

REGIONAL SC QUALIFYING MEET

Run over 2 days

VENUE : UL DATE : 19th & 20th October 2019
TIME : Saturday Warm Up 11.30am Start 12.30pm
Sunday Warm Up 09.00 a.m. Start 10.00 a.m.

ENTRIES : **Write Gala Date, Name and Events on the outside of the envelope, Money Inside, Seal and post in the Postbox at the pool reception**

Closing Date: Thursday 3rd 2019 Entries without fees will not be accepted LATE ENTRIES WILL NOT BE ACCEPTED.

FEES : **€6.00 per event.**

ENTRIES RECEIVED AFTER THE CLOSING DATE WILL NOT BE ACCEPTED.

CONDITIONS : 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.

Medals will be presented in 10/11, 12/13, 14+ in individual events.

ALL EVENTS WILL BE HEAT DECLARED WINNER.

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

Session 3

15. Girls 1500m Freestyle
16. Boys 400m Ind. Medley
17. Girls 100m Breaststroke
18. Boys 100m Freestyle
19. Girls 200m Butterfly
20. Boys 100m Backcrawl

Session 2

7. Boys 400m Freestyle
8. Girls 200m Ind. Medley
9. Boys 200m Backcrawl
10. Girls 100m Butterfly
11. Boys 200m Freestyle
12. Girls 200m Breaststroke
13. Boys 100m Ind. Medley
14. 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 100m Ind. Medley
28. Boys 800m Freestyle

Regional Qualifier Consideration Times (SC)



Munster

In addition to fulfilling the criteria to be a Regional Qualifier swimmer, swimmers are also subject to the following SC consideration times when entering events at Regional Qualifying standard competitions

BOYS

GIRLS

Dev 2 – Regional Qualifying 10-11yrs (2008-2009)	Dev 2 – Regional Qualifying 12-13yrs (2006-2007)	Dev 2 – Regional Qualifying 14+ (2005+)	<u>All times in short course (SC) format in this table</u> EVENT	Dev 2 – Regional Qualifying 10-11yrs (2008-2009)	Dev 2 – Regional Qualifying 12-13yrs (2006-2007)	Dev 2 – Regional Qualifying 14+ (2005+)
1:29.55 S	1:25.81 S	1:22.98 S	100 Backstroke	1:33.01 S	1:29.13 S	1:25.50 S
3:20	3:10	2:55	200 Backstroke	3:28	3:18	3:05
1:43.78 S	1:39.45 S	1:34.43 S	100 Breaststroke	1:45.68 S	1:41.28 S	1:37.92 S
3:42	3:33	3:14	200 Breaststroke	3:51	3:41	3:22
1:32.61 S	1:28.74 S	1:22.70 S	100 Butterfly	1:36.35 S	1:33.17 S	1:27.42 S
3:37	3:22	3:02	200 Butterfly	3:44	3:29	3:09
1:18	1:13	1:10	100 Freestyle	1:24	1:19	1:16
2:49.07 S	2:43.40 S	2:34.09 S	200 Freestyle	2:54.16 S	2:46.90 S	2:40.40 S
6:15	5:55	5:15	400 Freestyle	6:23	6:08	5:28
12:25	12:10	11:25	800 Freestyle	12:40	12:25	11:40
22:50	21:50	20:50	1500 Freestyle	22:50	22:05	21:05
1:26	1:24	1:22	100 IM	1:30	1:28	1:26
3:11.20 S	3:04.07 S	2:59.50 S	200 IM	3:16.90 S	3:11.90 S	3:06.60 S1
6:50	6:40	6:20	400 IM	7:00	6:50	6:30