

Dear Club Secretary,

Enclosed please find entry details for the Leinster Short-Course Championship Meet (Level 4). This Gala is open **only** to swimmers registered with clubs in **Leinster Region**, Swim Ireland.

Venue	National Aquatic Centre, Abbottstown, Dublin	
Format	SHORT COURSE	
Dates and Times	<p><u>Friday 2nd November 2018</u></p> <p>Session 1: warm up 5.00pm start 6.00pm</p> <p><u>Saturday 3rd November 2018</u></p> <p>Session 2: warm up 7.45am start 9.00am</p> <p>Session 4: warm up 2.00pm start 3.00pm</p> <p><u>Sunday 4th November 2018</u></p> <p>Session 6: warm up 7.45am start 9.00am</p> <p>Session 8: warm up 2.00pm start 3.00pm</p>	
Fee	€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 Drumcondra Dublin 9</p>	<p>By Bank Transfer Name of Account: "Swim Ireland Leinster Region" IBAN: IE59AIBK93251559772204 BIC: AIBKIE2D</p>
	<p><i>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 to confirm transfer at leinstertreasurer@swimireland.ie.</i></p> <p><i>As it may not be possible to accept all entries, fees due will be advised to clubs on final acceptance of entries.</i></p>	
Eligibility	<p>Only swimmers registered with Leinster clubs, aged 11 or over, are eligible to enter this gala. Ages are Year of Birth; as of Dec 31st 2018. Swimmers should have achieved the Consideration Times as indicated below. Entries with NT will be rejected.</p>	
Entries	<p>Gala Sec, Leinster Swimming. Entries, on Hy-Tek only. Entries should be emailed to leinstergalasecretary@swimireland.ie</p>	
Entries by:	Saturday 20th October 2018.	
Qualification and Consideration Times	<p>Both Qualification Times and Consideration Times will be used for this Meet.</p> <p>Swimmers who have achieved the Qualification Times in any event are guaranteed entry into those events.</p> <p>Swimmers who have achieved Consideration Times in any event may be accepted for entry into those events, where time availability allows.</p> <p>QTs and CTs below are provided for SC times, however conversions from LC times will be accepted, and the Hy-Tek meet file will convert as appropriate</p>	

Swim Ireland Registration Number	A Swim Ireland registration number must be included with every entry. This number is the unique identifier of every swimmer in the national database.
Entry Name Protocols	<p>The results from this Championship Meet will be added to the Swim Ireland and Leinster databases. To ensure that results get attributed correctly to swimmers, please ensure the format of names within your Team Manager (or similar) database, and provided with entries, is as follows:</p> <p>All those with a Mac/Mc surname need to have a space after the Mac/Mc (e.g. Mac Dougal, Mc Donnell);</p> <p>All those with an O need to be written as e.g. O'Donnell (no space before or after the apostrophe). This is irrespective of whether or not that is how the swimmer normally writes their name.</p>
Entry Times	Entry times must have been achieved after September 1st 2017
Scratches	Scratches for this gala will close at 5pm on Friday November 2 nd for Session 1, 2 and 4, and 5pm on Saturday November 3 rd for Sessions 6 and 8. Scratches via email to leinstergalasecretary@swimireland.ie or in person at the gala.
Heats	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.
Finals	<p>Finals will be run in each 50m, 100m & 200m event, in the following categories:</p> <p>Youth – Ages 11-16 (Boys) and 11-15 (Girls) Senior – Age 17+ (Boys) and 16+ (Girls)</p>
Officials	Clubs must provide officials in a ratio of one official to every four swimmers (this includes the senior gala officials). Different arrangements may apply to the rostering of officials for long distance events (800m, 1500m).
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 attend and/or assume officiating duties (timekeeping etc) have consented to be subject to the SI Code of Conduct.
Data Protection	Leinster Region, Swim Ireland uses a computer database to manage entries and results of swimming meets, and also to manage competition records of swimmers. By submitting and accepting entries to the meet consent is hereby given, as required by the Data Protection Act, to the holding of personal information on Leinster Region computer databases. Personal data held for each swimmer will be name, date of birth, club, Swim Ireland registration number, entry times, achieved times and DQ codes. Certain elements of this data (name, club, age, times, achieved times) may be made public prior to, during or after the meet (e.g. programmes, results, Meet Mobile, etc).

