

REGIONAL LC QUALIFYING MEET

VENUE: UL DATE: 25 & 26 April 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 Postbox at the pool reception

FEES: €6.00 per event.

CLOSING DATE: Wednesday 25th March, 2020

ENTRIES RECEIVED AFTER THE CLOSING DATE WILL NOT BE ACCEPTED.

Swimmers may enter in six events ONLY

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.

Entry times for all events must have been recorded electronically at a Swim Ireland-licensed competition.

To be eligible to swim in a 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. Similarly, swimmers who wish to swim 400m events must already have an official 200m time in that particular event from any Swim Ireland-licensed gala within the last 15 months. Swimmers who wish to swim 800m or 1500m events must already have an official 400m 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Fines : Fines of €50 are issued to a Club when a swimmer fails to swim in an event, unless they have been correctly withdrawn in advance, using the appropriate form and before the relevant deadline.

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 2

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

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 4

21. Boys 800m Freestyle
22. Girls 400m Freestyle
23. Boys 200m Ind. Medley
24. Girls 100m Backcrawl
25. Boys 200m Butterfly
26. Girls 100m Freestyle

Regional Qualifier Consideration Times (LC)

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)

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