

Dear Club Secretary,

Enclosed please find entry details for the Leinster Long Course Open Qualifying Meet. This Qualifying Meet is open to swimmers who meet the qualification times as noted below, and are registered with Swim Ireland or their equivalent national swimming bodies.

The Meet will be divided into "Qualifying" and "Performance" Sessions as detailed below.

Venue	National Aquatic Centre, Abbottstown, Dublin	
Format	LONG COURSE	
Meet Director	Ms Caroline Bentley	
Date / Time	<p>Friday 19th January 2018</p> <p><i>Session 1:</i> warm up 17:00 start 18:00 Performance</p> <p>Saturday 20th January 2018</p> <p><i>Session 2:</i> warm up 08:00 start 09:00 Qualifying</p> <p><i>Session 3:</i> warm up 12:00 start 13:00 Performance</p> <p><i>Session 4:</i> warm up 15:00 start 16:00 Qualifying</p> <p>Sunday 21st January 2018</p> <p><i>Session 5:</i> warm up 08:00 start 09:00 Qualifying</p> <p><i>Session 6:</i> warm up 12:00 start 13:00 Performance</p> <p><i>Session 7:</i> warm up 15:00 start 16:00 Qualifying</p>	
Fees	€7 per Individual 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 Blackrock Co Dublin</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 by the Wednesday BEFORE the gala, Jan 17th</p>	
Entries	<p>To Gala Secretary, Leinster Swimming Entries, on Hy-Tek only, should be emailed to leinstergalasecretary@swimireland.ie No NTs will be accepted!!</p>	

Entries Closing	<p>Entries close on Monday 8th January 2017.</p> <p>Late entries will, in general, be not accepted.</p> <p>However swimmers who achieve Qualifying Times as below at the Leinster Development Gala on January 14th will be considered for late entry where there is space in the relevant Heats. These “late entries” must be notified to the Leinster Gala Secretary by Monday 15th January at 20.00. Notifications by email please to leinstergalasecretary@swimireland.ie by the specified time. The Leinster Gala Secretary will inform club secretaries as to which late entries can be accepted by Wednesday 17th January.</p>
Age-Up	<p>Ages are as of December 31st 2018 (swimmers aged as per year of birth).</p>
Scratches	<p>Scratches for this gala will close at 5pm on the first evening of the gala; that is 5pm on Friday Jan 19th 2018. Scratches to be sent via email to leinstergalasecretary@swimireland.ie or as otherwise advised.</p>
Selections	<p>Leinster Swimming will be considering the selection of AGE-Group and other Teams to compete at forthcoming internationals based on results delivered in the calendar year of 2018.</p>
Events / Relay Events	<p>50m, 100m, 200m, 400m, 800m and 1500m Freestyle</p> <p>50m, 100m, and 200m Backcrawl, Breaststroke and Butterfly</p> <p>200m and 400m Individual Medley</p>
Heats Qualifying and Performance Events	<p>All events will be Heat Declared Winner. There will be no Finals</p> <p>This Meet is divided into “Qualifying” events and “Performance” events. All swimmers who have achieved times as per the age-related qualifying times in the tables below are eligible to enter the gala. Swimmers who have achieved “Performance” times – that is times equal or better to those in the “Perf” columns in the tables, will be entered into the Performance Events. Performance Events will be held in Sessions 1, 3 and 6. Qualifying Events will be held in Sessions 2, 4, 5 and 7.</p> <p>Swimmers who have achieved a Performance time in one event may compete in a Qualifying event where they have not achieved a Performance time. For example, if a 16-yr old male swimmer has a time of 02:11.70 in the 200F/C and a time of 05:12.30 in the 400F/C, he may enter both the “Performance” event at 200m and the “Qualifying” event at 400m.</p>
Medals	<p>No medals or other awards will be presented at this gala.</p>
Entry Times	<p>The qualifying times below equivalent Long Course and Short Course times. Note that the entry times as included in the Hy-Tek Meet Set-up file are Long Course entry times. Hy-Tek Team Manager software will automatically convert Short Course times to their Long Course equivalent when assessing for which event a swimmer has Entry Times, and for calculating the actual Entry Times prior to submission. For teams running Hy-Tek Team Manager this process should operate “invisibly” in the background and should not need to be of concern to the club Gala Secretaries.</p>

