

# MALLOW SWANS INVITATIONAL GALA

<b>Meet Location:</b>	Mallow Swans Swimming Pool New Road, Mallow, Co Cork
<b>Pool Specification:</b>	5 lane 25m pool;
<b>Date:</b>	<b>Friday 29<sup>th</sup> – Saturday 30<sup>th</sup> of March 2024</b> *Warm Up Schedule will be advised to the Clubs closer to the Meet.
<b>Age Groups</b>	12, 13/14, 15/16, Senior (17+)
<b>Age Up Date</b>	31st December 2024
<b>Entries by:</b>	<b>€8.00 per individual event, €20.00 per relay team event</b>
<b>Entries:</b>	<b>Entries should be placed in the box at reception with the following details:</b>  <b>Name of gala:</b>  <b>Name of swimmer:</b>  <b>Events:</b>  <b>Fee Enclosed:</b>  <b>Late entries will not be accepted</b>  <b>Qualifying times are listed below.</b>  <b>THE CLOSING DATE FOR ENTRIES IS MONDAY MARCH 11<sup>th</sup> AT 5pm</b>
<b>Awards</b>	Medals will be awarded to the first three places in each event in: 12 years, 13-14 years, 15-16 years, 17 years & over
<b>Meet Results</b>	A full list of results will be forwarded to individual clubs when the Meet is finished.
<b>Skins</b>	All swimmers will swim in their chosen event in the heats, with the fastest five qualifying for the finals. There will be four finals – one for each event. 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.
<b>Complaints:</b>	Clubs are reminded that the only club representatives who are permitted to enter a complaint or to otherwise approach the Referee, Meet Director or Meet Recorder are Coaches and Team Managers.



<b>Data Protection:</b>	Mallow Swans Swimming Club, Swim Munster Region, Swim Ireland uses a computer database to manage entries and results of swimming meets, and also to manage competition records of swimmers. By submitting and accepting entries to the meet consent is hereby given, as required by the Data Protection Act, to the holding of personal information on Swim Munster Region computer databases. Personal data held for each swimmer will be name, date of birth, club, Swim Ireland registration number, entry times, achieved times and DQ codes. Certain elements of this data (name, club, age, times, achieved times) may be made public prior to, during or after the meet (e.g. programmes, results, etc).
<b>Health &amp; Safety:</b>	Please refer to the Health & Safety guidelines and also the Swim Ireland Code of Practice for Safety (Swimming) on the Swim Ireland website.
<b>Photography/Video Recording:</b>	<b>Photography and video recording is not permitted within Mallow Swimming Pool Deck.</b>

## Order of Events

Session 1 - Friday 9am		Session 3 - Saturday 9am	
1.	200m Freestyle Female	18.	400m Freestyle Male
2.	400 IM Male	19.	200 IM Female
3.	50m Freestyle Skins Female	20.	50m Breaststroke Skins Male
4.	50m Freestyle Skins Male	21.	50m Breaststroke Skins Female
5.	100m Backstroke Female	22.	100m Freestyle Male
6.	100m Backstroke Male	23.	100m Freestyle Female
7.	200m Breaststroke Female	24.	200m Butterfly Male
8.	200m Breaststroke Male	25.	200m Butterfly Female
Break		Break	
Session 2 - Friday 1pm		Session 4 - Saturday 1pm	
9.	400m IM Female	26.	200 IM Male
10.	200m Freestyle Male	27.	400m Freestyle Female
11.	50m Backstroke Skins Female	28.	50m Fly Skins Male
12.	50m Backstroke Skins Male	29.	50m Fly Skins Female
13.	100m Fly Female	30.	100m Breaststroke Male
14.	100m Fly Male	31.	100m Breaststroke Female
15.	200m Backstroke Female		
16.	200m Backstroke Male		
Small Break		Small Break	
Final of Skins Events 3,4,13,14		Final of Skins Events 20, 21, 28, 29	
17.	200m IM Mixed Relay	32.	200m Freestyle Mixed Relay

**\*Warm Up Times & Session Times will be confirmed once all entries have been received.**



## Qualification Standards

QALIFICATION TIMES – MALE					
Event	12	13/14	15/16	Sen 17+	Open
50 Free	x	x	x	x	32.48
100 Free	1:19.44	1:16.7	1:11.8	1:08.8	x
200 Free	2:56.79	2:47.4	2:31.1	2:25.8	x
400 Free	x	x	x	x	5:39.2
50 Back	x	x	x	x	37.11
100 Back	1:33.41	1:28.75	1:22.39	1:19.70	x
200 Back	3:21.91	3:09.3	2:52.8	2:44.1	x
50 Breast	x	x	x	x	39.62
100 Breast	1:47.78	1:40.51	1:34.69	1:30.95	x
200 Breast	3:44.62	3:48.12	3:17.78	3:17.27	X
50 Fly	x	x	x	x	33.83
100 Fly	1:36.83	1:28.03	1:21.85	1:17.50	x
200 Fly	x	x	x	x	02:59.6
200 IM	3:22.00	3:10.49	2:54.36	2:49.02	x
400 IM	x	x	x	x	06:12.3

QALIFICATION TIMES – FEMALE					
EVENT	12	13/14	15/16	Sen 17+	Open
50 Free	x	x	x	x	36.68
100 Free	1:23.49	1:21.5	1:18.1	1:15.4	x
200 Free	2:59.65	2:56.5	2:41.9	2:38.0	x
400 Free	x	x	x	x	6:01.2
50 Back	x	x	x	x	42.19
100 Back	1:35.30	1:32.3	1:31.4	1:28.8	x
200 Back	3:25.51	3:17.93	3:02.5	3:01.6	x
50 Breast	x	x	x	x	47.15
100 Breast	1:50.27	1:48.29	1:44.16	1:41.50	x
200 Breast	3:55.85	3:51.85	3:31.49	3:29.31	x
50 Fly	x	x	x	x	38.24
100 Fly	1:38.66	1:34.7	1:24.0	1:22.2	x
200 Fly	x	x	x	x	3:11.1
200 IM	3:25.79	3:17.20	3:15.78	3:09.21	x
400 IM	x	x	x	x	6:47.4