



**The EDDIE CAMPION  
DOLPHIN OPEN 2024  
Annual Short Course Gala**

**SI Level 3 Licence 2S-24/25-M012  
Swim Ireland & World Aquatics rules**

**Venue: Mayfield Sports Complex,  
Cork  
Dates: Friday 25<sup>th</sup> to Sunday 27<sup>th</sup>  
October, 2024**





# DOLPHIN OPEN 2024



## MEET INFORMATION

- DATES:** Friday 25<sup>th</sup>, Saturday 26<sup>th</sup> and Sunday 27<sup>th</sup> of October, 2024
- 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 2024.**

One final (in events which are not HDW) will be held in each age group. Medals will be awarded in all Age Groups. If there are not three swimmers from each age group in these finals, medals will be awarded from the heats.

## QUALIFYING TIMES:

The times published below are qualifying times (QTs). Swimmers outside these times will not be permitted to enter this competition regardless of whether they are members of the host club. Entries may be checked by Munster prior to the meet. Swimmers with 1 qualification time may pick a bonus event to enter; please submit a recent training time with entry.

**Relays:** All competing swimmers must be entered in the meet (*even if they are not swimming in individual events*). Relay teams that swim in an order that is different from the declared order of swimming shall be disqualified in accordance with World Aquatics Rule SW 10.12.

**Swimmers will be limited to 10 individual events over the 3 days of the gala.**

**Swimmers may accrue points from a maximum of 10 individual events for the individual awards.**

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

## MEDALS

Medals will be awarded to all 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup> placed athletes at the Eddie Campion Dolphin Open 2024.

Here is a sneak-peek of what's up for grabs...





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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  
400m I.M.  
800m F/C  
1500m F/C

**Relays:** 4 x 50 Freestyle 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 / 1500m 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 World Aquatics one start rule will apply.

Electronic timing will be used for this gala.

### **Warm-Ups & Warm-Downs:**

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

Start times for the 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.

A 10-minute warm-down will be available to swimmers competing in the skins event immediately following the event. This is to mitigate injury and competition will resume immediately after.



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## SESSION TIMES:

Session 1	Friday 25 <sup>th</sup> Oct	Warm-up Start	5.00pm 6.00pm
Session 2	Saturday 26 <sup>th</sup> Oct	Warm-up Start	9.00am 10.00am
Session 3		Warm-up Start	2.30 pm (Estimated) 3.30pm.
Session 4	Sunday 30 <sup>th</sup> Oct	Warm-up Start	8.00 am 9.00 am
Session 5		Warm-up Start	1.30pm (Estimated) 2.30pm

## 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 Senior Female swimmer. (17 and over)

**HIND Cup** - presented to the best overall Senior Male swimmer. (18 and over)

**Best Junior Male** – presented to the best overall Junior Male swimmer. (17 and under)

**Best Junior Female** – presented to the best overall Junior Female swimmer. (16 and under)

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.

**Club Award:** 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. The three swimmers counted for each club will be the highest scoring swimmers in the individual events from each club (from a maximum for 10 IEs). The 2 relays counted will be the highest performing relays for each club.  
**Individual Awards:** Swimmers can accrue points from up to 10 individual events.

**Under Swim Munster's instruction, swimmers on the Regional Development Program may not enter events that conflict with the program's camp obligations.**

**ENTRIES:** On HyTek to [galasec@dolphin.ie](mailto:galasec@dolphin.ie)

Closing date for entries is **Friday 11<sup>th</sup> October, 2024.**



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**ENTRY FEES:** Individual events €8.00 / Relay events €20.00

Payments by bank transfer to:  
Dolphin Swimming Club

**IBAN:** IE24BOFI90268823044110  
**BIC:** BOFIE2D  
**Sort Code:** 902688  
**Account:** 23044110

Fees are due by, October 18<sup>th</sup>  
Final withdrawals are due by 5:00pm Wednesday  
October 23<sup>rd</sup> by email to [galasec@dolphin.ie](mailto:galasec@dolphin.ie)

## ORDER OF EVENTS

<b>SESSION 1 – Events #1-5</b> Friday 6.00pm (warm up 5:00pm)		<b>SESSION 4 – Events #27-42</b> Sunday 9:00am (warm up 8:00am)	
1	Mixed 1500m Freestyle <i>HDW</i>	27	Girls 50m Butterfly Skins
2	Boys Open 200m Butterfly <i>HDW</i>	28	Boys 50m Butterfly Skins
3	Girls Open 200m Butterfly <i>HDW</i>	29	Girls 100m Backcrawl
4	Boys 50m Backcrawl Skins	30	Boys 100m Backcrawl
5	Girls 50m Backcrawl Skins	31	Girls 100m Freestyle
		32	Boys 100m Freestyle
		33	Girls 50m Breaststroke Skins
	<b>SESSION 2 – Events #6-22</b> Saturday 10.00am (warm up 9:00am)	34	Boys 50m Breaststroke Skins
6	Boys 50m Freestyle Skins	35	Girls Open 400m IM <i>HDW</i>
7	Girls 50m Freestyle Skins	36	Boys Open 400m IM <i>HDW</i>
8	Boys 400m Freestyle <i>HDW</i>		
9	Girls 400m Freestyle <i>HDW</i>		
10	Boys 100m Breaststroke		
11	Girls 100m Breaststroke		
12	Boys 100m Butterfly		
13	Girls 100m Butterfly		



