

**MUNSTER REGIONAL QUALIFYING MEET**

SI Licence No. TBC

**VENUE :** Mallow **DATE :** 14<sup>th</sup>.& 15<sup>th</sup>. October 2017

**TIME :** Warm Up 09.00 a.m. Start 10.00 a.m.

**ENTRIES :** Entries on Hy-Tek only to [patdonovan02@gmail.com](mailto:patdonovan02@gmail.com) Cheques should be made payable to “Munster Region Swim Ireland” and should be sent to **Tom O’Brien, Mont Pelier, O’Brien’s Bridge, Co. Limerick.**

**FEES MUST BE RECEIVED PRIOR TO THE GALA**

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

**CLOSING DATE :** Monday, 25<sup>th</sup>. September 2017

**ENTRIES RECEIVED AFTER THE CLOSING DATE WILL NOT BE ACCEPTED.**

**CONDITIONS :** Swimmers may enter in six individual events ONLY. Swimmers must have achieved the qualifying times in 200m Frontcrawl and two other 100m events, or the 200m I.M. and two other events, or the 200m Frontcrawl and 200m IM.. Medals will be presented in 10/11, 12/13, 14+.

**ALL EVENTS WILL BE HEAT DECLARED WINNER.**

Swimmers are restricted to 6 events

Session 1

1. Boys 1500m Freestyle
2. Girls 400m Ind. Medley
3. Boys 200m Breaststroke

**Presentations Events 1 & 2**

4. Girls 200m Freestyle
5. Boys 100m Butterfly

**Presentations Events 3 & 4**

6. Girls 200m Backcrawl
7. Boys 50m Freestyle

**Presentations Events 5, 6 & 7**

Session 2

8. Boys 400m Freestyle
9. Girls 200m Ind. Medley
10. Boys 200m Backcrawl

**Presentations Events 8 & 9**

11. Girls 100m Butterfly
12. Boys 200m Freestyle

**Presentations Events 10 & 11**

13. Girls 200m Breaststroke
14. Boys 100m Ind. Medley

**Presentations Events 12 & 13**

15. Girls 800m Freestyle

**Presentations Events 14 & 15**

Session 3

16. Girls 1500m Freestyle
17. Boys 400m Ind. Medley
18. Girls 100m Breaststroke

**Presentations Events 16 & 17**

19. Boys 100m Freestyle
20. Girls 200m Butterfly

**Presentations Events 18 & 19**

21. Boys 100m Backcrawl
22. Girls 50m Freestyle

**Presentations Events 20, 21 & 22**

Session 4

23. Girls 400m Freestyle
24. Boys 200m Ind. Medley
25. Girls 100m Backcrawl

**Presentations Events 23 & 24**

26. Boys 200m Butterfly
27. Girls 100m Freestyle

**Presentations Events 25 & 26**

27. Boys 100m Breaststroke
29. Girls 100m Ind. Medley

**Presentations Events 27 & 28**

30. Boys 800m Freestyle

**Presentations Events 29 & 30**

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 have achieved the consideration standards to qualify for 50m and 100m events and may select two 200m events and one distance event for which they have not achieved the consideration times. This may be amended if entries are too large, but clubs will be notified of any changes. Swimmers who do not have ct's for 100m events may swim these at development meets.

## MUNSTER QUALIFYING MEET

\_\_\_\_\_ Entries @ €20.00 per swimmer = €

**TOTAL** €

**CLUB** \_\_\_\_\_

**SECRETARY** \_\_\_\_\_

**ADDRESS** \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**TEL** \_\_\_\_\_

**TEAM MANAGER** \_\_\_\_\_

*Name of official who will act at the gala*

\_\_\_\_\_

### **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.**