



LIMERICK INVITATIONAL MEET – Cadet

APRIL 27TH, 2019

HOSTED BY LIMERICK SWIMMING CLUB

Licence Number 2S-18/19-M025

Date: 27th April, 2019
Venue: UL Sports Arena, Limerick
Format: Short Course (SC)
Age: Age up - 31st December 2019 (year of birth).
Fees: €5.00 per individual event / €15 per relay team / Skills event free.

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Write Gala Date, Name and Events on the outside of envelope, Money Inside, Seal and post in the Postbox at the pool reception
Closing Date 30th March 2019

Entries without fees will not be accepted
LATE ENTRIES WILL NOT BE ACCEPTED.

Scratches: Friday 19th April, 2019 AT 6pm.

To facilitate the smooth and timely running of the gala, no entries will be accepted on the day.





Meet Conditions

1. Swimmers must be members of Swim Ireland & Swim Ireland Rules will apply.
2. Heats will be run as an open event based on each swimmer's entry time in 10 lane formats.
3. All events will be H.D.W.
4. Medals will be awarded in all individual events for 9, 10, 11, 12, 13 & 14 age groups
5. Swimmers must be at least 9 years of age to compete in this gala and not older than 14.
6. Swimmers will be limited to a total of **4 individual swims plus 1 skills & 1 relay.**
7. **Relays:**
 - 200 F/C Female & F/C Male: 2 of the 4 swimmers must be 12 and under.
 - 200 Mixed IM: 2 female, 2 male & 2 of the 4 swimmers must be 12 and under.
 - 200 Mixed F/C: 2 female, 2 male & 2 of the 4 swimmers must be 12 and under.
8. **Skills:** swimmers must be 11 and under.
9. There are **Cut-Off times** for all individual events.
10. Swimmers with No Times (NTs) will be accepted. All other entry times must be official times and may be verified on the National database.
11. In the event of the meet being oversubscribed the organisers may have to restrict the number of heats in events. You will be notified of any changes one week before the gala.
12. The host club reserves the right to enter some swimmers outside the qualifying criteria.
13. Session times may change depending on entries. You will be notified of changes one week before the gala.
14. Qualification standards will be waived for swimmers with disabilities.
15. Restrictions on personnel poolside will be enforced to ensure safety & effective running of the gala.
16. All competing clubs will be asked to provide **officials**. The number required will be advised two weeks in advance, the maximum will be four per session. Clubs must indicate on their scratch sheets the person who is responsible for their swimmers for the competition and also, list officials.





ORDER OF EVENTS

Session 1 - Saturday 12.45 – 2.30	
Warm-up 12.00, 30 mins male female mixed, start 12.45am, 15 min break after Relays	
1	Female 100 Freestyle
2	Male 100 Freestyle
3	Female 50 Breaststroke
4	Male 50 Breaststroke
5	Female 100 Backstroke
6	Male 100 Backstroke
7	Female 50 Butterfly
8	Male 50 Butterfly
9	Female 100 IM
10	Male 100 IM
11	Female F/C 200 Relay
12	Male F/C 200 Relay

Session 2 - Saturday 3.00 – 5.00	
Start 3.00pm	
13	Female 100 Breaststroke
14	Male 100 Breaststroke
15	Female 50 Backstroke
16	Male 50 Backstroke
17	Female 100 Butterfly
18	Male 100 Butterfly
19	Female 50 Freestyle
20	Male 50 Freestyle
21	Skills Event 1 - Push & Glide (Absolutely no kicking)
22	Skills Event 2 - Underwater Fly Kick (Holding a baton to eliminate movement)
23	Mixed Relay: 200 IM
24	Mixed Relay: 200 Freestyle





CUT-OFF TIMES

Limerick Invitational Meet - Cadet Cut-Off Entry Times				
Event	MALE			
	Age 9	Age 10-11	Age 12-13	Age 14
50 Free	40.00	38.07	35.45	34.14
100 Free	1.25.00	1.22.67	1.16.97	1.14.12
50 Back	46.00	44.00	41.00	39.41
100 Back	1.40.00	1.37.90	1.31.19	1.27.24
50 Breast	50.00	48.00	45.00	42.07
100 Breast	1.49.00	1.46.91	1.39.47	1.36.95
50 Fly	46.00	43.00	39.00	35.93
100 Fly	1.35.00	1.31.15	1.24.87	1.21.73
100 IM	1.40.00	1.36.66	1.30.00	1.26.67

Limerick Invitational Meet - Cadet Cut-Off Entry Times				
Event	FEMALE			
	Age 9	Age 10-11	Age 12-13	Age 14
50 Free	45.00	43.15	40.18	38.70
100 Free	1.35.00	1.32.45	1.26.08	1.22.90
50 Back	50.00	48.00	46.00	44.80
100 Back	1.49.00	1.46.17	1.37.92	1.34.30
50 Breast	55.00	53.50	51.50	50.08
100 Breast	2.03.00	2.00.68	1.52.36	1.48.20
50 Fly	50.00	47.00	44.00	40.61
100 Fly	1.46.00	1.42.37	1.35.31	1.31.78
100 IM	1.50.00	1.46.00	1.38.69	1.35.04

Swimmers who have achieved the cut-off time in an event are not eligible to swim in the event where the time has been achieved.

