

**MUNSTER/ CONNACHT YOUTH/OPEN CHAMPIONSHIPS 2018**  
**SI Licence**

**DATES :** 5<sup>th</sup>. 6<sup>th</sup> & 7<sup>th</sup>.May 2018      **VENUE :** UL

**TIMES :** Warm Up Friday 6 p.m.      Start 6.45p.m. Warm Up Sat & Sun 9.00 a.m. Start 10.00 a.m.

**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’Briens Bridge, Co. Limerick**

**FEES MUST BE RECEIVED AT LEAST ONE WEEK PRIOR TO THE GALA. IF FEES ARE NOT RECEIVED BY THAT DATE ENTRIES WILL NOT BE PROCESSED.**

**CLOSING DATE :** Friday, 6<sup>th</sup>. April 2018

**QUALIFYING TIMES :** Qualifying times are LC, but SC times will be accepted. However, these should be entered as SC, and those swimmers will be seeded in the first heats.

Non – Conforming times will be seeded first.

Swimmers who fail to reach the qualifying times in 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**

**Scratches :** Scratches for Session 1 must be done at least 45 minutes prior to the start of the session. Scratches for Session 2 must be done at least 45 minutes prior to the start of the session. Scratches for subsequent sessions will be prior to the finals of the previous session. (i.e. Scratches for Saturday pm – Session 4 must be done prior to the start of Session 3 – see sessions below )

**Failure to scratch swimmers will result in a fine of €50 per event.**

**OFFICIALS ; Clubs with 4 swimmers per session must provide one Official per session. Clubs with 8 swimmers per session must provide at least two officials per session. Clubs with 12 or more swimmers must provide three officials per session.**

REGIONAL YOUTH/SENIOR LC CHAMPIONSHIPS 2018

<b>Day 1 – Friday 4<sup>th</sup> May 2018</b>	<b>Day 1 - Saturday 5<sup>th</sup> May 2018</b>	<b>Day 2 – Sunday 6<sup>th</sup> May 2018</b>
<b>Session 1: Combined Heats 30 Minute Warm-Up</b>	<b>Session 2: Combined Heats 45 Minute Warm-Up</b>	<b>Session 6: Combined Heats 45 Minute Warm-Up</b>
Mixed 400m Medley Relay HDW (15/Over) Male 1500m Freestyle HDW Female 800m Freestyle HDW	Female 800m Freestyle Relay HDW (15/Over) Male 200m IM Female 200m Backstroke Male 200m Breaststroke Female 100m Breaststroke Male 100m Backstroke Female 50m Butterfly (17/Over Only) Male 50m Freestyle Female 400m Freestyle HDW	Male 800m Freestyle Relay HDW (15/Over) Female 200m IM Male 200m Backstroke Female 200m Breaststroke Male 100m Breaststroke Female 100m Backstroke Male 50m Butterfly (17/Over Only) Female 50m Freestyle Male 400m Freestyle HDW
	<b>Session 3: Finals &amp; Presentations No Warm-Up</b>	<b>Session 7: Finals &amp; Presentations No-Warm-Up</b>
	Male 200m IM (15 years ; 16 years ; 17/Over) Female 200m Backstroke (15 years ; 16 years ; 17/Over) Male 200m Breaststroke (15 years ; 16 years ; 17/Over) Female 100m Breaststroke (15 years ; 16 years ; 17/Over) Male 100m Backstroke (15 years ; 16 years ; 17/Over) Female 50m Butterfly (17/Over) Male 50m Freestyle (15 years ; 16 years ; 17/Over)	Female 200m IM (15 years ; 16 years ; 17/Over) Male 200m Backstroke (15 years ; 16 years ; 17/Over) Female 200m Breaststroke (15 years ; 16 years ; 17/Over) Male 100m Breaststroke (15 years ; 16 years ; 17/Over) Female 100m Backstroke (15 years ; 16 years ; 17/Over) Male 50m Butterfly (17/Over) Female 50m Freestyle (15 years ; 16 years ; 17/Over)
	<b>Session 4: Combined Heats 45 Minute Warm-Up</b>	<b>Session 8: Combined Heats 45 Minute Warm-Up</b>
	Male 400m Medley Relay HDW (15/Over) Female 400m Medley Relay HDW (15/Over) Male 200m Freestyle Female 200m Butterfly Male 100m Butterfly Female 100m Freestyle Male 50m Breaststroke (17/Over Only) Female 50m Backstroke (17/Over Only) Male 400m IM HDW	Female 400m Medley Relay HDW (15/Over) Male 400m Medley Relay HDW (15/Over) Female 200m Freestyle Male 200m Butterfly Female 100m Butterfly Male 100m Freestyle Female 50m Breaststroke (17/Over Only) Male 50m Backstroke (17/Over Only) Female 400m IM HDW
	<b>Session 5: Finals &amp; Presentations No Warm-Up</b>	<b>Session 9: Finals &amp; Presentations No Warm-Up</b>
	Male 200m Freestyle (15 years ; 16 years ; 17/Over) Female 200m Butterfly (15 years ; 16 years ; 17/Over) Male 100m Butterfly (15 years ; 16 years ; 17/Over) Female 100m Freestyle (15 years ; 16 years ; 17/Over) Male 50m Breaststroke (17/Over) Female 50m Backstroke (17/Over) Male 800m Freestyle HDW	Female 200m Freestyle (15 years ; 16 years ; 17/Over) Male 200m Butterfly (15 years ; 16 years ; 17/Over) Female 100m Butterfly (15 years ; 16 years ; 17/Over) Male 100m Freestyle (15 years ; 16 years ; 17/Over) Female 50m Breaststroke (17/Over) Male 50m Backstroke (17/Over) Female 1500m Freestyle HDW