Qualifying Times	The Entry Times as shown below are Qualifying Times . Times should have been achieved since January 1 st 2017. All events may be subject to heat limitations to ensure the meet runs to time within Swim Ireland guidelines. Reserves will be notified in advance of the meet. Reserves will be offered places on the day following submission of scratch sheets for the meet. Athletes who do not get accepted to swim will be credited for the relevant event fees.
Heats / Sessions	Clubs will be notified in advance as to any changes to the competition. Numbers of heats may be curtailed to allow the gala to be run off in a reasonable time-frame. Session times may be adjusted to ensure that the maximum number of swimmers have the opportunity to compete. If all swimmers cannot be accepted into the gala, preference will be given to swimmers with Leinster clubs. Any changes to the competition will be notified to clubs in advance.
Officials / Timekeepers	<p><i>Clubs will be asked to provide officials following a ratio of one official to every four swimmers (this includes the senior gala officials).</i></p> <p>Clubs will be issued with the timekeeping and turn judge roster in advance of the competition, as rostered by the meet director, by Sunday 14th January. 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.</p>
FINA	This gala will be run under FINA law. In particular please note that the regulations relating to FINA-approved swimsuits will be enforced.
Fines	A fine of €10 per swim will be charged to clubs for swimmers who fail to show up for heats without notification. Clubs who have outstanding fines will not be allowed swim and refunds will not be made in this event.

ORDER OF EVENTS - FRIDAY

Friday 19th January 2018 – Performance Session

Session 1 Warm-up 17:00; Start 18:00

Mostly Male events followed by Female events.

Event 1 & 2	200m	Freestyle	HDW
Event 3 & 4	50m	Fly	HDW
Event 5 & 6	100m	Back	HDW
Event 7 & 8	50m	Breast	HDW
Event 9 & 10	200m	I.M.	HDW
Event 11 (Mixed)	1500m	Free	HDW
Event 12 (Mixed)	800m	Free	HDW

ORDER OF EVENTS - SATURDAY

Saturday, 20th January 2018 – Qualifying Session

Session 2 Warm-up 08:00; Start 09:00

Female events followed by Male events.

Event 13 (F)	400m	Freestyle	HDW
Event 14 (M)	100m	Back	HDW
Event 15 (F)	50m	Fly	HDW
Event 16 (M)	50m	Fly	HDW
Event 17 (F)	200m	I.M.	HDW
Event 18 (M)	200m	Fly	HDW
Event 19 (F)	100m	Breast	HDW
Event 20 (M)	400m	I.M.	HDW

Saturday, 20th January 2018 – Performance Session

Session 3 Warm-up 12:00; Start 13:00

Male events followed by Female events

Event 21 & 22	100m	Fly	HDW
Event 23 & 24	50m	Free	HDW
Event 25 & 26	100m	Breast	HDW
Event 27 & 28	200m	Back	HDW
Event 29 & 30	400m	Free	HDW

Saturday, 20th January 2018 – Qualifying Session

Session 4 Warm-up 15:00; Start 16:00

Male events followed by Female events.

Event 31 (M)	200m	Breast	HDW
Event 32 (F)	100m	Fly	HDW
Event 33 (M)	200m	Free	HDW
Event 34 (F)	50m	Back	HDW
Event 35 (M)	50m	Back	HDW
Event 36 (F)	100m	Free	HDW
Event 37 (M)	200m	Back	HDW

ORDER OF EVENTS - SUNDAY

Sunday, 21st January 2018 – Qualifying Session

Session 5 Warm-up 08:00; Start 09:00

Male events followed by Female events.

