



DOLPHIN SWIMMING CLUB

Annual Open Short Course Gala 2017

(SI License : will issue in due course)

UNDER SWIM IRELAND & F.I.N.A RULES

Venue : Mayfield Sports Complex, Cork

Dates : 6th – 8th October





DOLPHIN OPEN 2017

INTRODUCTION

The Dolphin Open will be the first major Open Gala in the 2017/18 season. It provides the first real opportunity for top level swimmers to achieve their times for the Irish Short Course Championship and is an excellent marker for the season ahead. This ensures that the Dolphin Open provides a high quality of competition and is the ideal first outing for most competitive swimmers.

The gala includes a range of mid-distance events for all ages, as well as Open sprint races, meaning that there are a range of options for swimmers looking to track progress. Meanwhile the inclusion of the Skins format, as well as typically strong relay events is sure to provide a high level of excitement.

There will be both club and individual trophies awarded to ensure that the very best swimmers are rewarded and that the competition remains intense throughout the three days.

Dolphin extend our welcome to a wide selection of clubs, from across the country and hope to see you soon for what is sure to be a great few days in Cork City.

MEET INFORMATION

DATES:

Friday 6th - Sunday 8th October, 2017

VENUE:

Mayfield Sports Complex, Cork

AGE GROUPS:

Girls 10-12, 13/14, 15/16, Senior (17+). Boys 10-13, 14/15, 16/17, Senior (18+).

Age is as on the 31st. December 2017.

One final (in events which are not HDW) will be held in each age group, except for the Girls 15/16 and Senior and the Boys 16/17 and Senior, which will have an A & B combined final. Medals will be awarded in both Age Groups. If there are not three swimmers from each age group in these finals, medals will be awarded from the heats.

CONSIDERATION TIMES:

The times included in this information pack are consideration times i.e. **Swimmers who have achieved these times will be considered for entry into the event based on entry numbers. Swimmers who have not achieved the consideration times will NOT be accepted into the event.** The number of heats may be limited to allow sessions to finish on schedule.



DOLPHIN OPEN 2017

EVENTS:

Girls 10-12, Boys 10-13:	100m all strokes 100 I.M.
Other Age Groups:	100m all strokes 200 I.M.
Open :	200m all strokes 50m Skins 400m Freestyle 800m F/C 1500m F/C
Relays:	Girls 10-12, 13,14, 15 & Over 4x50 Frontcrawl and 4x50 Medley Boys 10-13, 14/15, 16 & Over 4x50 Frontcrawl and 4x50 Medley
Skins :	All swimmers will swim in their chosen event, with the fastest five qualifying for the finals.

There will be four finals.

In the first final the slowest swimmer will be eliminated, three minutes later the second final will commence with the remaining four swimmers.

Again, the slowest swimmer will be eliminated.

This will continue until the winner is decided.

SESSION TIMES:

Session 1	Friday 6 th . October	Warm-up Start	5.30pm. 6.30pm.
Session 2	Saturday 7 th October	Warm-up Start	9.00am 10.00am
Session 3		Warm-up Start	1.00 pm 2.00pm.
Session 4		Warm-up Start	4.45pm 6.00pm.
Session 5	Sunday 8 th . October	Warm- up Start	8.00 am 9.00 am
Session 6		Warm-up Start	12.00pm 1.00pm
Session 7		Warm –up Start	3.00pm 4.00pm

N.B. The number of heats will be limited to allow sessions to finish on schedule.



DOLPHIN OPEN 2017

WARM UPS:

The warm up for the first session on Friday will commence at 5.30 pm, Saturday 9.00am and Sunday 8.00am.

Second and third session warm ups each day will commence at the finish of the previous session and will finish 10 minutes prior to the start of the following session.

The first event for each session determines whose warm up is first.

AWARDS :

EVENT AWARDS

Medals will be awarded to 1st, 2nd & 3rd placed swimmers in finals and in H.D.W. events.

MEET AWARDS

Trophies will be awarded at both a club and individual level as detailed below

Antoinette Bohan Trophy - presented to the club with the highest points tally at the end of the meet.

