

## MUNSTER COMPETITIONS PATHWAY

This document is intended to explain the gala progression for all swimmers from the beginning of their competitive career through to National competitions.

It also contains the competition rules which apply to Munster competitions and details of the events and consideration/qualification standards for Munster competitions for the forthcoming season.

It is hoped that you will find this helpful.

## COMPETITION PATHWAY

The National Performance Director has introduced a new competition pathway which will be implemented in all Regions from September 2017 and will ensure that competitions are streamlined throughout the country. This is a huge step forward and will be a very positive step in Irish Swimming.

This document has been compiled by the Swim Ireland Competitions Steering Group in conjunction with the Performance Department and will explain the pathway from the time a swimmer begins their competitive career until they reach National level competition.

### **Ages:**

Swimmers ages will be defined as their age on 31st December of the year of the competition. (For example, a swimmer born in 2005 will swim as a 12 year old during 2017 and a 13 year old during 2018). This applies to all competitions with the exception of schools which will be defined as 31st August of the school year.

### **Time Standards:**

**Qualifying Times:** Where a meet has qualifying times, swimmers who have achieved these times will be accepted into that event.

**Consideration Times:** Where a meet has consideration times, swimmers who have achieved these times will be considered for entry into the event based on entry numbers. Swimmers who have not achieved either the qualifying or consideration times will not be accepted into the event.

### **Competition Types:**

Swim Ireland have introduced a Domestic Competition Plan which sets out the competitions to be held Regionally and Nationally throughout the year. These are classified as:

- (a) Intra-Club meets,
- (b) Inter-Club and Club Open meets,
- (c) Regional Development and Regional Qualifying Meets (these replace Graded galas; with Regional Development replacing Grade 2& 3, and Regional Qualifying replacing Grade 1)
- (d) Regional Championship and National Division 2 Meets
- (e) National Meets and National Championships.

**(a) Intra-Club Meets:**

These are defined as meets which are confined to swimmers from within the host club. Swimmers must be 8 years of age in the year of the competition to compete in these. Times achieved at these meets can be used for entry to Inter-Club meets and Club Open meets.

Qualification standard;

None

**(b) Inter-Club and Club Open Meets:**

Swimmers must be at least 9 years of age to compete in these meets. Times achieved at these meets may be used for entry into Regional Development and Regional Qualifying meets, specific Club Open meets may be used for Regional LC Championships.

Qualification standard;

Defined by club.

**(c) Regional Development and Regional Qualifying Meets:**

**Development Meets:** Swimmers must be at least 10 years of age to compete at these meets. In Development meets there will be no qualifying times but cut off times will be in force i.e. if a swimmer is faster than a cut off time they will not be eligible to compete in that event. All development meets will include 100m Ind. Medley. Times achieved at Development meets may be used for entry to Regional Qualification Meets.

Qualification standard;

Cut off times

**Qualification Meets:** Swimmers must be at least 10 years of age to compete at these meets. Swimmers must have achieved the published consideration standard to be considered for entry (see time standards above). Times achieved at these or equivalent meets may be used for entry to Regional Championships and if achieved in a Long Course pool in the Long Course season (1 st January – closing date) may be used for entry to the Irish Summer LC Nationals.

Qualification standard;

Consideration times

**(d) Regional Championships**

**Regional SC Championships;**

**Ages: Male 16 & Under, 17 & Over; Female 15 & Under, 16 & Over.**

Swimmers must have achieved the relevant qualifying /consideration standards in Regional Qualifying meets or equivalent meets. Open finals ONLY. Times achieved at this meet may be used for entry to National SC Championships.

Qualification standard;

Qualifying and Consideration Times

**Regional Youth & Senior LC Championships:**

**Ages: 15, 16, 17 & Over.**

Finals in each age group for all events with the exception of 400m 800m and 1500m events, which will be Heat Declared Finals. Entry times must have been achieved at Regional Development and Regional Qualifying meets or specific Club Open meets. Times achieved at this meet may be used for entry to Irish Summer LC Championships or National Division 2 Championships.

Qualification standard;

Qualifying and Consideration Times

**Regional Age Group LC Championships:**

**Ages: 11/12, 13 and 14 years .**

Finals in each age group for all events with the exception of 400m 800m and 1500m events, which will be Heat Declared Finals. Entry times must have been achieved at Regional Development and Regional Qualifying meets or specific Club Open meets. Times achieved at this meet may be used for entry to Irish Summer LC Championships or National Division 2 Championships.

Qualification standard;

Qualifying and Consideration Times

**(e) National Championships**

**Irish SC Championships:**

**Age Groups: Male 16&Under, 17&Over; Female 15&Under, 16&Over.**

Age groups are for qualification purposes only. There will be no junior medals presented at this meet. Short Course Times ONLY, LC times or LC conversions will NOT be accepted. Qualifying times must have been achieved between 1 st December in the previous year and 6th November in the current year (or as per the meet conditions). "A" and "B" finals in all individual events with the exception of 800m and 1500m events.

Qualification standard;

Qualifying Times

**Irish Open Swimming Championships:**

**Age Groups: Male 15/16, 17/18, 19 & Over; Female 14/15, 16/17, 18 & Over .**

Age groups are for qualification purposes only. There will be no junior medals presented at this meet. Long Course Times ONLY, SC times or SC conversions will NOT be accepted. Times achieved at Regional qualifying LC meets may be used for entry for this meet. Qualifying times must have been achieved between 1st July in the previous year and 19th February in the current year. Open and Junior (Male 18 & U, Female 17 & U) finals in all individual events with the exception of 800m and 1500m events.

Qualification standard;

Qualifying Times

**Irish Summer LC Championships:**

**Age Groups: 12/13, 14, 15, 16, 17 & Over .**

Long Course Times ONLY, SC times or SC conversions will NOT be accepted. Times achieved at Regional qualifying LC meets, Regional Youth/Senior LC Championships or Regional Age Group LC Championships may be used for entry for this meet. LC qualification meets organised by Clubs can be used for entry for this meet provided they are approved for the purpose by Swim Ireland. Finals for all age groups in all individual events with the exception of 800m and 1500m events which will be heat declared winner.

