

MICHAEL BOWLES

SUNDAYS WELL SWIMMING CLUB

INVITATIONAL GALA 2024



June 1st/2nd



100 YEARS OF SWIMMING



Michael Bowles Invitational Meet

Meet Information:

Date: 1st – 2nd June 2024.

Venue: Gus Healy Swimming Pool, Douglas, Cork, Ireland T12 XK06.

Age Groups: Age Groups below. Age as on the 31st December 2024.

Entry Fees: €7.00 per individual event and €20.00 per relay event.

Please lodge entry fees on or before the closing date to the Sundays Well Swimming Club bank account

IBAN: IE66 BOFI 902709 86833897.

Please note that entries are non-refundable once the closing date for entries has passed 10th May 2024.

Swim Ireland Level 3 Gala:

Swim Ireland Licence Number: 3S – 23/24 – M033.

Under Swim Ireland and F.I.N.A rules.

Electronic timing will be used throughout the competition.

Active HY-TEK Meet Mobile App will be used throughout the competition.

Entries on HY-TEK to Maria Acin (Competition Secretary).

competitionsecretary@sundayswellsc.com

Closing date for entries 10th May 2024 at 18.00.

Late entries will be refused.

Scratches for the weekend to be received by 18.00 on Friday 31st May.

Medals

SWSC are delighted to be presenting our brand new medal design to all our 1st, 2nd and 3rd placed athletes for our 100th Anniversary. Here is a sneak-peek of what's up for grabs.



All 50m events are open. Medals will be awarded to the fastest 3 in each event

Eoin Deasy Memorial Cup:

The Eoin Deasy Memorial Cup will be presented by the Deasy Family to the best overall athlete. The Cup is in memory of their son Eoin and also in recognition of their dedication and contribution to SWSC over many years.



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Meet Conditions:

1. Swimmers must be members of Swim Ireland & Swim Ireland Rules will apply. SI registration Numbers MUST be included with all entries.
2. One Start rule will apply for this gala. Electronic timing will be used for this gala.
3. The first event of each session determines which gender warm-up first. Second 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.
4. Heats will be run as open events according to fastest time and will all be run as heat declared winner events, with the fastest heats swimming last.
5. There will be a final for the Men's 50m Butterfly in memory of Club Member, Conor King. A commemorative trophy will be awarded to the winner of this event. The final of the Man's 50m Butterfly will take place before relays.
6. Swimmers must be at least 12 years of age to compete at this gala.
7. Medals will be awarded in all individual events in age groups according to the table attached (Table 1).

Age Groups
Boys & Girls
12 - 14
15 - 16
17 & Over

8. Swimmers will be limited to 8 individual swim events over the two days.
9. Swimmers who qualify for one 100-meter event are entitled to pick any two bonus events. (Excluding 800- & 1500-meter events)
10. Should there be time constraints SWSC has the right to limit the number of entries to oversubscribed events. Clubs will be informed of accepted entries prior to the gala.
11. Entry times must be official times.



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12. The Michael Bowles cup will be awarded to the best overall Club. There will also be a Trophy presented to the best visiting Club. Points for these trophies will be awarded as follows 1st – 8 points, 2nd – 7 points, 3rd – 6 points etc. Double points will be awarded for relays. All swimmers including SWSC swimmers are limited to 8 swims over the two day event.

13. Prizes will be awarded to best Junior Male and Female (17 & under) and Senior Male and Female (18 & over) swimmers.

14. The Owen Deasy Cup will be awarded to the Best overall swimmer, based on the points system. In the event of a number of swimmers having the same points, the nearest swimmer to a FINA A time will be awarded best overall swimmer. Swimmers may accrue points from a maximum of 8 individual events for the individual awards.

15. Clubs are permitted to enter more than one relay team per event up to a maximum of 3 teams. The names of the 4 relay team members swimming in the race and the order of swimming must be declared on the official Team Declaration Sheet and submitted to the Top Table no later than 60 minutes before the start of the session in which the race takes place.

Swimmers may swim up in relays but may swim in one age group ONLY.

Relay Age Groups 12 – 14, 15 – 16, 17 & over (Freestyle & Medley).

16. If time permits, an additional 'Last Chance' event may be held at the end of each day. This event will facilitate athletes who miss the **Irish Summer National Age group Championships** qualification by a **1 (one) second or less**. (i.e. maximum differential on the qualification criteria will be one second). There will be **no exception** to this criteria.

