

Dear Club Secretary,

Enclosed please find entry details for the Leinster Division One Age-Group LC Championship for 2019. This Championship Gala is open to swimmers who meet the qualification (or consideration) times as noted below, and are registered with clubs in Leinster Region, Swim Ireland. A Swim Ireland Registration Number must be provided for all entrants.

Venue	National Aquatic Centre, Abbottstown, Dublin	
Format	LONG COURSE	
Meet Director	Ms Caroline Bentley	
Date / Time	<p>Friday 31st May 2019</p> <p><i>Session 1:</i> Warm-up 9.15am Start 10.30am <i>Session 2:</i> Warm-up 1.30pm Start 2.30pm <i>Session 3:</i> Warm-up 5.30pm Start 6.30pm</p> <p>Saturday 1st June 2019</p> <p><i>Session 4:</i> Warm-up 8.30am Start 9.30am <i>Session 5:</i> Warm-up 1.00pm Start 2.00pm <i>Session 6:</i> Warm-up 5.00pm Start 6.00pm</p> <p>Sunday 2nd June 2019</p> <p><i>Session 7:</i> Warm-up 8.30am Start 9.30am <i>Session 8:</i> Warm-up 1.00pm Start 2.00pm <i>Session 9:</i> Warm-up 5.00pm Start 6.00pm</p>	
Fees	€7 per Individual Event €20 per Relay Event	
Payment	<p>Cheques by post. Made out to: Swim Ireland Leinster Region Postal Address: Leinster Treasurer Leinster Region Swim Ireland P.O. Box 12344 Drumcondra Dublin 9</p>	<p>Bank Transfer Account: Swim Ireland Leinster Region IBAN: IE59AIBK93251559772204 BIC: AIBKIE2D (Old Ref No: Branch Code: 93-25-15, a/c 59772204)</p>
	<p>If you are remitting the fees by cheque, please note the club and the name of the gala on the back. If transferring directly, please reference the club and gala on the transfer narrative, and email the treasurer on leinstertreasurer@swimireland.ie to confirm transfer.</p> <p>Payments must be made BEFORE the gala by Monday, May 27th 2019</p>	

Entries	Entries, via Hy-Tek files and printed entry sheet , should be emailed to leinstergalasecretary@swimireland.ie .
Entries Closing	Sunday 19th May 2019 . Late entries will be not accepted. Ages are by YEAR OF BIRTH ; the age-up date is Dec 31st 2019
Scratches	Scratches for this gala will close at 5pm on the evening before each Heats Session; Session One scratches will close at 5pm on Thursday May 30th 2019 . Scratches to be sent via email to leinstergalasecretary@swimireland.ie
Events	50m, 100m, 200m, 400m, 800m and 1500m Freestyle 50m, 100m and 200m Backcrawl, Breaststroke and Butterfly 200m and 400m Individual Medley In the following age-groups: Girls and Boys – 11/12 (2007/8), 13/14 (2005/6), 15/16 (2003/4) and 17+ 50m Form Strokes are restricted to swimmers aged 15 and over
Relay Events	4 X 100m Freestyle Team Relay (Male and Female) Ages 11-14 and 15+ 4 X 100m Medley Team Relay (Male and Female) Ages 11-14 and 15+ 4 X 200m Freestyle Team Relay (Male and Female) Ages 11-14 and 15+ 4 X 100m Medley Team Relay (Mixed) Ages 11-14 and 15+ 4 X 50m Freestyle Team Relay (Mixed) Ages 11-14 and 15+ All relay swimmers must also be competing in individual events in this competition. A maximum of two relay teams per club is allowed in each event.
Session Times	The warm-up and start times of session as indicated above are subject to change, depending on the volume of entries. Any changes will be notified to clubs in advance.
Line-Up	There will be NO line-up officials at this gala for the heats and the HDW events, however there will be a supervisor in-situ. It is the responsibility of swimmers, coaches and Team Managers to ensure that swimmers reach the line-up area in good time and find their own heat and lane from the posted documentation. Line-up will be in place for Finals (see below).
Heats	All events will be run as OPEN events with non-seeded Heats. All Events will run in 10 Lane Heats All 400m, 800m and 1500m events and all Relays will be HDW.
Finals	Individual Finals will be run in each 50m, 100m & 200m event in age-groups as follows: 11/12 years, 13/14 years, 15/16 years and 17+ years There will be 10 places available in each Final
Line-Up for Finals	Swimmers who qualify for Finals <u>must</u> check-in with the line-up official 15mins in advance of their race time. If swimmers do not check-in for Finals in this manner, their place in the Final will be given to reserve finalists.
Medals	Leinster Championship Medals will be awarded to the top 3 swimmers (or relay teams) in each Age Group. Relays are HDW in each event.

