

REGIONAL LC QUALIFYING MEET (3 Opportunities)

Run over 2 days

Date : 16 & 17 February 2019

Venue : UL

Times : Warm Up; Session 1 Sat 12 noon Start 1pm

Warm Up: Session 3 Sun 9am. Start 10am

Warm up times for Session 2 & 4 will be advised when entries have been received.

Fees : €6 per event.

Write Gala Date, Name and Events on the outside of envelope, Money Inside, Seal and post in the Postbox at the pool reception area before

Wednesday the 23rd of January 2019

Entries without fees and LATE ENTRIES NOT BE ACCEPTED.

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 2018) 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.

All times should be submitted as either LC or SC as they were achieved, and will be converted on receipt of entries.

All events will be HDW

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 2

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

Session 3

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

Session 4

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

In the event of the meet being oversubscribed the organisers may have to restrict heats.
This will be done by rejecting the slowest swimmers in each age group.

BOYS	Consideration Times			Cut off
EVENT	2007/08	2005/06	2004 +	
	LC	LC	LC	
50m Free	39.21	36.51	35.16	24.94
100 Free	1.25.14	1.19.27	1.16.33	57.66
200 Free	3.07.37	2.54.45	2.47.99	2.06.32
400 Free	6.59.54	6.21.14	6.06.63	4.32.50
1500/800 F/C	26.41.18	24.58.77	24.07.93	18.22.08
100 Back	1.40.82	1.33.91	1.29.85	1.07.19
200 Back	3.37.49	3.22.50	3.14.99	2.25.00
100 Breast	1.50.79	1.43.08	1.40.47	1.15.83
200 Breast	4.12.86	3.55.43	3.46.61	2.51.58
100 Fly	1.32.26	1.25.90	1.22.72	1.04.15
200 Fly	3.36.64	3.21.70	3.14.24	2.24.00
200 IM	3.31.20	3.16.90	3.07.20	2.25.21
400 IM	7.36.99	7.05.49	6.49.73	5.10.24
GIRLS	Consideration Times			Cut Off
EVENT	2007/08	2005/06	2004+	
	LC	LC	LC	
50m Free	43.94	40.92	39.41	28.49
100 Free	1.35.16	1.27.66	1.24.41	1.01.91
200 Free	3.23.36	3.09.32	3.02.51	2.16.76
400 Free	7.10.94	6.41.22	6.26.36	4.52.03
1500/800 F/C	14.31.00	13.31.90	13.02.40	9.54.41
100 Back	1.47.46	1.39.11	1.35.45	1.11.23
200 Back	3.49.28	3.33.47	3.25.57	2.35.41
100 Breast	2.04.28	1.55.72	1.51.43	1.20.50
200 Breast	4.26.54	4.08.19	3.59.53	3.00.00
100 Fly	1.43.09	1.35.98	1.32.43	1.11.00
200 Fly	3.48.86	3.33.08	3.25.20	2.39.88
200 IM	3.46.30	3.30.90	3.23.40	2.36.00
400 IM	8.11.42	7.37.53	7.20.58	5.39.47