MUNSTER SC CHAMPIONSHIPS 2018 SI Licence No. TBC

DATES: 3rd. & 4th. November **VENUE: UL**

TIMES: Warm Up Saturday 9.00a.m. Start 10.00 a.m.

Warm Up Sunday 9.00 a.m. Start 10.00 a.m.

FEES: \in 7.00 per individual event, \in 20.00 per relay event. Cheques to be made

payable to "Munster Region Swim Ireland" and forwarded to

Tom O'Brien, Montpelier, O'Brien's Bridge, Co. Limerick

FEES MUST BE RECEIVED PRIOR TO THE GALA

CLOSING DATE: Tuesday 9th October 2018

Write Gala Date, Name and Events on outside of envelope, Money inside, Seal and Post in box before the above date.

CONSIDERATION/QUALIFYING TIMES: Swimmers must have achieved the consideration times for each event 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.

Swimmers who qualify for 800m Freestyle may also enter1500m Freestyle and vice versa

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

FINALS: There will be 1 Open Final in all events which are not HDW. Medals will be presented in the Open category. Swimmers from outside the Region will be awarded commemorative medals if they finish in the first three.

ENTRIES; Entries on Hy-Tek to patdonovan02@gmail.com

LATE ENTRIES WILL NOT BE ACCEPTED

RELAYS – One swimmer may swim up in age, but must remain in that age group for all relays in the competition.

AGE UP DATE –31st. December 2018.

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). LC Conversion times will be accepted.

