterfly
Event 106 – Boys 10/11yrs 50m Butterfly
Event 107 – Girls 10/11yrs 50m Freestyle
Event 108 – Boys 10/11yrs 50m Freestyle

Session 2	Session 3
Event 201 – Boys 12 & Over 200m IM	Event 301 – Girls 12 & Over 200m IM
Event 202 – Girls 12 & Over 200m Breaststroke	Event 302 – Boys 12 & Over 50m Backstroke
Event 203 – Boys 12 & Over 200m Breaststroke	Event 303 – Girls 12 & Over 50m Backstroke
Event 204 – Girls 12 & Over 100m Freestyle	Event 304 – Boys 12 & Over 100m Breaststroke
Event 205 – Boys 12 & Over 100m Freestyle	Event 305 – Girls 12 & Over 100m Breaststroke
Event 206 – Girls 12 & Over 50m Butterfly	Event 306 – Boys 12 & Over 200m Freestyle
Event 207 – Boys 12 & Over 50m Butterfly	Event 307 – Girls 12 & Over 200m Freestyle
Event 208 – Girls 12 & Over 200m Backstroke	Event 308 – Boys 12 & Over 100m Backstroke
Event 209 – Boys 12 & Over 200m Backstroke	Event 309 – Girls 12 & Over 100m Backstroke
Event 210 – Girls 12 & Over 50m Breaststroke	Event 310 – Boys 12 & Over 200m Butterfly
Event 211 – Boys 12 & Over 50m Breaststroke	Event 311 – Girls 12 & Over 200m Butterfly
Event 212 – Girls 12 & Over 100m Butterfly	Event 312 – Boys 12 & Over 50m Freestyle
Event 213 – Boys 12 & Over 100m Butterfly	Event 313 – Girls 12 & Over 50m Freestyle