Overall Awards	Leinster Swimming will give an overall award to the best swimmer (Boy and Girl) in each age-group category. The awards will be based on the highest number of FINA points scored for a single swim.
Entry Times	Hy-Tek Team Manager software will automatically convert achieved Short Course times to their Long Course equivalent when assessing for which event a swimmer has Qualifying or Consideration Times, and for calculating the actual Entry Times prior to submission.
Qualification Window	Entry times must have been achieved in open competition in the period from May 1 st 2018 to the date of entry submission. Times may be those achieved in LC competition, or equivalent times achieved in SC competition. Times should have been achieved in swimming meets designated Level Two or above.
Proof of Entry Times	As this is a Championship Meet, clubs must submit proof of times achieved with their entries. Thus clubs are asked to provide, in addition to the Hy-Tek entry file, a printout of the entries which includes a listing of the swimming meets at which the entry times were achieved. In Team Manager this is generated by ticking the “Include Proof of Time” check-box which is in the top RH part of the “Meet Entry Report” dialogue box.
Qualifying and Consideration Times.	<p>Both Qualifying and Consideration Entry Times are shown below. Entry Times must have been achieved since May 1st 2018.</p> <p>Swimmers with Qualification Times are guaranteed acceptance of entry to this championship meet. Swimmer with Consideration Times may be accepted into the meet depending on volume of entries and available pool time.</p> <p>All Entries MUST include an ENTRY TIME in line with Qualification / Consideration Times. NTs will be automatically excluded.</p> <p>Times in the meet Hy-Tek file are the LC Consideration Times as below. These times indicate that a swimmer may submit an entry to the Championship Meet in the relevant event, but does not guarantee that a swimmer will be accepted into that event.</p>
Heat Restrictions	Numbers of heats may be curtailed to allow the gala to be run off in a reasonable time-frame. Any changes to the competition will be notified to all clubs in advance.
Officials / Timekeepers	<p><i>Clubs will be issued with the timekeeping and turn judge roster in advance of the competition, as rostered by the meet director, by Friday 24th May. All participating clubs must provide timekeepers and turn judges in accordance with the roster. Clubs who do not provide their quota of officials may have their swimmers excluded from the gala.</i></p> <p><i>Different arrangements may apply to the rostering of officials for long distance events (800m, 1500m).</i></p>
FINA	This gala will be run under FINA rules. In particular, please note that the regulations relating to FINA-approved swimsuits will be enforced.

Withdrawals	Swimmers must withdraw from finals within 30 minutes of the heat results being announced; failure to scratch from finals will lead to a fine of €20.00
Complaints	Clubs are reminded that the only club representatives who are permitted to enter a complaint or to otherwise approach the Referee, Meet Director or Gala Recorder are Coaches and Team Managers
Code of Conduct	It is a pre-condition to a swimmer being entered for a Leinster Region gala that all parents / guardians who assume officiating duties (timekeeping etc) will voluntarily consent to be subject to the SI Code of Conduct while carrying out their duties.
Fines	Clubs who have outstanding fines or outstanding fees due to Leinster Swimming will not be allowed to swim in this gala, and refunds will not be made in this event.
Data Protection	Leinster Swimming uses a computer database to manage entries and results. By submitting entries to the meet the consent of swimmers and their parents is hereby given, as required by the Data Protection Act, to the holding of appropriate personal information by Leinster Swimming. Personal data such as name, age, club, entered/achieved times etc may be made public prior to, during, or after the meet (e.g. on programs, results sheets, Meet Mobile, etc).