LEINSTER SC CHAMPIONSHIPS NOVEMBER 2018
ORDER of EVENTS

FRIDAY 2ND NOVEMBER 2018

SESSION ONE				
HEATS Warm-Up 5:00pm, Start 6.00pm				

1	Mixed	800	Freestyle	HDW
2	Mixed	1500	Freestyle	HDW

SATURDAY 3RD NOVEMBER 2018

SESSION TWO				
HEATS Warm-Up 8:00am, Start 9.00am				

3	Boys	50	Freestyle	Heats
4	Girls	50	Freestyle	Heats
5	Boys	100	I.M.	Heats
6	Girls	100	I.M.	Heats
7	Boys	200	Backstroke	Heats
8	Girls	200	Backstroke	Heats
9	Boys	100	Breaststroke	Heats
10	Girls	100	Breaststroke	Heats
11	Boys	400	Freestyle	HDW

SESSION THREE				
FINALS Start 15mins after finish of Heats				

3	Boys	50	Freestyle	2 Finals
4	Girls	50	Freestyle	2 Finals
5	Boys	100	I.M.	2 Finals
6	Girls	100	I.M.	2 Finals
7	Boys	200	Backstroke	2 Finals
8	Girls	200	Backstroke	2 Finals
9	Boys	100	Breaststroke	2 Finals
10	Girls	100	Breaststroke	2 Finals
12	Boys	4X50	Medley Relay	HDW
13	Girls	4X50	Medley Relay	HDW

SESSION FOUR				
HEATS Warm-Up 2:00pm, Start 3.00pm				

14	Girls	50	Backstroke	Heats
15	Boys	50	Backstroke	Heats
16	Girls	200	Freestyle	Heats
17	Boys	200	Freestyle	Heats
18	Girls	100	Butterfly	Heats
19	Boys	100	Butterfly	Heats
20	Girls	400	I.M.	HDW

SESSION FIVE				
FINALS Start 15mins after finish of Heats				

14	Girls	50	Backstroke	2 Finals
15	Boys	50	Backstroke	2 Finals
16	Girls	200	Freestyle	2 Finals
17	Boys	200	Freestyle	2 Finals
18	Girls	100	Butterfly	2 Finals
19	Boys	100	Butterfly	2 Finals
21	Mixed	4x50	Free Relay	HDW

LEINSTER SC CHAMPIONSHIPS NOVEMBER 2018
ORDER of EVENTS

SUNDAY 4TH NOVEMBER 2018

SESSION SIX				
HEATS Warm-Up 8:00am, Start 9.00am				

22	Girls	50	Butterfly	Heats
23	Boys	50	Butterfly	Heats
24	Girls	200	I.M.	Heats
25	Boys	200	I.M.	Heats
26	Girls	200	Breaststroke	Heats
27	Boys	200	Breaststroke	Heats
28	Girls	100	Backstroke	Heats
29	Boys	100	Backstroke	Heats
30	Girls	400	Freestyle	HDW

SESSION SEVEN				
FINALS Start 15mins after finish of Heats				

22	Girls	50	Butterfly	2 Finals
23	Boys	50	Butterfly	2 Finals
24	Girls	200	I.M.	2 Finals
25	Boys	200	I.M.	2 Finals
26	Girls	200	Breaststroke	2 Finals
27	Boys	200	Breaststroke	2 Finals
28	Girls	100	Backstroke	2 Finals
29	Boys	100	Backstroke	2 Finals
31	Girls	4x50	Free Relay	HDW
32	Boys	4x50	Free Relay	HDW

SESSION EIGHT				
HEATS Warm-Up 2:00pm, Start 3.00pm				

33	Boys	50	Breaststroke	Heats
34	Girls	50	Breaststroke	Heats
35	Boys	200	Butterfly	Heats
36	Girls	200	Butterfly	Heats
37	Boys	100	Freestyle	Heats
38	Girls	100	Freestyle	Heats
39	Boys	400	I.M.	HDW

SESSION NINE				
FINALS Start 15mins after finish of Heats				

33	Boys	50	Breaststroke	2 Finals
34	Girls	50	Breaststroke	2 Finals
35	Girls	200	Butterfly	2 Finals
36	Boys	200	Butterfly	2 Finals
37	Girls	100	Freestyle	2 Finals
38	Boys	100	Freestyle	2 Finals
40	Mixed	4x50	Medley Relay	HDW

PLEASE NOTE – Depending on entries the competitions committee reserve the right to change the start time of the afternoon Heats sessions as required. Clubs will be notified in advance.

