



DOLPHIN OPEN

2020

DOLPHIN SWIMMING CLUB

Annual Open Short Course Gala 2020

(SI Level 3 License : 3S-19/20-M025)

UNDER SWIM IRELAND & F.I.N.A RULES

Venue : Mayfield Sports Complex, Cork

Dates : 6th – 8th March 2020





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INTRODUCTION

Following a brief hiatus in 2019, we are excited to announce the return of the annual Dolphin Open Short Course Gala for 2020. The Dolphin Open is one of the few Swim Ireland Level 3-licensed club meets of the season and will provide a highly competitive arena for the country's top swimmers to achieve Regional and National competition qualifying times. The meet has long been recognized as one of the top club 'Open' meets of the season and has attracted athletes from all around the country and abroad in the past.

The gala offers a full program of individual Olympic events (except 1500m Freestyle), while the inclusion of the 50m Skins format, as well as typically strong relay events, are sure to provide a high level of excitement.

There will be both club and individual trophies awarded to ensure that the very best swimmers are rewarded, and that the competition remains intense throughout the three days.

Dolphin SC extend our welcome to a wide selection of clubs from across the country and hope to see you soon for what is sure to be a great few days in Cork City.

MEET INFORMATION

DATES:

Friday 6th - Sunday 8th March 2020

VENUE:

Mayfield Sports Complex, Old Youghal Road, Cork

AGE GROUPS:

Girls 10-12, 13/14, 15/16, Senior (17+). Boys 11-13, 14/15, 16/17, Senior (18+).

Age is as on the 31st December 2020.

One final (in events which are not HDW) will be held in each age group, except for the Girls 15/16 and Senior and the Boys 16/17 and Senior, which will have an A & B combined final. Medals will be awarded in both Age Groups. If there are not three swimmers from each age group in these finals, medals will be awarded from the heats.

CONSIDERATION TIMES:

The times included in this information pack are consideration times i.e. **Swimmers who have achieved these times will be considered for entry into the event based on entry numbers. Swimmers who have not achieved the consideration times will NOT be accepted into the event.** The number of heats may be limited to allow sessions to finish on schedule.

Dolphin SC reserves the right to include a limited number of swimmers who fall outside the consideration times in certain events where time and space permits.



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EVENTS:

Girls 10-12, Boys 10-13: 100m all strokes & 100 I.M.

All Other Age Groups: 100m all strokes
100m I.M. (Girls 10-12 & 13/14; Boys 11-13 & 14/15)
200 I.M.

Open: 200m all strokes (except 200I.M. – age grouped)
50m Skins
400m Freestyle
800m F/C

Relays: 4 x 50 Frontcrawl and 4 x 50 Medley
Girls 13 & Under; 14-15; 16 & Over
Boys 13 & Under; 14-15; 16 & Over

Skins: All swimmers will swim in their chosen event, with the fastest five qualifying for the finals.

There will be four finals – one final in each event (Fly/Back/Breast/Free).

In the first final the slowest swimmer will be eliminated, three minutes later the second final will commence with the remaining four swimmers. Again, the slowest swimmer will be eliminated. This will continue per round until the winner is decided.

SESSION TIMES:

Session 1	Friday 6th March	Warm-up Start	5.30pm 6.30pm
Session 2	Saturday 7th March	Warm-up Start	9.00am 10.00am
Session 3		Warm-up Start	1.00 pm 2.00pm
Session 4		Warm-up Start	4.45pm 6.00pm
Session 5	Sunday 8th March	Warm-up Start	8.00 am 9.00 am
Session 6		Warm-up Start	12.00pm 1.00pm
Session 7		Warm-up Start	3.00pm 4.00pm



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WARM-UPS:

The warm-up at the start of each day will commence at the following times:

Friday 5.30 pm; Saturday at 9.00am; and Sunday 8.00am.

Second and third session warm-ups each day will commence at the finish of the previous session and will finish 10 minutes prior to the start of the following session.

The first event for each session determines whose warm-up is first.

AWARDS:

EVENT AWARDS

Medals will be awarded to 1st, 2nd & 3rd placed swimmers in finals and in H.D.W. events.

MEET AWARDS

Trophies will be awarded at both a club and individual level as detailed below.

Antoinette Bohan Trophy - presented to the club with the highest points tally at the end of the meet.

Rita Mitchell Cup - presented to the best overall swimmer.

HIND Cup - presented to the best overall Junior swimmer. (Girls 16 & U, Boys 17 & U)

Best Male – presented to the best overall Male swimmer.