Key Dates:

Sunday May 19 th	Entries Close
Friday May 24 th	Officials Roster issued
Monday May 27 th	Payment deadline for Gala Fees
Thursday May 30 th (5pm)	Scratches for Day One
Friday May 31 st (8am)	Warm-up, Day One
Friday May 31 st (5pm)	Scratches for Day Two
Saturday June 1 st (8am)	Warm-Up, Day Two
Saturday June 1 st (5pm)	Scratches for Day Three
Sunday June 2 nd (8am)	Warm-Up, Day Three

Leinster Div. One Age-Group Championship

2018 / 2019 Season

Licence No: 4L – 18/19 – L032



LEINSTER AGE-GROUP LC CHAMPIONSHIPS 2019 DIVISION ONE - ORDER of EVENTS

Friday May 31st

Saturday June 1st

Sunday 2nd

Session One Warm-Up 09:15	Session Four Warm-Up 08:30	Session Seven Warm-Up 08:30
Ev 1. 200 Free - Male 2. 200 Free - Female 3. 100 Breast - Male 4. 100 Breast - Female 5. 50 Butterfly - Male 6. 50 Butterfly - Female	Ev 15. 200 I.M. - Female 16. 200 I.M. - Male 17. 100 Back - Female 18. 100 Back - Male 19. 50 Breast - Female 20. 50 Breast - Male	Ev 28. 200m Breast - Male 29. 200m Breast - Female 30. 100m Free - Male 31. 100m Free - Female 32. 50m Back - Male 33. 50m Back - Female
Session Two Warm-Up 13.30	Session Five Warm-Up 13.00	Session Eight Warm-Up 13.00
Ev 7. 1500m Free - Mixed 8. 400 I.M. - Male 9. 400 I.M. - Female 10. 50 Free - Male 11. 50 Free - Female	Ev 21. 400m Free - Female 22. 400m Free - Male 23. 200m Butterfly - Female 24. 200m Butterfly - Male	Ev 34. 800m Free - Mixed 35. 200m Back - Male 36. 200m Back - Female 37. 100m Butterfly - Male 38. 100m Butterfly - Female
Session Three Warm-Up 17:30	Session Six Warm-Up 17:00	Session Nine Warm-Up 17:00
Ev Final (28 races in all) 12. 4 x 100m Free Relay - Male 13. 4 x 100m Free Relay - Female 14. 4 x 100m Medley Relay - Mixed	Ev Finals (28 races in all) 25. 4 x 100m Medley Relay -Female 26. 4 x 100m Medley Relay - Male 27. 4 x 50m Free Relay - Mixed	Ev Finals (36 races in all) 39. 4 x 200m Free Relay - Male 40. 4 x 200m Free Relay - Female



Leinster Age-Group Division One Qualifying Standards

"Qualifying" and "Consideration" times for the Leinster Div One Gala, May/June 2019
Long Course Times

