

MUNSTER/ CONNACHT LC CHAMPIONSHIPS 2019

DATES : 31st. May 1st & 2nd. June 2019

VENUE : UL

TIMES : Warm Up Friday 6 p.m. Start 6.45p.m.

Warm Up Sat & Sun 9.00 a.m. Start 10.00 a.m.

FEES : € 7.00 per individual event, €20.00 per relay event. 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 Saturday 20th April 2019

Entries without fees and LATE ENTRIES

NOT BE ACCEPTED.

QUALIFYING TIMES : Qualifying times are LC, but SC times will be accepted. However, these should be entered as SC, and will be converted upon receipt.

Scratches : Scratches for Session 1 must be done at least 45 minutes prior to the start of the session. Scratches for Session 2 must be done at least 45 minutes prior to the start of the session. Scratches for subsequent sessions will be prior to the finals of the previous session. (i.e. Scratches for Saturday pm – Session 4 must be done prior to the start of Session 3 – see sessions below)

Failure to scratch swimmers will result in a fine of €50 per event.

Swimmers must qualify in all events in which they wish to enter.

Finals will be held in 50m and 100m events ONLY. Events in which there are 10 or less entrants will be HDW and will be swum with the finals.

Medals will be presented in 11/12, 13/14, 15/16 and 17 and over age groups.

Please note that while there are consideration and qualifying times for this meet, it may be necessary to reduce the number to enable to meet to comply with licence rules. This will be done by eliminating the slower swimmers in each age group. We apologise in advance for any inconvenience this may cause. Please also note that once eliminations have been done these will be final and no other changes will be accepted.

MALE	Qualifying Time	Consideration Times	Event	FEMALE	Qualifying Time	Consideration Times
2007/08	36.27	37.85	50m Freestyle	2007/08	36.95	38.56
2005/06	34.16	35.65		2005/06	34.75	36.26
2003/04	31.01	32.36		2003/04	33.30	34.75
2002 +	28.67	29.92		2002 +	32.75	34.17
2007/08	1.15.81	1.19.11	100m Freestyle	2007/08	1.18.25	1.21.65
2005/06	1.12.19	1.15.28		2005/06	1.14.30	1.17.52
2003/04	1.07.38	1.10.26		2003/04	1.13.72	1.15.99

2002 +	1.03.84	1.06.62	200m Freestyle	2002 +	1.10.58	1.13.64
2007/08	2.45.84	2.53.05		2007/08	2.48.93	2.52.28
2005/06	2.35.73	2.43.57		2005/06	2.42.34	2.49.40
2003/04	2.30.86	2.35.73		2003/04	2.37.89	2.44.76
2002 +	2.22.51	2.28.71		2002 +	2.34.56	2.41.28
MALE	QUALIFYING TIME	Consideration Times	400m Freestyle	FEMALE	QUALIFYING TIME	Consideration Times
2007/08	5.55.24	6.10.8		2007/08	6.02.47	6.16.14
2005/06	5.40.21	5.55.05		2005/06	5.47.23	6.01.27
2003/04	5.19.12	5.32.90		2003/04	5.40.75	5.55.57
2002 +	5.14.57	5.28.25		2002 +	5.27.30	5.46.32
2007/08	MAX 1 HEAT		800m Freestyle	2007/08	MAX 1 HEAT	
2005/06				2005/06		
2003/04	MAX 1 HEAT			2003/04	MAX 1 HEAT	
2002 +	MAX 1 HEAT			2002 +	MAX 1 HEAT	
2007/08	MAX 1 HEAT		1500m Freestyle	2007/08	MAX 1 HEAT	
2005/06				2005/06		
2003/04	MAX 1 HEAT			2003/04	MAX 1 HEAT	
2002 +	MAX 1 HEAT			2002 +	MAX 1 HEAT	
2003/04	34.05	35.53	50m Backstroke	2003/04	37.58	41.23
2002 +	34.05	35.53		2002 +	37.58	41.23
2007/08	1.29.40	1.33.14	100m Backstroke	2007/08	1.30.21	1.34.13
2005/06	1.25.46	1.29.14		2005/06	1.26.54	1.30.30
2003/04	1.19.53	1.22.99		2003/04	1.24.52	1.28.20
2002 +	1.16.30	1.19.72		2002+	1.22.02	1.25.59
2007/08	3.08.74	3.16.95	200m Backstroke	2007/08	3.13.80	3.23.23
2005/06	3.03.01	3.10.97		2005/06	3.07.24	3.15.48
2003/04	2.53.10	3.00.63		2003/04	3.01.02	3.08.89
2002 +	2.44.95	2.52.12		2002 +	2.57.40	3.05.16
2003/04	36.92	38.53	50m Breaststroke	2003/04	41.97	43.80
2002 +	36.92	38.53		2002 +	41.97	43.80
2007/08	1.43.06	1.47.54	100m Breaststroke	2007/08	1.45.64	1.50.30
2005/06	1.37.86	1.42.12		2005/06	1.41.16	1.44.69
2003/04	1.31.80	1.35.91		2003/04	1.37.42	1.41.66
2002 +	1.24.39	1.29.10		2002 +	1.32.81	1.36.85
2007/08	3.40.03	3.49.60	200m Breaststroke	2007/08	3.44.56	3.56.32
2005/06	3.32.38	3.41.61		2005/06	3.41.89	3.51.53
2003/04	3.20.56	3.28.24		2003/04	3.28.97	3.38.06
2002 +	3.08.75	3.16.96		2002 +	3.20.60	3.31.36
2003/04	30.95	32.30	50m Butterfly	2003/04	34.98	36.50
2002 +	30.95	32.30		2002 +	34.98	36.50
2007/08	1.29.82	1.33.73	100m Butterfly	2007/08	1.31.83	1.35.92
2005/06	1.25.21	1.28.92		2005/06	1.28.03	1.31.86
2003/04	1.17.19	1.20.55		2003/04	1.22.18	1.26.75
2002 +	1.13.36	1.16.03		2002 +	1.19.96	1.23.44
2007/08	3.17.99	3.26.50	200m Butterfly	2007/08	3.22.78	3.31.60
2005/06	3.06.67	3.15.19		2005/06	3.18.41	3.27.07
2003/04	2.51.28	2.58.73		2003/04	3.08.85	3.17.06
2002 +	2.45.95	2.43.17		2002 +	3.03.62	3.11.60
2007/08	3.11.36	3.19.68	200m IM	2007/08	3.13.95	3.22.38
2005/06	3.03.45	3.11.43		2005/06	3.08.67	3.16.87
2003/04	2.52.89	3.03.39		2003/04	2.59.11	3.06.89
2002 +	2.45.32	2.52.51		2002 +	2.58.08	3.05.72
2007/08	6.52.82	7.10.77	400m IM	2007/08	6.59.89	7.18.15
2005/06	6.39.13	6.56.59		2005/06	6.48.73	7.06.50
2003/04	6.00.12	6.15.78		2003/04	6.32.89	6.49.87
2002 +	5.55.89	6.11.36		2002 +	6.25.84	6.42.62