Best Female – presented to the best overall Female swimmer.

Points will be awarded in individual and relay events and will be awarded as follows:

Individual Events (excluding Skins events):

1st – 10 points; 2nd – 8 pts; 3rd – 6 pts; 4th – 4 pts; 5th – 2 pt; 6th – 1pt

Relays:

1st – 6 points; 2nd – 4 pts; 3rd – 2 pts

Three swimmers per club will be eligible for points in the individual events, while two relays per club will be eligible for points in relay events. This is to ensure equity for smaller clubs.

SCRATCH SHEETS:

All sheets for the First Session **MUST** be posted at least 45 minutes prior to the start of the session. Scratch sheets for subsequent sessions must be posted 45 minutes after the start of the previous session.



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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

ENTRIES RECEIVED AFTER THE CLOSING DATE WILL NOT BE ACCEPTED.

CLOSING DATE Wednesday 19th February 2020

ENTRY FEES:

Individual events €7.00

Relay events €20.00

In the event of time constraints, DSC may reduce the number of heats per session. This will be done by eliminating the slower heats. Refunds will be sent to clubs whose swimmers do not swim in an event. Clubs will be notified one week prior to the competition of any swimmers whose entries have not been accepted.

STARTS:

Overhead starts will apply throughout the heats. The FINA one start rule will apply.

Backstroke start wedges will be used for backstroke events.

200m / 400m / 800m EVENTS:

Heats in these events may be limited depending on entry numbers and will be HDW events.

RELAYS:

One swimmer may swim up in relays but must remain in that age group for all other relay events and may swim in one age group ONL



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ORDER OF EVENTS

SESSION 1 Friday 6.30pm (warm up 5:30pm)		SESSION 5 Sunday 9 am (warm up 8:00am)	
1	Boys 400m Freestyle <i>HDW</i>	26	Girls 50m Breaststroke Skins
2	Girls 400m Freestyle <i>HDW</i>	27	Boys 50m Breaststroke Skins
3	Boys Open 200m Butterfly <i>HDW</i>	28	Girls 100m Backcrawl
4	Girls Open 200m Butterfly <i>HDW</i>	29	Boys 100m Backcrawl
SESSION 2 Saturday 10.00am (warm up 9:00am)		30	Girls 100m Freestyle
		31	Boys 100m Freestyle
		32	Girls 50m Butterfly Skins
5	Boys 50m Backcrawl Skins	33	Boys 50m Butterfly Skins
6	Girls 50m Backcrawl Skins	34	Girls Open 400m IM <i>HDW</i>
7	Boys 100m Breaststroke	35	Boys Open 400m IM <i>HDW</i>
8	Girls 100m Breaststroke		Break
9	Boys 100m Butterfly	SESSION 7 Sunday 1.00 pm	
10	Girls 100m Butterfly		
11	Boys 50m Freestyle Skins		
12	Girls 50m Freestyle Skins	36	Girls 13/14 100m IM <i>HDW</i>
13	Mixed Open 800m Freestyle <i>HDW</i>	37	Boys 14/15 100m IM <i>HDW</i>
	Break	38	Girls Open 200m Freestyle <i>HDW</i>
SESSION 3 Saturday 2.00pm		39	Boys Open 200m Freestyle <i>HDW</i>
		40	Girls Open 200m Breaststroke <i>HDW</i>
		41	Boys Open 200m Breaststroke <i>HDW</i>
14	Boys 200m IM <i>HDW</i> (Age grouped)		Break
15	Girls 200m IM <i>HDW</i> (Age grouped)		
16	Boys 11-13 100m IM <i>HDW</i>		
17	Girls 10-12 100m IM <i>HDW</i>		
18	Boys Open 200m Backcrawl <i>HDW</i>		
19	Girls Open 200m Backcrawl <i>HDW</i>		Sunday Session 8 continued on next page...
20	Boys 13 & Under 4x50m MTR <i>HDW</i>		
21	Girls 13 & Under 4x50m MTR <i>HDW</i>		
	Break		



