MUNSTER SC CHAMPIONSHIPS 2017 SI Licence No. TBC

DATES: 4^{th} . -5^{th} . November **VENUE:** UL

TIMES: Warm Up Saturday 10.00a.m. Start 11.00 a.m.

Warm Up Sunday 9.00 a.m. Start 10.00 a.m.

FEES: \in 7.00 per individual event, \in 20.00 per relay event. Cheques to be made

payable to "Munster Region Swim Ireland" and forwarded to Tom O'Brien,

Montpelier, O'Brien's Bridge, Co. Limerick

FEES MUST BE RECEIVED PRIOR TO THE GALA

CLOSING DATE: Friday, 6th. October 2017.

CONSIDERATION/QUALIFYING TIMES: Swimmers must have achieved the consideration times for each event in which they wish to enter.

FINALS: There will be 1 Open Final in all events which are not HDW. Medals will be presented in the Open category. Swimmers from outside the Region will be awarded commemorative medals if they finish in the first three.

ENTRIES; Entries on Hy-Tek to patdonovan02@gmail.com

LATE ENTRIES WILL NOT BE ACCEPTED

RELAYS – One swimmer may swim up in age, but must remain in that age group for all relays in the competition.

AGE UP DATE –31st. December 2017.

SEEDING - Non-conforming times will be seeded in the first heats (i.e. In a Long Course competition swimmers entered on SC times will be seeded slower than swimmers entered on LC times and vice-versa in a Short course competition). Conversion times will NOT be accepted where there are LC and SC qualifying standards.