	Qualifying Times				Consideration Times			
	Age-Groups				Age-Groups			
Male	11/12	13/14	15/16	17+	11/12	13/14	15/16	17+
50FC	00:36.00	00:32.00	00:29.50	00:27.00	00:38.00	00:34.00	00:31.00	00:30.00
100FC	01:15.00	01:08.00	01:02.00	01:00.00	01:19.00	01:10.00	01:05.00	01:04.00
200FC	02:41.00	02:30.00	02:21.00	02:14.00	02:55.00	02:39.00	02:26.00	02:21.00
400FC	05:48.00	05:25.00	05:00.00	04:56.00	06:10.00	05:40.00	05:20.00	05:15.00
800FC	11:50.00	10:55.00	10:15.00	09:58.00	13:00.00	12:00.00	11:20.00	11:00.00
1500FC	22:30.00	21:15.00	20:00.00	19:39.00	25:10.00	22:15.00	21:00.00	20:30.00
50BC			00:32.00	00:32.00			00:37.00	00:36.00
100BC	01:28.00	01:22.00	01:15.00	01:12.00	01:32.00	01:28.00	01:23.00	01:20.00
200BC	03:08.00	02:52.00	02:43.00	02:35.00	03:18.00	03:04.00	02:56.00	02:50.00
50BS			00:35.00	00:35.00			00:41.00	00:39.00
100BS	01:42.00	01:32.00	01:27.00	01:21.00	01:48.00	01:38.00	01:33.00	01:30.00
200BS	03:36.00	03:20.00	03:08.00	02:58.00	03:56.00	03:28.00	03:19.00	03:12.00
50BF			00:30.00	00:30.00			00:37.00	00:36.00
100BF	01:30.00	01:21.00	01:13.00	01:09.00	01:36.00	01:27.00	01:21.00	01:17.00
200BF	03:20.00	02:58.00	02:41.00	02:36.00	03:35.00	03:10.00	03:00.00	02:50.00
200IM	03:10.00	02:53.00	02:43.00	02:36.00	03:18.00	02:57.00	02:48.00	02:44.00
400IM	06:40.00	06:15.00	05:39.00	05:35.00	06:57.00	06:30.00	05:55.00	05:50.00
YOB	2007/08	2005/06	2003/04	2002-	2007/08	2005/06	2003/04	2002-
Female	11/12	13/14	15/16	17+	11/12	13/14	15/16	17+
50FC	00:36.00	00:32.50	00:31.50	00:31.00	00:38.00	00:34.50	00:33.00	00:32.50
100FC	01:17.00	01:10.00	01:09.00	01:07.00	01:22.00	01:17.50	01:14.50	01:12.00
200FC	02:48.00	02:33.00	02:29.00	02:26.00	02:56.00	02:43.00	02:38.00	02:36.00
400FC	06:00.00	05:35.00	05:20.00	05:12.00	06:12.00	05:50.00	05:34.00	05:30.00
800FC	12:10.00	11:15.00	10:54.00	10:40.00	13:20.00	11:45.00	11:25.00	11:10.00
1500FC	22:30.00	21:20.00	20:39.00	20:12.00	25:10.00	23:00.00	21:40.00	21:10.00
50BC			00:36.00	00:36.00			00:40.00	00:39.00
100BC	01:29.00	01:22.00	01:20.00	01:17.00	01:36.00	01:27.00	01:24.00	01:22.00
200BC	03:12.00	02:58.00	02:50.00	02:47.00	03:23.00	03:10.00	03:00.00	02:56.00
50BS			00:40.00	00:40.00			00:45.00	00:44.00
100BS	01:43.00	01:36.00	01:32.00	01:28.00	01:50.00	01:42.00	01:37.50	01:34.00
200BS	03:46.00	03:29.00	03:17.00	03:11.00	03:52.00	03:35.00	03:26.00	03:23.00
50BF			00:33.00	00:33.00			00:39.00	00:38.00
100BF	01:33.00	01:23.00	01:18.00	01:15.00	01:37.00	01:28.00	01:23.00	01:20.00
200BF	03:20.00	03:08.00	02:58.00	02:52.00	03:42.00	03:26.00	03:15.00	03:10.00
200IM	03:10.00	02:58.00	02:49.00	02:48.00	03:24.00	03:08.00	03:00.00	02:56.00
400IM	06:45.00	06:24.00	06:09.00	06:03.00	07:15.00	06:38.00	06:25.00	06:20.00



Leinster Age-Group Division One Qualifying Standards

"Qualifying" and "Consideration" times for the Leinster Div One Gala, May/June 2019
Short Course Equivalent Times