Swimmers may NOT compete in National Division 2 Meet if they have qualified for this meet.

Qualification standard;

Qualifying Times

**Irish National Division 2 Meet:**

**Age Groups: 11/12, 13, 14, 15 & Over .**

This meet will be held as a LC meet. Entry times must have been achieved at Regional Development and Regional Qualifying meets or specific Club Open meets. Qualifying and cut off times in each age group. The cut off time will be the qualifying time for the Irish Summer LC Championships. LC qualification times and SC conversions may be used for entry. Times must have been achieved between 1 st January and 18th June in the year of competition (or as per the meet conditions). Finals will be held in each age group in all events with the exception of 800m and 1500m which will be heat declared winner.

Qualification standard;

Qualifying and Cut Off Times

## **MUNSTER COMPETITION PATHWAY**

The Munster Competitions Pathway will be in line with the Swim Ireland Competition Pathway and this document will attempt to simplify the progression through Munster competitions.

### **Intra-Club Meets :**

These meets are confined to the host club. Swimmers must be at least 8 years of age. Events will be as defined by the club. Times achieved can be used for Inter Club meets and Club Open/ Invitation meets.

### **Inter Club meets and Club Open/ Invitation Meets :**

These meets are open to clubs affiliated to Swim Ireland and may be subject to Invitation from the host club. Swimmers must be at least 9 years of age. Events will be as defined by the club. Times achieved can be used for other Club Meets, Regional Development meets and where electronic timing is operational may also be used for Munster Qualifying meets and Regional Championships.

### **Regional Development and Regional Qualifying Meets :**

#### **Development Meets :**

There are two levels of Development Meet ( Level 1 and level 2 ). Swimmers must be at least 10 years of age to compete in these meets. There are no qualifying standards, but cut off times will be in force i.e. if a swimmer goes faster than a cut off time they will not be eligible to swim in that event in future galas at that level.

To progress from level 1 to level 2 a swimmer must achieve the cut off time in either 100m Freestyle AND 100m IM, or 100m Free and two 50m events ( not including 50m Freestyle) or 100m IM and two 50m events ( not including 50m Freestyle. Swimmers will be restricted to four events and must swim either 100m freestyle or 100m IM, but cannot enter both.

To progress from level 2 to qualifying meets swimmers must achieve the qualifying times in 200m Frontcrawl and 200m IM or the 200m Frontcrawl and two of the other 100m events (either the 100m Fly, or 100m Backstroke or 100m Breaststroke), or the 200m IM and two of the other 100m events ( either the 100m Fly, or 100m Backstroke or 100m Breaststroke).Swimmers are confined to four events and must swim one 200m event.

#### **Qualification Standards :**

#### **Cut Off Times**

#### **Qualification Meets :**

Swimmers must be at least 10 years of age to compete in these meets. Swimmers must qualify for 100m events and may select two 200m events and one distance event that they have not qualified for. However, should galas be oversubscribed this may be amended. Swimmers who do not have ct's for 100m events may swim these at development meets. The cost for these events will be €4 per event. Times achieved at these or equivalent meets may be used for entry to Regional Championships and if achieved in a Long Course pool in the Long Course season ( Jan 1 – closing date ) may be used for entry to Irish Summer LC Nationals

#### **Qualification Standards :**

#### **Consideration Standards**

### **Regional Championships**

#### **Regional SC Championships**

**Ages: Male 16 & Under, 17 & Over; Female 15 & Under, 16 & Over.**

Swimmers must have achieved the relevant qualifying /consideration standards in Regional Qualifying meets or equivalent meets. Open finals ONLY. Times achieved at this meet may be used for entry to National SC Championships.

#### **Qualification standard;**

#### **Qualifying and Consideration Times**

**Regional Youth & Senior LC Championships:**

**Ages: 15, 16, 17 & Over.**

Finals in each age group for all events with the exception of 400m 800m and 1500m events, which will be Heat Declared Finals. Entry times must have been achieved at Regional Development and Regional Qualifying meets or specific Club Open meets. Times achieved at this meet may be used for entry to Irish Summer LC Championships or National Division 2 Championships.

Qualification standard;

Qualifying and Consideration Times

**Regional Age Group LC Championships:**

**Ages: 11/12, 13 and 14 years .**

Finals in each age group for all events with the exception of 400m 800m and 1500m events, which will be Heat Declared Finals. Entry times must have been achieved at Regional Development and Regional Qualifying meets or specific Club Open meets. Times achieved at this meet may be used for entry to Irish Summer LC Championships or National Division 2 Championships.

Qualification standard;

Qualifying and Consideration Times

## Munster Competitions Rules

**Meet Conditions :** All Munster competitions will comply with SI & FINA Rules. The following meet conditions will apply to all competitions

