



# **DOLPHIN SWIMMING CLUB**

**Annual Open Short Course Gala 2022**  
(SI Level 3 License)

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

**Venue: Mayfield Sports Complex, Cork**  
**Dates: Friday 1st to Sunday 3rd, April 2022**





# DOLPHIN OPEN 2022

## INTRODUCTION

Following a COVID-imposed hiatus in 2021, we are excited to announce the return of the annual Dolphin Open Short Course Gala for 2022. The Dolphin Open is one of the few Swim Ireland Level 3-licensed club meets of the season. It provides a highly competitive arena for the country's top swimmers to achieve Regional and National competition qualifying times. The 'Open' has a proud reputation as one of the top club meets of the season and continues to attract athletes from all around the country and abroad.

The gala offers a full program of individual Olympic events (except 1500m Freestyle), while the inclusion of the 50m Skins format, the 100IM, as well as typically strong relay events, always provides a high level of excitement across all age groups and levels.

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 SC 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 of fast racing in Cork City.

## MEET INFORMATION

**DATES:** Friday 1<sup>st</sup>, Saturday 2<sup>nd</sup> and Sunday 3<sup>rd</sup> of April, 2022

**VENUE:** Mayfield Sports Complex, Old Youghal Road, Cork T23 NX51

**AGE GROUPS:** Girls 11/12, 13/14, 15/16, Senior (17+)

Boys 12/13, 14/15, 16/17, Senior (18+)

**Age is as on the 31<sup>st</sup> of December 2022.**

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:

**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 (CT) will NOT be accepted into the event.**

The number of heats may be limited to allow sessions to finish on schedule.

**Dolphin SC reserves the right to include a limited number of swimmers who fall outside the consideration times in certain events where time and space permits.**



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## EVENTS:

**Girls 11/12, Boys 12/13:** 100m all strokes & 100 I.M.

**All Other Age Groups:** 100m all strokes  
100m I.M. (Girls 11/12 & 13/14; Boys 12/13 & 14/15)  
200 I.M.

**Open:** 200m all strokes (except 200 I.M. – age grouped)  
50m Skins  
400m Freestyle  
800m F/C

**Relays:** 4 x 50 Frontcrawl and 4 x 50 Medley Relays  
Girls 13 & Under; 14/15; 16 & Over  
Boys 14 & Under; 15/16; 17 & Over  
Swimmers may swim up in relays but may swim in one age group ONLY.

**Skins:** All swimmers will swim in their chosen event in the heats, with the fastest five qualifying for the finals.

There will be four finals – one for each event.

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 per round until the winner is decided.

### **200m / 400m / 800m Events:**

Heats in these events may be limited depending on entry numbers and will be HDW events.

### **Starts:**

Overhead starts will apply throughout the heats.

The FINA one start rule will apply.

Backstroke start wedges will be used for backstroke events.

Electronic timing will be used for this gala.

### **Warm-Ups:**

The first event for each session determines which gender's warm-up is first.

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

Start times for the midday and evening sessions may vary slightly depending on how the morning sessions progress.

If this is the case, we will notify coaches and team managers of any changes as early as possible.



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## SESSION TIMES:

Session 1	Friday 1 <sup>st</sup> April	Warm-up Start	5.00pm 6.00pm
Session 2	Saturday 2 <sup>nd</sup> April	Warm-up Start	9.00am 10.00am
Session 3		Warm-up Start	1.00 pm (Estimated) 2.00pm.
Session 4		Warm-up Start	4.45pm (Estimated) 6.00pm.
Session 5	Sunday 3 <sup>rd</sup> March	Warm- up Start	8.00 am 9.00 am
Session 6		Warm-up Start	12.00pm (Estimated) 1.00pm
Session 7		Warm –up Start	3.00pm (Estimated) 4.00pm

## AWARDS:

Medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> 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 and relay events and will be awarded as follows...

Individual Events (excluding 'Skins' events):

1<sup>st</sup> – 10 points; 2<sup>nd</sup> – 8 pts; 3<sup>rd</sup> – 6 pts; 4<sup>th</sup> – 4 pts; 5<sup>th</sup> – 2 pts; 6<sup>th</sup> – 1pt.

Relays: 1<sup>st</sup> – 6 points; 2<sup>nd</sup> – 4 pts; 3<sup>rd</sup> – 2 pts.

