



# Sundays Well Swimming Club

## Michael Bowles Invitational 2019

Swim Ireland Level 3 Gala  
Date: 8th - 9th June 2019





# Michael Bowles Invitational Gala 2019

## **Meet Information:**

**Date:** 8<sup>th</sup> – 9<sup>th</sup> June 2019.

**Venue:** Gus Healy Swimming Pool, Douglas, Cork, Ireland T12 XK06.

**Age Groups:** Age Groups below. Age as on the 31<sup>st</sup> December 2019.

**Entry Fees:** €7.00 per individual event and €20.00 per relay event.

### **Swim Ireland Level 3 Gala:**

Swim Ireland Licence Number: 3S – 18/19 – M029

Under Swim Ireland and F.I.N.A rules.

Electronic timing will be used throughout the competition.

Active HY-TEK Meet Mobile App will be used throughout the competition.

Scratches for the weekend must be completed during Warm Up on Saturday AM.

**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 Wednesday 15th May 2019**

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

### **Eoin Deasy Memorial Cup:**

The Eoin Deasy Memorial Cup will be presented by the Deasy Family to the best overall athlete. The Cup is in memory of their son Eoin and also in recognition of their dedication and contribution to SWSC over many years.





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## **Meet Conditions:**

1. Swimmers must be members of Swim Ireland & Swim Ireland Rules will apply. SI registration Numbers MUST be included with all entries.
2. One Start rule will apply for this gala.
3. Heats will be run as open events according to fastest time and will all be run as heat declared winner events, with the fastest heats swimming last.
4. Swimmers must be at least 9 years of age to compete at this gala.
5. Medals will be awarded in all individual events in age groups according to the table attached (Table 1).

Age Groups
Boys & Girls
12 & Under
13 - 14
15 - 16
17 & Over

Table 1

6. Swimmers will be limited to 6 individual swim events over the two days.
7. Swimmers who qualify for one 100-meter event are entitled to pick any two bonus events. (Excluding 800- & 1500-meter events)
8. Should there be time constraints SWSC has the right to limit the number of entries to oversubscribed events. Entries for 1500FC and 800FC will be limited to ensure compliance with SI rules. Clubs will be informed of accepted entries prior to the gala. Swimmers should not include these events in the 6 permitted events.
9. Entry times must be official times.
10. The Michael Bowles cup will be awarded to the best overall Club. There will also be a Trophy presented to the best visiting Club. Points for these trophies will be awarded as follows 1st. – 6 points, 2nd. – 5 points, 3rd. – 4 points etc. Double points will be awarded for relays.



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## Order of Events

<b>Session 1 Saturday Morning Warm-up 8am (20mins females followed by 20 mins males) start 9:00am</b>	<b>Session 3 Sunday Morning Warm-Up 8am (20mins males followed by 20 mins females) start 9:00am</b>
1. 200m Freestyle Female	25. 400m Freestyle Male
2. 400m IM Male	26. 200m IM Female
3. 50m Freestyle Female	27. 50m Breaststroke Male
4. 50m Freestyle Male	28. 50m Breaststroke Female
5. 100m Backstroke Female	29. 100m Freestyle Male
6. 100m Backstroke Male	30. 100m Freestyle Female
7. 200m Breaststroke Female	31. 200m Butterfly Male
8. 200m Breaststroke Male	32. 200m Butterfly Female
9. 100m IM Female	33. 100m IM Male
10. 800m Freestyle Mixed	34. 1500m Freestyle Mixed
<b>Session 2 Saturday Afternoon start 2:00pm Warm-up during lunch break, swimmers must be supervised by a coach.</b>	<b>Session 4 Sunday Afternoon start 2:00pm Warm-up during lunch break, swimmers must be supervised by a coach.</b>
11. 400m IM Female	35. 200 IM Male
12. 200m Freestyle Male	36. 400m Freestyle Female
13. 50m Backstroke Female	37. 50m Butterfly Male
14. 50m Backstroke Male	38. 50m Butterfly Female
15. 100m Butterfly Female	39. 100m Breaststroke Male
16. 100m Butterfly Male	40. 100m Breaststroke Female
17. 200m Backstroke Female	41. 200m Freestyle Relay Male (13 & Under)
18. 200m Backstroke Male	42. 200m Freestyle Relay Female (13 & Under)
19. 200m Medley Relay Female (13 & Under)	43. 200m Freestyle Relay Male (14-15)
20. 200m Medley Relay Male (13 & Under)	44. 200m Freestyle Relay Female (14-15)
21. 200m Medley Relay Female (14-15)	45. 200m Freestyle Relay Male (16 & Over)
22. 200m Medley Relay Male (14-15)	46. 200m Freestyle Relay Female (16 & Over)
23. 200m Medley Relay Female (16 & Over)	47. Mixed 8x50 Freestyle Relay
24. 200m Medley Relay Male (16 & Over)	



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## Qualification Standards

Male	12 & Under	13 - 14	15 - 16	17 & over
100FC	01:20.5	01:14.8	01:09.0	01:05.6
200FC	02:57.6	02:44.9	02:31.2	02:23.6
400FC	06:14.9	05:48.1	05:21.3	05:05.3
100BC	01:30.7	01:24.2	01:17.7	01:13.8
200BC	03:21.5	03:07.1	02:52.8	02:44.1
100BRS	01:41.6	01:34.4	01:27.2	01:22.8
200BRS	03:45.9	03:29.7	03:13.6	03:03.9
100FLY	01:30.8	01:24.3	01:17.8	01:13.9
200FLY	03:22.1	03:07.7	02:53.3	02:44.6
100IM	01:29.3	01:23.1	01:16.7	01:12.9
200IM	03:23.4	03:08.9	02:54.4	02:45.7
400IM	07:19.4	06:48.0	06:16.6	05:57.8
Female	12 & Under	13 - 14	15 - 16	17 & over
100FC	01:26.6	01:20.4	01:14.2	01:10.5
200FC	03:09.8	02:56.2	02:42.7	02:34.6
400FC	06:45.3	06:16.4	05:47.4	05:30.0
100BC	01:36.6	01:29.7	01:22.8	01:18.7
200BC	03:29.7	03:14.7	02:59.8	02:50.8
100BRS	01:52.2	01:44.3	01:36.3	01:31.5
200BRS	04:04.3	03:46.9	03:29.4	03:19.0
100FLY	01:40.0	01:32.8	01:25.7	01:21.4
200FLY	03:38.5	03:22.2	03:05.9	02:56.6
100IM	01:34.4	01:27.7	01:21.0	01:16.9
200IM	03:34.6	03:19.3	03:04.0	02:54.8
400IM	07:48.2	07:14.2	06:41.3	06:21.2

Male	Event	Female
36.68	50FC	40.32
40.32	50BC	44.38
43.82	50BS	50.12
38.59	50Fly	42.42
10:34.9	800FC	10:52.4
20:25.4	1500FC	20:58.4