



# **Munster SC Championships**

## **ENTRY CONDITIONS**

**University of Limerick**

**MEET CONDITIONS**

<b>Meet Location:</b>	University of Limerick
<b>Date</b>	12 <sup>th</sup> .& 13 <sup>th</sup> . November 2022
<b>Sessions :</b>	Saturday 12 <sup>th</sup> 9.00 am Warm up 10.00 am start. Female warm up first Sunday 13 <sup>th</sup> 9.00 am Warm up 10.00 am Start. Male warm up first
<b>Age:</b>	Age as 31 <sup>st</sup> December 2022
<b>Qualification Criteria:</b>	Times may be achieved in both Short Course & Long Course from 1st January 2021. Times must have been achieved in meets licenced at Level 3 or higher to be eligible to be used for entry into this meet. Long Course times used for entry will be converted to Short Course via the Meet Management System for seeding purposes and vice versa
<b>Heats &amp; Finals:</b>	All 50m,100m and 200m events will have heats and "A" and "B" finals. Where there are less than 24 entrants in an event there will be an "A" final ONLY. Relays, 400m, 800m and 1500m events will be HDW and will be swum with the heats.
<b>Withdrawals:</b>	Withdrawals must be notified before 5pm on the day before event. There will be a €50 fine if swimmers are not withdrawn by 6pm for an event for the next day.
<b>Entry Deadline:</b>	<p><b>Closing date for ALL entries is 6pm on Monday 10<sup>th</sup> of October</b></p> <ul style="list-style-type: none"> <li>● Please discuss entries with your Coach prior to submission.</li> <li>● Late entries will not be accepted.</li> <li>● Please place the total fee in a sealed envelope and write the following details clearly on the outside:</li> </ul> <p><b>Example:</b> Munster SC Championship – 12<sup>th</sup> and 13<sup>th</sup> November 2022</p> <p><b>Name:</b> Swimmer's own name</p> <p><b>Event(s):</b> (for example) Female 100m Breaststroke Female 50m Butterfly Female 100m Backcrawl</p> <p><b>Fee:</b> total of € enclosed</p> <p>The envelope should be placed in the Post Box at the Pool Reception area (under the sign-in folder).</p>
<b>Entry Fees:</b>	Individual entries cost €8per event. Relay entries cost €20 per event. No entry will be processed until the appropriate fee has been received. <b><i>Please note that entries are non-refundable once the final date for payment has passed</i></b>
<b>Relay Entries:</b>	<p>Clubs are permitted to enter more than one relay team per event. The names of the 4 relay team members swimming in the race and the order of swimming must be declared on the official Team Declaration Sheet and submitted to the Swim Office Table no later than 60 minutes before the start of the session in which the race takes place. Failure to do so will be subject to a fine of €50 without exception and disqualification of the relay team.</p> <p>All competing swimmers must be entered in the meet (<i>even if they are not swimming in individual events</i>). Relay teams that swim in an order that is different from the declared order of swimming shall be disqualified in accordance with FINA Rule SW 10.12.</p>
<b>Awards:</b>	Medals are awarded for top-3 placings overall.
<b>Anti-Doping:</b>	It is a condition of attending a Swim Ireland event that swimmers may be required to be tested for prohibited substances in accordance with the Sport Ireland/WADA/FINA Anti-Doping rules. For further information visit the <a href="#">Anti-Doping section of the Sport Ireland website</a> .

<b>Swimsuits:</b>	All swimsuits must comply with FINA regulations and should bear the FINA approved stamp ( <a href="https://www.fina.org/sites/default/files/frsa.pdf">https://www.fina.org/sites/default/files/frsa.pdf</a> )
<b>Health &amp; Safety:</b>	Please refer to the Health & Safety guidelines at the back of the programme and also the Swim Ireland Code of Practice for Safety (Swimming) on the Swim Ireland website.

