

Munster Meets 2018/2019

This document is intended as a guideline for swimmers, coaches and parents. The technical Group have spent quite some time working on this. There may be a need for amendments or clarification to rules. We apologise for any errors or omissions.

The following meet conditions will apply to all competitions, but all meets will have specific meet conditions

1. **Relays** – One swimmer may swim up in age, but must remain in that age group for all relays in the competition.
2. **Entry Times** –All entry times must have been achieved within the previous fifteen months.
3. **Electronic Times** –Only times achieved where electronic timing was used will be accepted for all competitions of Development “2” standard and above.
4. **Age Up Date** – The age up date will be 30th December in the year of the competition.
5. **Age for Competition** - Swim Ireland policy states that swimmers should not compete in galas above club level until they are ten years of age for Development and Qualifying meets. It was agreed that for future galas where there are age groups this would be included in the conditions. However, in Championship events the lower age limit will be as per the meet conditions
6. **Closing Dates** – All closing dates would be three weeks before the competition. However, this may be amended to permit entries to be accepted if a gala takes place the weekend of the closing date.
7. **Entries on the Day** – Entries can be taken at the discretion of the referee in certain situations at Development 1 & 2 galas. At galas other than Development 1 & 2 submitted entries will be returned to the clubs for verification, amendments etc. before the competition and a date for the return will be specified. No changes or additions will be taken after that date.
8. **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

MUNSTER DEVELOPMENT 1 GALA

3 Opportunities

Swimmers may enter one 100m and three 50m events **OR** two 100m events and one 50m event.

Cost €15 per gala

Once a swimmer achieves a cut of time in an event they are no longer eligible to swim that event in Development 1 galas, but may swim the event in Development 2 galas.

SESSION 1.

1. Boys 100m Freestyle
2. Girls 100m Ind. Medley
3. Boys 50m Breaststroke

Medal Presentations Events 1 – 3

4. Girls 50m Backstroke
5. Boys 50m Butterfly
6. Girls 50m Freestyle

Medal Presentations Events 4 – 6

SESSION 2.

7. Boys 100m Ind. Medley
8. Girls 100m Freestyle
9. Boys 50m Backstroke

Medal Presentations Events 7 - 9

10. Girls 50m Breaststroke
11. Boys 50m Freestyle
12. Girls 50m Butterfly

Medal Presentations Events 10 - 12

Medals will be presented in 10-11, 12/13, 14+ age groups. There is no senior category

GRADE 3

BOYS		CUT OFF TIME			GIRLS	
2007/08	2005/06	2004 +	EVENT	2007/08	2005/06	2004+
1.25.00	1.20.00	1.18.00	100m Free	1.28.00	1.23.00	1.21.00
1.39.00	1.34.00	1.32.00	100m IM	1.43.00	1.38.00	1.35.00
53.00	50.00	47.00	50m Brs	54.00	51.00	48.00
47.00	44.00	41.00	50m B/C	49.00	46.00	43.00
52.00	49.00	46.00	50m Fly	55.00	52.00	49.00

All competing clubs must provide at least one official per four swimmers per session up to a maximum of four officials per session.

Clubs **MUST** indicate on their scratch sheets the person who is responsible for their swimmers for the relevant competition

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

MUNSTER DEVELOPMENT “2” MEET

3 Opportunities

Swimmers will be confined to four events per gala.

Cost €5 per event

Swimmers who achieve a cut off time in any event are no longer eligible to swim that event at Development 2 galas, but may swim the event at qualifying meets.

