

**MUNSTER LC CHAMPIONSHIPS 2017**  
**SI Licence 2A-16/17-M034**

**DATES:** 25<sup>th</sup> & 26<sup>th</sup> March 2017      **VENUE:** UL

**TIMES:** Warm Up Saturday 11.30am - Start 12.30pm. Warm Up Sunday 9.00am - Start 10.00am.

**FEES:** € 7.00 per individual event, €20.00 per relay event. Cheques to be made payable to “Munster Region Swim Ireland” and forwarded to **Tom O’Brien, Mont Pelier, O’Brien’s Bridge, Co. Limerick**  
**FEES MUST BE RECEIVED PRIOR TO THE GALA**

**CLOSING DATE:** Friday, 3<sup>rd</sup>. March 2017

**QUALIFYING TIMES:** Swimmers who qualify for ONE event may also enter the 200m B/C, 200m Brs and/or 200m Fly irrespective of qualifying times. However, training or competition times MUST be entered for those swimmers. Entries with NT will NOT be accepted.

**As both Short Course and Long Course qualifying times are provided conversion times will not be accepted.** Non – Conforming times will be seeded first.

Swimmers who fail to reach the qualifying times in events other than bonus events will be subject to a fine of €25 per event if the submitted time cannot be proved.

Entries on Hy-Tek to [patdonovan02@gmail.com](mailto:patdonovan02@gmail.com)

**LATE ENTRIES WILL NOT BE ACCEPTED**

**SESSION 1**

1. Mens 4x100m F/C Relay HDW
2. Womens 400m Freestyle HDW
3. Mens 100m Butterfly
4. Womens 100m Butterfly
- Presentations of events 1, 2,**
5. Mens 50m Freestyle
6. Womens 50m Freestyle
7. Mens 200m Backcrawl HDW
8. Womens 200m Backcrawl HDW
9. Mens 1500m Freestyle HDW
- Presentations of events 7, 8,**
- Finals of 3, 4, 5, 6.
- Presentations of events 3, 4, 5, 6, 9**

**SESSION 2**

10. Mens 4x100m Med. Relay HDW
11. Womens 200m Ind. Medley HDW
12. Mens 200m Ind. Medley HDW
13. Womens 50m Backcrawl
14. Mens 50m Backcrawl
- Presentations of events 10,11,12,**
15. Womens 100m Breaststroke
16. Mens 100m Breaststroke
17. Womens 200m Butterfly HDW
18. Mens 200m Butterfly HDW
19. Womens 800m Freestyle HDW
20. Mens 800m Freestyle HDW
- Presentations of events 17, 18, 19, 20**
- Finals of 13, 14,15,16,
21. Mixed 4x50m Freestyle Relay HDW
- Presentations of events 13, 14, 15, 16, 21**

**SESSION 3**

22. Womens 4x100m F/C Relay HDW
23. Mens 400m Freestyle HDW
24. Womens 50m Butterfly
25. Mens 50m Butterfly
- Presentations of events 22, 23,**
26. Womens 100m Freestyle
27. Mens 100m Freestyle
28. Womens 200m Breaststroke HDW
29. Mens 200m Breaststroke HDW
30. Womens 1500m Freestyle HDW
- Presentations of events 28, 29,**
- Finals of 24, 25, 26, 27
31. Mixed 4x50m Med Relay HDW
- Presentations of events 24, 25, 26, 27, 30, 31**

**SESSION 4**

32. Womens 4x100m Med. Relay HDW
33. Mens 200m Freestyle HDW
34. Womens 200m Freestyle HDW
35. Mens 50m Breaststroke
36. Womens 50m Breaststroke
- Presentations of events 32,33,34,**
37. Mens 100m Backcrawl
38. Womens 100m Backcrawl
39. Mens 400m Ind. Med HDW
40. Womens 400m Ind. Med HDW
41. Mens 4x200m F/C Relay HDW
42. Womens 4x200m F/C Relay HDW
- Presentations of events 39,40,41,42**
- Finals of 34, 35,36,37
- Presentations of events 34,35,36,37**

