

MUNSTER REGIONAL LC QUALIFYING MEET

SI Licence No. TBC

VENUE : UL **DATE :** 10th.& 11th. March 2018

TIME : Warm Up Sat. 12 noon Start 1pm Warm Up Sun. 09.00 a.m. Start 10.00 a.m.

ENTRIES : Entries on Hy-Tek only to 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 : €20.00 per swimmer to cover all individual events.

CLOSING DATE : Monday, 26th. February 2018

ENTRIES RECEIVED AFTER THE CLOSING DATE WILL NOT BE ACCEPTED.

CONDITIONS : Swimmers may enter in six individual events ONLY. Swimmers must have achieved the qualifying times in 200m Frontcrawl and two other 100m events, or the 200m I.M. and two other events, or the 200m Frontcrawl and 200m IM..

SWIMMERS MAY ONLY SWIM IN EVENTS WHERE THEY HAVE NOT ACHIEVED THE UPPER TIME STANDARD WITHIN THE SPECIFIED TIME PERIOD.

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, 20 & 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

Swimmers must have achieved the lower consideration standards to qualify for 50m and 100m events.

CONSIDERATION TIMES

	BOYS				GIRLS		
	10/11	12/13	14+	EVENT	10/11	12/13	14+
Upper	32.47	30.93	26.20	50 Free	33.07	31.50	28.80
Lower	36.96	34.32	31.68		39.90	37.05	34.20
Upper	1.07.87	1.04.64	56.00	100 Free	1.10.05	1.06.72	1.00.90
Lower	1.20.55	1.14.80	1.09.05		1.26.60	1.20.42	1.14.24
Upper	2.28.44	2.21.38	2.04.30	200 Free	2.31.22	2.24.02	2.13.30
Lower	2.57.57	2.44.89	2.31.21		3.09.79	2.56.24	2.42.69
Upper	5.17.03	5.02.84	4.26.90	400 Free	5.17.67	5.07.31	4.48.10
Lower	6.14.86	5.48.09	5.21.32		6.45.32	6.16.37	5.47.42
Upper	10.42.70	10.12.10		800 Free	10.55.98	10.24.75	
Lower	12.59.71	12.04.02	11.08.33		13.21.17	12.24.95	11.26.73
Upper	20.45.28	19.45.99		1500 Free	20.43.00	19.43.81	
Lower	25.04.92	23.17.43	21.29.94		26.27.35	24.33.97	22.04.59
Upper	1.19.86	1.16.06	1.05.50	100 Back	1.20.75	1.16.91	1.10.10
Lower	1.30.66	1.24.19	1.17.72		1.36.63	1.29.73	1.22.83
Upper	2.48.95	2.40.91	2.23.60	200 Back	2.53.49	2.45.23	2.29.80
Lower	3.21.48	3.07.12	2.52.76		3.29.72	3.14.74	2.59.76
Upper	1.32.86	1.27.86	1.12.90	100 Breast	1.34.62	1.30.12	1.20.60
Lower	1.41.61	1.34.35	1.27.19		1.52.21	1.44.27	1.36.33
Upper	3.16.86	3.07.49	2.41.60	200 Breast	3.21.02	3.11.45	2.55.80
Lower	3.45.85	3.29.72	3.13.59		4.04.34	3.46.89	3.29.44
Upper	1.20.40	1.16.58	1.02.80	100 Fly	1.22.20	1.18.29	1.09.60
Lower	1.30.78	1.24.30	1.17.82		1.39.99	1.32.83	1.25.69
Upper	2.57.24	2.48.80	2.26.50	200 Fly	3.01.52	2.52.88	2.45.60
Lower	3.22.14	3.07.72	2.53.28		3.38.52	3.22.20	3.05.88
Upper	2.51.21	2.43.06	2.22.10	200 IM	2.53.61	2.45.35	2.32.70
Lower	3.23.44	3.08.91	2.54.38		3.34.65	3.19.32	3.03.99
Upper	6.09.44	5.51.85	5.10.10	400 IM	6.15.86	5.57.97	5.31.10
Lower	7.19.36	6.47.98	6.16.60		7.48.16	7.14.22	6.41.28

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_____ Entries @ € 20.00 per swimmer = €

TOTAL €

CLUB _____

SECRETARY _____

ADDRESS _____

TEL _____

TEAM MANAGER _____

Name of official who will act at the gala

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.**