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14	Mixed Open 800m Freestyle HDW		
15	Boys 200m IM HDW (Age groups)	37	Girls 13/14 100m IM HDW
16	Girls 200m IM HDW (Age groups)	38	Boys 14/15 100m IM HDW
17	Boys 12-13 100m IM HDW	39	Girls Open 200m Freestyle HDW
18	Girls 11-12 100m IM HDW	40	Boys Open 200m Freestyle HDW
19	Boys Open 200m Backcrawl HDW	41	Girls Open 200m Breaststroke HDW
20	Girls Open 200m Backcrawl HDW	42	Boys Open 200m Breaststroke HDW
21	Boys 14 & Under 4x50m MTR HDW		
22	Girls 13 & Under 4x50m MTR HDW		
	<u><i>Break</i></u>		<u><i>Break</i></u>
	<b>SESSION 3 – Events #23-26</b> <b>Saturday 3.30pm</b>		<b>SESSION 5 – Events #43-49</b> <b>Sunday 2.30pm</b>
	<u>Finals of Events #4-7, 10-13 (incl. Skins)</u> Separate finals in each age group – Girls 11/12, 13/14, 15&O <b>&amp;</b> Boys 12/13, 14/15, 16&O events 9-12.		<u>Finals of Events #27-34 (incl. Skins)</u> Separate finals in each age group – Girls 11/12, 13/14, 15&O (2 finals) <b>&amp;</b> Boys 12/13, 14/15, 16&O (2 finals) events 28-31.
23	Boys 15/16 4x50m FTR HDW	43	Girls 13 & Under 4x50m FTR HDW
24	Girls 14/15 4x50m FTR HDW	44	Boys 14 & Under 4x50m FTR HDW
25	Boys 17 & Over 4x50m MTR HDW	45	Girls 14/15 4x50m MTR HDW
26	Girls 16 & Over 4x50m MTR HDW	46	Boys 15/16 4x50m MTR HDW
		47	Girls 16 & Over 4x50m FTR HDW
		48	Boys 17 & Over 4x50m FTR HDW
		49	Cannon Relay (8x50 F/S: 1 boy, 1 girl in each age group) <i>*Time permitting.</i>

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





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## QUALIFYING STANDARDS 50m, 100m and 200m Events

All qualifying times must have been achieved since 01/01/2022

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	32.15	50 F/C	X	X	X	X	36.44
1.14.83	1.12.70	1.11.84	1.09.79	X	100 F/C	1.23.66	1.21.27	1.20.36	1.18.06	X
X	X	X	X	2.34.54	200 F/C	X	X	X	X	2.49.78
X	X	X	X	37.11	50 B/C	X	X	X	X	42.19
1.28.70	1.26.17	1.24.56	1.22.14	X	100 B/C	1.35.30	1.32.48	1.31.40	1.28.79	X
X	X	X	X	2.58.28	200 B/C	X	X	X	X	3.11.23
X	X	X	X	39.62	50 BRS	X	X	X	X	47.15
1.36.62	1.33.86	1.33.86	1.31.10	X	100 BRS	1.49.27	1.46.15	1.44.87	1.41.88	X
X	X	X	X	3.25.90	200 BRS	X	X	X	X	3.41.02
X	X	X	X	33.83	50 FLY	X	X	X	X	38.24
1.22.52	1.20.16	1.20.16	1.17.98	X	100 FLY	1.32.66	1.30.01	1.30.01	1.26.41	X
X	X	X	X	2.59.59	200 FLY	X	X	X	X	3.11.85
1.27.51	1.25.01	X	X	X	100 IM	1.35.95	1.33.31	X	X	X
X	3.01.49	2.59.36	2.54.24	X	200 IM	X	3.17.39	3.15.07	3.09.50	X

## 400m / 800m & 1500m Events

Boys	EVENT	Girls
CT		CT
5:39.17	400m F/C	6:01.24
6:12.28	400m IM	6:47.36
11.18.41	800m F/C	11.38.41
22:55.00	1500m F/C	23:05.00