

**MUNSTER & CONNACHT REGIONAL QUALIFYING MEET**

SI Licence No. TBC

**VENUE :** UL    **DATE :** 3<sup>rd</sup> & 4<sup>th</sup> February 2018

**TIME :** Warm Up 09.00 a.m. Start 10.00 a.m.

**ENTRIES :** Entries on Hy-Tek only to [patdonovan02@gmail.com](mailto:patdonovan02@gmail.com) Cheques should be made payable to “Munster Region Swim Ireland” and should be sent to **Tom O’Brien, Mont Pelier, O’Brien’s Bridge, Co. Limerick.**

**FEES MUST BE RECEIVED PRIOR TO THE GALA**

**FEES :** €7.00 per event.

**CLOSING DATE :** Sunday 21<sup>st</sup> 6.00pm Jan 2018

**ENTRIES RECEIVED AFTER THE CLOSING DATE WILL NOT BE ACCEPTED.**

**CONDITIONS :** Swimmers may enter in eight individual events ONLY. Swimmers must have achieved the consideration times in all events in which they wish to enter.

**SWIMMERS WHO ARE FASTER THAN THE UPPER CONSIDERATION TIMES WILL NOT BE ELIGIBLE TO SWIM IN THAT EVENT**

Medals will be presented in 10/11, 12/13, 14+.

**ALL EVENTS WILL BE HEAT DECLARED WINNER.**

Swimmers are restricted to 6 events

Session 1

1. Boys 1500m Freestyle
2. Girls 400m Ind. Medley
3. Boys 200m Breaststroke

**Presentations Events 1 & 2**

4. Girls 200m Freestyle
5. Boys 100m Butterfly

**Presentations Events 3 & 4**

6. Girls 200m Backcrawl
7. Boys 50m Freestyle

**Presentations Events 5, 6 & 7**

Session 2

8. Girls 400m Freestyle
9. Boys 200m Ind. Medley
10. Girls 100m Backcrawl

**Presentations Events 8 & 9**

11. Boys 200m Butterfly
12. Girls 100m Freestyle

**Presentations Events 10 & 11**

13. Boys 100m Breaststroke
14. Girls 800m Freestyle

**Presentations Events 12 -14**

Session 3

15. Girls 1500m Freestyle
16. Boys 400m Ind. Medley
17. Girls 200m Breaststroke

**Presentations Events 15 & 16**

18. Boys 200m Freestyle
19. Girls 100m Butterfly

**Presentations Events 17 & 18**

20. Boys 200m Backcrawl
21. Girls 50m Freestyle

**Presentations Events 19 -21**

Session 4

22. Boys 400m Freestyle
23. Girls 200m Ind. Medley
24. Boys 100m Backcrawl

**Presentations Events 22 & 23**

25. Girls 200m Butterfly
26. Boys 100m Freestyle

**Presentations Events 24 & 25**

27. Girls 100m Breaststroke
28. Boys 800 Freestyle

**Presentations Events 26- 28**

	BOYS			EVENT	GIRLS		
	10/11	12/13	14+		10/11	12/13	14+
Upper							
Lower	36.96	34.32	31.68	50 Free	39.90	37.05	34.20
Upper							
Lower	1.20.55	1.14.80	1.09.05	100 Free	1.26.60	1.20.42	1.14.24
Upper							
Lower	2.57.57	2.44.89	2.31.21	200 Free	3.09.79	2.56.24	2.42.69
Upper							
Lower	6.14.86	5.48.09	5.21.32	400 Free	6.45.32	6.16.37	5.47.42
Upper							
Lower	12.59.71	12.04.02	11.08.33	800 Free	13.21.17	12.24.95	11.26.73
Upper							
Lower	25.04.92	23.17.43	21.29.94	1500 Free	26.27.35	24.33.97	22.04.59
Upper							
Lower	1.30.66	1.24.19	1.17.72	100 Back	1.36.63	1.29.73	1.22.83
Upper							
Lower	3.21.48	3.07.12	2.52.76	200 Back	3.29.72	3.14.74	2.59.76
Upper							
Lower	1.41.61	1.34.35	1.27.19	100 Breast	1.52.21	1.44.27	1.36.33
Upper							
Lower	3.45.85	3.29.72	3.13.59	200 Breast	4.04.34	3.46.89	3.29.44
Upper							
Lower	1.30.78	1.24.30	1.17.82	100 Fly	1.39.99	1.32.83	1.25.69
Upper							
Lower	3.22.14	3.07.72	2.53.28	200 Fly	3.38.52	3.22.20	3.05.88
Upper							
Lower	1.38.71	1.31.66	1.24.61	100 IM	1.45.92	1.38.36	1.30.80
Upper							
Lower	3.23.44	3.08.91	2.54.38	200 IM	3.34.65	3.19.32	3.03.99
Upper							
Lower	7.19.36	6.47.98	6.16.60	400 IM	7.48.16	7.14.22	6.41.28

**MUNSTER QUALIFYING MEET**

\_\_\_\_\_ Entries @ € 7.00 per swimmer = €

**TOTAL** €

**CLUB** \_\_\_\_\_

**SECRETARY** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**TEL** \_\_\_\_\_

**TEAM MANAGER** \_\_\_\_\_

*Name of official who will act at the gala*

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**POOL RULES**

**In order to comply with health and safety standards within swimming pool and at the request of a number of pool managers the following rules must be complied with**

- 1. All swimmers must wear hats**
- 2. No outdoor shoes to be worn on the pool deck.**

- 3. Swimmers are not permitted on the balcony or stairs in wet gear.**
- 4. Adequate supervision of competitors must be in place at all times. Chaperones/Managers must be appointed for each club. Any damage caused to the complex will be charged to the club involved.**
- 5. Where lockers are provided these should be used. Unattended belongings may be removed by staff.**
- 6. Litter bins should be used.**
- 7. Parking should be in designated areas ONLY.**
- 8. Leisure centres / pools should be treated with respect.**