Event 38 (M)	400m	Free	HDW
Event 39 (F)	100m	Back	HDW
Event 40 (M)	50m	Free	HDW
Event 41 (F)	50m	Free	HDW
Event 42 (M)	200m	I.M.	HDW
Event 43 (F)	200m	Fly	HDW
Event 44 (M)	100m	Breast	HDW
Event 45 (F)	400m	I.M.	HDW

Sunday 21st January 2018 – Performance Session

Session 6 Warm-up 12:00; Start 13:00

Male events followed by Female events

Event 46 & 47	100m	Free	HDW
Event 48 & 49	50m	Back	HDW
Event 50 & 51	200m	Fly	HDW
Event 52 & 53	200m	Breast	HDW
Event 54 & 55	400m	I.M.	HDW

Sunday 21st January 2018 – Qualifying Session

Session 7 Warm-up 15:00; Start 16:00

Female events followed by Male events.

Event 56 (F)	200m	Breast	HDW
Event 57 (M)	100m	Fly	HDW
Event 58 (F)	200m	Free	HDW
Event 59 (M)	50m	Breast	HDW
Event 60 (F)	50m	Breast	HDW
Event 61 (M)	100m	Free	HDW
Event 62 (F)	200m	Back	HDW

Leinster Qualifying Standards

BOTH (EQUIVALENT) LC AND SC TIMES ARE INDICATED

"Qualifying" and "Performance" times for Leinster Open Gala, January 2018

Long Course

Male	10/11	12	13	14	15	16	17	18+	Perf
50FC	00:38.00	00:36.00	00:35.50	00:34.00	00:31.00	00:31.00	00:30.00	00:28.00	00:27.00
100FC	01:20.00	01:18.50	01:16.50	01:11.00	01:05.00	01:04.00	01:04.00	01:00.00	00:59.00
200FC	03:00.00	02:50.00	02:40.00	02:32.00	02:30.00	02:25.00	02:24.00	02:20.00	02:13.00
400FC	06:55.00	06:40.00	06:25.00	06:10.00	05:55.00	05:20.00	05:15.00	05:15.00	04:55.00
800FC	14:30.00	14:00.00	13:30.00	12:45.00	12:05.00	11:20.00	11:00.00	11:00.00	10:45.00
1500FC	26:30.00	25:30.00	24:30.00	23:15.00	22:00.00	21:00.00	20:20.00	20:20.00	19:30.00
50BC	00:48.00	00:45.00	00:44.00	00:43.50	00:42.00	00:42.00	00:41.00	00:40.00	00:36.00
100BC	01:36.00	01:33.00	01:32.00	01:28.50	01:26.00	01:26.00	01:25.00	01:22.00	01:12.80
200BC	03:22.00	03:18.00	03:15.00	03:07.00	03:00.00	02:55.00	02:50.00	02:50.00	02:43.00
50BS	00:55.00	00:52.00	00:50.00	00:48.00	00:46.00	00:46.00	00:44.00	00:43.00	00:40.00
100BS	01:50.00	01:47.00	01:46.50	01:40.00	01:35.50	01:33.00	01:32.00	01:31.00	01:22.00
200BS	04:10.00	03:55.00	03:43.00	03:32.00	03:25.00	03:21.00	03:18.00	03:18.00	03:14.00
