

Dear Club Secretary,

Enclosed please find entry forms for the Leinster Division One Youth/Senior LC Championship for 2018. This Championship Gala is open to swimmers who meet the qualification 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.

<b>Venue</b>	National Aquatic Centre, Abbottstown, Dublin	
<b>Format</b>	LONG COURSE	
<b>Meet Director</b>	Ms Caroline Bentley	
<b>Date / Time</b>	<p><b>Saturday 5<sup>th</sup> May 2018</b></p> <p><u>Session 1:</u> Warm-up 5.00pm Start 6.00pm</p> <p><b>Sunday 6<sup>th</sup> May 2018</b></p> <p><u>Session 2:</u> Warm-up 8.00am Start 9.00am</p> <p><u>Session 4:</u> Warm-up 2.00pm Start 3.00pm</p> <p><b>Monday 7<sup>th</sup> May 2018</b></p> <p><u>Session 6:</u> Warm-up 8.00am Start 9.00am</p> <p><u>Session 8:</u> Warm-up 2.00pm Start 3.00pm</p>	
<b>Fees</b>	€7 per Individual Event €20 per Relay Event	
<b>Payment</b>	<p><b>Cheques by post.</b>          Made out to:  <b>Swim Ireland Leinster Region</b>          Postal Address:          Leinster Treasurer          Leinster Region Swim          Ireland          P.O. Box 12344          Blackrock          Co Dublin</p>	<p><b>Bank Transfer</b>          Account:  <b>Swim Ireland Leinster Region</b>  <b>IBAN:</b>          IE59AIBK93251559772204  <b>BIC:</b>          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 <a href="mailto:leinstertreasurer@swimireland.ie">leinstertreasurer@swimireland.ie</a> to confirm transfer.</p> <p>Payments must be made by the <b>Monday BEFORE the gala, April 30<sup>th</sup> 2018</b></p>	

<b>Entries</b>	<p>Entries, <b>on Hy-Tek only</b>, should be emailed to <a href="mailto:leinstergalasecretary@swimireland.ie">leinstergalasecretary@swimireland.ie</a>. Entry times must have been achieved after June 1<sup>st</sup> 2017.</p>
<b>Entries Closing</b>	<p><b>Sunday 22<sup>nd</sup> April 2018</b>. Late entries will be not accepted. Ages are by <b>YEAR OF BIRTH</b>; the age-up date is <b>Dec 31<sup>st</sup> 2018</b></p>
<b>Scratches</b>	<p>Scratches for this gala will close at 5pm on the evening before each Heats Session; for Session One and Two scratches will close at <b>5pm on Saturday May 5<sup>th</sup> 2018</b>. Scratches to be sent via email to <a href="mailto:leinstergalasecretary@swimireland.ie">leinstergalasecretary@swimireland.ie</a></p>
<b>Events</b>	<p>50m, 100m, 200m, 400m, 800m and 1500m Freestyle 50m, 100m and 200m Backcrawl, Breaststroke and Butterfly 200m and 400m Individual Medley</p> <p>In the following age-groups: <b>Girls and Boys</b> – 15 (2003), 16 (2002) and 17+(2001 or earlier) <b>N.B.</b> 50m Backcrawl, Breaststroke and Butterfly events are 17+ only</p>
<b>Relay Events</b>	<p>4 X 100m Freestyle Team Relay (Male and Female) Ages 15+ 4 X 100m Medley Team Relay (Male and Female) Ages 15+ 4 X 200m Freestyle Team Relay (Male and Female) Ages 15+ 4 X 100m Medley Team Relay (Mixed) Ages 15+</p> <p>All relay swimmers <b>must</b> also be competing in individual events in this competition. A <b>maximum of two</b> relay teams per club is allowed in each event.</p>
<b>Division Two</b>	<p>The Leinster Division Two Youth-Senior Championship will be held in conjunction with this gala. Division One heats in each specific discipline will be followed immediately by the Division Two heats in the same discipline. The Hy-Tek file incorporates both the Division One and the Division Two competitions. The Division Two events are those with event numbers in the “100” range. So, for example, the heats of event 28 (Girls 100m B/C Div One) will be followed immediately by the heats of event 128 (Girls 100m B/C Div Two). Division Two gala details are issued separately</p>
<b>Line-Up</b>	<p>There will be <b>NO</b> line-up officials at this gala, 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.</p>
<b>Heats</b>	<p>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.</p>
<b>Finals</b>	<p><b>Individual Finals</b> will be run in each 100m &amp; 200m event, and in the 50m Freestyle, as follows: 15 years, 16 years and 17+ years <b>Individual Finals</b> will be run the 50m form strokes at 17+ years only. There will be 10 places available in each Final Swimmers must have achieved the QTs in the heats to be allowed to compete in Finals.</p>