1. **Registration** – All swimmers must be registered with Swim Ireland and have a registration no. Entries without a registration\_no. will NOT be accepted.
2. **Entry Times** –All entry times must have been achieved within the previous fifteen months.
3. **Electronic Times** – As and from September 2016 only times achieved where electronic timing was used will be accepted for all competitions above Development meets
4. **Age Up Date** –The age up date will be 31st. December in the year of the competition ( with the exception of Schools galas)
5. **Closing Dates** –Agreed that all closing dates would be three weeks before the competition. NO ENTRIES AFTER THIS DATE. Fees MUST be paid prior to the competition.
6. **Entries on the Day** – This was discussed and it was agreed that these could be taken at the discretion of the referee in certain situations. It was also agreed that submitted entries for Qualifying meets and Championship events would be returned to the clubs for verification, amendments etc. before the competition which should eliminate the requests for entries on the day.
7. **Seeding** – Non-conforming times will be seeded first. (i.e. In a Long Course competition swimmers entered on SC times will be seeded slower than swimmers entered on LC times and vice-versa in a Short course competition). Conversion times will NOT be accepted where there are LC and SC qualifying standards.
8. **Relays** – One swimmer may swim up in age, but must remain in that age group for all relays in the competition. Swimmers must be entered in the competition to be eligible to swim on relays. The swimmer does not have to be entered in an individual event, but their name must be on the gala database.
9. **Scratch sheet – 1 day competitions** - To be posted for the entire competition 45 minutes before the start of the first session.  
**2 Day Competitions** - Withdrawals for the first day must be made 45 minutes prior to the start of the session. Withdrawals for the subsequent sessions must be made prior to the advised time on the previous day.
10. **No Shows** - Where a swimmer is NOT scratched, and fails to swim the club is fined €50 per swim. A swimmer will not be subject to a fine in the event that they produce a doctor's certificate to Munster within 72 hours of the end of the competition. A swimmer who has been withdrawn from an event due to injury or illness will not be eligible to compete in the remainder of the competition.
11. **Officials** – Clubs must provide one official per four swimmers up to a maximum of four officials per session. Where clubs are providing more than one official per session, at least one of these must be a turn judge. The host club must provide a minimum of two stroke judges, director of timekeepers, one call steward and computer operator.  
Failure of a club to provide the required officials will result in a fine of €50 per official per session.
12. **Medal Presentations** – Swimmers must be properly attired for medal presentations, Clubs are required to ensure that swimmers attend for medal presentations.
13. Clubs MUST name their officials on the scratch sheet when these are being returned. **Managers** – Clubs MUST indicate on their scratch sheets the person who is responsible for their swimmers for the relevant competition.
14. “Kneeskins” , “Jammers” or any other swimsuit which cost over €50 (Girls) and €25 (Boys) must NOT be worn by any swimmer at a Development meet.

Munster Development Meet Level 1 ( 3 opportunities )

Run over 1 day

September 30 / October 1

January 13/14

May 19 /20

**FEES :** €15.00 per swimmer to cover all individual events, €20.00 per relay.

Cheques to be made payable to "Munster Region Swim Ireland". All fees MUST be received prior to the competition. Fees should be sent to Tom O'Briem, Mont Pelier, O'Brien's Bridge, Co. Limerick

**Swimmers must swim in either the 100m Freestyle or the 100m Ind. Medley, and may enter a total of four events ONLY**

**Times must be submitted for all swimmers for the compulsory events i.e. 100m F/C and 100m IM. Clubs may submit training times , but these must be signed off by a club Official.**

Session 1

1. Boys 100m Freestyle
2. Girls 100m Ind. Medley
3. Boys 50m Breaststroke
4. Girls 50m Backstroke
5. Boys 50m Butterfly
6. Girls 50m Freestyle

Session 2

7. Boys 100m Ind. Medley
8. Girls 100m Freestyle
9. Boys 50m Backstroke
10. Girls 50m Breaststroke
11. Boys 50m Freestyle
12. Girls 50m Butterfly

BOYS			Cut Off Times	GIRLS		
10/11	12/13	14+	EVENT	10/11	12/13	14+
47.00	44.00	41.00	50 Back	49.00	46.00	43.00
53.00	50.00	47.00	50 Breast	54.00	51.00	48.00
52.00	49.00	46.00	50 Fly	55.00	52.00	49.00
1.30.00	1.25.00	1.20.00	100 Free	1.33.00	1.28.00	1.23.00
1.44.00	1.39.00	1.34.00	100 IM	1.48.00	1.43.00	1.37.00

Only swimmers who have not achieved the cut off times are eligible to swim in these galas.

Swimmers achieving the cut off time in the 100m Freestyle **and** the 100m Ind. Medley event **or** the 100m Freestyle **and** 2 of the 50m events ( Back, Breast or Fly), **or** the 100m Ind. Medley **and** 2 of the 50m events

( Back, Breast or Fly) will then be eligible to swim in Development 2 galas, and will no longer be considered Development 1 swimmers.

### Munster Development Meet 2 ( 3 opportunities )

Run over 1 day.

November 18/19

May 19 / 20

June 16 / 17

**FEES :** €18.00 per swimmer to cover all individual events, €20.00 per relay event. Cheques to be made payable to “Munster Region Swim Ireland” and should be forwarded to Tom O’Brien, Mont Pelier, O’Brien’s Bridge, Co. Limerick. Cheques must be received prior to the gala.

Times must be submitted for the 100m Freestyle

Swimmers **MUST** compete in one 200m event**ONLY**, and must swim a minimum of three events.  
**Swimmers will be confined to four events per gala.**

#### Session 1

1. Boys 100m Freestyle
2. Girls 100m Ind. Medley
3. Boys 100m Breaststroke
4. Girls 100m Backcrawl
5. Boys 100m Butterfly
6. Girls 200m Freestyle

#### Session 2

7. Boys 100m Ind. Medley
8. Girls 100m Freestyle
9. Boys 100m Backcrawl
10. Girls 100m Breaststroke
11. Boys 200m Freestyle
12. Girls 100m Butterfly

BOYS			Cut Off Times	GIRLS		
10/11	12/13	14+	EVENT	10/11	12/13	14+
1.30.66	1.24.19	1.17.72	100 Back	1.36.63	1.29.73	1.22.83
1.41.61	1.34.35	1.27.19	100 Breast	1.52.21	1.44.27	1.36.33
1.20.55	1.14.80	1.09.05	100 Free	1.26.60	1.20.42	1.14.24
1.30.78	1.24.30	1.17.82	100 Fly	1.39.99	1.32.83	1.25.69
2.57.57	2.44.89	2.31.21	200 Free	3.09.79	2.56.24	2.42.69
1.38.71	1.31.66	1.24.61	100 IM	1.45.92	1.38.36	1.30.80
3.23.44	3.08.91	2.54.38	200 IM	3.34.65	3.19.32	3.03.99

Only swimmers who have not achieved the cut off times are eligible to swim in these galas.



