

Munster SC Championships 2019

Venue: Nov 2 & 3

Swim Warm up 12pm Start

Venue: IS

Closing Date:

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

Closing Date: Before Tuesday 22nd March 2019

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

Competition Criteria

Swimmers must qualify in the events in which they wish to enter. However, swimmers who have qualified in one event (SW) may enter two bonus events, and swimmers who qualify in two events may also enter one bonus event. Bonus events do NOT include 400m, 800m or 1500m events.

Swimmers who qualify for 800m freestyle may also enter 1500m Freestyle and vice versa. Training Times should be entered in either of these events when qualifying through this method (see yellow, below).

Swimmers who hold the qualifying time for either event will be given priority over those without the stated qualifying time in the event of an over-subscribed event.

- All qualifying times must have been achieved within the last 12 months.
- SC and IC times may be used for qualifying but SC times will be placed in the faster heats than IC times. If using IC times these must be entered as such and conversions will NOT be accepted.
- Training times and NTs will not be accepted.

Cost: €7.00 per event

€20 per relay

Events in which there are 10 or less entrants will be HON and will be swum with the finals.

QT - Qualifying Time

CT - Consideration Time

MNUJ				Event	POMNUJ			
2009+ (20 & U)		2000 - (17 & U)			2009+ (20 & U)		2004+ (15 & U)	
QT	CT	QT	CT		QT	CT	QT	CT
00:00	01:40	01:30	01:00	50m Freestyle	00:15	00:37	00:37	01:00
1:01:27	1:07:00	1:00:40	0:55:27	100m Freestyle	1:00:50	1:00:00	1:00:00	1:05:27
2:07:00	2:00:07	2:10:00	2:07:00	200m Freestyle	2:00:05	2:00:00	2:00:00	2:00:00
4:40:27	5:00:00	5:00:00	5:40:27	400m Freestyle	5:00:00	4:00:00	4:00:00	4:30:27
Swimmers who have qualified for 1500m may also enter this event				800m Freestyle	11:00:00	11:00:00	11:00:00	11:00:00
01:00:00	04:00:00	01:00:00	01:00:00	1500m Freestyle	Swimmers who have qualified for 800m may also enter this event			