To be considered for entry into this 'Last Chance' event, the Coach must submit the athlete's:

- Name
- Club
- Stroke in which the qualification was missed
- Irish Summer National Age Group qualification for that stroke
- Time achieved in that stroke
- Differential on time achieved -v- qualification required for Irish Nationals



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Order of Events

Session 1 Saturday Morning Warm-up 8am (20mins females followed by 20 mins males) start 9:00am	Session 3 Sunday Morning Warm-Up 8am (20mins males followed by 20 mins females) start 9:00am
1. 200m Freestyle Female	25. 400m Freestyle Male
2. 400m IM Male	26. 200m IM Female
3. 50m Freestyle Female	27. 50m Breaststroke Male
4. 50m Freestyle Male	28. 50m Breaststroke Female
5. 100m Backstroke Female	29. 100m Freestyle Male
6. 100m Backstroke Male	30. 100m Freestyle Female
7. 200m Breaststroke Female	31. 200m Butterfly Male
8. 200m Breaststroke Male	32. 200m Butterfly Female
9. 100m IM Female	33. 100m IM Male
10. 800m Freestyle Mixed	34. 1500m Freestyle Mixed
Session 2 Saturday Afternoon start 2:00pm Warm-up during lunch break, swimmers must be supervised by a coach.	Session 4 Sunday Afternoon start 2:00pm Warm-up during lunch break, swimmers must be supervised by a coach.
11. 400m IM Female	35. 50m Butterfly Male Heats
12. 200m Freestyle Male	36. 50m Butterfly Female
13. 50m Backstroke Female	37. 200 IM Male
14. 50m Backstroke Male	38. 400m Freestyle Female
15. 100m Butterfly Female	39. 100m Breaststroke Male
16. 100m Butterfly Male	40. 100m Breaststroke Female
17. 200m Backstroke Female	35. 50m Butterfly Male (Final - Conor King Trophy)
18. 200m Backstroke Male	41. 200m Freestyle Relay Male (12 - 14)
19. 200m Medley Relay Female (12 - 14)	42. 200m Freestyle Relay Female (12 - 14)
20. 200m Medley Relay Male (12 - 14)	43. 200m Freestyle Relay Male (15 -16)
21. 200m Medley Relay Female (15 -16)	44. 200m Freestyle Relay Female (15 -16)
22. 200m Medley Relay Male (15 -16)	45. 200m Freestyle Relay Male (17 & Over)
23. 200m Medley Relay Female (17 & Over)	46. 200m Freestyle Relay Female (17 & Over)
24. 200m Medley Relay Male (17 & Over)	47. Mixed 8x50 Freestyle Relay



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Consideration Times

Male	12 - 14	15 - 16	17 &
100FC	01:16.1	01:09.0	01:05.6
200FC	02:47.4	02:31.2	02:23.6
400FC	05:53.7	05:21.3	05:05.3
100BC	01:29.5	01:17.7	01:13.8
200BC	03:09.3	02:52.8	02:44.1
100BRS	01:42.7	01:27.2	01:22.8
200BRS	03:39.2	03:13.6	03:03.9
100FLY	01:31.1	01:17.8	01:13.9
200FLY	03:20.9	02:53.3	02:44.6
100IM	01:25.0	01:16.7	01:12.9
200IM	03:10.8	02:54.4	02:45.7
400IM	06:43.8	06:16.6	05:57.8
Female	12 - 14	15 - 16	17 &
100FC	01:20.4	01:14.2	01:10.5
200FC	02:56.2	02:42.7	02:34.6
400FC	06:29.9	05:47.4	05:30.0
100BC	01:32.1	01:22.8	01:18.7
200BC	03:17.8	02:59.8	02:50.8
100BRS	01:46.0	01:36.3	01:31.5
200BRS	03:47.5	03:29.4	03:19.0
100FLY	01:34.2	01:25.7	01:21.4
200FLY	03:28.0	03:05.9	02:56.6
100IM	01:30.0	01:21.0	01:16.9
200IM	03:19.3	03:04.0	02:54.8
400IM	07:14.2	06:41.3	06:21.2

Male	Event	Female
36.68	50FC	40.32
40.32	50BC	44.38
43.82	50BS	50.12
38.59	50Fly	42.42
11:57.1	800FC	12:12.4
23:05.0	1500FC	23:16.7