To qualify for qualifying meets swimmers must achieve the qualifying times in 200m Frontcrawl and 200m IM or the 200m Frontcrawl and two of the other 100m events (either the 100m Fly, or 100m Backstroke or 100m Breaststroke), or the 200m IM and two of the other 100m events ( either the 100m Fly, or 100m Backstroke or 100m Breaststroke).

### REGIONAL QUALIFYING MEET 3 (3 Opportunities )

October 13 -15

February 2-4

March 9 -11

Swimmers are restricted to 6 events

#### 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 Breaststroke
7. Boys 50m Freestyle

#### Session 2

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

#### Session 3

15. Girls 1500m Freestyle
16. Boys 400m Ind. Medley
17. Girls 100m Breaststroke
18. Boys 200m Freestyle
19. Girls 200m Butterfly
20. Boys 100m Breaststroke
21. Girls 50m Freestyle

#### Session 4

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

BOYS			Consideration Times	GIRLS		
10/11	12/13	14+	EVENT	10/11	12/13	14+
36.96	34.32	31.68	50 Free	39.90	37.05	34.20
1.20.55	1.14.80	1.09.05	100 Free	1.26.60	1.20.42	1.14.24
2.57.57	2.44.89	2.31.21	200 Free	3.09.79	2.56.24	2.42.69
6.14.86	5.48.09	5.21.32	400 Free	6.45.32	6.16.37	5.47.42
12.59.71	12.04.02	11.08.33	800 Free	13.21.17	12.24.95	11.26.73
25.04.92	23.17.43	21.29.94	1500 Free	26.27.35	24.33.97	22.04.59
1.30.66	1.24.19	1.17.72	100 Back	1.36.63	1.29.73	1.22.83
3.21.48	3.07.12	2.52.76	200 Back	3.29.72	3.14.74	2.59.76
1.41.61	1.34.35	1.27.19	100 Breast	1.52.21	1.44.27	1.36.33
3.45.85	3.29.72	3.13.59	200 Breast	4.04.34	3.46.89	3.29.44
1.30.78	1.24.30	1.17.82	100 Fly	1.39.99	1.32.83	1.25.69
3.22.14	3.07.72	2.53.28	200 Fly	3.38.52	3.22.20	3.05.88
1.38.71	1.31.66	1.24.61	100 IM	1.45.92	1.38.36	1.30.80
3.23.44	3.08.91	2.54.38	200 IM	3.34.65	3.19.32	3.03.99
7.19.36	6.47.98	6.16.60	400 IM	7.48.16	7.14.22	6.41.28

Swimmers must qualify for 100m events and may select two 200m events and one distance event that they have not qualified for. However, should galas be oversubscribed this may be amended. Swimmers who do not have ct's for 100m events may swim these at development meets. The cost for these events will be €4 per event

### REGIONAL SC CHAMPIONSHIPS 2017

<b>Day 1 – Friday 3<sup>rd</sup> November 2017</b>	<b>Day 2 - Saturday 4<sup>th</sup> November 2017</b>	<b>Day 3 – Sunday 5<sup>th</sup> November 2017</b>
<b>Session 1: Combined Heats 30 Minute Warm-Up</b>	<b>Session 2: Combined Heats 45 Minute Warm-Up</b>	<b>Session 6: Combined Heats 45 Minute Warm-Up</b>
Male 1500m Freestyle HDW Female 800m Freestyle HDW	Male 200m IM Female 200m Backstroke Male 200m Breaststroke Female 100m Breaststroke Male 100m Backstroke Female 50m Butterfly Male 50m Freestyle Female 400m Freestyle HDW	Female 200m IM Male 200m Backstroke Female 200m Breaststroke Male 100m Breaststroke Female 100m Backstroke Male 50m Butterfly Female 50m Freestyle Male 400m Freestyle HDW
	<b>Session 3: Finals &amp; Presentations No Warm-Up</b>	<b>Session 7: Finals &amp; Presentations No Warm-Up</b>
	Mixed 200m Freestyle Relay HDW (Open) Male 200m IM (Open) Female 200m Backstroke (Open) Male 200m Breaststroke (Open) Female 100m Breaststroke (Open) Male 100m Backstroke (Open) Female 50m Butterfly (Open) Male 50m Freestyle (Open)	Mixed 200m Medley Relay HDW (Open) Female 200m IM (Open) Male 200m Backstroke (Open) Female 200m Breaststroke (Open) Male 100m Breaststroke (Open) Female 100m Backstroke (Open) Male 50m Butterfly (Open) Female 50m Freestyle (Open)
	<b>Session 4: Combined Heats 45 Minute Warm-Up</b>	<b>Session 8: Combined Heats 45 Minute Warm-Up</b>
	Female 100m IM Male 200m Freestyle Female 200m Butterfly Male 100m Butterfly Female 100m Freestyle Male 50m Breaststroke Female 50m Backstroke Male 400m IM HDW	Male 100m IM Female 200m Freestyle Male 200m Butterfly Female 100m Butterfly Male 100m Freestyle Female 50m Breaststroke Male 50m Backstroke Female 400m IM HDW
	<b>Session 5: Finals &amp; Presentations No Warm-Up</b>	<b>Session 9: Finals &amp; Presentations No Warm-Up</b>
	Female 200m Freestyle Relay HDW (Open) Male 200m Freestyle Relay HDW (Open) Female 100m IM (Open) Male 200m Freestyle (Open) Female 200m Butterfly (Open) Male 100m Butterfly (Open) Female 100m Freestyle (Open) Male 50m Breaststroke (Open) Female 50m Backstroke (Open) Male 800m Freestyle HDW	Male 200m Medley Relay HDW (Open) Female 200m Medley Relay HDW (Open) Male 100m IM (Open) Female 200m Freestyle (Open) Male 200m Butterfly (Open) Female 100m Butterfly (Open) Male 100m Freestyle (Open) Female 50m Breaststroke (Open) Male 50m Backstroke (Open) Female 1500m Freestyle HDW