Day 1 – Friday 31 st , May 2019	Day 2 - Saturday 1 st , June 2019	Day 2 – Sunday 2 nd , June 2019
Session 1: Combined Heats 30 Minute Warm-Up	Session 2: Combined Heats 45 Minute Warm-Up	Session 6: Combined Heats 45 Minute Warm-Up
Mixed 400m Medley Relay HDW (11 -14, 15/Over) Male 1500m Freestyle HDW (11/12, 13/14, 15/16, 17/Over) Female 800m Freestyle HDW (11/12, 13/14, 15/16, 17/Over)	Female 800m Freestyle Relay HDW (11- 14, 15/Over) Male 200m IM HDW (11/12, 13/14, 15/16, 17/Over) Female 200m Backstroke HDW (11/12, 13/14, 15/16, 17/Over) Male 200m Breaststroke HDW (11/12, 13/14, 15/16, 17/Over) Female 100m Breaststroke Male 100m Backstroke Female 50m Butterfly (15/16 &17/Over Only) Male 50m Freestyle Female 400m Freestyle HDW (11/12, 13/14, 15/16, 17/Over)	Male 800m Freestyle Relay HDW (11 -14 &15/Over) Female 200m IM HDW (11/12, 13/14, 15/16, 17/Over) Male 200m Backstroke HDW (11/12, 13/14, 15/16, 17/Over) Female 200m Breaststroke HDW (11/12, 13/14, 15/16, 17/Over) Male 100m Breaststroke Female 100m Backstroke Male 50m Butterfly (15/16& 17/Over Only) Female 50m Freestyle Male 400m Freestyle HDW (11/12, 13/14, 15/16, 17/Over)
	Session 3: Finals & Presentations No Warm-Up	Session 7: Finals & Presentations No-Warm-Up
	Female 100m Breaststroke (11/12, 13/14, 15/16, 17/Over) Male 100m Backstroke (15 years ; 16 years ; 17/Over) Female 50m Butterfly (15/16 &17/Over) Male 50m Freestyle (11/12, 13/14, 15/16, 17/Over)	Male 100m Breaststroke (11/12, 13/14, 15/16, 17/Over) Female 100m Backstroke (11/12, 13/14, 15/16, 17/Over) Male 50m Butterfly (15/16 & 17/Over) Female 50m Freestyle (11/12, 13/14, 15/16, 17/Over)
	Session 4: Combined Heats 45 Minute Warm-Up	Session 8: Combined Heats 45 Minute Warm-Up
	Male 400m Freestyle Relay HDW (11-14, 15 & Over) Female 400m Freestyle Relay HDW (11-14, 15 & Over) Male 200m Freestyle HDW (11/12, 13/14, 15/16, 17/Over) Female 200m Butterfly HDW (11/12, 13/14, 15/16, 17/Over) Male 100m Butterfly Female 100m Freestyle Male 50m Breaststroke (15/16,&17/Over Only) Female 50m Backstroke (15/16& 17/Over Only) Male 400m IM HDW (11/12, 13/14, 15/16, 17/Over)	Female 400m Medley Relay HDW (11-14, 15/Over) Male 400m Medley Relay HDW (11-14, 15/Over) Female 200m Freestyle HDW (11/12, 13/14, 15/16, 17/Over) Male 200m Butterfly HDW (11/12, 13/14, 15/16, 17/Over) Female 100m Butterfly Male 100m Freestyle Female 50m Breaststroke (15/16 &17/Over Only) Male 50m Backstroke (15/16 &17/Over Only) Female 400m IM HDW (11/12, 13/14, 15/16, 17/Over)
	Session 5: Finals & Presentations No Warm-Up	Session 9: Finals & Presentations No Warm-Up
	Male 100m Butterfly (11/12, 13/14, 15/16, 17/Over) Female 100m Freestyle (11/12, 13/14, 15/16, 17/Over) Male 50m Breaststroke (15/16,&17/Over Only) Female 50m Backstroke (15/16,&17/Over Only) Male 800m Freestyle HDW (11/12, 13/14, 15/16, 17/Over)	Female 100m Butterfly (11/12, 13/14, 15/16, 17/Over) Male 100m Freestyle (11/12, 13/14, 15/16, 17/Over) Female 50m Breaststroke (15/16 &17/Over) Male 50m Backstroke (15 /16 &17/Over) Female 1500m Freestyle HDW