Session 1

1. Boys 100 m Freestyle
2. Girls 100m Ind. Medley
3. Boys 100m Breaststroke

Medal Presentations Events 1 – 2

4. Girls 100m Backcrawl
5. Boys 100m Butterfly

Medal Presentations Events 3 – 4

6. Girls 200m Freestyle
7. Boys 200m Ind. Medley

Medal Presentations Events 5 – 7

Session 2

8. Girls 200m Ind. Medley
9. Boys 100m Ind. Medley
10. Girls 100m Freestyle

Medal Presentations Events 8 - 9

11. Boys 100m Backcrawl
12. Girls 100m Breaststroke

Medal Presentations Events 10 - 11

13. Boys 200m Freestyle
14. Girls 100m Butterfly

Medal Presentations Events 12 - 14

BOYS		Cut Off Times			GIRLS	
2007/08	2005/06	2004 +	EVENT	2007/08	2005/06	2004 +
1.37.90	131.19	1.27.24	100m Back	1.46.17	1.37.92	1.34.30
1.46.91	1.39.47	1.36.95	100m Brs	2.00.68	1.52.36	1.48.20
1.31.15	1.24.87	1.21.73	100 Fly	1.42.37	1.35.31	1.31.78
1.22.67	1.16.97	1.14.12	100 Free	1.32.45	1.26.08	1.22.90
1.36.66	1.30.00	1.26.67	100 IM	1.46.00	1.38.69	1.35.04
3.03.06	2.50.44	2.44.13	200 Free	3.20.92	3.07.05	3.00.32
3.29.30	3.14.86	3.05.05	200 IM	3.44.48	3.29.00	3.21.36

All competing clubs must provide at least one official per six swimmers per session up to a maximum of three officials per session.

Clubs MUST indicate on their scratch sheets the person who is responsible for their swimmers for the relevant competition

REGIONAL SC QUALIFYING MEET (1 Opportunity)

Run over 2 days

Swimmers may enter in events in which they qualify (to a maximum of 6 events). Swimmers who have achieved the cut off time (which is the qualifying time for the Irish Short Course Championships 2017) within the relevant time period will not be eligible to swim the event in which they have the time.

Females who qualify for 800m Freestyle may also enter the 1500m Freestyle and Males who qualify for 1500m Freestyle may also swim 800m Freestyle.

Fees €6.00 per event

Session 1

1. Boys 1500m Freestyle
2. Girls 400m Ind. Medley
3. Boys 200m Breaststroke
4. Girls 200m Freestyle
5. Boys 100m Butterfly
6. Girls 200m Backcrawl
7. Boys 50m Freestyle

Session 3

16. Girls 1500m Freestyle
17. Boys 400m Ind. Medley
18. Girls 100m Breaststroke
19. Boys 100m Freestyle
20. Girls 200m Butterfly
21. Boys 100m Backcrawl
22. Girls 50m Freestyle

Session 2

8. Boys 400m Freestyle
9. Girls 200m Ind. Medley
10. Boys 200m Backcrawl
11. Girls 100m Butterfly
12. Boys 200m Freestyle
13. Girls 200m Breaststroke
14. Boys 100m Ind. Medley
15. Girls 800m Freestyle

Session 4

23. Girls 400m Freestyle
24. Boys 200m Ind. Medley
25. Girls 100m Backcrawl
26. Boys 200m Butterfly
27. Girls 100m Freestyle
28. Boys 100m Breaststroke
29. Girls 200m Ind. Medley
30. Boys 800m Freestyle

Cut off	BOYS			Consideration Times SC	GIRLS			Cut Off
	2007/08	2005/06	2004 +		2007/08	2005/06	2004+	
				EVENT				
26.28	38.07	35.45	34.14	50m Free	43.15	40.18	38.70	29.27
57.02	1.22.67	1.16.97	1.14.12	100 Free	1.32.45	1.26.08	1.22.90	1.03.76
2.06.27	3.03.06	2.50.44	2.44.13	200 Free	3.20.92	3.07.05	3.00.32	2.18.71
4.37.10	6.51.99	6.14.28	6.00.23	400 Free	7.07.92	6.38.41	6.23.66	4.55.13
18.00.47	26.10.65	24.30.61	23.40.59	1500/800 F/C	14.24.27	13.24.67	12.54.87	9.56.07
30.32	N/A	N/A	39.41	50 Back	N/A	N/A	44.80	34.48
1.07.11	1.37.90	1.31.19	1.27.24	100 Back	1.46.17	1.37.92	1.34.30	1.12.55
2.25.66	3.31.18	3.16.62	3.09.34	200 Back	3.46.53	3.30.91	3.23.10	2.36.24
32.38	N/A	N/A	42.07	50 Breast	N/A	N/A	50.08	38.53
1.14.43	1.46.91	1.39.47	1.36.95	100 Breast	2.00.68	1.52.36	1.48.20	1.23.24
2.48.22	4.04.01	3.47.19	3.38.68	200 Breast	4.21.74	4.03.72	3.55.22	3.00.59
27.65	N/A	N/A	35.93	50 Fly	N/A	N/A	40.61	31.25
1.02.89	1.31.15	1.24.87	1.21.73	100 Fly	1.42.37	1.35.31	1.31.78	1.10.60
2.26.73	3.32.74	3.18.07	3.10.74	200 Fly	3.47.26	3.31.59	3.23.76	2.36.75
1.06.69	1.36.66	1.30.00	1.26.67	100 IM	1.46.00	1.38.69	1.35.04	1.13.11
2.22.36	3.29.30	3.14.86	3.05.05	200 IM	3.44.48	3.29.00	3.21.36	2.34.82
5.04.16	7.21.00	6.50.59	6.35.39	400 IM	8.02.57	7.29.29	7.12.65	5.32.81

