

# MUNSTER/ CONNACHT LC CHAMPIONSHIPS 2019

**DATES :** 31<sup>st</sup>. May 1<sup>st</sup> & 2<sup>nd</sup>. June 2019

**VENUE :** UL

**TIMES :** Warm Up Friday 6 p.m. Start 6.45p.m.

Warm Up Sat & Sun 9.00 a.m. Start 10.00 a.m.

**FEES :** € 7.00 per individual event, €20.00 per relay event. Cheques to be made payable to "Munster Region Swim Ireland" and forwarded to

**Tom O'Brien, Mont Pelier, O'Briens Bridge, Co. Limerick**

**FEES MUST BE RECEIVED AT LEAST ONE WEEK PRIOR TO THE GALA. IF FEES ARE NOT RECEIVED BY THAT DATE ENTRIES WILL NOT BE PROCESSED.**

**CLOSING DATE :** Thursday 25<sup>th</sup>. April 2019. **Entries received after that date will not be accepted under any circumstances.**

**QUALIFYING TIMES :** Qualifying times are LC, but SC times will be accepted. However, these should be entered as SC, and will be converted upon receipt.

Entries on Hy-Tek to [patdonovan02@gmail.com](mailto:patdonovan02@gmail.com)

**Scratches :** Scratches for Session 1 must be done at least 45 minutes prior to the start of the session. Scratches for Session 2 must be done at least 45 minutes prior to the start of the session. Scratches for subsequent sessions will be prior to the finals of the previous session. (i.e. Scratches for Saturday pm – Session 4 must be done prior to the start of Session 3 – see sessions below )

**Failure to scratch swimmers will result in a fine of €50 per event.**

Swimmers must qualify in all events in which they wish to enter.

Finals will be held in 50m and 100m events ONLY. Events in which there are 10 or less entrants will be HDW and will be swum with the finals.

Medals will be presented in 11/12, 13/14, 15/16 and 17 and over age groups.

**Please note that while there are consideration and qualifying times for this meet, it may be necessary to reduce the number to enable to meet to comply with licence rules. This will be done by eliminating the slower swimmers in each age group. We apologise in advance for any inconvenience this may cause. Please also note that once eliminations have been done these will be final and no other changes will be accepted.**

MALE	Qualifying Time	Consideration Times	Event	FEMALE	Qualifying Time	Consideration Times
2007/08	36.27	37.85	50m Freestyle	2007/08	36.95	38.56
2005/06	34.16	35.65		2005/06	34.75	36.26
2003/04	31.01	32.36		2003/04	33.30	34.75
2002 +	28.67	29.92		2002 +	32.75	34.17
2007/08	1.15.81	1.19.11	100m Freestyle	2007/08	1.18.25	1.21.65
2005/06	1.12.19	1.15.28		2005/06	1.14.30	1.17.52
2003/04	1.07.38	1.10.26		2003/04	1.13.72	1.15.99
2002 +	1.03.84	1.06.62		2002 +	1.10.58	1.13.64
2007/08	2.45.84	2.53.05		2007/08	2.48.93	2.52.28