REGIONAL SC CHAMPIONSHIPS 2017

Day 1 - Saturday 4 th November 2017	Day 2– Sunday 5 th November 2017
Session 1: Combined Heats	Session 5: Combined Heats
45 Minute Warm-Up	45 Minute Warm-Up
Male 200m IM	Female 200m IM
Female 200m Backstroke	Male 200m Backstroke
Male 200m Breaststroke	Female 200m Breaststroke
Female 100m Breaststroke	Male 100m Breaststroke
Male 100m Backstroke	Female 100m Backstroke
Female 50m Butterfly	Male 50m Butterfly
Male 50m Freestyle	Female 50m Freestyle
Female 400m Freestyle HDW	Male 400m Freestyle HDW
Session 2: Finals & Presentations	Session 6: Finals & Presentations
No Warm-Up	No-Warm-Up
Mixed 200m Freestyle Relay HDW (Open)	Mixed 200m Medley Relay HDW (Open)
Male 200m IM (Open)	Female 200m IM (Open)
Female 200m Backstroke (Open)	Male 200m Backstroke (Open)
Male 200m Breaststroke (Open)	Female 200m Breaststroke (Open)
Female 100m Breaststroke (Open)	Male 100m Breaststroke (Open)
Male 100m Backstroke (Open)	Female 100m Backstroke (Open)
Female 50m Butterfly (Open)	Male 50m Butterfly (Open)
Male 50m Freestyle (Open)	Female 50m Freestyle (Open)
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Session 3: Combined Heats	Session 7: Combined Heats
45 Minute Warm-Up	45 Minute Warm-Up
45 Minute Warm-Up Female 100m IM	45 Minute Warm-Up Male 100m IM
45 Minute Warm-Up Female 100m IM Male 200m Freestyle	45 Minute Warm-Up Male 100m IM Female 200m Freestyle
45 Minute Warm-Up Female 100m IM Male 200m Freestyle Female 200m Butterfly	45 Minute Warm-Up Male 100m IM Female 200m Freestyle Male 200m Butterfly
45 Minute Warm-Up Female 100m IM Male 200m Freestyle Female 200m Butterfly Male 100m Butterfly	45 Minute Warm-Up Male 100m IM Female 200m Freestyle Male 200m Butterfly Female 100m Butterfly
45 Minute Warm-Up Female 100m IM Male 200m Freestyle Female 200m Butterfly Male 100m Butterfly Female 100m Freestyle	45 Minute Warm-Up Male 100m IM Female 200m Freestyle Male 200m Butterfly Female 100m Butterfly Male 100m Freestyle
Female 100m IM Male 200m Freestyle Female 200m Butterfly Male 100m Butterfly Female 100m Freestyle Male 50m Breaststroke	45 Minute Warm-Up Male 100m IM Female 200m Freestyle Male 200m Butterfly Female 100m Butterfly Male 100m Freestyle Female 50m Breaststroke
45 Minute Warm-Up Female 100m IM Male 200m Freestyle Female 200m Butterfly Male 100m Butterfly Female 100m Freestyle	45 Minute Warm-Up Male 100m IM Female 200m Freestyle Male 200m Butterfly Female 100m Butterfly Male 100m Freestyle
Female 100m IM Male 200m Freestyle Female 200m Butterfly Male 100m Butterfly Female 100m Freestyle Male 50m Breaststroke Female 50m Backstroke	45 Minute Warm-Up Male 100m IM Female 200m Freestyle Male 200m Butterfly Female 100m Butterfly Male 100m Freestyle Female 50m Breaststroke Male 50m Backstroke
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	45 Minute Warm-Up 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
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 Session 4: Finals & Presentations	45 Minute Warm-Up 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 8: Finals & Presentations
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 Session 4: Finals & Presentations No Warm-Up	45 Minute Warm-Up 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 8: Finals & Presentations No Warm-Up
Female 100m IM Male 200m Freestyle Female 200m Butterfly Male 100m Butterfly Female 100m Freestyle Male 100m Freestyle Male 50m Breaststroke Female 50m Backstroke Male 400m IM HDW Session 4: Finals & Presentations No Warm-Up Female 200m Freestyle Relay HDW (Open) Male 200m Freestyle Relay HDW (Open) Female 100m IM (Open)	45 Minute Warm-Up 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 8: Finals & Presentations No Warm-Up Male 200m Medley Relay HDW (Open) Female 200m Medley Relay HDW (Open) Male 100m IM (Open)
Female 100m IM Male 200m Freestyle Female 200m Butterfly Male 100m Butterfly Female 100m Freestyle Male 100m Freestyle Male 50m Breaststroke Female 50m Backstroke Male 400m IM HDW Session 4: 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)	45 Minute Warm-Up 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 8: Finals & Presentations No Warm-Up Male 200m Medley Relay HDW (Open) Female 200m Medley Relay HDW (Open) Male 100m IM (Open) Female 200m Freestyle (Open)
Female 100m IM Male 200m Freestyle Female 200m Butterfly Male 100m Butterfly Female 100m Freestyle Male 100m Freestyle Male 50m Breaststroke Female 50m Backstroke Male 400m IM HDW Session 4: Finals & Presentations No Warm-Up Female 200m Freestyle Relay HDW (Open) Male 200m Freestyle Relay HDW (Open) Female 100m IM (Open)	45 Minute Warm-Up 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 8: Finals & Presentations No Warm-Up Male 200m Medley Relay HDW (Open) Female 200m Medley Relay HDW (Open) Male 100m IM (Open)
Female 100m IM Male 200m Freestyle Female 200m Butterfly Male 100m Butterfly Female 100m Freestyle Male 100m Freestyle Male 50m Breaststroke Female 50m Backstroke Male 400m IM HDW Session 4: 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)	45 Minute Warm-Up 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 8: Finals & Presentations No Warm-Up Male 200m Medley Relay HDW (Open) Female 200m Medley Relay HDW (Open) Male 100m IM (Open) Female 200m Freestyle (Open)
Female 100m IM Male 200m Freestyle Female 200m Butterfly Male 100m Butterfly Female 100m Freestyle Male 100m Freestyle Male 50m Breaststroke Female 50m Backstroke Male 400m IM HDW Session 4: 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) Female 100m Butterfly (Open) Female 100m Freestyle (Open)	## A5 Minute Warm-Up 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 8: Finals & Presentations No Warm-Up 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) Male 100m Freestyle (Open)
Female 100m IM Male 200m Freestyle Female 200m Butterfly Male 100m Butterfly Female 100m Freestyle Male 100m Freestyle Male 50m Breaststroke Female 50m Backstroke Male 400m IM HDW Session 4: 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) Female 100m Butterfly (Open) Female 100m Freestyle (Open) Female 100m Freestyle (Open) Male 50m Breaststroke (Open)	## A5 Minute Warm-Up 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 8: Finals & Presentations No Warm-Up 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) Female 50m Breaststroke (Open)
Female 100m IM Male 200m Freestyle Female 200m Butterfly Male 100m Butterfly Female 100m Freestyle Male 100m Freestyle Male 50m Breaststroke Female 50m Backstroke Male 400m IM HDW Session 4: 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)	## A5 Minute Warm-Up 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 8: Finals & Presentations No Warm-Up 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) Male 100m Freestyle (Open)