Three swimmers per club will be eligible for points in the individual events, while two relays per club will be eligible for points in relay events to ensure equity for clubs with smaller numbers competing.

**ENTRIES:** On HyTek to [patdonovan02@gmail.com](mailto:patdonovan02@gmail.com)

Closing date for entries is Friday 18th of March, 2022.



# DOLPHIN OPEN 2022

**ENTRY FEES:** Individual events €7.00 / Relay events €20.00

Payments by bank transfer to:  
Dolphin Swimming Club

**IBAN:** IE24BOFI90268823044110

**BIC:** BOFIE2D

**Sort Code:** 902688

**Account:** 23044110

Payments 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 at least one week prior to the competition of any swimmers whose entries have not been accepted.

## ORDER OF EVENTS

<b>SESSION 1 – Events #1-6</b> <b>Friday 6.00pm (warm up 5:00pm)</b>		<b>SESSION 5 – Events #26-35</b> <b>Sunday 9:00am (warm up 8:00am)</b>	
1	Boys 400m Freestyle <i>HDW</i>	26	Girls 50m Butterfly Skins
2	Girls 400m Freestyle <i>HDW</i>	27	Boys 50m Butterfly Skins
3	Boys Open 200m Butterfly <i>HDW</i>	28	Girls 100m Backcrawl
4	Girls Open 200m Butterfly <i>HDW</i>	29	Boys 100m Backcrawl
5	Boys 50m Backcrawl Skins	30	Girls 100m Freestyle
6	Girls 50m Backcrawl Skins	31	Boys 100m Freestyle
		32	Girls 50m Breaststroke Skins
	<b>SESSION 2 – Events #7-13</b> <b>Saturday 10.00am (warm up 9:00am)</b>	33	Boys 50m Breaststroke Skins
7	Boys 50m Freestyle Skins	34	Girls Open 400m IM <i>HDW</i>
8	Girls 50m Freestyle Skins	35	Boys Open 400m IM <i>HDW</i>
9	Boys 100m Breaststroke		
10	Girls 100m Breaststroke		
11	Boys 100m Butterfly		
12	Girls 100m Butterfly		
13	Mixed Open 800m Freestyle <i>HDW</i>		



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	<u><a href="#">Break</a></u>		<u><a href="#">Break</a></u>
	<b>SESSION 3 – Events #14-21</b> <b>Saturday 2.00pm</b>		<b>SESSION 6 – Events #36-41</b> <b>Sunday 1.00pm</b>
14	Boys 200m IM HDW (Age groups)	36	Girls 13/14 100m IM HDW
15	Girls 200m IM HDW (Age groups)	37	Boys 14/15 100m IM HDW
16	Boys 12-13 100m IM HDW	38	Girls Open 200m Freestyle HDW
17	Girls 11-12 100m IM HDW	39	Boys Open 200m Freestyle HDW
18	Boys Open 200m Backcrawl HDW	40	Girls Open 200m Breaststroke HDW
19	Girls Open 200m Backcrawl HDW	41	Boys Open 200m Breaststroke HDW
20	Boys 14 & Under 4x50m MTR HDW		
21	Girls 13 & Under 4x50m MTR HDW		
	<u><a href="#">Break</a></u>		<u><a href="#">Break</a></u>
	<b>SESSION 4 – Events #22-25</b> <b>Saturday 5.30pm</b>		<b>SESSION 7 – Events #42-48</b> <b>Sunday 4.00pm</b>
	Finals of Events #5-12 (incl. Skins) Separate finals in each age group – Girls 11/12, 13/14, 15&0 (2 finals) & Boys 12/13, 14/15, 16&0 (2 finals) events 9-12.		Finals of Events #26-33 (incl. Skins) Separate finals in each age group – Girls 11/12, 13/14, 15&0 (2 finals) & Boys 12/13, 14/15, 16&0 (2 finals) events 28-31.
22	Boys 15/16 4x50m FTR HDW	42	Girls 13 & Under 4x50m FTR HDW
23	Girls 14/15 4x50m FTR HDW	43	Boys 14 & Under 4x50m FTR HDW
24	Boys 17 & Over 4x50m MTR HDW	44	Girls 14/15 4x50m MTR HDW
25	Girls 16 & Over 4x50m MTR HDW	45	Boys 15/16 4x50m MTR HDW
		46	Girls 16 & Over 4x50m FTR HDW
		47	Boys 17 & Over 4x50m FTR HDW
		48	Cannon Relay (8x50 F/S: 1 boy, 1 girl in each age group) *Time permitting.

