



Sundays Well Swimming Club Michael Bowles Invitational 2018

Swim Ireland Level 3 Gala
Date: 24 - 25 February 2018

est. 1924

S.W.S.C





Michael Bowles Invitational Gala 2018

Meet Information

Date: 24th – 25th February 2018

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

Age Groups: Age Groups below. Age as on the 31st December 2018

Entry Fees: €7.00 per individual event and €20.00 per relay event.
Please post full fees on or before closing date to:

Emma Coleman, Aldergrove, Glenmore, Cobh, Co. Cork.

All cheques made payable to Sundays Well Swimming Club

Swim Ireland Level 3 Gala

Swim Ireland Licence Number: **3S - 16/18 - M019**

Electronic timing will be used throughout the competition

ActiveHY-TEK Meet Mobile App will be used throughout the competition

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

Entries on HY-TEK to Alan Feenan (Competition Secretary)

competitionsecretary@sundayswells.com

Closing date for entries 9th February 2018 at 18:00.

Late entries will be refused

Scratches for the weekend must be completed during Warm Up on Saturday AM

In memory of Eoin Deasy, Sundays Well Swimming Club will present a special Trophy to the best overall athlete on behalf of his family in recognition of their dedication & contribution to SWSC.



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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.
3. 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.
4. Swimmers must be at least 9 years of age to compete at this gala.
5. Medals will be awarded in all individual events in age groups according to the table attached (Table 1).

Age Groups
Boys & Girls
12 & Under
13 - 14
15 - 16
17 & Over

Table 1

6. Swimmers will be limited to 6 individual swim events over the two days.
7. Swimmers who qualify for one 100 meter event are entitled to pick any two bonus events. (Excluding 800 & 1500 meter events)
8. Should there be time constraints SWSC has the right to limit the number of entries to oversubscribed events. Entries for 1500FC and 800FC will be limited to ensure compliance with SI rules. Clubs will be informed of accepted entries prior to the gala. Swimmers should not include these events in the 6 permitted events.
9. Entry times must be official times.
10. 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. – 6 points, 2nd. – 5 points, 3rd. – 4 points etc. Double points will be awarded for relays.



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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	24. 400m Freestyle Male
2. 400m IM Male	25. 200m IM Female
3. 50m Freestyle Female	26. 50m Breaststroke Male
4. 50m Freestyle Male	27. 50m Breaststroke Female
5. 100m Backstroke Female	28. 100m Freestyle Male
6. 100m Backstroke Male	29. 100m Freestyle Female
7. 200m Breaststroke Female	30. 200m Butterfly Male
8. 200m Breaststroke Male	31. 200m Butterfly Female
9. 800m Freestyle Mixed	32. 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.
10. 400m IM Female	33. 200 IM Male
11. 200m Freestyle Male	34. 400m Freestyle Female
12. 50m Backstroke Female	35. 50m Butterfly Male
13. 50m Backstroke Male	36. 50m Butterfly Female
14. 100m Butterfly Female	37. 100m Breaststroke Male
15. 100m Butterfly Male	38. 100m Breaststroke Female
16. 200m Backstroke Female	39. 200m Freestyle Relay Male (13 & Under)
17. 200m Backstroke Male	40. 200m Freestyle Relay Female (13 & Under)
18. 200m Medley Relay Female (13 & Under)	41. 200m Freestyle Relay Male (14-15)
19. 200m Medley Relay Male (13 & Under)	42. 200m Freestyle Relay Female (14-15)
20. 200m Medley Relay Female (14-15)	43. 200m Freestyle Relay Male (16 & Over)
21. 200m Medley Relay Male (14-15)	44. 200m Freestyle Relay Female (16 & Over)
22. 200m Medley Relay Female (16 & Over)	45. Mixed 8x50 Freestyle Relay
23. 200m Medley Relay Male (16 & Over)	



