

MUNSTER LC CHAMPIONSHIPS 2017
SI Licence 2A-16/17-M034

DATES : 25th. & 26th. March 2017

VENUE : UL

TIMES : Warm Up Saturday 11.30 a.m. Start 12.30p.m. Warm Up Sunday 9.00 a.m. Start 10.00 a.m.

FEES : €7.00 per individual event, €20.00 per relay event. Cheques to be made payable to “Munster Region Swim Ireland” and forwarded to

Tom O’Brien, Mont Pelier, O’Briens Bridge, Co. Limerick
FEES MUST BE RECEIVED PRIOR TO THE GALA

CLOSING DATE : Friday, 3rd. March 2017

QUALIFYING TIMES : Swimmers who qualify for ONE event may also enter the 200m B/C, 200m Brs and/or 200m Fly irrespective of qualifying times. However, training or competition times MUST be entered for those swimmers. Entries with NT will NOT be accepted.

As both Short Course and Long Course qualifying times are provided conversion times will not be accepted. Non – Conforming times will be seeded first.

Swimmers who fail to reach the qualifying times in events other than bonus events will be subject to a fine of €25 per event if the submitted time cannot be proved.

Entries on Hy-Tek to patdonovan02@gmail.com

LATE ENTRIES WILL NOT BE ACCEPTED

SESSION 1

1. Mens 4x100m F/C Relay HDW
2. Womens 400m Freestyle HDW
3. Mens 100m Butterfly
4. Womens 100m Butterfly
- Presentations of events 1,2,**
5. Mens 50m Freestyle
6. Womens 50m Freestyle
7. Mens 200m Backcrawl HDW
8. Womens 200m Backcrawl HDW
9. Mens 1500m Freestyle HDW
- Presentations of events 7,8,**
Finals of 3,4,5,6.
- Presentations of events 3,4,5,6,9**

SESSION 2

10. Mens 4x100m Med. Relay HDW
11. Womens 200m Ind. Medley HDW
12. Mens 200m Ind. Medley HDW
13. Womens 50m Backcrawl
14. Mens 50m Backcrawl
- Presentations of events 10,11,12,**
15. Womens 100m Breaststroke
16. Mens 100m Breaststroke
17. Womens 200m Butterfly HDW
18. Mens 200m Butterfly HDW
19. Womens 800m Freestyle HDW
20. Mens 800m Freestyle HDW
- Presentations of events 17, 18,19,20**
Finals of 13, 14,15,16,
21. Mixed 4x50m Freestyle Relay HDW
- Presentations of events 13,14,15,16,21**

SESSION 3

22. Womens 4x100m F/C Relay HDW
23. Mens 400m Freestyle HDW
24. Womens 50m Butterfly
25. Mens 50m Butterfly
- Presentations of events 22,23,**
26. Womens 100m Freestyle
27. Mens 100m Freestyle
28. Womens 200m Breaststroke HDW
29. Mens 200m Breaststroke HDW
30. Womens 1500m Freestyle HDW
- Presentations of events 28,29,**
Finals of 24,25,26,27
31. Mixed 4x50m Med Relay HDW
- Presentations of events 24,25,26,27,30,31**

SESSION 4

32. Womens 4x100m Med. Relay HDW
33. Mens 200m Freestyle HDW
34. Womens 200m Freestyle HDW
35. Mens 50m Breaststroke
36. Womens 50m Breaststroke
- Presentations of events 32,33,34,**
37. Mens 100m Backcrawl
38. Womens 100m Backcrawl
39. Mens 400m Ind. Med HDW
40. Womens 400m Ind. Med HDW
41. Mens 4x200m F/C Relay HDW
42. Womens 4x200m F/C Relay HDW
- Presentations of events 39,40,41,42**
Finals of 34, 35,36,37
- Presentations of events 34,35,36,37**

**MUNSTER LC CHAMPIONSHIPS 2017
QUALIFYING TIMES**

BOYS 14 & U		MALE 15 & O		EVENT	FEMALE 15 & O		GIRLS 14 & U	
SC	LC	SC	LC		SC	LC	SC	LC
30.60	31.20	29.71	30.30	50m F/C	32.22	32.87	33.18	33.85
1.06.30	1.07.56	1.04.43	1.05.60	100m F/C	1.10.37	1.11.79	1.12.48	1.13.94
2.27.40	2.30.35	2.23.11	2.25.97	200m F/C	2.33.15	2.35.21	2.37.74	2.39.84
5.20.20	5.26.61	5.10.88	5.17.10	400m F/C	5.24.80	5.31.29	5.34.54	5.41.22
11.15.16	11.28.36	10.55.50	11.08.32	800m F/C	10.57.92	11.10.47	11.17.65	11.30.58
19.37.70	20.05.67	19.03.40	19.30.56	1500m F/C	21.33.60	21.44.81	22.12.40	22.23.95
34.96	35.72	33.95	34.68	50m B/C	37.70	38.47	38.83	39.62
1.17.16	1.18.43	1.14.92	1.16.15	100m B/C	1.20.30	1.21.88	1.22.70	1.24.33
2.48.37	2.51.75	2.43.47	2.46.75	200m B/C	2.53.06	2.56.50	2.58.25	3.01.79
38.01	38.76	36.91	37.64	50m Brs	42.13	42.96	43.39	44.24
1.26.00	1.27.71	1.23.50	1.25.16	100m Brs	1.31.36	1.33.19	1.34.10	1.35.98
3.13.12	3.16.98	3.07.50	3.11.25	200m Brs	3.18.84	3.22.81	3.24.80	3.28.89
32.74	33.40	31.79	32.43	50m Fly	34.52	35.22	35.55	36.27
1.13.43	1.14.90	1.11.30	1.12.72	100m Fly	1.17.41	1.18.96	1.19.73	1.21.32
2.48.96	2.52.33	2.44.04	2.47.32	200m Fly	3.10.44	3.13.87	3.16.15	3.19.68
2.46.65	2.49.98	2.41.80	2.45.03	200m IM	3.11.42	3.14.85	3.17.16	3.20.69
5.52.70	5.59.76	5.42.43	5.49.29	400m IM	6.07.95	6.15.31	6.19.98	6.26.56

ONLY ONE RELAY PER CLUB IN EACH CATEGORY PER EVENT IS PERMITTED. CLUBS MUST DECLARE CATEGORY ON ENTRIES.

_____ Individual entries @ €7.00 per event =

_____ Relay Entries @ €20.00 per event =

TOTAL _____

CLUB _____

Secretary _____

Address _____

Tel. No. _____

Each club is required to supply a minimum of two officials for this gala

Name _____ Telephone _____

Name _____ Telephone _____

Team Manager _____

POOL RULES

In order to comply with health and safety standards within swimming pool and at the request of a number of pool managers the following rules must be complied with

- 1. All swimmers must wear hats**
- 2. No outdoor shoes to be worn on the pool deck.**
- 3. Swimmers are not permitted on the balcony or stairs in wet gear.**
- 4. Adequate supervision of competitors must be in place at all times. Chaperones/Managers must be appointed for each club. Any damage caused to the complex will be charged to the club involved.**
- 5. Where lockers are provided these should be used. Unattended belongings may be removed by staff.**
- 6. Litter bins should be used.**
- 7. Parking should be in designated areas ONLY.**
- 8. Leisure centres / pools should be treated with respect.**