**Session start times listed above are estimated but will be confirmed as soon as entries have been compiled.**



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## CONSIDERATION STANDARDS

All qualifying times must have been achieved since 01/09/19

### 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	32.00	50 F/C	X	X	X	X	34.00
1.18.00	1.12.50	1.08.50	1.06.30	X	100 F/C	1.20.00	1.16.50	1.14.50	1.14.30	X
X	X	X	X	2.34.00	200 F/C	X	X	X	X	2.43.00
X	X	X	X	37.00	50 B/C	X	X	X	X	39.00
1.29.00	1.23.50	1.21.50	1.18.30	X	100 B/C	1.33.00	1.28.50	1.26.50	1.24.30	X
X	X	X	X	2.51.00	200 B/C	X	X	X	X	2.59.00
X	X	X	X	41.00	50 BRS	X	X	X	X	43.00
1.45.00	1.36.50	1.33.50	1.26.30	X	100 BRS	1.47.00	1.42.50	1.40.50	1.36.30	X
X	X	X	X	3.10.00	200 BRS	X	X	X	X	3.17.00
X	X	X	X	34.00	50 FLY	X	X	X	X	36.00
1.32.00	1.21.50	1.16.50	1.13.30	X	100 FLY	1.34.00	1.27.50	1.24.50	1.22.30	X
X	X	X	X	2.57.00	200 FLY	X	X	X	X	3.02.00
1.33.00	1.21.00	X	X	X	100 IM	1.36.00	1.24.00	X	X	X
X	3.02.00	2.54.00	2.48.00	X	200 IM	X	3.14.00	3.08.00	3.00.00	X



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## 400m & 800m Events

Boys	EVENT	Girls
CT		CT
5:50.00	400m F/C	6:10.00
6:20.00	400m IM	6:40.00
12:00.00	800m F/C	12:20.00

**PLEASE NOTE THAT CLUBS ARE REQUIRED TO ENTER TIMES FOR SWIMMERS IN 400m & 800m EVENTS - NTs will not be considered for entry.**

CTs in SC format. Conversion times will be accepted. Please enter actual times in the correct format. Conversions will be done by the gala recorder on submission of entries.

Heats in these events may be limited to ensure compliance with Swim Ireland license requirements.



# DOLPHIN OPEN 2022

## ENTRY SUMMARY SHEET

RELAYS			F/C		MED
Boys 14 & U					
Girls 13 & U					
Boys 15/16					
Girls 14/15					
Boys 17 & O					
Girls 16 & O					
Cannon					