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Qualification Standards

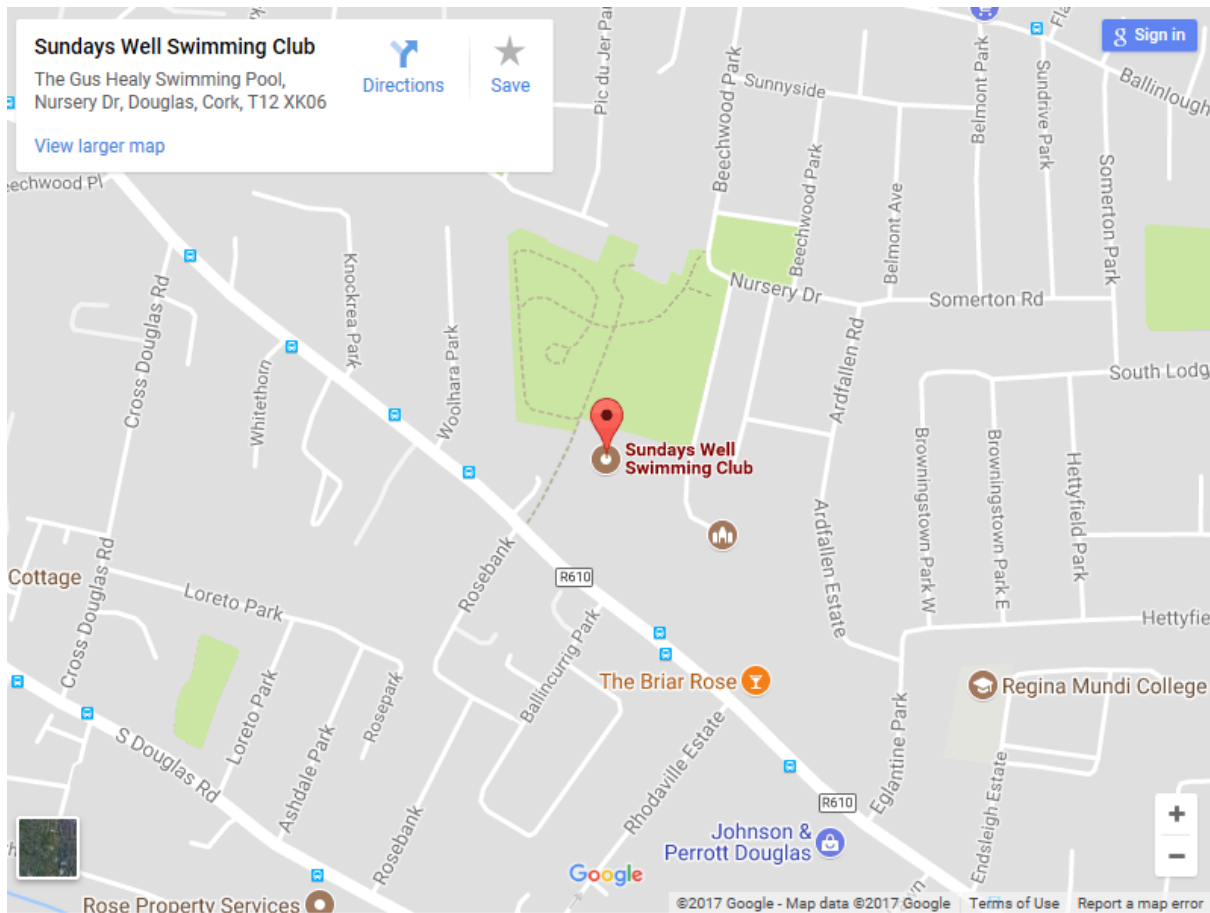
Male	12 & Under	13 - 14	15 - 16	17 & over
100FC	01:20.5	01:14.8	01:09.0	01:05.6
200FC	02:57.6	02:44.9	02:31.2	02:23.6
400FC	06:14.9	05:48.1	05:21.3	05:05.3
100BC	01:30.7	01:24.2	01:17.7	01:13.8
200BC	03:21.5	03:07.1	02:52.8	02:44.1
100BRS	01:41.6	01:34.4	01:27.2	01:22.8
200BRS	03:45.9	03:29.7	03:13.6	03:03.9
100FLY	01:30.8	01:24.3	01:17.8	01:13.9
200FLY	03:22.1	03:07.7	02:53.3	02:44.6
200IM	03:23.4	03:08.9	02:54.4	02:45.7
400IM	07:19.4	06:48.0	06:16.6	05:57.8
Female	12 & Under	13 - 14	15 - 16	17 & over
100FC	01:26.6	01:20.4	01:14.2	01:10.5
200FC	03:09.8	02:56.2	02:42.7	02:34.6
400FC	06:45.3	06:16.4	05:47.4	05:30.0
100BC	01:36.6	01:29.7	01:22.8	01:18.7
200BC	03:29.7	03:14.7	02:59.8	02:50.8
100BRS	01:52.2	01:44.3	01:36.3	01:31.5
200BRS	04:04.3	03:46.9	03:29.4	03:19.0
100FLY	01:40.0	01:32.8	01:25.7	01:21.4
200FLY	03:38.5	03:22.2	03:05.9	02:56.6
200IM	03:34.6	03:19.3	03:04.0	02:54.8
400IM	07:48.2	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
35.28	50Fly	42.42
10:34.9	800FC	10:52.4
20:25.4	1500FC	20:58.4



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Location & Recommended Hotels



Rochestown Park Hotel - [Click here](#)

Maryborough Hotel- [Click here](#)

Clayton Hotel Cork City - [Click here](#)

Travelodge Cork Airport - [Click here](#)

Jurys Inn Cork City - [Click here](#)