



## LIMERICK INVITATIONAL MEET – Cadet

**APRIL 27<sup>TH</sup>, 2019**

**HOSTED BY LIMERICK SWIMMING CLUB**

Licence Number *2S-18/19-M025*

**Date:** 27<sup>th</sup> April, 2019  
**Venue:** UL Sports Arena, Limerick  
**Format:** Short Course (SC)  
**Entries:** Entries on Hy-Tek - please email [limswimcadetinv@gmail.com](mailto:limswimcadetinv@gmail.com)  
Electronic timing will be used throughout the gala.

**Age:** Age up - 31st December 2019 (year of birth).

**Fees:** €5.00 per individual event / €15 per relay team / Skills event free.

Please post full fees on or before closing date to:

Eugene Higgins, Innovation Centre, National Technology Park, Castletroy,  
Limerick.

All cheques made payable to Limerick Swimming Club. Alternatively, fees can be paid by EFT to the following (Please annotate with your CLUB NAME)

**IBAN:** IE36AIBK93509308747052

**BIC:** AIBKIE2D

Please email [limswimtreasurer@gmail.com](mailto:limswimtreasurer@gmail.com) in relation to any questions around fees and payment

**Closing Date:** Closing date for all entries is **Friday 5<sup>th</sup> April, 2019 AT 6pm.**  
Late entries will not be accepted.

**Scratches:** **Friday 19<sup>th</sup> April, 2019 AT 6pm.**

To facilitate the smooth and timely running of the gala, no entries will be accepted on the day.

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





## Meet Conditions

1. Swimmers must be members of Swim Ireland & Swim Ireland Rules will apply.
2. Heats will be run as an open event based on each swimmer's entry time in 10 lane formats.
3. All events will be H.D.W.
4. Medals will be awarded in all individual events for 9, 10, 11, 12, 13 & 14 age groups
5. Swimmers must be at least 9 years of age to compete in this gala and not older than 14.
6. Swimmers will be limited to a total of **4 individual swims plus 1 skills & 1 relay.**
7. **Relays:**
  - 200 F/C Female & F/C Male: 2 of the 4 swimmers must be 12 and under.
  - 200 Mixed IM: 2 female, 2 male & 2 of the 4 swimmers must be 12 and under.
  - 200 Mixed F/C: 2 female, 2 male & 2 of the 4 swimmers must be 12 and under.
8. **Skills:** swimmers must be 11 and under.
9. There are **Cut-Off times** for all individual events.
10. Swimmers with No Times (NTs) will be accepted. All other entry times must be official times and may be verified on the National database.
11. In the event of the meet being oversubscribed the organisers may have to restrict the number of heats in events. You will be notified of any changes one week before the gala.
12. The host club reserves the right to enter some swimmers outside the qualifying criteria.
13. Session times may change depending on entries. You will be notified of changes one week before the gala.
14. Qualification standards will be waived for swimmers with disabilities.
15. Restrictions on personnel poolside will be enforced to ensure safety & effective running of the gala.
16. All competing clubs will be asked to provide **officials**. The number required will be advised two weeks in advance, the maximum will be four per session. Clubs must indicate on their scratch sheets the person who is responsible for their swimmers for the competition and also, list officials.





## ORDER OF EVENTS

| <b>Session 1 - Saturday 12.45 – 2.30</b>  |                        |
|---|------------------------|
| <b>Warm-up 12.00, 30 mins male female mixed, start 12.45am, 15 min break after Relays</b> |                        |
| <b>1</b>  | Female 100 Freestyle   |
| <b>2</b>  | Male 100 Freestyle     |
| <b>3</b>  | Female 50 Breaststroke |
| <b>4</b>  | Male 50 Breaststroke   |
| <b>5</b>  | Female 100 Backstroke  |
| <b>6</b>  | Male 100 Backstroke    |
| <b>7</b>  | Female 50 Butterfly    |
| <b>8</b>  | Male 50 Butterfly      |
| <b>9</b>  | Female 100 IM          |
| <b>10</b>   | Male 100 IM            |
| <b>11</b>   | Female F/C 200 Relay   |
| <b>12</b>   | Male F/C 200 Relay     |

| <b>Session 2 - Saturday 3.00 – 5.00</b> |   |
|---|---|
| <b>Start 3.00pm</b>                     |   |
| <b>13</b>                               | Female 100 Breaststroke   |
| <b>14</b>                               | Male 100 Breaststroke   |
| <b>15</b>                               | Female 50 Backstroke  |
| <b>16</b>                               | Male 50 Backstroke  |
| <b>17</b>                               | Female 100 Butterfly  |
| <b>18</b>                               | Male 100 Butterfly  |
| <b>19</b>                               | Female 50 Freestyle   |
| <b>20</b>                               | Male 50 Freestyle   |
| <b>21</b>                               | Skills Event 1 - <b>Push &amp; Glide</b> (Absolutely no kicking)                    |
| <b>22</b>                               | Skills Event 2 - <b>Underwater Fly Kick</b> (Holding a baton to eliminate movement) |
| <b>23</b>                               | Mixed Relay: 200 IM   |
| <b>24</b>                               | Mixed Relay: 200 Freestyle  |



## CUT-OFF TIMES

| Limerick Invitational Meet - Cadet<br>Cut-Off Entry Times |         |           |           |         |
|---|---------|-----------|-----------|---------|
| Event   | MALE    |           |           |         |
|   | Age 9   | Age 10-11 | Age 12-13 | Age 14  |
| 50 Free   | 40.00   | 38.07     | 35.45     | 34.14   |
| 100 Free  | 1.25.00 | 1.22.67   | 1.16.97   | 1.14.12 |
| 50 Back   | 46.00   | 44.00     | 41.00     | 39.41   |
| 100 Back  | 1.40.00 | 1.37.90   | 1.31.19   | 1.27.24 |
| 50 Breast   | 50.00   | 48.00     | 45.00     | 42.07   |
| 100 Breast  | 1.49.00 | 1.46.91   | 1.39.47   | 1.36.95 |
| 50 Fly  | 46.00   | 43.00     | 39.00     | 35.93   |
| 100 Fly   | 1.35.00 | 1.31.15   | 1.24.87   | 1.21.73 |
| 100 IM  | 1.40.00 | 1.36.66   | 1.30.00   | 1.26.67 |
|   |         |           |           |         |

| Limerick Invitational Meet - Cadet<br>Cut-Off Entry Times |         |           |           |         |
|---|---------|-----------|-----------|---------|
| Event   | FEMALE  |           |           |         |
|   | Age 9   | Age 10-11 | Age 12-13 | Age 14  |
| 50 Free   | 45.00   | 43.15     | 40.18     | 38.70   |
| 100 Free  | 1.35.00 | 1.32.45   | 1.26.08   | 1.22.90 |
| 50 Back   | 50.00   | 48.00     | 46.00     | 44.80   |
| 100 Back  | 1.49.00 | 1.46.17   | 1.37.92   | 1.34.30 |
| 50 Breast   | 55.00   | 53.50     | 51.50     | 50.08   |
| 100 Breast  | 2.03.00 | 2.00.68   | 1.52.36   | 1.48.20 |
| 50 Fly  | 50.00   | 47.00     | 44.00     | 40.61   |
| 100 Fly   | 1.46.00 | 1.42.37   | 1.35.31   | 1.31.78 |
| 100 IM  | 1.50.00 | 1.46.00   | 1.38.69   | 1.35.04 |
|   |         |           |           |         |

*Swimmers who have achieved the cut-off time in an event are not eligible to swim in the event where the time has been achieved.*