\_\_\_\_\_ INDIVIDUAL ENTRIES @ €7.00 per entry = €

\_\_\_\_\_ RELAY ENTRIES @ € 20.00 per entry = €

TOTAL = €

CLUB NAME \_\_\_\_\_

SECRETARY \_\_\_\_\_

ADDRESS \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

TEL. NO. \_\_\_\_\_

EMAIL \_\_\_\_\_



# DOLPHIN OPEN 2022

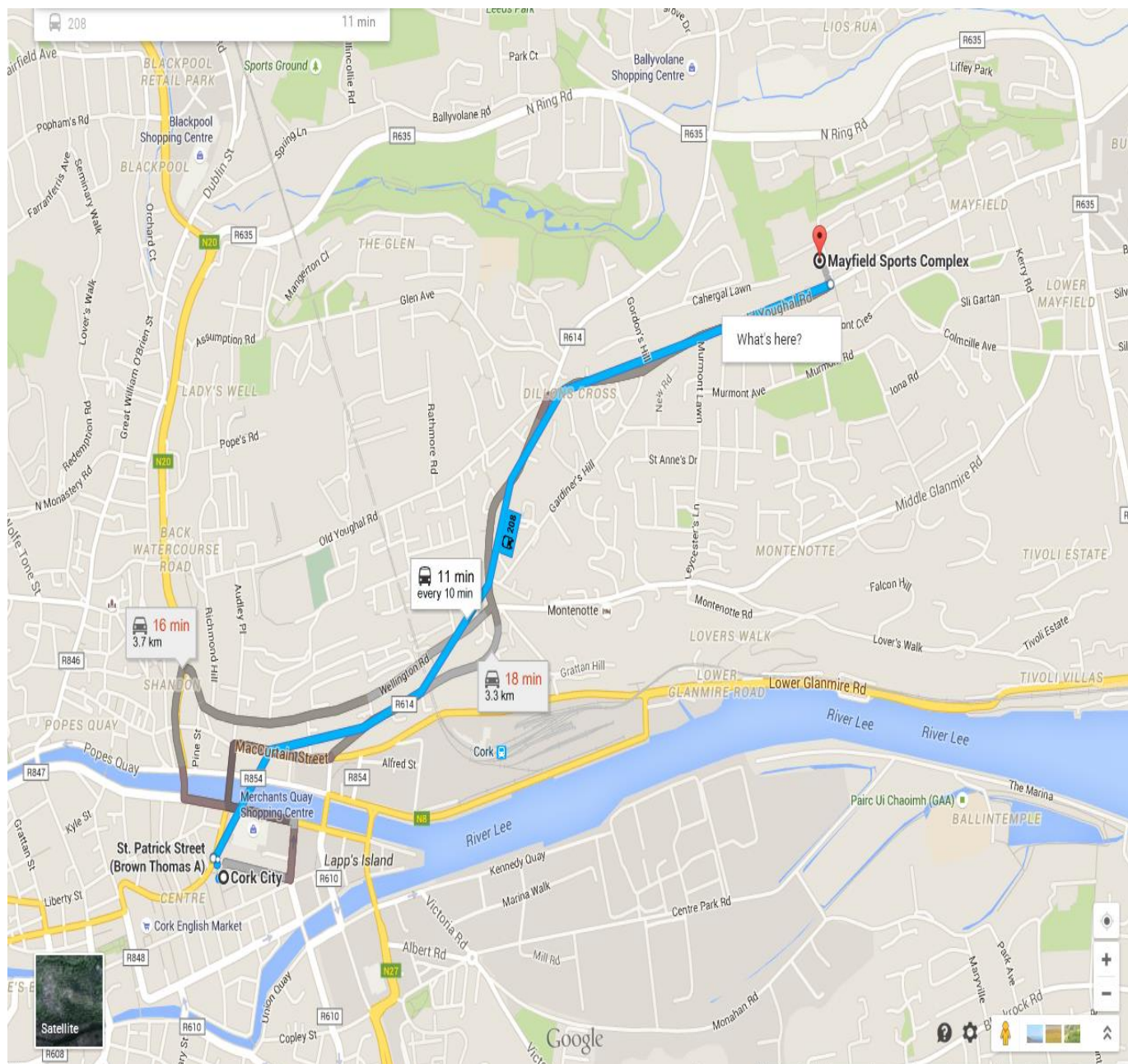
## TRAVEL AND ACCOMMODATION

[Directions to Mayfield Sports Complex from Cork City Centre.](#)

**[www.MayfieldSportsComplex.ie](http://www.MayfieldSportsComplex.ie)**

**Tel: (021) 4505284**

**Eircode: T23 NX51**



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



# DOLPHIN OPEN 2022

## **Recommended Hotels**

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

**Address**: Middle Glanmire Road, Montenotte, Cork, T23 EYW3

**Phone**: (021) 453 0050

Clayton Silversprings - <https://www.claytonhotelsilversprings.com>

**Address**: Tivoli, Cork, T23 E244

**Phone**: (021) 450 7533

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

**Address**: Vienna Woods Hotel, Dunkettle, Glanmire, Co. Cork, T45 V065

**Phone**: (021) 455 6800

The Address Hotel – <https://www.theaddresscork.com>

**Address**: Military Hill, St Luke's, Cork

**Phone**: (021) 453 9000

Fota Island Resort & Hotel – <https://www.fotaisland.ie>

**Address**: Fota Island, Co. Cork, T45 HX62

**Phone**: (021) 488 3700

Dean Hotel – <http://www.thedean.ie>

**Address**: Horgan's Quay, Railway St, Northern Quarter, Cork, T23 RX9K

**Phone**: (021) 234 1200

See [www.hotels.com](http://www.hotels.com) [www.booking.com](http://www.booking.com) [www.trivago.com](http://www.trivago.com) [www.airbnb.com](http://www.airbnb.com) for more hotels and deals.

We are looking forward to welcoming you to our club in April.