REGIONAL LC QUALIFYING MEET (2 Opportunities)

Run over 2 days

Swimmers may enter in events in which they qualify (to a maximum of 6 events). Swimmers who have achieved the cut off time (which is the qualifying time for the Irish Open Championships 2017) within the relevant time period will not be eligible to swim the event in which they have the time.

Females who qualify for 800m Freestyle may also enter the 1500m Freestyle and Males who qualify for 1500m Freestyle may also swim 800m Freestyle.

There are SC and LC qualifying times for this meet. SC entries will be seeded in the first heats.

Conversions will NOT be accepted

All events will be HDW

Fees €6.00 per event

Session 1

- 16. Boys 1500m Freestyle
- 17. Girls 400m Ind. Medley
- 18. Boys 200m Breaststroke
- 19. Girls 200m Freestyle
- 20. Boys 100m Butterfly
- 21. Girls 200m Backcrawl
- 22. Boys 50m Freestyle

Session 3

- 16. Girls 1500m Freestyle
- 17. Boys 400m Ind. Medley
- 18. Girls 100m Breaststroke
- 19. Boys 100m Freestyle
- 20. Girls 200m Butterfly
- 21. Boys 100m Backcrawl
- 22. Girls 50m Freestyle

Session 2

- 23. Boys 400m Freestyle
- 24. Girls 200m Ind. Medley
- 25. Boys 200m Backcrawl
- 26. Girls 100m Butterfly
- 27. Boys 200m Freestyle
- 28. Girls 200m Breaststroke
- 29. Boys 100m Ind. Medley
- 30. Girls 800m Freestyle

Session 4

- 23. Girls 400m Freestyle
- 24. Boys 200m Ind. Medley
- 25. Girls 100m Backcrawl
- 26. Boys 200m Butterfly
- 27. Girls 100m Freestyle
- 28. Boys 100m Breaststroke
- 29. Girls 200m Ind. Medley
- 30. Boys 800m Freestyle

BOYS EVENT	Consideration Times						Cut off
	2007/08		2005/06		2004 +		
	SC	LC	SC	LC	SC	LC	
50m Free	38.07	39.21	35.45	36.51	34.14	35.16	24.94
100 Free	1.22.67	1.25.14	1.16.97	1.19.27	1.14.12	1.16.33	57.66
200 Free	3.03.06	3.07.37	2.50.44	2.54.45	2.44.13	2.47.99	2.06.32
400 Free	6.51.99	6.59.54	6.14.28	6.21.14	6.00.23	6.06.63	4.32.50
1500/800 F/C	26.10.65	26.41.18	24.30.61	24.58.77	23.40.59	24.07.93	18.22.08
50 Back	N/A	N/A	N/A	N/A	39.41	39.90	30.93
100 Back	1.37.90	1.40.82	1.31.19	1.33.91	1.27.24	1.29.85	1.07.19
200 Back	3.31.18	3.37.49	3.16.62	3.22.50	3.09.34	3.14.99	2.25.00
50 Breast	N/A	N/A	N/A	N/A	42.07	42.80	33.03
100 Breast	1.46.91	1.50.79	1.39.47	1.43.08	1.36.95	1.40.47	1.15.83
200 Breast	4.04.01	4.12.86	3.47.19	3.55.43	3.38.68	3.46.61	2.51.58
50 Fly	N/A	N/A	N/A	N/A	35.93	36.40	28.20
100 Fly	1.31.15	1.32.26	1.24.87	1.25.90	1.21.73	1.22.72	1.04.15
200 Fly	3.32.74	3.36.64	3.18.07	3.21.70	3.10.74	3.14.24	2.24.00
200 IM	3.29.30	3.31.20	3.14.86	3.16.90	3.05.05	3.07.20	2.25.21
400 IM	7.21.00	7.36.99	6.50.59	7.05.49	6.35.39	6.49.73	5.10.24