**REGIONAL SC CHAMPIONSHIPS 2017**

**SC QUALIFYING & CONSIDERATION TIMES**

Event	Age Group	Qualifying Time SC	Consideration Time SC
<b>MALE</b> <b>(Age as of 31<sup>st</sup> December 2017)</b>			
<b>50m Freestyle</b>	Youth (16/Under)	29.04	30.36
	Senior (17/Over)	26.90	28.12
<b>100m Freestyle</b>	Youth (16/Under)	1.03.30	1.06.17
	Senior (17/Over)	57.71	1.00.33
<b>200m Freestyle</b>	Youth (16/Under)	2.19.53	2.25.87
	Senior (17/Over)	2.08.95	2.14.81
<b>400m Freestyle</b>	Youth (16/Under)	4.54.55	5.07.93
	Senior (17/Over)	4.35.44	4.47.96
<b>800m Freestyle</b>	Youth (16/Under)	10.12.64	10.40.48
	Senior (17/Over)	10.12.63	10.40.47
<b>1500m Freestyle</b>	Youth (16/Under)	19.42.45	20.36.19
	Senior (17/Over)	19.25.54	20.18.41
<b>50m Backstroke</b>	Youth (16/Under)	34.38	35.94
	Senior (17/Over)	31.48	32.91
<b>100m Backstroke</b>	Youth (16/Under)	1.11.25	1.14.48
	Senior (17/Over)	1.06.24	1.09.25
<b>200m Backstroke</b>	Youth (16/Under)	2.38.00	2.45.18
	Senior (17/Over)	2.32.98	2.39.93
<b>50m Breaststroke</b>	Youth (16/Under)	40.02	41.83
	Senior (17/Over)	35.53	37.14
<b>100m Breaststroke</b>	Youth (16/Under)	1.19.93	1.23.56
	Senior (17/Over)	1.16.19	1.19.65
<b>200m Breaststroke</b>	Youth (16/Under)	2.57.46	3.05.52
	Senior (17/Over)	2.50.90	2.58.66
<b>50m Butterfly</b>	Youth (16/Under)	35.23	36.83
	Senior (17/Over)	29.94	31.30
<b>100m Butterfly</b>	Youth (16/Under)	1.11.34	1.14.58
	Senior (17/Over)	1.05.39	1.08.36
<b>200m Butterfly</b>	Youth (16/Under)	2.38.84	2.46.06
	Senior (17/Over)	2.29.42	2.36.21
<b>100m IM</b>	Youth (16/Under)	1.17.56	1.21.08
	Senior (17/Over)	1.09.60	1.12.76
<b>200m IM</b>	Youth (16/Under)	2.39.85	2.47.11
	Senior (17/Over)	2.27.85	2.34.57
<b>400m IM</b>	Youth (16/Under)	5.45.22	6.00.91
	Senior (17/Over)	5.28.73	5.43.67

**REGIONAL SC CHAMPIONSHIPS 2017**

**SC QUALIFYING & CONSIDERATION TIMES**

Event	Age Group	Qualifying Time SC	Consideration Time SC
<b>FEMALE</b> (Age as of 31 <sup>st</sup> December 2017)			
<b>50m Freestyle</b>	Youth (15/Under)	31.35	32.77
	Senior (16/Over)	30.62	32.01
<b>100m Freestyle</b>	Youth (15/Under)	1.08.06	1.11.15
	Senior (16/Over)	1.05.96	1.08.95
<b>200m Freestyle</b>	Youth (15/Under)	2.28.94	2.35.71
	Senior (16/Over)	2.23.60	2.30.12
<b>400m Freestyle</b>	Youth (15/Under)	5.18.47	5.32.94
	Senior (16/Over)	5.04.99	5.18.85
<b>800m Freestyle</b>	Youth (15/Under)	10.29.51	10.58.12
	Senior (16/Over)	10.29.51	10.58.12
<b>1500m Freestyle</b>	Youth (15/Under)	20.47.20	21.43.59
	Senior (16/Over)	20.47.20	21.43.59
<b>50m Backstroke</b>	Youth (15/Under)	35.79	37.41
	Senior (16/Over)	34.63	36.20
<b>100m Backstroke</b>	Youth (15/Under)	1.15.93	1.19.38
	Senior (16/Over)	1.12.	1.16.21
<b>200m Backstroke</b>	Youth (15/Under)	2.44.78	2.52.27
	Senior (16/Over)	2.39.89	2.47.15
<b>50m Breaststroke</b>	Youth (15/Under)	41.95	43.85
	Senior (16/Over)	39.24	41.02
<b>100m Breaststroke</b>	Youth (15/Under)	1.27.39	1.31.36
	Senior (16/Over)	1.24.48	1.28.32
<b>200m Breaststroke</b>	Youth (15/Under)	3.11.99	3.20.71
	Senior (16/Over)	3.06.38	3.14.85
<b>50m Butterfly</b>	Youth (15/Under)	37.24	38.95
	Senior (16/Over)	34.16	35.71
<b>100m Butterfly</b>	Youth (15/Under)	1.18.55	1.21.62
	Senior (16/Over)	1.14.10	1.17.46
<b>200m Butterfly</b>	Youth (15/Under)	2.59.56	3.07.72
	Senior (16/Over)	2.53.18	3.01.05
<b>100m IM</b>	Youth (15/Under)	1.23.24	1.27.02
	Senior (16/Over)	1.17.79	1.21.32
<b>200m IM</b>	Youth (15/Under)	2.48.66	2.56.32
	Senior (16/Over)	2.44.24	2.51.70
<b>400m IM</b>	Youth (15/Under)	6.07.84	6.24.56
	Senior (16/Over)	5.57.87	6.14.13

