**REGIONAL LC QUALIFYING MEET**

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| VENUE: | UL DATE: 1st. and 2nd. Feb 2020 |
| TIME: | Saturday Warm Up 12.00 noon Start 1.00pm  Sunday Warm Up 08.00 a.m. Start 09.00 a.m. |
| ENTRIES: | Entries on Hy-Tek only to 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: | €6.00 per event. |

CLOSING DATE: Wednesday 22nd. January 2020

ENTRIES RECEIVED AFTER THE CLOSING DATE WILL NOT BE ACCEPTED.

**Swimmers may enter in six events ONLY**

CONDITIONS: To promote ongoing participation and age appropriate competitions, swimmers who are 16 yrs of age plus on the 31st December, who may not have achieved all of the stated regional qualification standards, may participate in one or more Regional Qualifier events, if they have achieved any of the stated Qualification times. Swimmers entering the competition in this manner are eligible to swim in those events for which they have official consideration times only.

Entry times for all events must have been recorded electronically at a Swim Ireland-licensed competition.

To be eligible to swim in a 200m event, swimmers must already have an official 100m time in that particular event from any Swim Ireland-licensed gala within the last 15 months. Similarly, swimmers who wish to swim 400m events must already have an official 200m time in that particular event from any Swim Ireland-licensed gala within the last 15 months.

Swimmers who wish to swim 800m or 1500m events must already have an official 400m time in that particular event from any Swim Ireland-licensed gala within the last 15 months.

Females who qualify for 800m Freestyle may also enter the 1500m Freestyle, and Males who qualify for 1500m Freestyle may also swim 800m Freestyle.

Medals will be presented in 10/11, 12/13, 14+ in individual events.

**Withdrawals From Day 1 :**  On scratch sheets, which must be posted by 12.15 on the first day.

**Withdrawals From Day 2 :**  On withdrawal sheets which must be handed to the recorders table prior to the announced time.

**Fines :** Fines of €50 are issued to a Club when a swimmer fails to swim in an event, unless they have been correctly withdrawn in advance, using the appropriate form and before the relevant deadline.

ALL EVENTS WILL BE HEAT DECLARED WINNER.

Session 1 Session 3

1. Boys 1500m Freestyle 15. Girls 1500m Freestyle
2. Girls 400m Ind. Medley 16. Boys 400m Ind. Medley
3. Boys 200m Breaststroke 17. Girls 100m Breaststroke
4. Girls 200m Freestyle 18. Boys 100m Freestyle
5. Boys 100m Butterfly 19. Girls 200m Butterfly
6. Girls 200m Backcrawl 20. Boys 100m Backcrawl