GIRLS	Consideration Times						Cut Off
EVENT	2007/08		2005/06		2004+		
	SC	LC	SC	LC	SC	LC	
50m Free	43.15	43.94	40.18	40.92	38.70	39.41	28.49
100 Free	1.32.45	1.35.16	1.26.08	1.27.66	1.22.90	1.24.41	1.01.91
200 Free	3.20.92	3.23.36	3.07.05	3.09.32	3.00.32	3.02.51	2.16.76
400 Free	7.07.92	7.10.94	6.38.41	6.41.22	6.23.66	6.26.36	4.52.03
1500/800 F/C	14.24.27	14.31.00	13.24.67	13.31.90	12.54.87	13.02.40	9.54.41
50 Back	N/A	N/A	N/A	N/A	44.80	45.30	33.76
100 Back	1.46.17	1.47.46	1.37.92	1.39.11	1.34.30	1.35.45	1.11.23
200 Back	3.46.53	3.49.28	3.30.91	3.33.47	3.23.10	3.25.57	2.35.41
50 Breast	N/A	N/A	N/A	N/A	50.08	50.68	37.73
100 Breast	2.00.68	2.04.28	1.52.36	1.55.72	1.48.20	1.51.43	1.20.50
200 Breast	4.21.74	4.26.54	4.03.72	4.08.19	3.55.22	3.59.53	3.00.00
50 Fly	N/A	N/A	N/A	N/A	40.61	31.90	30.60
100 Fly	1.42.37	1.43.09	1.35.31	1.35.98	1.31.78	1.32.43	1.11.00
200 Fly	3.47.26	3.48.86	3.31.59	3.33.08	3.23.76	3.25.20	2.39.88
200 IM	3.44.48	3.46.30	3.29.00	3.30.90	3.21.36	3.23.40	2.36.00
400 IM	8.02.57	8.11.42	7.29.29	7.37.53	7.12.65	7.20.58	5.39.47

Munster SC Championships 2018

Swimmers must qualify in events in which they wish to enter. However, swimmer who have qualified in one event ONLY may enter two bonus events, swimmers who qualify in two events may also enter one bonus event. Bonus events do NOT include 400m, 800m or 1500m events.

Swimmers who qualify for 800m may also 1500m and vice versa

Cost: €7.00 per event

Events in which there are 10 or less entrants will be HDW and will be swum with the finals.

MALE		Event	FEMALE	
2002+ (16 & U)	2001 – (17 & O)		2002- (16&O)	2003+ (15 & U)
32.83	31.52	50m Freestyle	35.73	37.21
1.11.27	1.08.42	100m Freestyle	1.10.48	1.19.71
2.37.82	2.31.51	200m Freestyle	2.46.45	2.53.38
5.46.57	5.32.52	400m Freestyle	5.54.15	6.08.90
		800m Freestyle	11.24.72	13.10.00
23.38.00	21.36.05	1500m Freestyle		
37.89	36.38	50m Backstroke	41.36	43.08
1.24.48	1.20.53	100m Backstroke	1.27.05	1.30.67
3.02.06	2.54.78	200m Backstroke	3.07.48	3.15.29
40.45	38.84	50m Breaststroke	46.23	48.15
1.32.03	1.29.31	100m Breaststroke	1.39.88	1.44.04
3.30.37	3.21.86	200m Breaststroke	3.36.69	3.45.71
35.05	33.17	50m Butterfly	37.49	39.05
1.18.59	1.16.45	100m Butterfly	1.24.72	1.28.25
3.03.40	2.56.07	200m Butterfly	3.08.09	3.15.92
1.23.34	1.20.01	100m IM	1.27.73	1.31.38
3.05.00	2.50.82	200m IM	3.05.78	3.13.52
6.20.18	6.04.98	400m IM	6.39.37	6.56.01

MUNSTER REGION LC CHAMPIONSHIPS 2019

Qualifying Times

Swimmers must qualify in events in which they wish to enter. However, swimmers who have qualified in one event ONLY may enter two bonus events, swimmers who qualify in two events may also enter one bonus event. Bonus events do NOT include 400m, 800m or 1500m events.