Rita Mitchell Cup - presented to the best overall swimmer

HIND Cup - presented to the best overall Junior swimmer. (Girls 16 & U, Boys 17 & U)

Best Male – presented to the best overall Male swimmer

Best Female – presented to the best overall Female swimmer

Points will be awarded in individual (excluding skins events)and relay events and will be awarded as follows:

Individual Events (excluding Skins events) : 1st – 6 points; 2nd – 4 pts; 3rd – 3 pts; 4th – 2 pts; 5th – 1 pt.

Relays: 1st – 6 points; 2nd – 4 pts; 3rd – 2 pts.

Two swimmers / relays per club will be eligible for points in each event to ensure equity for smaller clubs

SCRATCH SHEETS :

All sheets for the First Session **MUST** be posted at least 45 minutes prior to the start of the session.

Scratch sheets for subsequent sessions must be posted 45 minutes after the start of the previous session.

Failure to post sheets will result in the club being withdrawn from the entire meet.

ENTRIES:

Hy-Tek entries to patdonovan02@gmail.com

Any entries not submitted over HyTek should be sent to

Pat Donovan,
22 Springfield Est.,
Mayfield,
Cork.

Closing date for entries is Monday 25th. of September. Please note that this date must be adhered to in order that we can plan the number of heats in each event so that sessions finish as scheduled.



DOLPHIN OPEN 2017

ENTRY FEES:

Individual events €6.00

Relay events €20.00

Payments by bank transfer to

Dolphin Swimming Club

IBAN: IE24BOFI90268823044110

BIC: BOFIE2D

Sort Code: 902688

Account: 23044110

Any payments not made by bank transfer should be made by cheque to “Dolphin Swimming Club” and mailed to the following address, arriving prior to the gala date

Pat Donovan,
22 Springfield Est.,
Mayfield,
Cork.

In the event of time constraints, DSC may reduce the number of heats per session. This will be done by eliminating the slower heats. Refunds will be sent to clubs whose swimmers do not swim in an event. Clubs will be notified one week prior to the competition of any swimmers whose entries have not been accepted.

STARTS:

Over head starts will apply throughout the heats. The FINA one start rule will apply.

200m, 400m, EVENTS:

These may be limited to 4 heats only and will be HDW events.

RELAYS:

1 Swimmer may swim up in relays, but must remain in that age group and may swim in one age group ONLY.



DOLPHIN OPEN 2017

ORDER OF EVENTS

SESSION 1 Friday 6.30pm (warm up 5:30pm)		SESSION 5 Sunday 9 am (warm up 8:00am)	
1	Boys 400m Freestyle HDW	26	Girls 50m Brs Skins
2	Girls 400m Freestyle HDW	27	Boys 50m Brs Skins
		28	Girls 100m B/C
SESSION 2 Saturday 10.00am (warm up 9:00am)		29	Boys 100m B/C
3	Boys 50m B/C Skins	30	Girls 100m Freestyle
4	Girls 50m B/C Skins	31	Boys 100m Freestyle
5	Boys 100m Breaststroke	32	Girls 50m Fly Skins
6	Girls 100m Breaststroke	33	Boys 50m Fly Skins
7	Boys 100m Fly	34	Girls 400m IM HDW
8	Girls 100m Fly	SESSION 7 Sunday 12.30 pm	
9	Boys 50m Freestyle Skins	35	Girls 13/14 200m IM HDW
10	Girls 50m Freestyle Skins	36	Boys 14/15 200m IM HDW
11	Boys 400m IM HDW	37	Girls Open 200m Brs HDW
		38	Boys Open 200m Brs HDW
SESSION 3 Saturday 2.00pm		39	Girls Open 200m F/C HDW
12	Boys Open 200m Fly HDW	40	Boys Open 200m F/C HDW
13	Girls Open 200m Fly HDW		
14	Boys 11-13 100m IM HDW	Session 8 Sunday 3.30pm	
15	Girls 10-12 100m IM HDW	Finals of Events 26-33. Separate finals in each age group (Girls 10-12, 13/14, 15&0 (2 finals). Boys 11-13, 14/15, 16&O (2 finals) in events 28-31	
16	Boys 16 &O 200m IM HDW		
17	Girls 15&O 200m IM HDW		
18	Boys Open 200m B/C HDW		
19	Girls Open 200m B/C HDW		
20	Boys 11-13 4x50m MTR HDW	41	Girls 10-12 4x50m FTR HDW
21	Girls 10-12 4x50m MTR HDW	42	Boys 11-13 4x50m FTR HDW
		43	Girls 13/14 4x50m MTR HDW
		44	Boys 14/15 4x50m MTR HDW
SESSION 4 Saturday 6.30pm		45	Girls 15&O 4x50m FTR HDW
Finals of Events 3-10. Separate finals in each age group (Girls 10-12, 13/14, 15&0 (2 finals). Boys 11-13, 14/15, 16&O (2 finals) in events 5-8		46	Boys 16&O 4x50m FTR HDW
		47	Canon Relay (1 boy, 1 girl in each age group)
		22	Boys 14/15 4x50m FTR HDW
		23	Girls 13/14 4x50m FTR HDW
24	Boys 16& O 4x50m MTR HDW		
25	Girls 15& O 4x50m MTR HDW		

