



LIMERICK INVITATIONAL MEET – Distance

APRIL 28TH, 2019

HOSTED BY LIMERICK SWIMMING CLUB

Licence Number 3S-18/19-M027

Date: 28th April, 2019

Venue: UL Sports Arena, Limerick

Format: Distance Events - Long Course (LC)

Entries: Entries on Hy-Tek - please email limswimdistanceinv@gmail.com
Electronic timing will be used throughout the gala.

Age: Age up - 31st December 2019 (year of birth).

Fees: €7.00 per event

Please post full fees on or before closing date to:

Eugene Higgins, Innovation Centre, National Technology Park, Castletroy,
Limerick.

All cheques made payable to Limerick Swimming Club. Alternatively, fees
can be paid by EFT to the following (Please annotate with your CLUB NAME)

IBAN: IE36AIBK93509308747052 **BIC:**
AIBKIE2D

Please email limswimtreasurer@gmail.com in relation to any questions
around fees and payment

Closing Date: Closing date for all entries is **Friday 5th April, 2019 AT 6pm.** Late
entries will not be accepted.

Scratches: **Friday 19th April, 2019 AT 6pm.**

To facilitate the smooth and timely running of the gala, no entries will be
accepted on the day.





FEES MUST BE RECEIVED PRIOR TO THE GALA

Meet Conditions

1. Swimmers must be members of Swim Ireland & Swim Ireland Rules will apply.
2. One start rule will apply for this gala.
3. Heats will be run as an open event based on each swimmer's entry time in 10 lane formats.
4. All events will be H.D.W.
5. Medals will be awarded in all individual events for 11&U, 12-13, 14-15, 16&O age groups
6. Swimmers must be at least 10 years of age to compete in this gala.
7. Swimmers will be limited to a total of **4 individual swims**.
8. There are **Qualifying Times for 200 F/C and 200 I.M. events. All other events are Cut-Off times** .
9. No Times (NTs) will be accepted. All other entry times must be official times and may be verified on the National database.
10. SC times converted to LC for both Qualifying and Cut-off Times will be accepted.
11. In the event of the meet being oversubscribed the organisers may have to restrict the number of heats in events. You will be notified of any changes one week before the gala.
12. The host club reserves the right to enter some swimmers outside the qualifying criteria.
13. Session times may change depending on entries. You will be notified of changes one week before the gala.
14. Qualification standards will be waived for swimmers with disabilities who are classified through Paralympics Ireland.
15. Restrictions on personnel poolside will be enforced to ensure safety & effective running of the gala.





ORDER OF EVENTS

Session 1 - Sunday Morning	
Warm-up - 8am Male; 8:25am Female - Start 9am	
1	Male 800 Free
2	Female 800 Free
3	Male 200 Butterfly
4	Female 200 Butterfly
5	Male 200 IM
6	Female 200 IM
7	Male 200 Backstroke
8	Female 200 Backstroke
9	Male 400 Free
10	Female 400 Free

Session 2 - Sunday Afternoon	
Warm-up - 1pm Male; 1:25pm Female - Start 2pm	
11	Male 400 IM
12	Female 400 IM
13	Male 200 Free
14	Female 200 Free
15	Male 200 Breaststroke
16	Female 200 Breaststroke
17	Mixed 1500 Free



QUALIFYING AND CUT-OFF TIMES

Limerick Invitational Meet – Distance - April 28 th 2019					
MALE					
Event		11 & Under	12 - 13	14 - 15	16 & Over
200 Free	Qualifying Time	2.59.38	2.45.75	2.35.13	2.26.84
400 Free	Cut-off Time	5.50.77	5.08.90	4.47.52	4.33.55
800 Free	Cut-off Time	11.54.66	10.34.24	9.41.13	9.12.90
1500 Free	Cut-off Time	22.59.56	20.09.71	18.59.08	18.11.48
200 Back	Cut-off Time	3.08.28	2.44.13	2.33.42	2.23.44
200 Breast	Cut-off Time	3.37.40	3.11.24	2.59.81	2.44.14
200 Fly	Cut-off Time	3.22.09	2.52.18	2.35.91	2.24.31
200 IM	Qualifying Time	3.20.60	3.06.94	2.55.84	2.48.27
400 IM	Cut-off Time	6.43.52	5.58.89	5.23.33	5.09.48
Limerick Invitational Meet – Distance - April 28 th 2019					
FEMALE					
Event		11 & Under	12 - 13	14 - 15	16 & Over
200 Free	Qualifying Time	2.59.50	2.48.65	2.41.95	2.35.15
400 Free	Cut-off Time	6.18.16	5.13.46	4.59.85	4.48.61
800 Free	Cut-off Time	12.13.40	11.28.22	11.04.16	10.39.01
1500 Free	Cut-off Time	23.06.62	21.44.09	20.58.49	20.11.01
200 Back	Cut-off Time	3.12.22	2.48.53	2.40.86	2.34.30
200 Breast	Cut-off Time	3.47.93	3.14.97	3.03.56	2.56.14
200 Fly	Cut-off Time	3.21.61	2.56.34	2.50.31	2.39.68
200 IM	Qualifying Time	3.21.26	3.12.08	3.03.18	2.57.25
400 IM	Cut-off Time	6.50.96	6.05.13	5.47.86	5.35.52

For cut off events, swimmers who have achieved the cut-off time since January 2019 are not eligible to swim.