Cost: €7.00 per event

Events in which there are 10 or less entrants will be HDW and will be swum with the finals.

MALE	Qualifying Time	Event	FEMALE	Qualifying Time
2007/08	36.27	50m Freestyle	2007/08	39.94
2005/06	34.16		2005/06	34.75
2003/04	31.01		2003/04	33.30
2002 +	28.67		2002 +	32.75
2007/08	1.15.81	100m Freestyle	2007/08	1.18.25
2005/06	1.12.19		2005/06	1.14.30
2003/04	1.07.38		2003/04	1.13.72
2002 +	1.03.84		2002 +	1.10.58
2007/08	2.45.84	200m Freestyle	2007/08	2.48.93
2005/06	2.35.73		2005/06	2.42.34
2003/04	2.30.86		2003/04	2.37.89
2002 +	2.22.51		2002 +	2.34.56
2007/08	5.55.24	400m Freestyle	2007/08	6.02.47
2005/06	5.40.21		2005/06	5.47.23
2003/04	5.19.12		2003/04	5.40.75
2002 +	5.14.57		2002 +	5.27.30
2007/08	MAX 1 HEAT	800m Freestyle	2007/08	MAX 1 HEAT
2005/06	MAX 1 HEAT		2005/06	MAX 1 HEAT
2003/04	MAX 1 HEAT		2003/04	MAX 1 HEAT
2002 +	MAX 1 HEAT		2002 +	MAX 1 HEAT
2007/08	MAX 1 HEAT	1500m Freestyle	2007/08	MAX 1 HEAT
2005/06	MAX 1 HEAT		2005/06	MAX 1 HEAT
2003/04	MAX 1 HEAT		2003/04	MAX 1 HEAT
2002 +	MAX 1 HEAT		2002 +	MAX 1 HEAT
2003/04	34.05	50m Backstroke	2003/04	37.58
2002 +			2002 +	
2007/08	1.29.40	100m Backstroke	2007/08	1.30.21
2005/06	1.25.46		2005/06	1.26.54
2003/04	1.19.53		2003/04	1.24.52
2002 +	1.16.30		2002 +	1.22.02
2007/08	3.08.74	200m Backstroke	2007/08	3.13.80
2005/06	3.03.01		2005/06	3.07.24
2003/04	2.53.10		2003/04	3.01.02
2002 +	2.44.95		2002 +	2.57.40
2003/04	36.92	50m Breaststroke	2003/04	41.97
2002 +			2002 +	
2007/08	1.43.06	100m Breaststroke	2007/08	1.45.64
2005/06	1.37.86		2005/06	1.41.16
2003/04	1.31.80		2003/04	1.37.42
2002 +	1.24.39		2002 +	1.32.81

MALE	QUALIFYING TIME		FEMALE	QUALIFYING TIME
2007/08	3.40.03	200m Breaststroke	2007/08	3.44.56
2005/06	3.32.38		2005/06	3.41.89
2003/04	3.20.56		2003/04	3.28.97
2002 +	3.08.75		2002 +	3.20.60
2003/04	30.95	50m Butterfly	2003/04	34.98
2002 +			2002 +	
2007/08	1.29.82	100m Butterfly	2007/08	1.31.83
2005/06	1.25.21		2005/06	1.28.03
2003/04	1.17.19		2003/04	1.22.18
2002 +	1.13.36		2002 +	1.19.96
2007/08	3.17.99	200m Butterfly	2007/08	3.22.78
2005/06	3.06.67		2005/06	3.18.41
2003/04	2.51.28		2003/04	3.08.85
2002 +	2.45.95		2002 +	3.03.62
2007/08	3.11.36	200m IM	2007/08	3.13.95
2005/06	3.03.45		2005/06	3.08.67
2003/04	2.52.89		2003/04	2.59.11
2002 +	2.45.32		2002 +	2.58.08
2002 +	2.45.32	400m IM	2002 +	2.58.08
2007/08	6.52.82		2007/08	6.59.89
2005/06	6.39.23		2005/06	6.48.73
2003/04	6.00.12		2003/04	6.32.89