



## LIMERICK INVITATIONAL MEET – Distance

**APRIL 28<sup>TH</sup>, 2019**

**HOSTED BY LIMERICK SWIMMING CLUB**

Licence Number 3L-18/19-MXXX

- Date:** 28<sup>th</sup> April, 2019
- Venue:** UL Sports Arena, Limerick
- Format:** Distance Events - Long Course (LC)
- Entries:** Entries on Hy-Tek - please email [limswimdistanceinv@gmail.com](mailto:limswimdistanceinv@gmail.com)  
Electronic timing will be used throughout the gala.
- Age:** Age up - 31st December 2019 (year of birth).
- Fees:** €7.00 per event for 200m and 400m.  
€10 for 800m  
€15 for 1500m

**Write Gala & Date,**

**Swimmers Name and Events on the outside of envelope, Money Inside,  
Seal and Post in the Postbox at the pool reception**

**Closing Date Sunday 31<sup>st</sup> of March 2019**

**Entries without fees and LATE ENTRIES**

**NOT BE ACCEPTED.**

**Scratches:** **Friday 19<sup>th</sup> 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. One start rule will apply for this gala.
3. Heats will be run as an open event based on each swimmer's entry time in 10 lane formats.
4. All events will be H.D.W.
5. Medals will be awarded in all individual events for 11&U, 12-13, 14-15, 16&O age groups
6. Swimmers must be at least 10 years of age to compete in this gala.
7. There are **Qualifying Times for 200 F/C and 200 I.M. events. All other events are Cut-Off times.**
8. No Times (NTs) will be accepted. All other entry times must be official times and may be verified on the National database.
9. Swimmers will be limited to a total of **4 individual swims.**
10. SC times converted to LC for both Qualifying and Cut-off Times will be accepted.
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 who are classified through Paralympics Ireland.
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 at least one official per four swimmers per session, up to a maximum of four officials per session.** Clubs must indicate on their scratch sheets the person who is responsible for their swimmers for the competition, and also list officials. **No officials, no gala.**





## ORDER OF EVENTS

<b>Session 1 - Sunday Morning</b>	
<b>Warm-up 9am, start 10am, 45mins male female mixed</b>	
1	Male 800 Free
2	Female 800 Free
3	Male 200 Butterfly
4	Female 200 Butterfly
5	Male 200 IM
6	Female 200 IM
7	Male 200 Backstroke
8	Female 200 Backstroke
9	Male 400 Free
10	Female 400 Free

<b>Session 2 - Sunday Afternoon</b>	
<b>Warm-up 1pm, start 2pm, 45mins male female mixed</b>	
11	Male 400 IM
12	Female 400 IM
13	Male 200 Free
14	Female 200 Free
15	Male 200 Breaststroke
16	Female 200 Breaststroke
17	Male 1500 Free
18	Female 1500 Free



## QUALIFYING AND CUT-OFF TIMES

Limerick Invitational Meet - Distance April 28th 2019					
MALE					
Event		11 & Under	12 - 13	14 - 15	16 & Over
200 Free	<b>Qualifying Time</b>	2.59.38	2.45.75	2.35.13	2.26.84
400 Free	Cut-off Time	5.50.77	5.08.90	4.47.52	4.33.55
800 Free	Cut-off Time	11.54.66	10.34.24	9.41.13	9.12.90
1500 Free	Cut-off Time	22.59.56	20.09.71	18.59.08	18.11.48
200 Back	Cut-off Time	3.08.28	2.44.13	2.33.42	2.23.44
200 Breast	Cut-off Time	3.37.40	3.11.24	2.59.81	2.44.14
200 Fly	Cut-off Time	3.22.09	2.52.18	2.35.91	2.24.31
200 IM	<b>Qualifying Time</b>	3.20.60	3.06.94	2.55.84	2.48.27
400 IM	Cut-off Time	6.43.52	5.58.89	5.23.33	5.09.48

Limerick Invitational Meet - Distance April 28th 2019					
FEMALE					
Event		11 & Under	12 - 13	14 - 15	16 & Over
200 Free	<b>Qualifying Time</b>	2.59.50	2.48.65	2.41.95	2.35.15
400 Free	Cut-off Time	6.18.16	5.13.46	4.59.85	4.48.61
800 Free	Cut-off Time	12.13.40	11.28.22	11.04.16	10.39.01
1500 Free	Cut-off Time	23.06.62	21.44.09	20.58.49	20.11.01
200 Back	Cut-off Time	3.12.22	2.48.53	2.40.86	2.34.30
200 Breast	Cut-off Time	3.47.93	3.14.97	3.03.56	2.56.14
200 Fly	Cut-off Time	3.21.61	2.56.34	2.50.31	2.39.68
200 IM	<b>Qualifying Time</b>	3.21.26	3.12.08	3.03.18	2.57.25
400 IM	Cut-off Time	6.50.96	6.05.13	5.47.86	5.35.52