## ORDER OF EVENTS

<b>Day 1 - Sat 12<sup>th</sup> November 2022</b>	<b>Day 2 – Sun 13<sup>th</sup> November 2022</b>
<b>Session 1: Combined Heats</b>	<b>Session 3: Combined Heats</b>
Mixed 200m Freestyle Relay HDW Female 400m Freestyle HDW Male 100m IM Female 50m Butterfly Male 50m Freestyle Female 200m Backstroke Male 200m Breaststroke Female 100m Breaststroke Male 100m Backstroke Female 200m IM Male 200m Freestyle Female 200m Butterfly Male 100m Butterfly Female 100m Freestyle Male 50m Breaststroke Female 50m Backstroke Male 400m IM HDW Female 200m Freestyle Relay HDW Male 200m Freestyle Relay HDW Mixed 800m Freestyle HDW	Mixed 200m Medley Relay HDW Male 400m Freestyle HDW Female 100m IM Male 50m Butterfly Female 50m Freestyle Male 200m Backstroke Female 200m Breaststroke Male 100m Breaststroke Female 100m Backstroke Male 200m IM Female 200m Freestyle Male 200m Butterfly Female 100m Butterfly Male 100m Freestyle Female 50m Breaststroke Male 50m Backstroke Female 400m IM HDW Male 200m Medley Relay HDW Female 200m Medley Relay HDW Mixed 1500m Freestyle HDW
<b>Session 2: Finals &amp; Presentations</b>	<b>Session 4: Finals &amp; Presentations</b>
Mixed 200m Freestyle Relay HDW (Fastest Heat) Male 100m IM 'A' or 'A' & 'B' Finals Female 50m Butterfly 'A' or 'A' & 'B' Finals Male 50m Freestyle 'A' or 'A' & 'B' Finals Female 200m Backstroke 'A' or 'A' & 'B' Finals Male 200m Breaststroke 'A' or 'A' & 'B' Finals Female 100m Breaststroke 'A' or 'A' & 'B' Finals Male 100m Backstroke 'A' or 'A' & 'B' Finals Female 200m IM 'A' or 'A' & 'B' Finals Male 200m Freestyle 'A' or 'A' & 'B' Finals Female 200m Butterfly 'A' or 'A' & 'B' Finals Male 100m Butterfly 'A' or 'A' & 'B' Finals Female 100m Freestyle 'A' or 'A' & 'B' Finals Male 50m Breaststroke 'A' or 'A' & 'B' Finals Female 50m Backstroke 'A' or 'A' & 'B' Finals Male 200m Freestyle Relay HDW (Fastest Heat) Female 200m Freestyle Relay HDW (Fastest Heat)	Mixed 200m Medley Relay HDW (Fastest Heat) Female 100m IM 'A' or 'A' & 'B' Finals Male 50m Butterfly 'A' or 'A' & 'B' Finals Female 50m Freestyle 'A' or 'A' & 'B' Finals Male 200m Backstroke 'A' or 'A' & 'B' Finals Female 200m Breaststroke 'A' or 'A' & 'B' Finals Male 100m Breaststroke 'A' or 'A' & 'B' Finals Female 100m Backstroke 'A' or 'A' & 'B' Finals Male 200m IM 'A' or 'A' & 'B' Finals Female 200m Freestyle 'A' or 'A' & 'B' Finals Male 200m Butterfly 'A' or 'A' & 'B' Finals Female 100m Butterfly 'A' or 'A' & 'B' Finals Male 100m Freestyle 'A' or 'A' & 'B' Finals Female 50m Breaststroke 'A' or 'A' & 'B' Finals Male 50m Backstroke 'A' or 'A' & 'B' Finals Female 200m Medley Relay HDW (Fastest Heat) Male 200m Medley Relay HDW (Fastest Heat)

- If a Friday evening session is not possible, the 400m IM events are to be run in Sessions 2 and 4 (and the relay order at the end of these sessions would be reversed)

**MUNSTER SC CHAMPIONSHIPS 2022**  
**QT – Qualifying Time      CT – Consideration Time**

MALE				Event	FEMALE			
2006+ (16 & U)		2005 – (17 & O)			2006- (16&O)		2007+ (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
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

**All times Must have been achieved in a Level 3 meet since January 1<sup>st</sup>. 2021.**