## REGIONAL YOUTH/SENIOR LC CHAMPIONSHIPS 2018

Day 1 – Friday 4 <sup>th</sup> May 2018	Day 1 - Saturday 5 <sup>th</sup> May 2018	Day 2 – Sunday 6 <sup>th</sup> May 2018
Session 1: Combined Heats 30 Minute Warm-Up	Session 2: Combined Heats 45 Minute Warm-Up	Session 6: Combined Heats 45 Minute Warm-Up
Mixed 400m Medley Relay HDW (15/Over) Male 1500m Freestyle HDW Female 800m Freestyle HDW	Female 800m Freestyle Relay HDW (15/Over) Male 200m IM Female 200m Backstroke Male 200m Breaststroke Female 100m Breaststroke Male 100m Backstroke Female 50m Butterfly (17/Over Only) Male 50m Freestyle Female 400m Freestyle HDW	Male 800m Freestyle Relay HDW (15/Over) Female 200m IM Male 200m Backstroke Female 200m Breaststroke Male 100m Breaststroke Female 100m Backstroke Male 50m Butterfly (17/Over Only) Female 50m Freestyle Male 400m Freestyle HDW
	Session 3: Finals & Presentations No Warm-Up	Session 6: Finals & Presentations No Warm-Up
	Male 200m IM (15 years ; 16 years ; 17/Over) Female 200m Backstroke (15 years ; 16 years ; 17/Over) Male 200m Breaststroke (15 years ; 16 years ; 17/Over) Female 100m Breaststroke (15 years ; 16 years ; 17/Over) Male 100m Backstroke (15 years ; 16 years ; 17/Over) Female 50m Butterfly (17/Over) Male 50m Freestyle (15 years ; 16 years ; 17/Over)	Female 200m IM (15 years ; 16 years ; 17/Over) Male 200m Backstroke (15 years ; 16 years ; 17/Over) Female 200m Breaststroke (15 years ; 16 years ; 17/Over) Male 100m Breaststroke (15 years ; 16 years ; 17/Over) Female 100m Backstroke (15 years ; 16 years ; 17/Over) Male 50m Butterfly (17/Over) Female 50m Freestyle (15 years ; 16 years ; 17/Over)
	Session 4: Combined Heats 45 Minute Warm-Up	Session 7: Combined Heats 45 Minute Warm-Up
	Male 400m Medley Relay HDW (15/Over) Female 400m Medley Relay HDW (15/Over) Male 200m Freestyle Female 200m Butterfly Male 100m Butterfly Female 100m Freestyle Male 50m Breaststroke (17/Over Only) Female 50m Backstroke (17/Over Only) Male 400m IM HDW	Female 400m Medley Relay HDW (15/Over) Male 400m Medley Relay HDW (15/Over) Female 200m Freestyle Male 200m Butterfly Female 100m Butterfly Male 100m Freestyle Female 50m Breaststroke (17/Over Only) Male 50m Backstroke (17/Over Only) Female 400m IM HDW
	Session 5: Finals & Presentations No Warm-Up	Session 8: Finals & Presentations No Warm-Up
	Male 200m Freestyle (15 years ; 16 years ; 17/Over) Female 200m Butterfly (15 years ; 16 years ; 17/Over) Male 100m Butterfly (15 years ; 16 years ; 17/Over) Female 100m Freestyle (15 years ; 16 years ; 17/Over) Male 50m Breaststroke (17/Over) Female 50m Backstroke (17/Over) Male 800m Freestyle HDW	Female 200m Freestyle (15 years ; 16 years ; 17/Over) Male 200m Butterfly (15 years ; 16 years ; 17/Over) Female 100m Butterfly (15 years ; 16 years ; 17/Over) Male 100m Freestyle (15 years ; 16 years ; 17/Over) Female 50m Breaststroke (17/Over) Male 50m Backstroke (17/Over) Female 1500m Freestyle HDW

If a Friday evening session is not possible, the 800m and 1500m Freestyle events are to be run as 'Mixed' events in sessions 5 and 8 and the 400m Mixed Medley Relay to be placed at the beginning of Session 8

**REGIONAL YOUTH/SENIOR LC CHAMPIONSHIPS 2018**  
**LC QUALIFYING & CONSIDERATION TIMES**

Event	Age Group as of 31/12/18	Qualifying Time LC	Consideration Time LC
<b>MALE</b>			
<b>50m Freestyle</b>	15 years	29.85	31.27
	16 years	28.60	29.90
	17/Over	27.30	28.60
<b>100m Freestyle</b>	15 years	1.05.62	1.08.75
	16 years	1.04.35	1.07.27
	17/Over	1.01.42	1.04.35
<b>200m Freestyle</b>	15 years	2.22.08	2.28.85
	16 years	2.21.68	2.28.12
	17/Over	2.15.24	2.21.68
<b>400m Freestyle</b>	15 years	5.03.72	5.18.18
	16 years	15.05.80	5.19.70
	17/Over	4.51.90	5.05.80
<b>800m Freestyle</b>	15 years	Swimmers who qualify for 1500m are eligible to enter this event	Swimmers who qualify for 1500m are eligible to enter this event
	16 years		
	17/Over		
<b>1500m Freestyle</b>	15 years	20.32.91	21.10.67
	16 years	20.33.76	21.30.84
	17/Over	19.37.68	20.33.76
<b>50m Backstroke</b>	17/Over	31.99	33.44
<b>100m Backstroke</b>	15 years	1.14.89	1.18.46
	16 years	1.15.32	1.18.74
	17/Over	1.11.90	1.15.32
<b>200m Backstroke</b>	15 years	2.40.90	2.48.56
	16 years	2.42.97	2.50.37
	17/Over	2.35.56	2.42.97
<b>50m Breaststroke</b>	17/Over	33.09	34.67
<b>100m Breaststroke</b>	15 years	1.26.10	1.30.20
	16 years	1.25.96	1.29.86
	17/Over	1.22.05	1.25.96
<b>200m Breaststroke</b>	15 years	3.03.88	3.12.64
	16 years	3.08.90	3.17.48
	17/Over	3.00.30	3.08.90
<b>50m Butterfly</b>	17/Over	27.89	29.22
	15 years	1.13.35	1.16.84

<b>100m Butterfly</b>	16 years	1.13.76	1.17.11
	17/Over	1.10.41	1.13.76
<b>200m Butterfly</b>	15 years	2.49.14	2.57.19
	16 years	2.42.04	2.49.40
	17/Over	2.34.67	2.42.04
<b>200m IM</b>	15 years	2.40.76	2.48.42
	16 years	2.43.26	2.50.68
	17/Over	2.35.84	2.43.26
<b>400m IM</b>	15 years	5.34.41	5.45.93
	16 years	5.43.13	5.58.72
	17/Over	5.27.53	5.43.13