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SESSION 4 Saturday 6.00pm		Session 8 Sunday 4.00pm	
<u>Finals of Events #5-12 (incl. Skins)</u> Separate finals in each age group – Girls 10-12, 13/14, 15&O (2 finals) & Boys 11-13, 14/15, 16&O (2 finals) in events 7-10		<u>Finals of Events #26-33 (incl. Skins)</u> Separate finals in each age group – Girls 10-12, 13/14, 15&O (2 finals) & Boys 11-13, 14/15, 16&O (2 finals) in events 28-31	
22	Boys 14/15 4x50m FTR HDW	42	Girls 13 & Under 4x50m FTR HDW
23	Girls 14/15 4x50m FTR HDW	43	Boys 13 & Under 4 x 50m FTR HDW
24	Boys 16 & Over 4x50m MTR HDW	44	Girls 14/15 4x50m MTR HDW
25	Girls 16 & Over 4x50m MTR HDW	45	Boys 14/15 4x50m MTR HDW
		46	Girls 16 & Over 4x50m FTR HDW
		47	Boys 16 & Over 4x50m FTR HDW
		48	Cannon Relay (1 boy, 1 girl in each age group) *Time permitting.

Session start times listed above are estimated but will be confirmed as soon as entries have been completed



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CONSIDERATION STANDARDS

All qualifying times must have been recorded since 01/09/18

50m, 100m and 200m Events

Boys					EVENT	Girls				
13&U	14/15	16/17	Sen 18+	Open		12&U	13/14	15/16	Sen 17+	Open
X	X	X	X	31.00	50 F/C	X	X	X	X	33.00
1.18.10	1.12.50	1.08.37	1.06.72	X	100 F/C	1.20.68	1.16.19	1.14.56	1.14.45	X
X	X	X	X	2.28.00	200 F/C	X	X	X	X	2.40.00
X	X	X	X	36.00	50 B/C	X	X	X	X	38.00
1.29.72	1.23.58	1.21.90	1.18.25	X	100 B/C	1.33.80	1.28.47	1.26.01	1.24.46	X
X	X	X	X	2.44.50	200 B/C	X	X	X	X	2.59.80
X	X	X	X	40.00	50 BRS	X	X	X	X	42.00
1.45.41	1.36.25	1.33.17	1.26.61	X	100 BRS	1.47.44	1.42.62	1.40.87	1.36.68	X
X	X	X	X	3.05.30	200 BRS	X	X	X	X	3.23.80
X	X	X	X	33.00	50 FLY	X	X	X	X	35.00
1.32.83	1.21.51	1.16.69	1.13.32	X	100 FLY	1.34.55	1.27.45	1.24.66	1.22.24	X
X	X	X	X	2.43.50	200 FLY	X	X	X	X	2.56.50
1.33.60	1.20.40	X	X	X	100 IM	1.36.80	1.23.60	X	X	X
X	3.02.04	2.50.80	2.46.80	X	200 IM	X	3.14.01	3.08.39	3.00.05	X



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400m & 800m Events

Boys	EVENT	Girls
QT		QT
5:40.00	400m F/C	6:00.00
6:20.00	400m IM	6:40.00
12:00.00	800m F/C	12:15.00

PLEASE NOTE THAT CLUBS ARE REQUIRED TO ENTER TIMES FOR SWIMMERS IN 400m & 800m EVENTS - NTs will not be considered for entry

Heats in these events may be limited to ensure compliance with Swim Ireland license requirements



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ENTRY SUMMARY SHEET

RELAYS			F/C		MED
Boys 13 & U					
Girls 13 & U					
Boys 14/15					
Girls 14/15					
Boys 16&O					
Girls 16&O					
Cannon					