<b>Medals</b>	<p>Leinster Championship Medals will be awarded to the top 3 swimmers (or relay teams) in each Age Group.</p> <p><b>Relays</b> are HDW in each event with one set of medals awarded for each Relay event.</p>
<b>Overall Awards</b>	<p>Leinster Swimming will give an overall award to the best Leinster 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.</p>
<b>Selections</b>	<p>Selection for Regional Squads will be made by Swim Ireland based on results obtained in this gala and others in the qualifying window</p>
<b>Entry Times</b>	<p>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. In Hy-Tek Team Manager this process will operate “invisibly” in the background and should not need to unduly concern club Gala Secretaries.</p>
<b>Qualifying and Consideration Times.</b>	<p>The Entry Times as shown below are <b>Qualifying and Consideration Times</b>. Times must have been achieved since June 1<sup>st</sup> 2017.</p> <p>All Entries <b>MUST</b> include an <b>ENTRY TIME</b> in line with Qualification / Consideration Times</p> <p><u>Qualifying / Considerations times in Hy-Tek file are the LC times below.</u></p>
<b>Heat Restrictions</b>	<p>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.</p>
<b>Officials / Timekeepers</b>	<p><i>Clubs will be asked to provide officials following a ratio of one official to every four swimmers as rostered by the Meet Director (this includes the senior gala officials). Officials Roster to be published by Fri 27<sup>th</sup> April.</i></p> <p><i>Different arrangements may apply to the rostering of officials for long distance events (800m, 1500m).</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 Friday 27<sup>th</sup> April. 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>
<b>FINA</b>	<p>This gala will be run under FINA rules. In particular, please note that the regulations relating to FINA-approved swimsuits will be enforced.</p>
<b>Withdrawals</b>	<p>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</p>
<b>Fines</b>	<p>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.</p>

**LEINSTER YOUTH / SENIOR LC CHAMPIONSHIPS 2018 DIVISION ONE  
ORDER of EVENTS**

**SATURDAY 5<sup>TH</sup> May 2018**

<b>SESSION ONE</b>				
<b>HEATS Warm-Up 5:00Pm, Start 6.00Pm</b>				
1	Mixed	4 x 100	Medley Relay	HDW
2	Boys	1500	Freestyle	HDW
3	Girls	800	Freestyle	HDW

**SUNDAY 6<sup>TH</sup> May 2018**

<b>SESSION TWO</b>				
<b>HEATS Warm-Up 8:00am, Start 9.00am</b>				
4	Girls	4 x 200	Freestyle Relay	HDW
5	Boys	200	I.M.	
6	Girls	200	Backstroke	
7	Boys	200	Breaststroke	
8	Girls	100	Breaststroke	
9	Boys	100	Backstroke	
10	Girls	50	Butterfly	17+
11	Boys	50	Freestyle	
12	Girls	400	Freestyle	HDW

<b>SESSION THREE</b>				
<b>FINALS Start 15mins after finish of Heats</b>				
5	Boys	200	I.M.	15/16/17+
6	Girls	200	Backstroke	15/16/17+
7	Boys	200	Breaststroke	15/16/17+
8	Girls	100	Breaststroke	15/16/17+
9	Boys	100	Backstroke	15/16/17+
10	Girls	50	Butterfly	17+
11	Boys	50	Freestyle	15/16/17+

<b>SESSION FOUR</b>				
<b>HEATS Warm-Up 2:00pm, Start 3.00pm</b>				
13	Boys	4 x 100	Medley Relay	HDW
14	Girls	4 x 100	Freestyle Relay	HDW
15	Boys	200	Freestyle	
16	Girls	200	Butterfly	
17	Boys	100	Butterfly	
18	Girls	100	Freestyle	
19	Boys	50	Breaststroke	17+
20	Girls	50	Backstroke	17+
21	Boys	400	I.M.	HDW

<b>SESSION FIVE</b>				
<b>FINALS Start 15mins after finish of Heats</b>				
15	Boys	200	Freestyle	15/16/17+
16	Girls	200	Butterfly	15/16/17+
17	Boys	100	Butterfly	15/16/17+
18	Girls	100	Freestyle	15/16/17+
19	Boys	50	Breaststroke	17+
20	Girls	50	Backstroke	17+
22	Boys	800	Freestyle	HDW