50BF	00:48.00	00:46.00	00:45.00	00:44.50	00:44.00	00:43.50	00:43.00	00:42.50	00:36.00
100BF	01:55.00	01:50.00	01:48.00	01:42.00	01:35.00	01:28.00	01:24.00	01:21.00	01:10.50
200BF	04:35.00	04:20.00	04:05.00	03:53.00	03:45.00	03:43.00	03:41.00	03:41.00	03:10.00
100IM	01:38.00	01:36.50	01:32.00	01:27.00	01:22.00	01:20.00	01:19.00	01:18.00	01:15.00
200IM	03:30.00	03:20.00	03:10.00	03:00.00	02:50.00	02:48.00	02:44.00	02:40.00	02:36.00
400IM	07:45.00	07:30.00	07:10.00	06:50.00	06:40.00	06:30.00	06:25.00	06:25.00	06:20.00
YOB	2007/08	2006	2005	2004	2003	2002	2001	2000	N/A
Female	10/11	12	13	14	15	16	17+		Perf
50FC	00:37.50	00:35.50	00:35.00	00:33.50	00:32.00	00:31.50	00:31.00		00:30.00
100FC	01:20.00	01:16.00	01:14.00	01:10.00	01:08.50	01:08.00	01:07.50		01:04.00
200FC	03:00.00	02:50.00	02:40.00	02:35.00	02:30.00	02:28.00	02:25.00		02:23.00
400FC	06:55.00	06:40.00	06:25.00	06:15.00	06:00.00	05:40.00	05:25.00		05:10.00
800FC	14:30.00	14:00.00	13:30.00	12:45.00	12:10.00	11:40.00	11:30.00		11:00.00
1500FC	26:30.00	25:30.00	24:30.00	23:30.00	22:30.00	21:30.00	21:15.00		20:30.00
50BC	00:46.00	00:43.50	00:42.50	00:41.50	00:41.50	00:41.00	00:41.00		00:37.00
100BC	01:30.00	01:28.50	01:25.50	01:21.50	01:20.00	01:20.00	01:19.00		01:15.50
200BC	03:22.00	03:18.00	03:15.00	03:10.00	03:05.00	03:00.00	02:56.00		02:46.00
50BS	00:55.00	00:52.00	00:51.50	00:50.00	00:48.00	00:47.00	00:46.00		00:42.00
100BS	01:45.00	01:42.00	01:40.00	01:36.00	01:34.50	01:34.50	01:34.00		01:28.00
200BS	04:10.00	03:55.00	03:43.00	03:30.50	03:28.00	03:25.00	03:25.00		03:14.00
50BF	00:48.00	00:46.00	00:45.00	00:44.00	00:43.00	00:43.00	00:42.00		00:36.00
100BF	01:45.00	01:42.50	01:40.50	01:34.00	01:29.50	01:29.00	01:28.50		01:15.50
200BF	04:35.00	04:20.00	04:05.00	03:57.00	03:51.00	03:49.00	03:49.00		03:20.00
100IM	01:37.00	01:34.00	01:31.00	01:27.00	01:23.00	01:22.00	01:20.00		01:17.00
200IM	03:30.00	03:20.00	03:10.00	03:00.00	02:52.00	02:48.00	02:44.00		02:42.00
400IM	07:45.00	07:30.00	07:10.00	06:55.00	06:45.00	06:35.00	06:30.00		06:25.00

