

REGIONAL SC QUALIFYING MEET

Run over 2 days

VENUE : UL **DATE :** 13th & 14th October 2018
TIME : Saturday Warm Up 12 noon Start 1.00pm
Sunday Warm Up 09.00 a.m. Start 10.00 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 : Friday, 21st September 2018

ENTRIES RECEIVED AFTER THE CLOSING DATE WILL NOT BE ACCEPTED.

CONDITIONS : Swimmers may enter in events in which they qualify (to a maximum of 6 events). Swimmers who have achieved the cut off time (which is the qualifying time for the Irish Short Course Championships 2017) within the relevant time period will not be eligible to swim the event in which they have the time.

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, with the exception of the 50m Back, Breast and Fly which will be open to swimmers 14 and over ONLY.

ALL EVENTS WILL BE HEAT DECLARED WINNER.

Session 1

1. Boys 1500m Freestyle
2. Girls 400m Ind. Medley
3. Boys 200m Breaststroke
4. Girls 200m Freestyle
5. Boys 100m Butterfly
6. Girls 200m Backcrawl
7. Boys 50m Freestyle
8. Girls 50m Breaststroke

Session 2

9. Boys 400m Freestyle
10. Girls 200m Ind. Medley
11. Boys 200m Backcrawl
12. Girls 100m Butterfly
13. Boys 200m Freestyle
14. Girls 200m Breaststroke
15. Boys 100m Ind. Medley
16. Girls 50m Backcrawl
17. Boys 50m Butterfly
18. Girls 800m Freestyle

Session 3

19. Girls 1500m Freestyle
20. Boys 400m Ind. Medley
21. Girls 100m Breaststroke
22. Boys 100m Freestyle
23. Girls 200m Butterfly
24. Boys 100m Backcrawl
25. Girls 50m Freestyle
26. Boys 50m Breaststroke

Session 4

27. Girls 400m Freestyle
28. Boys 200m Ind. Medley
29. Girls 100m Backcrawl
30. Boys 200m Butterfly
31. Girls 100m Freestyle
32. Boys 100m Breaststroke
33. Girls 200m Ind. Medley
34. Boys 50m Backcrawl
35. Girls 50m Butterfly
36. Boys 800m Freestyle

Cut off	BOYS			Consideration/ Qualifying Times SC	GIRLS			Cut Off
	2007/08	2005/06	2004 +		2007/08	2005/06	2004+	
				EVENT				
26.28	38.07	35.45	34.14	50m Free	43.15	40.18	38.70	29.27
57.02	1.22.67	1.16.97	1.14.12	100 Free	1.32.45	1.26.08	1.22.90	1.03.76
2.06.27	3.03.06	2.50.44	2.44.13	200 Free	3.20.92	3.07.05	3.00.32	2.18.71
4.37.10	6.51.99	6.14.28	6.00.23	400 Free	7.07.92	6.38.41	6.23.66	4.55.13
18.00.47	26.10.65	24.30.61	23.40.59	1500/800 F/C	14.24.27	13.24.67	12.54.87	9.56.07
30.32	N/A	N/A	39.41	50 Back	N/A	N/A	44.80	34.48
1.07.11	1.37.90	1.31.19	1.27.24	100 Back	1.46.17	1.37.92	1.34.30	1.12.55
2.25.66	3.31.18	3.16.62	3.09.34	200 Back	3.46.53	3.30.91	3.23.10	2.36.24
32.38	N/A	N/A	42.07	50 Breast	N/A	N/A	50.08	38.53
1.14.43	1.46.91	1.39.47	1.36.95	100 Breast	2.00.68	1.52.36	1.48.20	1.23.24
2.48.22	4.04.01	3.47.19	3.38.68	200 Breast	4.21.74	4.03.72	3.55.22	3.00.59
27.65	N/A	N/A	35.93	50 Fly	N/A	N/A	40.61	31.25
1.02.89	1.31.15	1.24.87	1.21.73	100 Fly	1.42.37	1.35.31	1.31.78	1.10.60
2.26.73	3.32.74	3.18.07	3.10.74	200 Fly	3.47.26	3.31.59	3.23.76	2.36.75
1.06.69	1.36.66	1.30.00	1.26.67	100 IM	1.46.00	1.38.69	1.35.04	1.13.11
2.22.36	3.29.30	3.14.86	3.05.05	200 IM	3.44.48	3.29.00	3.21.36	2.34.82
5.04.16	7.21.00	6.50.59	6.35.39	400 IM	8.02.57	7.29.29	7.12.65	5.32.81