**LEINSTER YOUTH / SENIOR LC CHAMPIONSHIPS 2018 DIVISION ONE  
ORDER of EVENTS**

**MONDAY 7<sup>TH</sup> May 2018**

<b>SESSION SIX</b>				
<b>HEATS Warm-Up 8:00am, Start 9.00am</b>				
23	Boys	4 x 200	Freestyle Relay	HDW
24	Girls	200	I.M.	
25	Boys	200	Backstroke	
26	Girls	200	Breaststroke	
27	Boys	100	Breaststroke	
28	Girls	100	Backstroke	
29	Boys	50	Butterfly	17+
30	Girls	50	Freestyle	
31	Boys	400	Freestyle	HDW

<b>SESSION SEVEN</b>				
<b>FINALS Start 15mins after finish of Heats</b>				
24	Girls	200	I.M.	15/16/17+
25	Boys	200	Backstroke	15/16/17+
26	Girls	200	Breaststroke	15/16/17+
27	Boys	100	Breaststroke	15/16/17+
28	Girls	100	Backstroke	15/16/17+
29	Boys	50	Butterfly	17+
30	Girls	50	Freestyle	15/16/17+

<b>SESSION EIGHT</b>				
<b>HEATS Warm-Up 2:00pm, Start 3.00pm</b>				
32	Girls	4 x 100	Medley Relay	HDW
33	Boys	4 x 100	Freestyle Relay	HDW
34	Girls	200	Freestyle	
35	Boys	200	Butterfly	
36	Girls	100	Butterfly	
37	Boys	100	Freestyle	
38	Girls	50	Breaststroke	17+
39	Boys	50	Backstroke	17+
40	Girls	400	I.M.	HDW

<b>SESSION NINE</b>				
<b>FINALS Start 15mins after finish of Heats</b>				
34	Girls	200	Freestyle	15/16/17+
35	Boys	200	Butterfly	15/16/17+
36	Girls	100	Butterfly	15/16/17+
37	Boys	100	Freestyle	15/16/17+
38	Girls	50	Breaststroke	15/16/17+
39	Boys	50	Backstroke	17+
41	Girls	1500	Freestyle	HDW

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

## Leinster Youth / Senior Division One Qualifying Standards

Qualifying" and "Consideration" times for the Leinster Youth/Senior Gala, May 2018

### Long Course

Male	15		16		17+	
	QT	CT	QT	CT	QT	CT
<b>50FC</b>	00:30.50	00:32.00	00:29.50	00:31.00	00:27.00	00:30.00
<b>100FC</b>	01:04.00	01:07.00	01:02.00	01:05.00	01:00.00	01:04.00
<b>200FC</b>	02:26.00	02:33.00	02:21.00	02:26.00	02:14.00	02:21.00
<b>400FC</b>	05:11.00	05:35.00	05:00.00	05:20.00	04:56.00	05:15.00
<b>800FC</b>	10:28.00	11:45.00	10:15.00	11:20.00	09:58.00	11:00.00
<b>1500FC</b>	20:31.00	21:30.00	20:00.00	21:00.00	19:39.00	20:30.00
<b>50BC</b>					00:32.00	00:36.00
<b>100BC</b>	01:18.00	01:26.00	01:15.00	01:23.00	01:12.00	01:20.00
<b>200BC</b>	02:46.00	03:00.00	02:43.00	02:56.00	02:35.00	02:50.00
<b>50BRS</b>					00:35.00	00:39.00
<b>100BRS</b>	01:28.00	01:35.00	01:27.00	01:33.00	01:21.00	01:30.00
<b>200BRS</b>	03:15.00	03:23.00	03:08.00	03:19.00	02:58.00	03:12.00
<b>50BF</b>					00:30.00	00:36.00
<b>100BF</b>	01:17.00	01:25.00	01:13.00	01:21.00	01:09.00	01:17.00
<b>200BF</b>	02:49.00	03:05.00	02:41.00	03:00.00	02:36.00	02:50.00
<b>200IM</b>	02:46.00	02:50.00	02:43.00	02:48.00	02:36.00	02:44.00
<b>400IM</b>	05:50.00	06:10.00	05:39.00	05:55.00	05:35.00	05:50.00
<b>YOB</b>	<b>2003</b>		<b>2002</b>		<b>2001</b>	
<b>Female</b>	<b>15</b>		<b>16</b>		<b>17+</b>	
	QT	CT	QT	CT	QT	CT
<b>50FC</b>	00:32.00	00:33.50	00:31.50	00:33.00	00:31.00	00:32.50
<b>100FC</b>	01:10.00	01:16.00	01:09.00	01:14.50	01:07.00	01:12.00
<b>200FC</b>	02:32.00	02:40.00	02:29.00	02:38.00	02:26.00	02:36.00
<b>400FC</b>	05:26.00	05:40.00	05:20.00	05:34.00	05:12.00	05:30.00
<b>800FC</b>	11:05.00	11:35.00	10:54.00	11:25.00	10:40.00	11:10.00
<b>1500FC</b>	20:59.00	22:00.00	20:39.00	21:40.00	20:12.00	21:10.00
<b>50BC</b>					00:36.00	00:39.00
<b>100BC</b>	01:20.00	01:25.00	01:20.00	01:24.00	01:17.00	01:22.00
<b>200BC</b>	02:54.00	03:05.00	02:50.00	03:00.00	02:47.00	02:56.00
<b>50BS</b>					00:40.00	00:44.00
<b>100BS</b>	01:34.00	01:40.00	01:32.00	01:37.50	01:28.00	01:34.00
<b>200BS</b>	03:19.00	03:28.00	03:17.00	03:26.00	03:11.00	03:23.00
<b>50BF</b>					00:33.00	00:38.00
<b>100BF</b>	01:20.00	01:26.00	01:18.00	01:23.00	01:15.00	01:20.00
<b>200BF</b>	03:04.00	03:21.00	02:58.00	03:15.00	02:52.00	03:10.00
<b>200IM</b>	02:54.00	03:05.00	02:49.00	03:00.00	02:48.00	02:56.00
<b>400IM</b>	06:16.00	06:30.00	06:09.00	06:25.00	06:03.00	06:20.00