REGIONAL SC CHAMPIONSHIPS 2017

Day 1 - Saturday 4 th November 2017	Day 2– Sunday 5 th November 2017		
Session 1: Combined Heats	Session 5: Combined Heats		
45 Minute Warm-Up	45 Minute Warm-Up		
Male 200m IM	Female 200m IM		
Female 200m Backstroke	Male 200m Backstroke		
Male 200m Breaststroke	Female 200m Breaststroke		
Female 100m Breaststroke	Male 100m Breaststroke		
Male 100m Backstroke	Female 100m Backstroke		
Female 50m Butterfly	Male 50m Butterfly		
Male 50m Freestyle	Female 50m Freestyle		
Female 400m Freestyle HDW	Male 400m Freestyle HDW		
Session 2: Finals & Presentations	Session 6: Finals & Presentations		
No Warm-Up	No-Warm-Up		
Mixed 200m Freestyle Relay HDW (Open)	Mixed 200m Medley Relay HDW (Open)		
Male 200m IM (Open)	Female 200m IM (Open)		
Female 200m Backstroke (Open)	Male 200m Backstroke (Open)		
Male 200m Breaststroke (Open)	Female 200m Breaststroke (Open)		
Female 100m Breaststroke (Open)	Male 100m Breaststroke (Open)		
Male 100m Backstroke (Open)	Female 100m Backstroke (Open)		
Female 50m Butterfly (Open)	Male 50m Butterfly (Open)		
Male 50m Freestyle (Open)	Female 50m Freestyle (Open)		
Session 3: Combined Heats 45 Minute Warm-Up	Session 7: Combined Heats 45 Minute Warm-Up		
Female 100m IM	Male 100m IM		
Male 200m Freestyle			
	Female 200m Freestyle		
Female 200m Butterfly	Male 200m Butterfly		
Female 200m Butterfly Male 100m Butterfly	Male 200m Butterfly Female 100m Butterfly		
Female 200m Butterfly Male 100m Butterfly Female 100m Freestyle	Male 200m Butterfly Female 100m Butterfly Male 100m Freestyle		
Female 200m Butterfly Male 100m Butterfly Female 100m Freestyle Male 50m Breaststroke	Male 200m Butterfly Female 100m Butterfly Male 100m Freestyle Female 50m Breaststroke		
Female 200m Butterfly Male 100m Butterfly Female 100m Freestyle Male 50m Breaststroke Female 50m Backstroke	Male 200m Butterfly Female 100m Butterfly Male 100m Freestyle Female 50m Breaststroke Male 50m Backstroke		
Female 200m Butterfly Male 100m Butterfly Female 100m Freestyle Male 50m Breaststroke Female 50m Backstroke Male 400m IM HDW	Male 200m Butterfly Female 100m Butterfly Male 100m Freestyle Female 50m Breaststroke Male 50m Backstroke Female 400m IM HDW		
Female 200m Butterfly Male 100m Butterfly Female 100m Freestyle Male 50m Breaststroke Female 50m Backstroke	Male 200m Butterfly Female 100m Butterfly Male 100m Freestyle Female 50m Breaststroke Male 50m Backstroke		
Female 200m Butterfly Male 100m Butterfly Female 100m Freestyle Male 50m Breaststroke Female 50m Backstroke Male 400m IM HDW Session 4: Finals & Presentations	Male 200m Butterfly Female 100m Butterfly Male 100m Freestyle Female 50m Breaststroke Male 50m Backstroke Female 400m IM HDW Session 8: Finals & Presentations		
Female 200m Butterfly Male 100m Butterfly Female 100m Freestyle Male 50m Breaststroke Female 50m Backstroke Male 400m IM HDW Session 4: Finals & Presentations No Warm-Up	Male 200m Butterfly Female 100m Butterfly Male 100m Freestyle Female 50m Breaststroke Male 50m Backstroke Female 400m IM HDW Session 8: Finals & Presentations No Warm-Up		
Female 200m Butterfly Male 100m Butterfly Female 100m Freestyle Male 50m Breaststroke Female 50m Backstroke Male 400m IM HDW Session 4: Finals & Presentations No Warm-Up Female 200m Freestyle Relay HDW (Open)	Male 200m Butterfly Female 100m Butterfly Male 100m Freestyle Female 50m Breaststroke Male 50m Backstroke Female 400m IM HDW Session 8: Finals & Presentations No Warm-Up Male 200m Medley Relay HDW (Open)		
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Female 200m Butterfly Male 100m Butterfly Female 100m Freestyle Male 50m Breaststroke Female 50m Backstroke Male 400m IM HDW Session 4: Finals & Presentations No Warm-Up Female 200m Freestyle Relay HDW (Open) Male 200m Freestyle Relay HDW (Open) Female 100m IM (Open)	Male 200m Butterfly Female 100m Butterfly Male 100m Freestyle Female 50m Breaststroke Male 50m Backstroke Female 400m IM HDW Session 8: Finals & Presentations No Warm-Up Male 200m Medley Relay HDW (Open) Female 200m Medley Relay HDW (Open) Male 100m IM (Open)		
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Female 200m Butterfly Male 100m Butterfly Female 100m Freestyle Male 50m Breaststroke Female 50m Backstroke Male 400m IM HDW Session 4: Finals & Presentations No Warm-Up Female 200m Freestyle Relay HDW (Open) Male 200m Freestyle Relay HDW (Open) Female 100m IM (Open) Male 200m Freestyle (Open) Female 200m Butterfly (Open) Male 100m Butterfly (Open) Female 100m Freestyle (Open)	Male 200m Butterfly Female 100m Butterfly Male 100m Freestyle Female 50m Breaststroke Male 50m Backstroke Female 400m IM HDW Session 8: Finals & Presentations No Warm-Up Male 200m Medley Relay HDW (Open) Female 200m Medley Relay HDW (Open) Male 100m IM (Open) Female 200m Freestyle (Open) Male 200m Butterfly (Open) Female 100m Butterfly (Open) Male 100m Freestyle (Open)		