**MUNSTER LC CHAMPIONSHIPS 2017  
QUALIFYING TIMES**

<b>BOYS 14 &amp; U</b>		<b>MALE 15 &amp; O</b>		<b>EVENT</b>	<b>FEMALE 15 &amp; O</b>		<b>GIRLS 14 &amp; U</b>	
<b>SC</b>	<b>LC</b>	<b>SC</b>	<b>LC</b>		<b>SC</b>	<b>LC</b>	<b>SC</b>	<b>LC</b>
<b>30.60</b>	<b>31.20</b>	<b>29.71</b>	<b>30.30</b>	<b>50m F/C</b>	<b>32.22</b>	<b>32.87</b>	<b>33.18</b>	<b>33.85</b>
<b>1.06.30</b>	<b>1.07.56</b>	<b>1.04.43</b>	<b>1.05.60</b>	<b>100m F/C</b>	<b>1.10.37</b>	<b>1.11.79</b>	<b>1.12.48</b>	<b>1.13.94</b>
<b>2.27.40</b>	<b>2.30.35</b>	<b>2.23.11</b>	<b>2.25.97</b>	<b>200m F/C</b>	<b>2.33.15</b>	<b>2.35.21</b>	<b>2.37.74</b>	<b>2.39.84</b>
<b>5.20.20</b>	<b>5.26.61</b>	<b>5.10.88</b>	<b>5.17.10</b>	<b>400m F/C</b>	<b>5.24.80</b>	<b>5.31.29</b>	<b>5.34.54</b>	<b>5.41.22</b>
<b>11.15.16</b>	<b>11.28.36</b>	<b>10.55.50</b>	<b>11.08.32</b>	<b>800m F/C</b>	<b>10.57.92</b>	<b>11.10.47</b>	<b>11.17.65</b>	<b>11.30.58</b>
<b>19.37.70</b>	<b>20.05.67</b>	<b>19.03.40</b>	<b>19.30.56</b>	<b>1500m F/C</b>	<b>21.33.60</b>	<b>21.44.81</b>	<b>22.12.40</b>	<b>22.23.95</b>
<b>34.96</b>	<b>35.72</b>	<b>33.95</b>	<b>34.68</b>	<b>50m B/C</b>	<b>37.70</b>	<b>38.47</b>	<b>38.83</b>	<b>39.62</b>
<b>1.17.16</b>	<b>1.18.43</b>	<b>1.14.92</b>	<b>1.16.15</b>	<b>100m B/C</b>	<b>1.20.30</b>	<b>1.21.88</b>	<b>1.22.70</b>	<b>1.24.33</b>
<b>2.48.37</b>	<b>2.51.75</b>	<b>2.43.47</b>	<b>2.46.75</b>	<b>200m B/C</b>	<b>2.53.06</b>	<b>2.56.50</b>	<b>2.58.25</b>	<b>3.01.79</b>
<b>38.01</b>	<b>38.76</b>	<b>36.91</b>	<b>37.64</b>	<b>50m Brs</b>	<b>42.13</b>	<b>42.96</b>	<b>43.39</b>	<b>44.24</b>
<b>1.26.00</b>	<b>1.27.71</b>	<b>1.23.50</b>	<b>1.25.16</b>	<b>100m Brs</b>	<b>1.31.36</b>	<b>1.33.19</b>	<b>1.34.10</b>	<b>1.35.98</b>
<b>3.13.12</b>	<b>3.16.98</b>	<b>3.07.50</b>	<b>3.11.25</b>	<b>200m Brs</b>	<b>3.18.84</b>	<b>3.22.81</b>	<b>3.24.80</b>	<b>3.28.89</b>
<b>32.74</b>	<b>33.40</b>	<b>31.79</b>	<b>32.43</b>	<b>50m Fly</b>	<b>34.52</b>	<b>35.22</b>	<b>35.55</b>	<b>36.27</b>
<b>1.13.43</b>	<b>1.14.90</b>	<b>1.11.30</b>	<b>1.12.72</b>	<b>100m Fly</b>	<b>1.17.41</b>	<b>1.18.96</b>	<b>1.19.73</b>	<b>1.21.32</b>
<b>2.48.96</b>	<b>2.52.33</b>	<b>2.44.04</b>	<b>2.47.32</b>	<b>200m Fly</b>	<b>3.10.44</b>	<b>3.13.87</b>	<b>3.16.15</b>	<b>3.19.68</b>
<b>2.46.65</b>	<b>2.49.98</b>	<b>2.41.80</b>	<b>2.45.03</b>	<b>200m IM</b>	<b>3.11.42</b>	<b>3.14.85</b>	<b>3.17.16</b>	<b>3.20.69</b>
<b>5.52.70</b>	<b>5.59.76</b>	<b>5.42.43</b>	<b>5.49.29</b>	<b>400m IM</b>	<b>6.07.95</b>	<b>6.15.31</b>	<b>6.19.98</b>	<b>6.26.56</b>

**ONLY ONE RELAY PER CLUB IN EACH CATEGORY PER EVENT IS PERMITTED. CLUBS MUST DECLARE CATEGORY ON ENTRIES.**

\_\_\_\_\_ Individual entries @ € 7.00 per event =

\_\_\_\_\_ Relay Entries @ € 20.00 per event =

TOTAL \_\_\_\_\_

CLUB \_\_\_\_\_

Secretary \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Tel. No. \_\_\_\_\_

**Each club is required to supply a minimum of two officials for this gala**

Name \_\_\_\_\_ Telephone \_\_\_\_\_

Name \_\_\_\_\_ Telephone \_\_\_\_\_

Team Manager \_\_\_\_\_

## **POOL RULES**

**In order to comply with health and safety standards within swimming pool and at the request of a number of pool managers the following rules must be complied with**

- 1. All swimmers must wear hats**
- 2. No outdoor shoes to be worn on the pool deck.**
- 3. Swimmers are not permitted on the balcony or stairs in wet gear.**
- 4. Adequate supervision of competitors must be in place at all times. Chaperones/Managers must be appointed for each club. Any damage caused to the complex will be charged to the club involved.**
- 5. Where lockers are provided these should be used. Unattended belongings may be removed by staff.**
- 6. Litter bins should be used.**
- 7. Parking should be in designated areas ONLY.**
- 8. Leisure centres / pools should be treated with respect.**