Water: Please note that, as an environment-friendly measure, Leinster Swimming will no longer distribute bottles of water to timekeepers/officials, but will provide a water-cooler in the call-room. Timekeepers/officials/coaches are welcome to bring their own bottles and fill them from the water cooler as required.

Leinster Short-Course Championship Meet – November 2018

SC Championship Meet Qualifying Times (all times SC)							
Ages as of Dec 31 st 2018							
Male	11/12	13	14	15	16	17	18+
50FC	00:33.20	00:31.20	00:29.70	00:28.70	00:26.20	00:25.20	00:24.80
100FC	01:10.40	01:06.40	01:02.40	01:00.40	00:58.40	00:56.40	00:54.90
200FC	02:32.80	02:26.80	02:22.80	02:17.80	02:10.80	02:06.80	02:03.80
400FC	05:28.60	05:18.60	05:04.60	04:53.60	04:49.60	04:43.60	04:37.60
800FC	11:12.20	10:42.20	10:15.20	10:02.20	09:45.20	09:37.20	09:27.20
1500FC	21:26.00	20:51.00	20:07.00	19:36.00	19:15.00	18:58.00	18:46.00
50BC	00:33.40	00:33.40	00:31.40	00:31.40	00:31.40	00:30.40	00:29.90
100BC	01:22.80	01:20.80	01:16.80	01:13.80	01:10.80	01:08.80	01:06.80
200BC	02:55.60	02:49.60	02:43.60	02:40.60	02:32.60	02:27.60	02:23.60
50BS	00:36.00	00:36.00	00:34.00	00:34.00	00:34.00	00:33.00	00:32.50
100BS	01:35.00	01:30.00	01:26.00	01:23.00	01:19.00	01:16.00	01:14.00
200BS	03:23.00	03:16.00	03:11.00	03:04.00	02:54.00	02:46.00	02:42.00
50BF	00:31.30	00:31.30	00:29.30	00:29.30	00:29.30	00:28.30	00:27.80
100BF	01:23.60	01:19.60	01:15.60	01:11.60	01:07.60	01:05.60	01:04.60
200BF	03:07.20	02:55.20	02:46.20	02:38.20	02:33.20	02:27.20	02:24.20
100IM	01:20.40	01:18.40	01:16.40	01:14.40	01:12.40	01:10.90	01:09.40
200IM	02:56.80	02:49.80	02:42.80	02:39.80	02:32.80	02:26.80	02:23.80
400IM	06:23.60	06:08.60	05:43.60	05:32.60	05:28.60	05:18.60	05:10.60
Female	11/12	13	14	15	16	17	18+
50FC	00:33.20	00:31.70	00:31.20	00:30.70	00:30.20	00:29.20	00:28.70
100FC	01:12.40	01:08.40	01:08.40	01:07.40	01:05.40	01:03.90	01:02.40
200FC	02:35.80	02:29.80	02:28.80	02:25.80	02:22.80	02:19.80	02:16.80
400FC	05:34.60	05:28.60	05:19.60	05:13.60	05:05.60	04:49.60	04:43.60
800FC	11:22.20	11:02.20	10:52.20	10:41.20	10:27.20	10:12.20	09:57.20
1500FC	21:26.00	20:56.00	20:35.00	20:15.00	19:48.00	19:31.00	19:14.00
50BC	00:37.40	00:37.40	00:35.40	00:35.40	00:34.40	00:33.90	00:33.40
100BC	01:24.80	01:20.80	01:18.80	01:18.80	01:15.80	01:12.80	01:10.80
200BC	03:01.60	02:55.60	02:51.60	02:47.60	02:44.60	02:41.60	02:39.60
50BS	00:41.00	00:41.00	00:39.00	00:39.00	00:38.00	00:37.50	00:37.00
100BS	01:38.00	01:34.00	01:32.00	01:30.00	01:26.00	01:23.00	01:21.50
200BS	03:29.00	03:25.00	03:15.00	03:13.00	03:07.00	03:04.00	03:02.00
50BF	00:34.30	00:34.30	00:32.30	00:32.30	00:31.30	00:30.30	00:29.30
100BF	01:25.60	01:21.60	01:18.60	01:16.60	01:13.60	01:11.60	01:09.60
200BF	03:09.20	03:05.20	03:01.20	02:55.20	02:49.20	02:45.20	02:42.20
100IM	01:22.40	01:20.40	01:18.40	01:16.40	01:15.40	01:14.40	01:13.40
200IM	02:59.80	02:54.80	02:50.80	02:45.80	02:42.80	02:38.80	02:35.80
400IM	06:28.60	06:17.60	06:09.60	06:02.60	05:56.60	05:51.60	05:47.60