**REGIONAL YOUTH/SENIOR LC CHAMPIONSHIPS 2018**  
**LC QUALIFYING & CONSIDERATION TIMES**

<b>Event</b>	<b>Age Group as of 31/12/18</b>	<b>Qualifying Time LC</b>	<b>Consideration Time LC</b>
<b>FEMALE</b>			
<b>50m Freestyle</b>	15 years	31.51	32.94
	16 years	30.08	31.51
	17/Over	29.84	30.84
<b>100m Freestyle</b>	15 years	1.09.82	1.12.99
	16 years	1.06.65	1.09.82
	17/Over	1.05.00	1.08.10
<b>200m Freestyle</b>	15 years	2.31.96	2.38.86
	16 years	2.25.05	2.31.96
	17/Over	2.23.59	2.30.43
<b>400m Freestyle</b>	15 years	5.28.48	5.43.41
	16 years	5.13.55	5.28.48
	17/Over	5.06.63	5.21.23
<b>800m Freestyle</b>	15 years	11.05.74	11.36.00
	16 years	10.37.48	11.05.74
	17/Over	10.24.13	10.37.48
<b>1500m Freestyle</b>	15 years	Swimmers who qualify for 800m are eligible to enter this event	Swimmers who qualify for 800m are eligible to enter this event
	16 years		
	17/Over		
<b>50m Backstroke</b>	17/Over	34.42	36.06
<b>100m Backstroke</b>	15 years	1.21.71	1.25.42
	16 years	1.18.00	1.21.71
	17/Over	1.14.79	1.18.35
<b>200m Backstroke</b>	15 years	2.54.35	3.02.27
	16 years	2.46.42	2.54.35
	17/Over	2.43.18	2.50.95
<b>50m Breaststroke</b>	17/Over	38.12	39.94
<b>100m Breaststroke</b>	15 years	1.33.03	1.37.25
	16 years	1.28.80	1.33.03
	17/Over	1.24.02	1.28.55
<b>200m Breaststroke</b>	15 years	3.23.02	3.32.22
	16 years	3.13.79	3.23.02
	17/Over	3.09.00	3.18.00

<b>50m Butterfly</b>	17/Over	31.59	33.09
<b>100m Butterfly</b>	15 years	1.20.71	1.24.37
	16 years	1.17.04	1.20.71
	17/Over	1.14.55	1.18.10
<b>200m Butterfly</b>	15 years	2.57.48	3.05.54
	16 years	2.49.41	2.57.48
	17/Over	2.47.87	2.55.86
<b>200m IM</b>	15 years	2.53.37	3.01.25
	16 years	2.45.49	2.53.37
	17/Over	2.43.80	2.51.60
<b>400m IM</b>	15 years	6.18.05	6.35.23
	16 years	6.00.87	6.18.05
	17/Over	5.56.44	6.14.41

## REGIONAL AGE GROUP CHAMPIONSHIPS 2018

<b>Day 1 – Friday 1<sup>st</sup> June 2018</b>	<b>Day 1 - Saturday 2<sup>nd</sup> June 2018</b>	<b>Day 2 – Sunday 3<sup>rd</sup> June 2018</b>
<b>Session 1: Combined Heats 30 Minute Warm-Up</b>	<b>Session 2: Combined Heats 45 Minute Warm-Up</b>	<b>Session 6: Combined Heats 45 Minute Warm-Up</b>
Mixed 400m Medley Relay HDW (11-14 years) Male 1500m Freestyle HDW Female 800m Freestyle HDW	Female 800m Freestyle Relay HDW (11-14 years) Male 200m IM Female 200m Backstroke Male 200m Breaststroke Female 100m Breaststroke Male 100m Backstroke Female 400m Freestyle HDW Male 50m Freestyle <b>15 Minute Break</b>	Male 800m Freestyle Relay HDW (11-14 years) Female 200m IM Male 200m Backstroke Female 200m Breaststroke Male 100m Breaststroke Female 100m Backstroke Male 400m Freestyle HDW Female 50m Freestyle <b>15 Minute Break</b>
	<b>Session 3: Finals &amp; Presentations No Warm-Up</b>	<b>Session 6: Finals &amp; Presentations No-Warm-Up</b>
	Male 200m IM (11/12 years ; 13 years ; 14 years) Female 200m Backstroke (11/12 years ; 13 years ; 14 years) Male 200m Breaststroke (11/12 years ; 13 years ; 14 years) Female 100m Breaststroke (11/12 years ; 13 years ; 14 years) Male 100m Backstroke (11/12 years ; 13 years ; 14 years) Male 50m Freestyle (11/12 years ; 13 years ; 14 years)	Female 200m IM (11/12 years ; 13 years ; 14 years) Male 200m Backstroke (11/12 years ; 13 years ; 14 years) Female 200m Breaststroke (11/12 years ; 13 years ; 14 years) Male 100m Breaststroke (11/12 years ; 13 years ; 14 years) Female 100m Backstroke (11/12 years ; 13 years ; 14 years) Female 50m Freestyle (11/12 years ; 13 years ; 14 years)
	<b>Session 4: Combined Heats 45 Minute Warm-Up</b>	<b>Session 7: Combined Heats 45 Minute Warm-Up</b>
	Male 400m Medley Relay HDW (11-14 years) Female 400m Medley Relay HDW (11-14 years) Male 200m Freestyle Female 200m Butterfly Male 100m Butterfly Female 100m Freestyle Male 400m IM HDW <b>15 Minute Break</b>	Female 400m Medley Relay HDW (11-14 years) Male 400m Medley Relay HDW (11-14 years) Female 200m Freestyle Male 200m Butterfly Female 100m Butterfly Male 100m Freestyle Female 400m IM HDW <b>15 Minute Break</b>
	<b>Session 5: Finals &amp; Presentations No Warm-Up</b>	<b>Session 8: Finals &amp; Presentations No Warm-Up</b>
	Male 200m Freestyle (11/12 years ; 13 years ;	Female 200m Freestyle (11/12