**REGIONAL YOUTH/SENIOR LC CHAMPIONSHIPS 2018**  
**LC QUALIFYING & CONSIDERATION TIMES**

<b>Event</b>	<b>Age Group as of 31/12/18</b>	<b>Qualifying Time LC</b>	<b>Consideration Time LC</b>
<b>MALE</b>			
<b>50m Freestyle</b>	15 years	29.85	31.27
	16 years	28.60	29.90
	17/Over	27.30	28.60
<b>100m Freestyle</b>	15 years	1.05.62	1.08.75
	16 years	1.04.35	1.07.27
	17/Over	1.01.42	1.04.35
<b>200m Freestyle</b>	15 years	2.22.08	2.28.85
	16 years	2.21.68	2.28.12
	17/Over	2.15.24	2.21.68
<b>400m Freestyle</b>	15 years	5.03.72	5.18.18
	16 years	5.05.80	5.19.70
	17/Over	4.51.90	5.05.80
<b>800m Freestyle</b>	15 years	Swimmers who qualify for 1500m are eligible to enter this event	Swimmers who qualify for 1500m are eligible to enter this event
	16 years		
	17/Over		
<b>1500m Freestyle</b>	15 years	20.32.91	21.10.67
	16 years	20.33.76	21.30.84
	17/Over	19.37.68	20.33.76
<b>50m Backstroke</b>	17/Over	31.99	33.44
<b>100m Backstroke</b>	15 years	1.14.89	1.18.46
	16 years	1.15.32	1.18.74
	17/Over	1.11.90	1.15.32
<b>200m Backstroke</b>	15 years	2.40.90	2.48.56
	16 years	2.42.97	2.50.37
	17/Over	2.35.56	2.42.97
<b>50m Breaststroke</b>	17/Over	33.09	34.67
<b>100m Breaststroke</b>	15 years	1.26.10	1.30.20
	16 years	1.25.96	1.29.86
	17/Over	1.22.05	1.25.96
<b>200m Breaststroke</b>	15 years	3.03.88	3.12.64
	16 years	3.08.90	3.17.48
	17/Over	3.00.30	3.08.90
<b>50m Butterfly</b>	17/Over	27.89	29.22
<b>100m Butterfly</b>	15 years	1.13.35	1.16.84
	16 years	1.13.76	1.17.11
	17/Over	1.10.41	1.13.76
<b>200m Butterfly</b>	15 years	2.49.14	2.57.19
	16 years	2.42.04	2.49.40
	17/Over	2.34.67	2.42.04
<b>200m IM</b>	15 years	2.40.76	2.48.42
	16 years	2.43.26	2.50.68
	17/Over	2.35.84	2.43.26
<b>400m IM</b>	15 years	5.34.41	5.45.93
	16 years	5.43.13	5.58.72
	17/Over	5.27.53	5.43.13

**REGIONAL YOUTH/SENIOR LC CHAMPIONSHIPS 2018**  
**LC QUALIFYING & CONSIDERATION TIMES**

<b>Event</b>	<b>Age Group as of 31/12/18</b>	<b>Qualifying Time LC</b>	<b>Consideration Time LC</b>
<b>FEMALE</b>			
<b>50m Freestyle</b>	15 years	31.51	32.94
	16 years	30.08	31.51
	17/Over	29.84	30.84
<b>100m Freestyle</b>	15 years	1.09.82	1.12.99
	16 years	1.06.65	1.09.82
	17/Over	1.05.00	1.08.10
<b>200m Freestyle</b>	15 years	2.31.96	2.38.86
	16 years	2.25.05	2.31.96
	17/Over	2.23.59	2.30.43
<b>400m Freestyle</b>	15 years	5.28.48	5.43.41
	16 years	5.13.55	5.28.48
	17/Over	5.06.63	5.21.23
<b>800m Freestyle</b>	15 years	11.05.74	11.36.00
	16 years	10.37.48	11.05.74
	17/Over	10.24.13	10.37.48
<b>1500m Freestyle</b>	15 years	Swimmers who qualify for 800m are eligible to enter this event	Swimmers who qualify for 800m are eligible to enter this event
	16 years		
	17/Over		
<b>50m Backstroke</b>	17/Over	34.42	36.06
<b>100m Backstroke</b>	15 years	1.21.71	1.25.42
	16 years	1.18.00	1.21.71
	17/Over	1.14.79	1.18.35
<b>200m Backstroke</b>	15 years	2.54.35	3.02.27
	16 years	2.46.42	2.54.35
	17/Over	2.43.18	2.50.95
<b>50m Breaststroke</b>	17/Over	38.12	39.94
<b>100m Breaststroke</b>	15 years	1.33.03	1.37.25
	16 years	1.28.80	1.33.03
	17/Over	1.24.02	1.28.55
<b>200m Breaststroke</b>	15 years	3.23.02	3.32.22
	16 years	3.13.79	3.23.02
	17/Over	3.09.00	3.18.00
<b>50m Butterfly</b>	17/Over	31.59	33.09
<b>100m Butterfly</b>	15 years	1.20.71	1.24.37
	16 years	1.17.04	1.20.71
	17/Over	1.14.55	1.18.10
<b>200m Butterfly</b>	15 years	2.57.48	3.05.54
	16 years	2.49.41	2.57.48
	17/Over	2.47.87	2.55.86
<b>200m IM</b>	15 years	2.53.37	3.01.25
	16 years	2.45.49	2.53.37
	17/Over	2.43.80	2.51.60
<b>400m IM</b>	15 years	6.18.05	6.35.23
	16 years	6.00.87	6.18.05
	17/Over	5.56.44	6.14.41

\_\_\_\_\_ 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.**