	Qualifying Times				Consideration Times			
	Age-Groups				Age-Groups			
Male	11/12	13/14	15/16	17+	11/12	13/14	15/16	17+
50FC	00:35.20	00:31.20	00:28.70	00:26.20	00:37.20	00:33.20	00:30.20	00:29.20
100FC	01:13.40	01:06.40	01:00.40	00:58.40	01:17.40	01:08.40	01:03.40	01:02.40
200FC	02:37.80	02:26.80	02:17.80	02:10.80	02:51.80	02:35.80	02:22.80	02:17.80
400FC	05:41.60	05:18.60	04:53.60	04:49.60	06:03.60	05:33.60	05:13.60	05:08.60
800FC	11:37.20	10:42.20	10:02.20	09:45.20	12:47.20	11:47.20	11:07.20	10:47.20
1500FC	22:06.00	20:51.00	19:36.00	19:15.00	24:46.00	21:51.00	20:36.00	20:06.00
50BC			00:31.40	00:31.40			00:36.40	00:35.40
100BC	01:26.80	01:20.80	01:13.80	01:10.80	01:30.80	01:26.80	01:21.80	01:18.80
200BC	03:05.60	02:49.60	02:40.60	02:32.60	03:15.60	03:01.60	02:53.60	02:47.60
50BS			00:34.00	00:34.00			00:40.00	00:38.00
100BS	01:40.00	01:30.00	01:25.00	01:19.00	01:46.00	01:36.00	01:31.00	01:28.00
200BS	03:32.00	03:16.00	03:04.00	02:54.00	03:52.00	03:24.00	03:15.00	03:08.00
50BF			00:29.30	00:29.30			00:36.30	00:35.30
100BF	01:28.60	01:19.60	01:11.60	01:07.60	01:34.60	01:25.60	01:19.60	01:15.60
200BF	03:17.20	02:55.20	02:38.20	02:33.20	03:32.20	03:07.20	02:57.20	02:47.20
200IM	03:06.80	02:49.80	02:39.80	02:32.80	03:14.80	02:53.80	02:44.80	02:40.80
400IM	06:33.60	06:08.60	05:32.60	05:28.60	06:50.60	06:23.60	05:48.60	05:43.60
YOB	2007/08	2005/06	2003/04	2002-	2007/08	2005/06	2003/04	2002-
Female	11/12	13/14	15/16	17+	11/12	13/14	16	17+
50FC	00:35.20	00:31.70	00:30.70	00:30.20	00:36.20	00:33.70	00:32.20	00:31.70
100FC	01:15.40	01:08.40	01:07.40	01:05.40	01:20.40	01:15.90	01:12.90	01:10.40
200FC	02:44.80	02:29.80	02:25.80	02:22.80	02:52.80	02:39.80	02:34.80	02:32.80
400FC	05:53.60	05:28.60	05:13.60	05:05.60	06:05.60	05:43.60	05:27.60	05:23.60
800FC	11:57.20	11:02.20	10:41.20	10:27.20	13:07.20	11:32.20	11:12.20	10:57.20
1500FC	22:06.00	20:56.00	20:15.00	19:48.00	24:46.00	22:36.00	21:16.00	20:46.00
50BC			00:35.40	00:35.40			00:39.40	00:38.40
100BC	01:27.80	01:20.80	01:18.80	01:15.80	01:34.80	01:25.80	01:22.80	01:20.80
200BC	03:09.60	02:55.60	02:47.60	02:44.60	03:20.60	03:07.60	02:57.60	02:53.60
50BS			00:39.00	00:39.00			00:44.00	00:43.00
100BS	01:41.00	01:34.00	01:30.00	01:26.00	01:48.00	01:40.00	01:35.50	01:32.00
200BS	03:42.00	03:25.00	03:13.00	03:07.00	03:48.00	03:31.00	03:22.00	03:19.00
50BF			00:32.30	00:32.30			00:38.30	00:37.30
100BF	01:31.60	01:21.60	01:16.60	01:03.60	01:35.60	01:26.60	01:21.60	01:18.60
200BF	03:17.20	03:05.20	02:55.20	02:49.20	03:39.20	03:23.20	03:12.20	03:07.20
200IM	03:06.80	02:54.80	02:45.80	02:44.80	03:20.80	03:04.80	02:56.80	02:52.80
400IM	06:38.60	06:17.60	06:02.60	05:56.60	07:08.60	06:31.60	06:18.60	06:13.60