

Munster Development Meet Level 1 (3 opportunities)

Run over 1 day

September 30 / October 1

January 13/14

May 19 /20

FEES : €15.00 per swimmer to cover all individual events, €20.00 per relay.

Cheques to be made payable to “Munster Region Swim Ireland”. All fees MUST be received prior to the competition. Fees should be sent to Tom O’Briem, Mont Pelier, O’Brien’s Bridge, Co. Limerick

Swimmers must swim in either the 100m Freestyle or the 100m Ind. Medley, and may enter a total of four events ONLY

Times must be submitted for all swimmers for the compulsory events i.e. 100m F/C and 100m IM. Clubs may submit training times , but these must be signed off by a club Official.

Session 1

1. Boys 100m Freestyle
2. Girls 100m Ind. Medley
3. Boys 50m Breaststroke
4. Girls 50m Backstroke
5. Boys 50m Butterfly
6. Girls 50m Freestyle

Session 2

7. Boys 100m Ind. Medley
8. Girls 100m Freestyle
9. Boys 50m Backstroke
10. Girls 50m Breaststroke
11. Boys 50m Freestyle
12. Girls 50m Butterfly

BOYS			Cut Off Times	GIRLS		
10/11	12/13	14+		10/11	12/13	14+
47.00	44.00	41.00	50 Back	49.00	46.00	43.00
53.00	50.00	47.00	50 Breast	54.00	51.00	48.00
52.00	49.00	46.00	50 Fly	55.00	52.00	49.00
1.30.00	1.25.00	1.20.00	100 Free	1.33.00	1.28.00	1.23.00
1.44.00	1.39.00	1.34.00	100 IM	1.48.00	1.43.00	1.37.00

Only swimmers who have not achieved the cut off times are eligible to swim in these galas.

Swimmers achieving the cut off time in the 100m Freestyle **and** the 100m Ind. Medley event **or** the 100m Freestyle **and** 2 of the 50m events (Back, Breast or Fly), **or** the 100m Ind. Medley **and** 2 of the 50m events (Back, Breast or Fly) will then be eligible to swim in Development 2 galas, and will no longer be considered Development 1 swimmers.