

REGIONAL LC QUALIFYING MEET (3 Opportunities)

Run over 2 days

Date : 16 & 17 February 2019

Venue : UL

Times : Warm Up; Session 1 Sat 12 noon Start 1pm

Warm Up: Session 3 Sun 9am. Start 10am

Warm up times for Session 2 & 4 will be advised when entries have been received.

Fees : €6 per event. Fees should be made payable to Munster Regions Swim Ireland and forwarded to Tom O'Brien, Mont Pelier, O'Brien's Bridge, Co. Limerick

Fees must be paid at least one week prior to the competition. Failure to pay by the designated time will result in swimmers being refused on the day.

Closing Date : Friday 25th. January 2019.

Entries on Hy-Tek to patdonovan02@gmail.com

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 Open Championships 2018) 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.

All times should be submitted as either LC or SC as they were achieved, and will be converted on receipt of entries.

All events will be HDW

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

Session 3

14. Girls 1500m Freestyle
15. Boys 400m Ind. Medley
16. Girls 100m Breaststroke
17. Boys 100m Freestyle
18. Girls 200m Butterfly
19. Boys 100m Backcrawl
20. Girls 50m Freestyle

Session 2

- 8. Boys 400m Freestyle
- 9. Girls 100m Butterfly
- 10. Boys 200m Backcrawl
- 11. Girls 200m Breaststroke
- 12. Boys 200m Freestyle
- 13. Girls 800m Freestyle

Session 4

- 21. Girls 400m Freestyle
- 22. Boys 200m Ind. Medley
- 23. Girls 100m Backcrawl
- 24. Boys 200m Butterfly
- 25. Girls 100m Freestyle
- 26. Boys 100m Breaststroke
- 27. Girls 200m Ind. Medley
- 28. Boys 800m Freestyle

In the event of the meet being oversubscribed the organisers may have to restrict heats. This will be done by rejecting the slowest swimmers in each age group.

BOYS EVENT	Consideration Times			Cut off
	2007/08	2005/06	2004 +	
	LC	LC	LC	
50m Free	39.21	36.51	35.16	24.94
100 Free	1.25.14	1.19.27	1.16.33	57.66
200 Free	3.07.37	2.54.45	2.47.99	2.06.32
400 Free	6.59.54	6.21.14	6.06.63	4.32.50
1500/800 F/C	26.41.18	24.58.77	24.07.93	18.22.08
100 Back	1.40.82	1.33.91	1.29.85	1.07.19
200 Back	3.37.49	3.22.50	3.14.99	2.25.00
100 Breast	1.50.79	1.43.08	1.40.47	1.15.83
200 Breast	4.12.86	3.55.43	3.46.61	2.51.58
100 Fly	1.32.26	1.25.90	1.22.72	1.04.15

200 Fly	3.36.64	3.21.70	3.14.24	2.24.00
200 IM	3.31.20	3.16.90	3.07.20	2.25.21
400 IM	7.36.99	7.05.49	6.49.73	5.10.24
GIRLS	Consideration Times			Cut Off
EVENT	2007/08	2005/06	2004+	
	LC	LC	LC	
50m Free	43.94	40.92	39.41	28.49
100 Free	1.35.16	1.27.66	1.24.41	1.01.91
200 Free	3.23.36	3.09.32	3.02.51	2.16.76
400 Free	7.10.94	6.41.22	6.26.36	4.52.03
1500/800 F/C	14.31.00	13.31.90	13.02.40	9.54.41
100 Back	1.47.46	1.39.11	1.35.45	1.11.23
200 Back	3.49.28	3.33.47	3.25.57	2.35.41
100 Breast	2.04.28	1.55.72	1.51.43	1.20.50
200 Breast	4.26.54	4.08.19	3.59.53	3.00.00
100 Fly	1.43.09	1.35.98	1.32.43	1.11.00
200 Fly	3.48.86	3.33.08	3.25.20	2.39.88
200 IM	3.46.30	3.30.90	3.23.40	2.36.00
400 IM	8.11.42	7.37.53	7.20.58	5.39.47