"Qualifying" and "Performance" times for Leinster Open Gala, January 2018

Short Course

Male	10/11	12	13	14	15	16	17	18+	Perf
50FC	00:37.25	00:35.29	00:34.80	00:33.33	00:30.39	00:30.39	00:29.41	00:27.45	00:26.47
100FC	01:18.43	01:16.96	01:15.00	01:09.61	01:03.73	01:02.75	01:02.75	00:58.82	00:57.84
200FC	02:56.47	02:46.67	02:36.86	02:29.02	02:27.06	02:22.16	02:21.18	02:17.25	02:10.39
400FC	06:46.86	06:32.16	06:17.45	06:02.75	05:48.04	05:13.73	05:08.82	05:08.82	04:49.22
800FC	14:12.94	13:42.53	13:14.12	12:30.00	11:50.78	11:06.67	10:47.06	10:47.06	10:32.35
1500FC	25:58.82	25:00.00	24:01.18	22:47.65	21:34.12	20:35.29	19:56.08	19:56.08	19:07.06
50BC	00:47.06	00:44.12	00:43.14	00:42.65	00:41.18	00:41.18	00:40.20	00:39.22	00:35.29
100BC	01:34.12	01:31.18	01:30.20	01:26.76	01:24.31	01:24.31	01:23.33	01:20.39	01:11.37
200BC	03:18.04	03:14.12	03:11.18	03:03.33	02:56.47	02:51.57	02:46.67	02:46.67	02:39.80
50BS	00:53.92	00:50.98	00:49.02	00:47.06	00:45.10	00:45.10	00:43.14	00:42.16	00:39.22
100BS	01:47.84	01:44.90	01:44.41	01:38.04	01:33.63	01:31.18	01:30.20	01:29.72	01:20.39
200BS	04:05.10	03:50.39	03:38.63	03:27.84	03:20.98	03:17.06	03:14.12	03:14.12	03:10.20
50BF	00:47.06	00:45.10	00:44.12	00:43.63	00:43.14	00:42.65	00:42.16	00:41.67	00:35.29
100BF	01:52.75	01:47.84	01:45.88	01:40.00	01:33.14	01:26.27	01:22.35	01:19.41	01:08.63
200BF	04:29.61	04:14.90	04:00.20	03:48.43	03:40.59	03:38.63	03:36.67	03:36.67	03:06.27
100IM	01:36.08	01:34.61	01:30.20	01:25.29	01:20.39	01:18.43	01:17.45	01:16.47	01:13.53
200IM	03:25.88	03:16.08	03:06.27	02:56.47	02:46.67	02:44.71	02:40.78	02:36.86	02:32.94
400IM	07:35.88	07:21.18	07:01.57	06:41.96	06:32.16	06:22.35	06:17.45	06:17.45	06:12.55
YOB	2007/08	2006	2005	2004	2003	2002	2001	2000	N/A
Female	10/11	12	13	14	15	16	17+		Perf
50FC	00:36.76	00:34.80	00:34.31	00:32.84	00:31.37	00:30.88	00:30.39		00:29.41
100FC	01:18.43	01:14.57	01:12.55	01:08.63	01:07.16	01:06.67	01:06.18		01:02.75
200FC	02:57.47	02:46.67	02:36.86	02:31.96	02:27.06	02:25.10	02:22.16		02:20.20
400FC	06:46.86	06:32.16	06:17.45	06:07.65	05:52.94	05:33.33	05:18.63		05:03.92
800FC	14:12.94	13:43.53	13:14.12	12:30.00	11:55.69	11:26.27	11:16.47		10:47.06
1500FC	25:58.82	25:00.00	24:01.18	23:02.35	22:03.53	21:04.71	20:50.00		20:05.88
50BC	00:45.10	00:42.65	00:41.07	00:40.69	00:40.69	00:40.20	00:40.20		00:36.27
100BC	01:28.24	01:26.76	01:23.82	01:19.90	01:18.43	01:18.43	01:17.45		01:14.02
200BC	03:18.04	03:14.12	03:11.18	03:06.27	03:01.37	02:56.47	02:52.55		02:42.75
50BS	00:53.92	00:50.98	00:50.49	00:49.02	00:47.06	00:46.08	00:45.10		00:41.18
100BS	01:42.94	01:40.00	01:38.04	01:34.12	01:32.65	01:32.65	01:32.16		01:26.27
200BS	04:05.10	03:50.39	03:38.63	03:26.37	03:23.92	03:20.98	03:20.98		03:10.20
50BF	00:47.06	00:45.10	00:44.12	00:43.14	00:42.16	00:42.16	00:41.18		00:35.29
100BF	01:42.94	01:40.49	01:38.53	01:32.16	01:27.75	01:27.25	01:26.76		01:14.02
200BF	04:29.61	04:14.90	04:00.20	03:52.35	03:46.47	03:44.51	03:44.51		03:16.08
100IM	01:35.10	01:32.16	01:29.22	01:25.29	01:21.37	01:20.39	01:18.43		01:15.49
200IM	03:25.88	03:16.08	03:06.27	02:56.47	02:48.63	02:44.71	02:40.78		02:38.82
400IM	07:35.88	07:21.18	07:01.57	06:46.86	06:37.06	06:27.25	06:22.35		06:17.45