_____ INDIVIDUAL ENTRIES @ €7.00 per entry = €

_____ RELAY ENTRIES @ € 20.00 per entry = €

TOTAL = €

CLUB NAME _____

SECRETARY _____

ADDRESS _____

TEL. NO. _____

EMAIL _____



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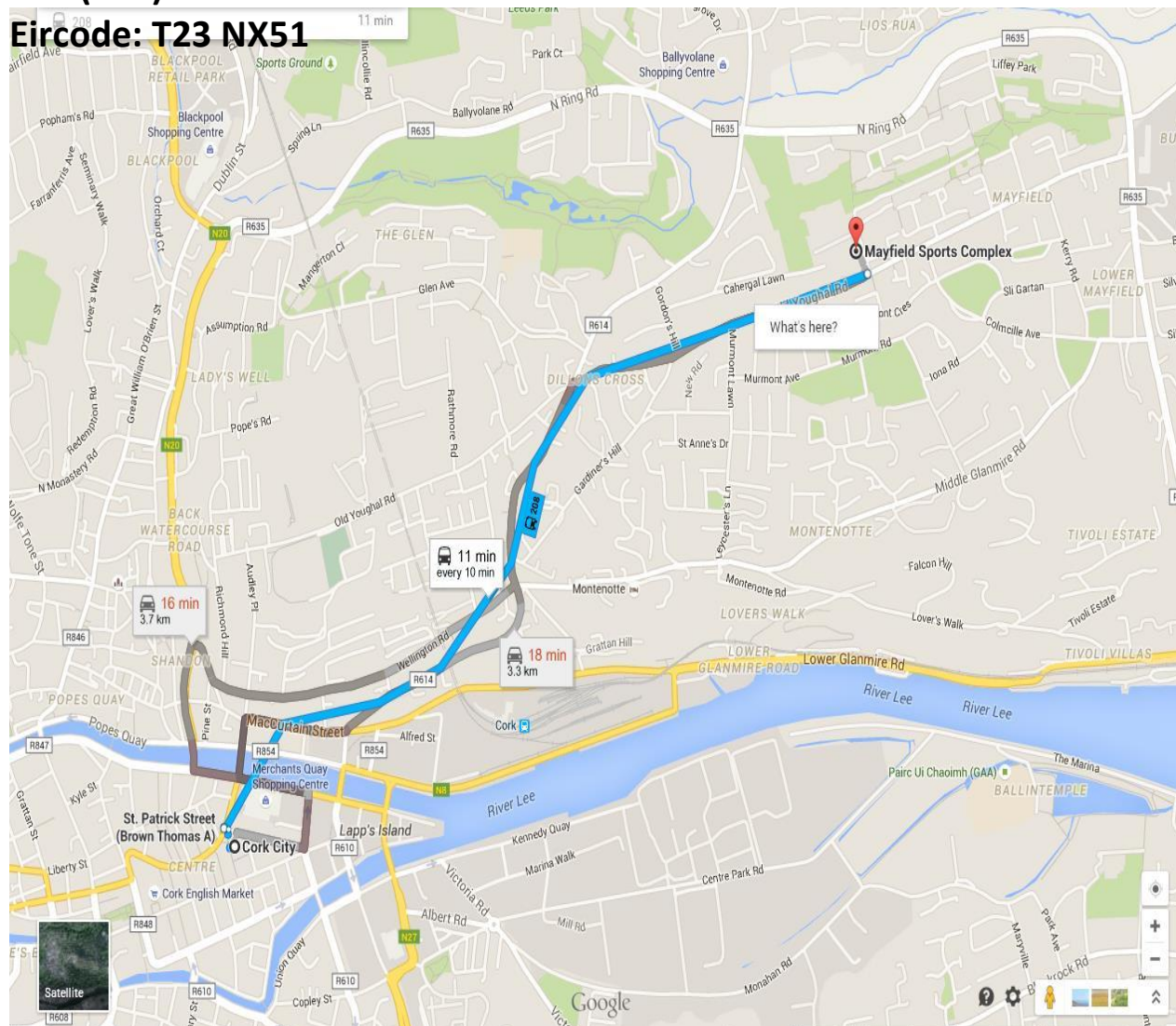
TRAVEL AND ACCOMMODATION

Directions to _____ from Cork City Centre.

www.MayfieldSportsComplex.ie

Tel: (021) 4505284

Eircode: T23 NX51



<https://www.google.com/maps/place/Mayfield+Sports+Complex>



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Recommended Hotels

Montenotte Hotel - <http://www.themontenottehotel.com>

Address: Middle Glanmire Road, Montenotte, Cork, T23 EYW3

Phone: (021) 453 0050

Clayton Silversprings - <https://www.claytonhotelsilversprings.com>

Address: Tivoli, Cork, T23 E244

Phone: (021) 450 7533

Vienna Woods - <http://www.viennawoodshotel.com>

Address: Vienna Woods Hotel, Dunkettle, Glanmire, Co. Cork, T45 V065

Phone: (021) 455 6800

Ambassador Hotel - <https://www.ambassadorhotel.ie>

Address: Military Hill, St Luke's, Cork

Phone: (021) 453 9000

Fota Island Resort & Hotel – <https://www.fotaisland.ie>

Address: Fota Island, Co. Cork, T45 HX62

Phone: (021) 488 3700

GN Commons Inn Hotel – <http://www.commonsinnsinn.com>

Address: New Mallow Rd, Cork, T23 PY53

Phone: (021) 421 0300

See www.hotels.com www.booking.com www.trivago.com www.airbnb.com for more hotels and deals.

We are looking forward to welcoming you to our club in March.