"Qualifying" and "Consideration" times for the Leinster Youth/Senior Gala, May 2018

Short Course

Male	15		16		17	
	QT	CT	QT	CT	QT	CT
50FC	00:29.70	00:32.00	00:28.70	00:31.00	00:26.20	00:26.20
100FC	01:02.40	01:07.00	01:00.40	01:05.00	00:58.40	00:58.40
200FC	02:22.80	02:33.00	02:17.80	02:26.00	02:10.80	02:10.80
400FC	05:04.60	05:35.00	04:53.60	05:20.00	04:49.60	04:49.60
800FC	10:15.20	11:45.00	10:02.20	11:20.00	09:45.20	09:45.20
1500FC	20:07.00	21:30.00	19:36.00	21:00.00	19:15.00	19:15.00
50BC					00:31.40	00:31.40
100BC	01:16.80	01:26.00	01:13.80	01:23.00	01:10.80	01:10.80
200BC	02:43.60	03:00.00	02:40.60	02:56.00	02:32.60	02:32.60
50BRS					00:34.00	00:34.00
100BRS	01:26.00	01:35.00	01:25.00	01:33.00	01:19.00	01:19.00
200BRS	03:11.00	03:23.00	03:04.00	03:19.00	02:54.00	02:54.00
50BF					00:29.30	00:29.30
100BF	01:15.60	01:25.00	01:11.60	01:21.00	01:07.60	01:07.60
200BF	02:46.20	03:05.00	02:38.20	03:00.00	02:33.20	02:33.20
200IM	02:42.80	02:50.00	02:39.80	02:48.00	02:32.80	02:32.80
400IM	05:43.60	06:10.00	05:32.60	05:55.00	05:28.60	05:28.60
YOB	2003		2002		2001	
Female	15		16		17+	
	QT	CT	QT	CT	QT	CT
50FC	00:31.20	00:33.50	00:30.70	00:33.00	00:30.20	00:32.50
100FC	01:08.40	01:16.00	01:07.40	01:14.50	01:05.40	01:12.00
200FC	02:28.80	02:40.00	02:25.80	02:38.00	02:22.80	02:36.00
400FC	05:19.60	05:40.00	05:13.60	05:34.00	05:05.60	05:30.00
800FC	10:52.20	11:35.00	10:41.20	11:25.00	10:27.20	11:10.00
1500FC	20:35.00	22:00.00	20:15.00	21:40.00	19:48.00	21:10.00
50BC					00:35.40	00:39.00
100BC	01:18.80	01:25.00	01:18.80	01:24.00	01:15.80	01:22.00
200BC	02:51.60	03:05.00	02:47.60	03:00.00	02:44.60	02:56.00
50BS					00:39.00	00:44.00
100BS	01:32.00	01:40.00	01:30.00	01:37.50	01:26.00	01:34.00
200BS	03:15.00	03:28.00	03:13.00	03:26.00	03:07.00	03:23.00
50BF					00:32.30	00:38.00
100BF	01:18.60	01:26.00	01:16.60	01:23.00	01:03.60	01:20.00
200BF	03:01.20	03:21.00	02:55.20	03:15.00	02:49.20	03:10.00
200IM	02:50.80	03:05.00	02:45.80	03:00.00	02:44.80	02:56.00
400IM	06:09.60	06:30.00	06:02.60	06:25.00	05:56.60	06:20.00