	14 years) Female 200m Butterfly (11/12 years ; 13 years ; 14 years) Male 100m Butterfly (11/12 years ; 13 years ; 14 years) Female 100m Freestyle (11/12 years ; 13 years ; 14 years) Male 800m Freestyle HDW	years ; 13 years ; 14 years) Male 200m Butterfly (11/12 years ; 13 years ; 14 years) Female 100m Butterfly (11/12 years ; 13 years ; 14 years) Male 100m Freestyle (11/12 years ; 13 years ; 14 years) Female 1500m Freestyle HDW
--	---	---

If a Friday evening session is not possible, the 800m and 1500m Freestyle events are to be run as 'Mixed' events in sessions 5 and 8 and the 400m Mixed Medley Relay to be placed at the beginning of Session 5

## REGIONAL AGE GROUP CHAMPIONSHIPS 2018

### LC QUALIFYING & CONSIDERATION TIMES

Event	Age Group	Qualifying Time LC	Consideration Time LC
<b>MALE (Age as of 31<sup>st</sup> December 2018)</b>			
<b>50m Freestyle</b>	11/12 years	35.06	36.65
	13 years	34.47	35.06
	14 years	31.29	32.79
<b>100m Freestyle</b>	11/12 years	1.14.01	1.17.37
	13 years	1.10.65	1.14.01
	14 years	1.04.35	1.11.92
<b>200m Freestyle</b>	11/12 years	2.39.75	2.46.91
	13 years	2.32.49	2.39.75
	14 years	2.28.85	2.35.61
<b>400m Freestyle</b>	11/12 years	5.39.55	5.54.98
	13 years	5.24.12	5.39.55
	14 years	5.18.18	5.32.64
<b>800m Freestyle</b>	11/12 years	Swimmers who qualify for 1500m are eligible to enter this event	Swimmers who qualify for 1500m are eligible to enter this event
	13 years		
	14 years		
<b>1500m Freestyle</b>	11/12 years	23.24.93	24.28.89
	13 years	22.21.07	23.24.93
	14 years	21.10.67	22.08.42
<b>100m Backstroke</b>	11/12 years	1.26.26	1.30.18
	13 years	1.22.34	1.26.26
	14 years	1.18.46	1.22.03
<b>200m Backstroke</b>	11/12 years	3.01.23	3.09.46
	13 years	2.52.99	3.01.23
	14 years	2.48.56	2.56.22
<b>100m Breaststroke</b>	11/12 years	1.39.97	1.44.51
	13 years	1.35.43	1.39.97
	14 years	1.30.20	1.34.30
<b>200m Breaststroke</b>	11/12 years	3.35.20	3.44.98
	13 years	3.25.42	3.35.20
	14 years	3.12.64	3.21.49
<b>100m Butterfly</b>	11/12 years	1.29.61	1.33.68
	13 years	1.25.54	1.29.61
	14 years	1.16.84	1.20.33
<b>200m Butterfly</b>	11/12 years	3.16.22	3.25.13
	13 years	3.07.30	3.16.22

	14 years	2.58.09	3.06.18
200m IM	11/12 years	3.06.28	3.14.74
	13 years	2.57.81	3.06.28
	14 years	2.48.42	2.56.07
400m IM	11/12 years	6.32.63	6.50.47
	13 years	6.14.78	6.32.63
	14 years	5.50.33	6.06.25

**REGIONAL AGE GROUP CHAMPIONSHIPS 2018**  
**LC QUALIFYING & CONSIDERATION TIMES**

Event	Age Group	Qualifying Time LC	Consideration Time LC
<b>FEMALE (Age as of 31<sup>st</sup> December 2018)</b>			
50m Freestyle	11/12 years	35.44	37.26
	13 years	33.20	34.70
	14 years	31.69	33.20
100m Freestyle	11/12 years	1.14.20	1.17.86
	13 years	1.11.57	1.14.71
	14 years	1.08.22	1.11.57
200m Freestyle	11/12 years	2.39.97	2.47.59
	13 years	2.36.18	2.43.27
	14 years	2.29.08	2.36.18
400m Freestyle	11/12 years	5.44.85	6.01.27
	13 years	5.37.51	5.46.85
	14 years	5.22.17	5.37.51
800m Freestyle	11/12 years	11.59.14	12.33.39
	13 years	11.24.24	11.55.34
	14 years	10.53.14	11.24.24
1500m Freestyle	11/12 years	Swimmers who qualify for 800m are eligible to enter this event	Swimmers who qualify for 800m are eligible to enter this event
	13 years		
	14 years		
100m Backstroke	11/12 years	1.25.21	1.28.27
	13 years	1.23.05	1.26.82
	14 years	1.19.27	1.23.05
200m Backstroke	11/12 years	2.59.88	3.08.45
	13 years	2.56.28	3.04.29
	14 years	2.48.27	2.56.28
100m Breaststroke	11/12 years	1.39.23	1.43.96
	13 years	1.34.24	1.38.52
	14 years	1.29.96	1.34.24
200m Breaststroke	11/12 years	3.28.76	3.38.66
	13 years	3.25.74	3.35.09
	14 years	3.16.39	3.25.74
100m Butterfly	11/12 years	1.27.16	1.31.31
	13 years	1.21.63	1.25.34
	14 years	1.17.92	1.21.63
200m Butterfly	11/12 years	3.19.37	3.28.86
	13 years	3.01.30	3.09.54

	14 years	2.53.06	3.01.30
<b>200m IM</b>	11/12 years	3.04.91	3.12.67
	13 years	2.57.38	3.05.44
	14 years	2.49.32	2.57.38
<b>400m IM</b>	11/12 years	6.36.53	6.55.41
	13 years	6.34.14	6.52.05
	14 years	6.16.22	6.34.14