REGIONAL SC CHAMPIONSHIPS 2018

SC QUALIFYING & CONSIDERATION TIMES

Event	Age	Qualifying	Consideration
	Group	Time SC	Time SC
	MA		
	(Age as of 31st D	•	22.40
50m Freestyle	Youth (16/Under)	32.83	33.48
-	Senior (17/Over)	31.52	32.83
100m Freestyle	Youth (16/Under)	111.27	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)		
eee	Senior (17/Over)		
1500m Freestyle	Youth (16/Under)	23.38.00	24.29.70
1300m recatyle	Senior (17/Over)	21.36.05	23.38.00
50m Backstroke	Youth (16/Under)	37.89	38.64
Join Backstroke	Senior (17/Over)	36.38	37.89
100m Backstroke	Youth (16/Under)	1.24.48	1.25.55
100III Backsti oke	Senior (17/Over)	1.20.53	1.24.48
200m Backstroke	Youth (16/Under)	3.02.06	3.05.70
200111 Backstroke	Senior (17/Over)	2.54.78	3.02.06
FOrm Propostativaka	Youth (16/Under)	40.45	41.25
50m Breaststroke	Senior (17/Over)	38.84	40.45
100m Propotetralia	Youth (16/Under)	1.32.03	1.34.89
100m Breaststroke	Senior (17/Over)	1.29.31	1.32.03
200m December	Youth (16/Under)	3.30.37	3.34.47
200m Breaststroke	Senior (17/Over)	3.21.86	3.30.37
FOr District	Youth (16/Under)	34.55	35.24
50m Butterfly	Senior (17/Over)	33.27	34.55
100m Politically	Youth (16/Under)	1.18.59	1.20.16
100m Butterfly	Senior (17/Over)	1.16.45	1.18.59
200 D	Youth (16/Under)	3.03.40	3.07.06
200m Butterfly	Senior (17/Over)	2.56.07	3.03.40
400 "	Youth (16/Under)	1.23.34	1.25.00
100m IM	Senior (17/Over)	1.20.01	1.23.34
	Youth (16/Under)	2.57.93	3.01.48
200m IM	Senior (17/Over)	2.50.82	2.27.83
	Youth (16/Under)	6.20.18	6.27.78
400m IM	Senior (17/Over)	6.04.98	6.20.18

REGIONAL SC CHAMPIONSHIPS 2018

SC QUALIFYING & CONSIDERATION TIMES

Event	Age	Qualifying	Consideration
	Group	Time SC	Time SC
	FEM/ (Age as of 31st De		
	Youth (15/Under)	36.57	37.30
50m Freestyle	Senior (16/Over)	35.11	36.57
100 5 11	Youth (15/Under)	1.19.68	1.21.27
100m Freestyle	Senior (16/Over)	1.16.50	1.19.68
200 5 11	Youth (15/Under)	2.53.38	2.56.84
200m Freestyle	Senior (16/Over)	2.46.45	2.53.38
400 5 1.1	Youth (15/Under)	6.08.90	6.16.27
400m Freestyle	Senior (16/Over)	5.54.15	6.08.90
000 5 11	Youth (15/Under)	13.10.00	13.25.00
800m Freestyle	Senior (16/Over)	11.24.72	13.10.00
4500 5	Youth (15/Under)		
1500m Freestyle	Senior (16/Over)		
FO De distriction	Youth (15/Under)	43.08	43.94
50m Backstroke	Senior (16/Over)	41.36	43.08
400 B I I I	Youth (15/Under)	1.30.67	1.32.48
100m Backstroke	Senior (16/Over)	1.27.05	1.30.67
200 - De electroles	Youth (15/Under)	3.15.29	3.19.19
200m Backstroke	Senior (16/Over)	3.07.48	3.15.29
COm Description	Youth (15/Under)	48.15	49.11
50m Breaststroke	Senior (16/Over)	46.23	48.15
100m Property les	Youth (15/Under)	1.44.04	1.46.12
100m Breaststroke	Senior (16/Over)	1.39.88	1.44.04
200m Propotation	Youth (15/Under)	3.45.71	3.50.22
200m Breaststroke	Senior (16/Over)	3.36.69	3.45.71
COmp Divistantly	Youth (15/Under)	39.05	39.83
50m Butterfly	Senior (16/Over)	37.49	39.05
100m Duttoufly	Youth (15/Under)	1.28.25	1.30.01
100m Butterfly	Senior (16/Over)	1.24.72	1.28.25
200m Buttorfly	Youth (15/Under)	3.15.92	3.19.83
200m Butterfly	Senior (16/Over)	3.08.09	3.15.92
100m IM	Youth (15/Under)	1.31.88	1.33.20
100m IM	Senior (16/Over)	1.27.73	1.31.88
200m IM	Youth (15/Under)	3.13.52	3.17.39
200m IM	Senior (16/Over)	3.05.78	3.13.52
400m IN4	Youth (15/Under)	6.56.01	7.04.33
400m IM	Senior (16/Over)	6.39.37	6.56.01

	TOTAL
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Secretary	
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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.