Session start times will be confirmed as soon as entries have been compiled.



DOLPHIN OPEN 2017

CONSIDERATION STANDARDS

50m, 100m and 200m Events

Boys					EVENT	Girls				
13&U	14/15	16/17	Sen 18+	Open		12&U	13/14	15/16	Sen 17+	Open
X	X	X	X	30.00	50 F/C	X	X	X	X	32.00
1.18.10	1.12.50	1.08.37	1.06.72	X	100 F/C	1.20.68	1.16.19	1.14.56	1.14.45	X
X	X	X	X	2.28.00	200 F/C	X	X	X	X	2.40.00
X	X	X	X	36.00	50 B/C	X	X	X	X	38.00
1.29.72	1.23.58	1.21.90	1.18.25	X	100 B/C	1.33.80	1.28.47	1.26.01	1.24.46	X
X	X	X	X	2.44.50	200 B/C	X	X	X	X	2.59.80
X	X	X	X	40.00	50 Brs	X	X	X	X	42.00
1.45.41	1.36.25	1.33.17	1.26.61	X	100 Brs	1.47.44	1.42.62	1.40.87	1.36.68	X
X	X	X	X	3.05.30	200 Brs	X	X	X	X	3.23.80
X	X	X	X	32.00	50 Fly	X	X	X	X	34.00
1.32.83	1.21.51	1.16.69	1.13.32	X	100 Fly	1.34.55	1.27.45	1.24.66	1.22.24	X
X	X	X	X	2.43.50	200 Fly	X	X	X	X	2.56.50
1.33.60	X	X	X	X	100 IM	1.36.80	X	X	X	X
X	3.02.04	2.50.80	2.46.80	X	200 IM	X	3.14.01	3.08.39	3.00.05	X

400m Events

Boys		EVENT	Girls	
QT	Cut Off		QT	Cut Off
5.45.00	4.40.00	400m F/C	6.05.00	4.50.00
6.25.00	5.20.00	400m IM	6.45.00	5.30.00

PLEASE NOTE THAT CLUBS ARE REQUIRED TO ENTER TIMES FOR SWIMMERS IN 400M, EVENTS - NTs will not be considered for entry.

Heats in these events may be limited to ensure compliance with SI licence requirements



DOLPHIN OPEN 2017

ENTRY SUMMARY SHEET

RELAYS		F/C		MED
Boys 11-13				
Girls 10-12				
Boys U/15				
Girls U/14				
Boys 16&O				
Girls 15&O				
Canon				

