

REGIONAL SC CHAMPIONSHIPS 2017

Day 1 - Saturday 4 th November 2017	Day 2 – Sunday 5 th November 2017
Session 1: Combined Heats 45 Minute Warm-Up	Session 5: Combined Heats 45 Minute Warm-Up
Male 200m IM Female 200m Backstroke Male 200m Breaststroke Female 100m Breaststroke Male 100m Backstroke Female 50m Butterfly Male 50m Freestyle Female 400m Freestyle HDW	Female 200m IM Male 200m Backstroke Female 200m Breaststroke Male 100m Breaststroke Female 100m Backstroke Male 50m Butterfly Female 50m Freestyle Male 400m Freestyle HDW
Session 2: Finals & Presentations No Warm-Up	Session 6: Finals & Presentations No-Warm-Up
Mixed 200m Freestyle Relay HDW (Open) Male 200m IM (Open) Female 200m Backstroke (Open) Male 200m Breaststroke (Open) Female 100m Breaststroke (Open) Male 100m Backstroke (Open) Female 50m Butterfly (Open) Male 50m Freestyle (Open)	Mixed 200m Medley Relay HDW (Open) Female 200m IM (Open) Male 200m Backstroke (Open) Female 200m Breaststroke (Open) Male 100m Breaststroke (Open) Female 100m Backstroke (Open) Male 50m Butterfly (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 200m Freestyle Female 200m Butterfly Male 100m Butterfly Female 100m Freestyle Male 50m Breaststroke Female 50m Backstroke Male 400m IM HDW	Male 100m IM Female 200m Freestyle Male 200m Butterfly Female 100m Butterfly Male 100m Freestyle Female 50m Breaststroke Male 50m Backstroke Female 400m IM HDW
Session 4: Finals & Presentations No Warm-Up	Session 8: 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 50m Breaststroke (Open) Female 50m Backstroke (Open) Mixed 800m Freestyle HDW	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) Female 50m Breaststroke (Open) Male 50m Backstroke (Open) Mixed 1500m Freestyle HDW

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SC QUALIFYING & CONSIDERATION TIMES

Event	Age Group	Qualifying Time SC	Consideration Time SC
MALE			
(Age as of 31st December 2018)			
50m Freestyle	Youth (16/Under)	32.83	33.48
	Senior (17/Over)	31.52	32.83
100m Freestyle	Youth (16/Under)	1.11.27	1.12.69
	Senior (17/Over)	1.08.42	1.11.27
200m Freestyle	Youth (16/Under)	2.37.82	2.40.97
	Senior (17/Over)	2.31.51	2.37.82
400m Freestyle	Youth (16/Under)	5.46.57	5.53.39
	Senior (17/Over)	5.22.52	5.46.57
800m Freestyle	Youth (16/Under)		
	Senior (17/Over)		
1500m Freestyle	Youth (16/Under)	23.38.00	24.29.70
	Senior (17/Over)	21.36.05	23.38.00
50m Backstroke	Youth (16/Under)	37.89	38.64
	Senior (17/Over)	36.38	37.89
100m Backstroke	Youth (16/Under)	1.24.48	1.25.55
	Senior (17/Over)	1.20.53	1.24.48
200m Backstroke	Youth (16/Under)	3.02.06	3.05.70
	Senior (17/Over)	2.54.78	3.02.06
50m Breaststroke	Youth (16/Under)	40.45	41.25
	Senior (17/Over)	38.84	40.45
100m Breaststroke	Youth (16/Under)	1.32.03	1.34.89
	Senior (17/Over)	1.29.31	1.32.03
200m Breaststroke	Youth (16/Under)	3.30.37	3.34.47
	Senior (17/Over)	3.21.86	3.30.37
50m Butterfly	Youth (16/Under)	34.55	35.24
	Senior (17/Over)	33.27	34.55
100m Butterfly	Youth (16/Under)	1.18.59	1.20.16
	Senior (17/Over)	1.16.45	1.18.59
200m Butterfly	Youth (16/Under)	3.03.40	3.07.06
	Senior (17/Over)	2.56.07	3.03.40
100m IM	Youth (16/Under)	1.23.34	1.25.00
	Senior (17/Over)	1.20.01	1.23.34
200m IM	Youth (16/Under)	2.57.93	3.01.48
	Senior (17/Over)	2.50.82	2.27.83
400m IM	Youth (16/Under)	6.20.18	6.27.78
	Senior (17/Over)	6.04.98	6.20.18

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SC QUALIFYING & CONSIDERATION TIMES

Event	Age Group	Qualifying Time SC	Consideration Time SC
FEMALE			
(Age as of 31st December 2018)			
50m Freestyle	Youth (15/Under)	36.57	37.30
	Senior (16/Over)	35.11	36.57
100m Freestyle	Youth (15/Under)	1.19.68	1.21.27
	Senior (16/Over)	1.16.50	1.19.68
200m Freestyle	Youth (15/Under)	2.53.38	2.56.84
	Senior (16/Over)	2.46.45	2.53.38
400m Freestyle	Youth (15/Under)	6.08.90	6.16.27
	Senior (16/Over)	5.54.15	6.08.90
800m Freestyle	Youth (15/Under)	13.10.00	13.25.00
	Senior (16/Over)	11.24.72	13.10.00
1500m Freestyle	Youth (15/Under)		
	Senior (16/Over)		
50m Backstroke	Youth (15/Under)	43.08	43.94
	Senior (16/Over)	41.36	43.08
100m Backstroke	Youth (15/Under)	1.30.67	1.32.48
	Senior (16/Over)	1.27.05	1.30.67
200m Backstroke	Youth (15/Under)	3.15.29	3.19.19
	Senior (16/Over)	3.07.48	3.15.29
50m Breaststroke	Youth (15/Under)	48.15	49.11
	Senior (16/Over)	46.23	48.15
100m Breaststroke	Youth (15/Under)	1.44.04	1.46.12
	Senior (16/Over)	1.39.88	1.44.04
200m Breaststroke	Youth (15/Under)	3.45.71	3.50.22
	Senior (16/Over)	3.36.69	3.45.71
50m Butterfly	Youth (15/Under)	39.05	39.83
	Senior (16/Over)	37.49	39.05
100m Butterfly	Youth (15/Under)	1.28.25	1.30.01
	Senior (16/Over)	1.24.72	1.28.25
200m Butterfly	Youth (15/Under)	3.15.92	3.19.83
	Senior (16/Over)	3.08.09	3.15.92
100m IM	Youth (15/Under)	1.31.88	1.33.20
	Senior (16/Over)	1.27.73	1.31.88
200m IM	Youth (15/Under)	3.13.52	3.17.39
	Senior (16/Over)	3.05.78	3.13.52
400m IM	Youth (15/Under)	6.56.01	7.04.33
	Senior (16/Over)	6.39.37	6.56.01

_____ Individual entries @ € 7.00 per event =

_____ Relay Entries @ € 20.00 per event =

TOTAL _____

CLUB _____

Secretary _____

E MAIL Address _____

Tel. No. _____

Each club is required to supply 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.**