

Munster SC Championships 2019

Venue: Nov 2 & 3

9am Warm up 10am Start

Venue: UL

Closing Date;

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: Before Tuesday 22nd 10am 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 ONLY 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 15 months.
- SC and LC times may be used for qualifying but SC times will be placed in the faster heats than LC times. **If using LC 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 HDW and will be swum with the finals.

QT – Qualifying Time

CT – Consideration Time

MALE				Event	FEMALE			
2003+ (16 & U)		2002 – (17 & O)			2003- (16&O)		2004+ (15 & U)	
QT	CT	QT	CT		QT	CT	QT	CT
32.83	33.48	31.52	32.83	50m Freestyle	35.73	36.57	36.57	37.30
1.11.27	1.12.69	1.08.42	1.11.27	100m Freestyle	1.16.53	1.19.68	1.19.68	1.21.27
2.37.82	2.40.97	2.31.51	2.37.82	200m Freestyle	2.46.45	2.53.38	2.53.38	2.56.84
5.46.57	5.53.39	5.32.52	5.46.57	400m Freestyle	5.54.15	6.08.90	6.08.90	6.16.27
Swimmers who have qualified for 1500m may also enter this event				800m Freestyle	11.24.72	13.10.00	13.10.00	13.25.00
23.38.00	24.29.70	21.36.05	23.38.00	1500m Freestyle	Swimmers who have qualified for 800m may also enter this event			

37.89	38.64	36.38	37.89	50m Backstroke	41.36	43.08	43.08	43.94
1.24.48	1.25.55	1.20.53	1.24.48	100m Backstroke	1.27.05	1.30.67	1.30.67	1.32.48
3.02.06	3.05.70	2.54.78	3.02.06	200m Backstroke	3.07.48	3.15.29	3.15.29	3.19.19
MALE				Event	FEMALE			
2003+ (16 & U)		2002 – (17 & O)			2003- (16&O)		2004+ (15 & U)	
QT	CT	QT	CT		QT	CT	QT	CT
40.45	41.25	38.84	40.45	50m Breaststroke	46.23	48.15	48.15	49.11
1.32.03	1.34.89	1.29.31	1.32.03	100m Breaststroke	1.39.88	1.44.04	1.44.04	1.46.12
3.30.37	3.34.47	3.21.86	3.30.37	200m Breaststroke	3.36.69	3.45.71	3.45.71	3.50.22
34.55	35.24	33.17	34.55	50m Butterfly	37.49	39.05	39.05	39.83
1.18.59	1.20.16	1.16.45	1.18.59	100m Butterfly	1.24.72	1.28.25	1.28.25	1.30.01
3.03.40	3.07.06	2.56.07	3.03.40	200m Butterfly	3.08.09	3.15.92	3.15.92	3.19.83
1.23.34	1.25.00	1.20.01	1.23.34	100m IM	1.27.73	1.31.38	1.31.38	1.33.20
2.57.93	3.01.48	2.50.82	2.57.93	200m IM	3.05.78	3.13.52	3.13.52	3.17.39
6.20.18	6.27.78	6.04.98	6.20.18	400m IM	6.39.37	6.56.01	6.56.01	7.04.33

Session: 1 Session 1 Heats Sat am

Day of Meet: 1 Starts at 10:00 AM Heat Interval: 30 Seconds / Back +15 Seconds

Prelims	1 Men 200 IM
Prelims	2 Women 200 Backstroke
Prelims	3 Men 200 Breaststroke
Prelims	4 Women 100 Breaststroke
Prelims	5 Men 100 Backstroke
Prelims	6 Women 50 Butterfly
Prelims	7 Men 50 Freestyle
Finals	8 Women 400 Freestyle

Session: 2 Session 2 Finals Session1

Day of Meet: 1 Starts at 12:45 PM Heat Interval: 120 Seconds / Back +15 Seconds

Finals	9 Mixed 200 Freestyle Relay
Finals	1 Men 200 IM
Finals	2 Women 200 Backstroke
Finals	3 Men 200 Breaststroke
Finals	4 Women 100 Breaststroke
Finals	5 Men 100 Backstroke
Finals	6 Women 50 Butterfly
Finals	7 Men 50 Freestyle

Session: 3 Session 3 Heats Saturday pm

Day of Meet: 1 Starts at 02:30 PM Heat Interval: 30 Seconds / Back +15 Seconds

Prelims	10 Women 100 IM
Prelims	11 Men 200 Freestyle
Prelims	12 Women 200 Butterfly
Prelims	13 Men 100 Butterfly
Prelims	14 Women 100 Freestyle
Prelims	15 Men 50 Breaststroke
Prelims	16 Women 50 Backstroke
Finals	17 Men 400 IM

Session: 4 Session 4 Finals Session3

Day of Meet: 1 Starts at 04:15 PM Heat Interval: 120 Seconds / Back +15 Seconds

Finals	18 Women 200 Freestyle Relay
Finals	19 Men 200 Freestyle Relay
Finals	10 Women 100 IM
Finals	11 Men 200 Freestyle
Finals	12 Women 200 Butterfly
Finals	13 Men 100 Butterfly
Finals	14 Women 100 Freestyle
Finals	15 Men 50 Breaststroke
Finals	16 Women 50 Backstroke
Finals	20 Mixed 800 Freestyle

Session: 5 Session 5 Heats Sunday am

Day of Meet: 2 Starts at 10:00 AM Heat Interval: 30 Seconds / Back +15 Seconds

Prelims	21 Women 200 IM
Prelims	22 Men 200 Backstroke
Prelims	23 Women 200 Breaststroke
Prelims	24 Men 100 Breaststroke
Prelims	25 Women 100 Backstroke
Prelims	26 Men 50 Butterfly
Prelims	27 Women 50 Freestyle
Finals	28 Men 400 Freestyle

Session: 6 Session 6 Finals Session5

Day of Meet: 2 Starts at 12:45 PM Heat Interval: 120 Seconds / Back +15 Seconds

Finals	29 Mixed 200 Medley Relay
Finals	21 Women 200 IM
Finals	22 Men 200 Backstroke
Finals	23 Women 200 Breaststroke
Finals	24 Men 100 Breaststroke
Finals	25 Women 100 Backstroke
Finals	26 Men 50 Butterfly
Finals	27 Women 50 Freestyle

Session: 7 Session 7 Heats Sunday pm

Day of Meet: 2 Starts at 02:15 PM Heat Interval: 30 Seconds / Back +15 Seconds

Prelims	30 Men 100 IM
Prelims	31 Women 200 Freestyle
Prelims	32 Men 200 Butterfly
Prelims	33 Women 100 Butterfly
Prelims	34 Men 100 Freestyle
Prelims	35 Women 50 Breaststroke
Prelims	36 Men 50 Backstroke
Finals	37 Women 400 IM

Session: 8 Session 8 Finals Session7

Day of Meet: 2 Starts at 04:00 PM Heat Interval: 120 Seconds / Back +15 Seconds

Finals	38 Men 200 Medley Relay
Finals	39 Women 200 Medley Relay
Finals	30 Men 100 IM
Finals	31 Women 200 Freestyle
Finals	32 Men 200 Butterfly
Finals	33 Women 100 Butterfly
Finals	34 Men 100 Freestyle
Finals	35 Women 50 Breaststroke
Finals	36 Men 50 Backstroke
Finals	40 Mixed 1500 Freestyle