Session 2 Session 4

7. Girls 800m Freestyle 21. Boys 800m Freestyle

8. Boys 400m Freestyle 22. Girls 400m Freestyle

9. Girls 200m Ind. Medley 23. Boys 200m Ind. Medley

10.Boys 200m Backcrawl 24. Girls 100m Backcrawl

11. Girls 100m Butterfly 25. Boys 200m Butterfly

12. Boys 200m Freestyle 26. Girls 100m Freestyle

13. Girls 200m Breaststroke

14. Boys 100m Breastsroke

**Regional Qualifier Consideration Times (LC)**

**BOYS GIRLS**

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| **Dev 2 – Regional Qualifying**  **10-11yrs (2009-2010)** | **Dev 2 – Regional Qualifying**  **12-13yrs (2007-2008)** | **Dev 2 – Regional Qualifying**  **14+ (2006+)** | All times in long course (LC) format in this table  **EVENT** | **Dev 2 – Regional Qualifying**  **10-11yrs (2009-2010)** | **Dev 2 – Regional Qualifying**  **12-13yrs (2007-2008)** | **Dev 2 – Regional Qualifying**  **14+ (2006+)** |
| 1:32.22 L | 1:28.37 L | 1:25.46 L | **100 Backstroke** | 1:34.14 L | 1:30.21 L | 1:26.54 L |
| 3:25 | 3:15 | 3:00 | **200 Backstroke** | 3:30 | 3:20 | 3:05 |
| 1:47.54 L | 1:43.06 L | 1:37.86 L | **100 Breaststroke** | 1:48.84 L | 1:44.30 L | 1:40.84 L |
| 3:50 | 3:40 | 3:20 | **200 Breaststroke** | 3:55 | 3:45 | 3:25 |
| 1:33.73 L | 1:29.82 L | 1:23.70 L | **100 Butterfly** | 1:37.03 L | 1:33.83 L | 1:28.04 L |
| 3:40 | 3:25 | 3:05 | **200 Butterfly** | 3:45 | 3:30 | 3:10 |
| 1:20 | 1:15 | 1:12 | **100 Freestyle** | 1:25 | 1:20 | 1:17 |
| 2:53.05 L | 2:45.84 L | 2:37.72 L | **200 Freestyle** | 2:56.28 L | 2:48.93 L | 2:42.35 L |
| 6:15 | 6:00 | 5:20 | **400 Freestyle** | 6:25 | 6:10 | 5:30 |
| 12:30 | 12:15 | 11:30 | **800 Freestyle** | 12:45 | 12:30 | 11:45 |
| 23:00 | 22:00 | 21:00 | **1500 Freestyle** | 23:00 | 22:15 | 21:15 |
| 3:13.31 L | 3:08.40 L | 3:01.70 L | **200 IM** | 3:18.93 L | 3:13.87 L | 3:08.68 L |
| 7:00 | 6:50 | 6:30 | **400 IM** | 7:05 | 6:55 | 6:35 |

**Regional Qualifier Consideration Times (SC)**

**BOYS I| GIRLS**

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| **Dev 2 – Regional Qualifying**  **10-11yrs (2009-2010)** | **Dev 2 – Regional Qualifying**  **12-13yrs (2007-2008)** | **Dev 2 – Regional Qualifying**  **14+ (2006+)** | All times in short course (SC) format in this table  **EVENT** | **Dev 2 – Regional Qualifying**  **10-11yrs (2009-2010)** | **Dev 2 – Regional Qualifying**  **12-13yrs (2007-2008)** | **Dev 2 – Regional Qualifying**  **14+ (2006+)** |
| 1:29.55 S | 1:25.81 S | 1:22.98 S | **100 Backstroke** | 1:33.01 S | 1:29.13 S | 1:25.50 S |
| 3:20 | 3:10 | 2:55 | **200 Backstroke** | 3:28 | 3:18 | 3:05 |
| 1:43.78 S | 1:39.45 S | 1:34.43 S | **100 Breaststroke** | 1:45.68 S | 1:41.28 S | 1:37.92 S |
| 3:42 | 3:33 | 3:14 | **200 Breaststroke** | 3:51 | 3:41 | 3:22 |
| 1:32.61 S | 1:28.74 S | 1:22.70 S | **100 Butterfly** | 1:36.35 S | 1:33.17 S | 1:27.42 S |
| 3:37 | 3:22 | 3:02 | **200 Butterfly** | 3:44 | 3:29 | 3:09 |
| 1:18 | 1:13 | 1:10 | **100 Freestyle** | 1:24 | 1:19 | 1:16 |
| 2:49.07 S | 2:43.40 S | 2:34.09 S | **200 Freestyle** | 2:54.16 S | 2:46.90 S | 2:40.40 S |
| 6:15 | 5:55 | 5:15 | **400 Freestyle** | 6:23 | 6:08 | 5:28 |
| 12:25 | 12:10 | 11:25 | **800 Freestyle** | 12:40 | 12:25 | 11:40 |
| 22:50 | 21:50 | 20:50 | **1500 Freestyle** | 22:50 | 22:05 | 21:05 |
| 3:11.20 S | 3:04.07 S | 2:59.50 S | **200 IM** | 3:16.90 S | 3:11.90 S | 3:06.60 S1 |
| 6:50 | 6:40 | 6:20 | **400 IM** | 7:00 | 6:50 | 6:30 |