REGIONAL SC CHAMPIONSHIPS 2017

SC QUALIFYING & CONSIDERATION TIMES

Age	Qualifying	Consideration						
Group	Time SC	Time SC						
MALE								
		30.36						
		28.12						
		1.06.17						
		1.00.33						
		2.25.87						
		2.14.81						
		5.07.93						
		4.47.96						
Youth (16/Under)	10.12.64	10.40.48						
Senior (17/Over)	10.12.63	10.40.47						
Youth (16/Under)	19.42.45	20.36.19						
Senior (17/Over)	19.25.54	20.18.41						
Youth (16/Under)	34.38	35.94						
Senior (17/Over)	31.48	32.91						
Youth (16/Under)	1.11.25	1.14.48						
Senior (17/Over)	1.06.24	1.09.25						
Youth (16/Under)	2.38.00	2.45.18						
Senior (17/Over)	2.32.98	2.39.93						
Youth (16/Under)	40.02	41.83						
Senior (17/Over)	35.53	37.14						
Youth (16/Under)	1.19.93	1.23.56						
Senior (17/Over)	1.16.19	1.19.65						
Youth (16/Under)	2.57.46	3.05.52						
Senior (17/Over)	2.50.90	2.58.66						
Youth (16/Under)	35.23	36.83						
Senior (17/Over)	29.94	31.30						
Youth (16/Under)	1.11.34	1.14.58						
Senior (17/Over)	1.05.39	1.08.36						
Youth (16/Under)	2.38.84	2.46.06						
Senior (17/Over)	2.29.42	2.36.21						
Youth (16/Under)		1.21.08						
Senior (17/Over)	1.09.60	1.12.76						
, , ,		2.47.11						
		2.34.57						
		6.00.91						
		5.43.67						
	MA (Age as of 31 st Do Youth (16/Under) Senior (17/Over) Youth (16/Under)	MALE (Age as of 31st December 2017) Youth (16/Under) 29.04 Senior (17/Over) 26.90 Youth (16/Under) 1.03.30 Senior (17/Over) 57.71 Youth (16/Under) 2.19.53 Senior (17/Over) 2.08.95 Youth (16/Under) 4.54.55 Senior (17/Over) 4.35.44 Youth (16/Under) 10.12.64 Senior (17/Over) 10.12.63 Youth (16/Under) 19.42.45 Senior (17/Over) 19.25.54 Youth (16/Under) 34.38 Senior (17/Over) 31.48 Youth (16/Under) 1.11.25 Senior (17/Over) 1.06.24 Youth (16/Under) 2.38.00 Senior (17/Over) 35.53 Youth (16/Under) 35.53 Youth (16/Under) 1.19.93 Senior (17/Over) 1.16.19 Youth (16/Under) 2.57.46 Senior (17/Over) 2.50.90 Youth (16/Under) 35.23 Senior (17/Over) 1.05.39						

REGIONAL SC CHAMPIONSHIPS 2017 SC QUALIFYING & CONSIDERATION TIMES

Age	Qualifying	Consideration
Group	Time SC	Time SC
		32.77
		32.01
		1.11.15
		1.08.95
, , , , , , , , , , , , , , , , , , , ,		2.35.71
Senior (16/Over)	2.23.60	2.30.12
Youth (15/Under)	5.18.47	5.32.94
Senior (16/Over)	5.04.99	5.18.85
Youth (15/Under)	10.29.51	10.58.12
Senior (16/Over)	10.29.51	10.58.12
Youth (15/Under)	20.47.20	21.43.59
Senior (16/Over)	20.47.20	21.43.59
Youth (15/Under)	35.79	37.41
Senior (16/Over)	34.63	36.20
Youth (15/Under)	1.15.93	1.19.38
Senior (16/Over)	1.12.	1.16.21
Youth (15/Under)	2.44.78	2.52.27
Senior (16/Over)	2.39.89	2.47.15
Youth (15/Under)	41.95	43.85
Senior (16/Over)	39.24	41.02
Youth (15/Under)	1.27.39	1.31.36
Senior (16/Over)	1.24.48	1.28.32
Youth (15/Under)	3.11.99	3.20.71
Senior (16/Over)	3.06.38	3.14.85
Youth (15/Under)	37.24	38.95
Senior (16/Over)	34.16	35.71
Youth (15/Under)	1.18.55	1.21.62
` '		1.17.46
		3.07.72
	2.53.18	3.01.05
		1.27.02
		1.21.32
, , ,		2.56.32
		2.51.70
		6.24.56
		6.14.13
	FEMA (Age as of 31st Do Youth (15/Under) Senior (16/Over) Youth (15/Under)	Group Time SC FEMALE (Age as of 31st December 2017) Youth (15/Under) 31.35 Senior (16/Over) 30.62 Youth (15/Under) 1.08.06 Senior (16/Over) 1.05.96 Youth (15/Under) 2.28.94 Senior (16/Over) 2.23.60 Youth (15/Under) 5.18.47 Senior (16/Over) 5.04.99 Youth (15/Under) 10.29.51 Senior (16/Over) 10.29.51 Youth (15/Under) 20.47.20 Senior (16/Over) 20.47.20 Youth (15/Under) 35.79 Senior (16/Over) 34.63 Youth (15/Under) 1.15.93 Senior (16/Over) 1.12. Youth (15/Under) 2.44.78 Senior (16/Over) 39.29 Youth (15/Under) 41.95 Senior (16/Over) 39.24 Youth (15/Under) 3.11.99 Senior (16/Over) 3.06.38 Youth (15/Under) 3.06.38 Youth (15/Under) 3.06.38 Youth (15/Under)

Individua	al entries @ € 7.00 per event =
Relay Er	ntries @ € 20.00 per event =
	TOTAL
CLUB	
Secretary	
E MAIL Address	
Tel. No.	
Each club is required to s	upply <u>two</u> 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.