_____ INDIVIDUAL ENTRIES @ €6.00 per entry = €

_____ RELAY ENTRIES @ € 20.00 per entry = €

TOTAL = €

CLUB NAME _____

SECRETARY _____

ADDRESS _____

TEL. NO. _____

EMAIL _____



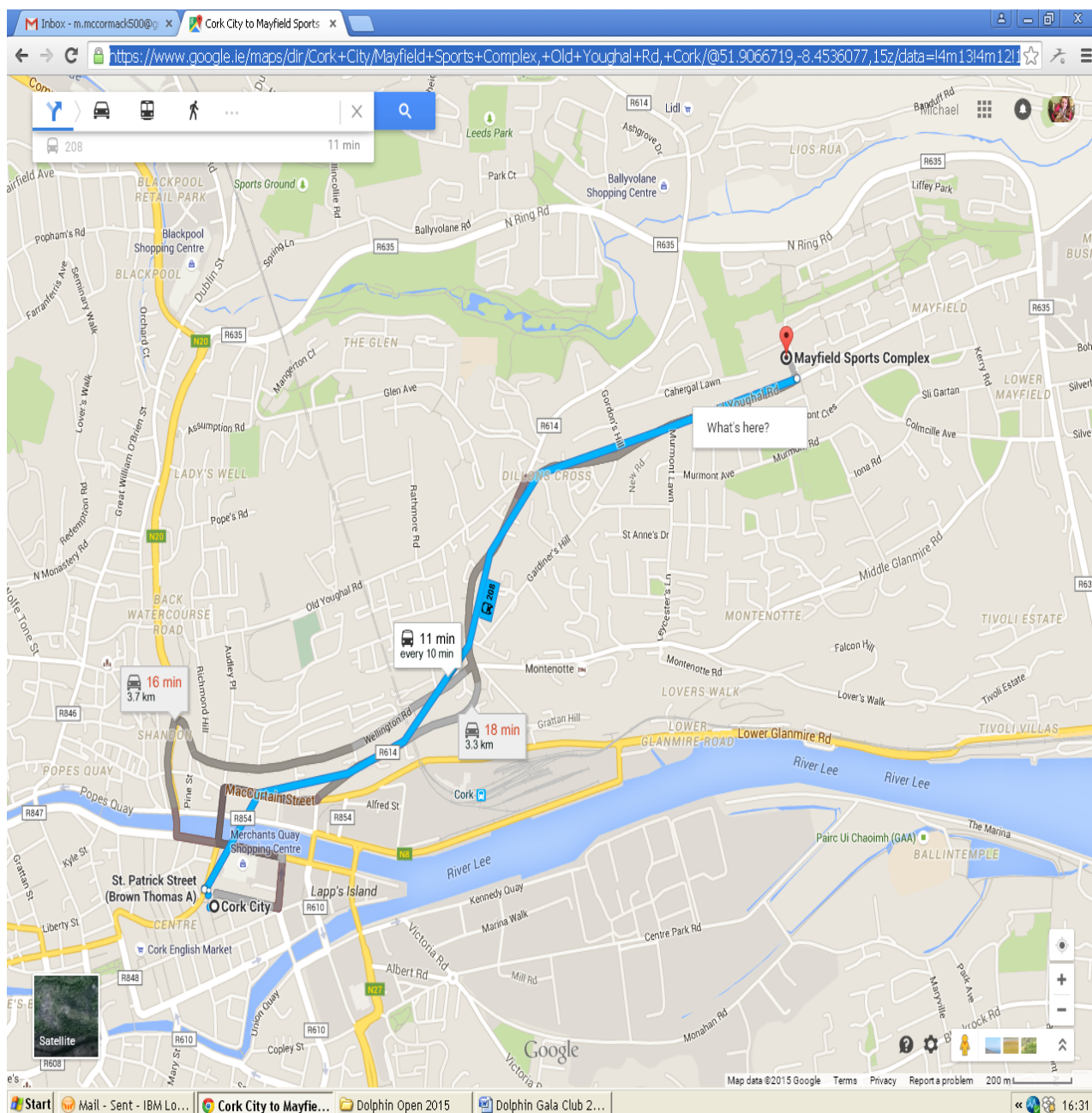
DOLPHIN OPEN 2017

TRAVEL AND ACCOMMODATION

Directions to *Mayfield Sports Complex* from Cork City Centre.

www.MayfieldSportsComplex.ie

Tel: (021) 4505284



<https://www.google.com/maps/place/Mayfield+Sports+Complex>



DOLPHIN OPEN 2017

Recommended Hotels

Montenotte Hotel - <http://www.themontenottehotel.com>

Silver Springs - <https://www.claytonhotelsilversprings.com>

Vienna Woods - <http://www.viennawoodshotel.com>