

REGIONAL LC QUALIFYING MEET

Run over 2 days

Date: 6 & 7 April 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.

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 Tuesday 12th March 2019

Fees: €6 per event.

Entries without fees and LATE ENTRIES

NOT BE ACCEPTED.

Swimmers may enter in events in which they qualify (to a maximum of 6 events).

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. There are SC and LC consideration times for this meet. SC entries will be seeded in the first heats. **Conversions will NOT be accepted.**

Swimmers who fail to scratch by the designated time, but do not swim an event will be fined €50 per event not swum.

One set of medals will be presented in each event i.e. one gold, one silver, one bronze.

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 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 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 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 in some events. This will be done by rejecting the swimmers who have qualified for the Irish Summer Open in that event followed by the slowest swimmers in each age group.

BOYS	Consideration Times					
EVENT	2007/08		2005/06		2004 +	
	LC		LC		LC	
50m Free	39.21		36.51		35.16	
100 Free	1.25.14		1.19.27		1.16.33	
200 Free	3.07.37		2.54.45		2.47.99	
400 Free	6.59.54		6.21.14		6.06.63	
1500/800 F/C	26.41.18		24.58.77		24.07.93	
100 Back	1.40.82		1.33.91		1.29.85	
200 Back	3.37.49		3.22.50		3.14.99	
100 Breast	1.50.79		1.43.08		1.40.47	
200 Breast	4.12.86		3.55.43		3.46.61	
100 Fly	1.32.26		1.25.90		1.22.72	
200 Fly	3.36.64		3.21.70		3.14.24	
200 IM	3.31.20		3.16.90		3.07.20	
400 IM	7.36.99		7.05.49		6.49.73	
GIRLS	Consideration Times					
EVENT	2007/08		2005/06		2004+	
	LC		LC		LC	
50m Free	43.94		40.92		39.41	
100 Free	1.35.16		1.27.66		1.24.41	
200 Free	3.23.36		3.09.32		3.02.51	
400 Free	7.10.94		6.41.22		6.26.36	
1500/800 F/C	14.31.00		13.31.90		13.02.40	
100 Back	1.47.46		1.39.11		1.35.45	
200 Back	3.49.28		3.33.47		3.25.57	
100 Breast	2.04.28		1.55.72		1.51.43	
200 Breast	4.26.54		4.08.19		3.59.53	
100 Fly	1.43.09		1.35.98		1.32.43	
200 Fly	3.48.86		3.33.08		3.25.20	
200 IM	3.46.30		3.30.90		3.23.40	
400 IM	8.11.42		7.37.53		7.20.58	