Leinster Short-Course Championship Meet – November 2018

SC Championship Meet Consideration Times (all times SC)							
Ages as of Dec 31 st 2018							
Male	11/12	13	14	15	16	17	18+
50FC	00:35.20	00:33.20	00:31.20	00:30.20	00:29.20	00:28.20	00:27.20
100FC	01:12.40	01:08.40	01:05.40	01:03.40	01:01.40	00:59.40	00:57.40
200FC	02:41.80	02:35.80	02:29.80	02:22.80	02:16.80	02:12.80	02:08.80
400FC	05:51.60	05:33.60	05:18.60	05:13.60	05:08.60	05:03.60	04:58.60
800FC	12:17.20	11:47.20	11:32.20	11:07.20	10:42.20	10:27.20	10:17.20
1500FC	23:51.00	22:11.00	21:19.00	20:46.00	20:34.00	20:21.00	19:51.00
50BC	00:41.40	00:39.40	00:37.40	00:36.40	00:35.40	00:34.40	00:33.40
100BC	01:28.80	01:26.80	01:24.80	01:21.80	01:18.80	01:16.80	01:14.80
200BC	03:09.60	03:01.60	02:57.60	02:53.60	02:47.60	02:42.60	02:39.60
50BS	00:46.00	00:44.00	00:42.00	00:40.00	00:38.00	00:37.00	00:36.00
100BS	01:42.00	01:36.00	01:33.00	01:31.00	01:28.00	01:25.50	01:23.00
200BS	03:43.00	03:24.00	03:19.00	03:15.00	03:08.00	03:01.00	02:54.00
50BF	00:41.30	00:39.30	00:37.30	00:36.30	00:35.30	00:34.30	00:33.30
100BF	01:29.60	01:25.60	01:23.60	01:19.60	01:15.60	01:13.60	01:10.60
200BF	03:17.20	03:05.20	02:57.20	02:50.20	02:45.20	02:41.20	02:38.20
100IM	01:26.40	01:24.40	01:22.40	01:20.40	01:18.40	01:17.40	01:16.40
200IM	03:06.80	02:55.80	02:51.80	02:46.80	02:44.80	02:40.80	02:36.80
400IM	06:38.60	06:23.60	06:03.60	05:48.60	05:41.60	05:33.60	05:25.60
Female	11/12	13	14	15	16	17	18+
50FC	00:34.70	00:33.70	00:32.70	00:32.20	00:31.20	00:30.20	00:29.20
100FC	01:17.40	01:14.40	01:12.40	01:11.40	01:10.40	01:08.40	01:06.40
200FC	02:44.80	02:39.80	02:36.80	02:34.80	02:31.80	02:28.80	02:24.80
400FC	05:53.60	05:43.60	05:33.60	05:27.60	05:23.60	05:19.60	05:13.60
800FC	12:02.20	11:32.20	11:22.20	11:12.20	10:57.20	10:47.20	10:37.20
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50BC	00:43.40	00:41.40	00:40.40	00:39.40	00:38.40	00:37.40	00:36.40
100BC	01:30.80	01:25.80	01:23.80	01:22.80	01:20.80	01:18.80	01:16.80
200BC	03:15.60	03:07.60	03:02.60	02:57.60	02:53.60	02:49.60	02:45.60
50BS	00:49.00	00:47.00	00:45.00	00:44.00	00:42.50	00:41.00	00:39.50
100BS	01:44.00	01:40.00	01:38.00	01:35.00	01:32.00	01:29.00	01:26.00
200BS	03:39.00	03:31.00	03:24.00	03:21.00	03:18.00	03:16.00	03:11.00
50BF	00:43.30	00:41.30	00:39.30	00:38.30	00:36.80	00:35.30	00:34.30
100BF	01:31.60	01:26.60	01:24.60	01:21.60	01:18.60	01:15.60	01:13.60
200BF	03:27.20	03:19.20	03:15.20	03:10.20	03:05.20	03:01.20	02:58.20
100IM	01:28.40	01:26.40	01:24.40	01:22.40	01:21.40	01:20.40	01:19.40
200IM	03:11.80	03:04.80	03:01.80	02:56.80	02:52.80	02:48.80	02:45.80
400IM	06:55.60	06:31.60	06:23.60	06:18.60	06:13.60	06:08.60	06:03.60