

REGIONAL LC QUALIFYING MEET

VENUE: UL **DATE:** 1st. and 2nd. Feb 2020

TIME: Saturday Warm Up 12.00 noon Start 1.00pm
Sunday Warm Up 08.00 a.m. Start 09.00 a.m.

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

FEES: €6.00 per event.

CLOSING DATE: **Saturday 11th January 2020**

ENTRIES RECEIVED AFTER THE CLOSING DATE WILL NOT BE ACCEPTED.

CONDITIONS: To promote ongoing participation and age appropriate competitions, swimmers who are 16 yrs of age plus on the 31st December, who may not have achieved all of the stated regional qualification standards, may participate in one or more Regional Qualifier events, if they have achieved any of the stated Qualification times. Swimmers entering the competition in this manner are eligible to swim in those events for which they have official consideration times only.

The stated qualification times for progression from Development 2 to Regional Qualifier standard in the 200 IM, 200 F/C and all 100 m events will apply. Entry times for all events must have been recorded electronically at a Swim Ireland-licensed competition.

Once qualified, swimmers may enter any event on the Regional Qualifier programme. However, to swim in any 200m event, swimmers must already have an official 100m time in that particular event from any Swim Ireland-licensed gala within the last 15 months.

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.

Withdrawals From Day 1 : On scratch sheets, which must be posted by 12.15 on the first day.

Withdrawals From Day 2 : On withdrawal sheets which must be handed to the recorders table prior to the announced time.

Fines: Fines of €50 are issued to a Club when a swimmer fails to swim in an event, unless they have been correctly withdrawn in advance, using the appropriate form and before the relevant deadline.

Qualifying times (SC & LC) to become a Regional Qualifier Swimmer

Swimmers must attain both 200m times (Free & IM), and any two of the 100m stroke times (Back, Breast or Fly) to fulfil the criteria needed to be a Regional Qualifier Swimmer

BOYS			I	II	GIRLS		
10-11yrs (2009-2010)	12-13yrs (2007-2008)	14+ (2006+)	EVENT	10-11yrs (2009-2010)	12-13yrs (2007-2008)	14+ (2006+)	
1:32.22 L 1:29.55 S	1:28.37 L 1:25.81 S	1:25.46 L 1:22.98 S	100 Backstroke	1:34.14 L 1:33.01 S	1:30.21 L 1:29.13 S	1:26.54 L 1:25.50 S	
1:47.54 L 1:43.78 S	1:43.06 L 1:39.45 S	1:37.86 L 1:34.43 S	100 Breaststroke	1:48.84 L 1:45.68 S	1:44.30 L 1:41.28 S	1:40.84 L 1:37.92 S	
1:33.73 L 1:32.61 S	1:29.82 L 1:28.74 S	1:23.70 L 1:22.70 S	100 Butterfly	1:37.03 L 1:36.35 S	1:33.83 L 1:33.17 S	1:28.04 L 1:27.42 S	
2:53.05 L 2:49.07 S	2:45.84 L 2:43.40 S	2:37.72 L 2:34.09 S	200 Freestyle	2:56.28 L 2:54.16 S	2:48.93 L 2:46.90 S	2:42.35 L 2:40.40 S	
3:13.31 L 3:11.20 S	3:08.40 L 3:04.07 S	3:01.70 L 2:59.50 S	200 IM	3:18.93 L 3:16.90 S	3:13.87 L 3:11.90 S	3:08.68 L 3:06.60 S	

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 Breastsroke
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 800m Freestyle

Regional Qualifier Consideration Times

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

BOYS

GIRLS

Dev 2 – Regional Qualifying 10-11yrs (2009-2010)	Dev 2 – Regional Qualifying 12-13yrs (2007-2008)	Dev 2 – Regional Qualifying 14+ (2006+)	<u>All times in long course (LC) format in this table</u> EVENT	Dev 2 – Regional Qualifying 10-11yrs (2009- 2010)	Dev 2 – Regional Qualifying 12-13yrs (2007-2008)	Dev 2 – Regional Qualifying 14+ (2006+)
1:32.22 L	1:28.37 L	1:25.46 L	100 Backstroke	1:34.14 L	1:30.21 L	1:26.54 L
3:25	3:15	3:00	200 Backstroke	3:30	3:20	3:05
1:47.54 L	1:43.06 L	1:37.86 L	100 Breaststroke	1:48.84 L	1:44.30 L	1:40.84 L
3:50	3:40	3:20	200 Breaststroke	3:55	3:45	3:25
1:33.73 L	1:29.82 L	1:23.70 L	100 Butterfly	1:37.03 L	1:33.83 L	1:28.04 L
3:40	3:25	3:05	200 Butterfly	3:45	3:30	3:10
1:20	1:15	1:12	100 Freestyle	1:25	1:20	1:17
2:53.05 L	2:45.84 L	2:37.72 L	200 Freestyle	2:56.28 L	2:48.93 L	2:42.35 L
6:15	6:00	5:20	400 Freestyle	6:25	6:10	5:30
12:30	12:15	11:30	800 Freestyle	12:45	12:30	11:45
23:00	22:00	21:00	1500 Freestyle	23:00	22:15	21:15
3:13.31 L	3:08.40 L	3:01.70 L	200 IM	3:18.93 L	3:13.87 L	3:08.68 L
7:00	6:50	6:30	400 IM	7:05	6:55	6:35

Regional Qualifier Consideration Times (SC)

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

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GIRLS

Dev 2 – Regional Qualifying 10-11yrs (2009-2010)	Dev 2 – Regional Qualifying 12-13yrs (2007-2008)	Dev 2 – Regional Qualifying 14+ (2006+)	<u>All times in short course (SC) format in this table</u> EVENT	Dev 2 – Regional Qualifying 10-11yrs (2009- 2010)	Dev 2 – Regional Qualifying 12-13yrs (2007-2008)	Dev 2 – Regional Qualifying 14+ (2006+)
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
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