<b>2005/06</b>	2.35.73	<b>2.43.57</b>	<b>200m Freestyle</b>	<b>2005/06</b>	2.42.34	2.49.40
<b>2003/04</b>	2.30.86	<b>2.35.73</b>		<b>2003/04</b>	2.37.89	2.44.76
<b>2002 +</b>	2.22.51	<b>2.28.71</b>		<b>2002 +</b>	2.34.56	2.41.28
<b>MALE</b>	<b>QUALIFYING TIME</b>	<b>Consideration Times</b>		<b>FEMALE</b>	<b>QUALIFYING TIME</b>	<b>Consideration Times</b>
<b>2007/08</b>	5.55.24	<b>6.10.8</b>	<b>400m Freestyle</b>	<b>2007/08</b>	6.02.47	6.16.14
<b>2005/06</b>	5.40.21	<b>5.55.05</b>		<b>2005/06</b>	5.47.23	6.01.27
<b>2003/04</b>	5.19.12	<b>5.32.90</b>		<b>2003/04</b>	5.40.75	5.55.57
<b>2002 +</b>	5.14.57	<b>5.28.25</b>		<b>2002 +</b>	5.27.30	5.46.32
<b>2007/08</b>	<b>MAX 1 HEAT</b>		<b>800m Freestyle</b>	<b>2007/08</b>	<b>MAX 1 HEAT</b>	
<b>2005/06</b>				<b>2005/06</b>		
<b>2003/04</b>	<b>MAX 1 HEAT</b>			<b>2003/04</b>	<b>MAX 1 HEAT</b>	
<b>2002 +</b>	<b>MAX 1 HEAT</b>			<b>2002 +</b>	<b>MAX 1 HEAT</b>	
<b>2007/08</b>	<b>MAX 1 HEAT</b>		<b>1500m Freestyle</b>	<b>2007/08</b>	<b>MAX 1 HEAT</b>	
<b>2005/06</b>				<b>2005/06</b>		
<b>2003/04</b>	<b>MAX 1 HEAT</b>			<b>2003/04</b>	<b>MAX 1 HEAT</b>	
<b>2002 +</b>	<b>MAX 1 HEAT</b>			<b>2002 +</b>	<b>MAX 1 HEAT</b>	
<b>2003/04</b>	34.05	<b>35.53</b>	<b>50m Backstroke</b>	<b>2003/04</b>	37.58	41.23
<b>2002 +</b>	34.05	35.53		<b>2002 +</b>	37.58	41.23
<b>2007/08</b>	1.29.40	<b>1.33.14</b>	<b>100m Backstroke</b>	<b>2007/08</b>	1.30.21	1.34.13
<b>2005/06</b>	1.25.46	<b>1.29.14</b>		<b>2005/06</b>	1.26.54	1.30.30
<b>2003/04</b>	1.19.53	<b>1.22.99</b>		<b>2003/04</b>	1.24.52	1.28.20
<b>2002 +</b>	1.16.30	<b>1.19.72</b>		<b>2002+</b>	1.22.02	1.25.59
<b>2007/08</b>	3.08.74	<b>3.16.95</b>	<b>200m Backstroke</b>	<b>2007/08</b>	3.13.80	3.23.23
<b>2005/06</b>	3.03.01	<b>3.10.97</b>		<b>2005/06</b>	3.07.24	3.15.48
<b>2003/04</b>	2.53.10	<b>3.00.63</b>		<b>2003/04</b>	3.01.02	3.08.89
<b>2002 +</b>	2.44.95	<b>2.52.12</b>		<b>2002 +</b>	2.57.40	3.05.16
<b>2003/04</b>	36.92	<b>38.53</b>	<b>50m Breaststroke</b>	<b>2003/04</b>	41.97	43.80
<b>2002 +</b>	36.92	38.53		<b>2002 +</b>	41.97	43.80
<b>2007/08</b>	1.43.06	<b>1.47.54</b>	<b>100m Breaststroke</b>	<b>2007/08</b>	1.45.64	1.50.30
<b>2005/06</b>	1.37.86	<b>1.42.12</b>		<b>2005/06</b>	1.41.16	1.44.69
<b>2003/04</b>	1.31.80	<b>1.35.91</b>		<b>2003/04</b>	1.37.42	1.41.66
<b>2002 +</b>	1.24.39	<b>1.29.10</b>		<b>2002 +</b>	1.32.81	1.36.85
<b>2007/08</b>	3.40.03	<b>3.49.60</b>	<b>200m Breaststroke</b>	<b>2007/08</b>	3.44.56	3.56.32
<b>2005/06</b>	3.32.38	<b>3.41.61</b>		<b>2005/06</b>	3.41.89	3.51.53
<b>2003/04</b>	3.20.56	<b>3.28.24</b>		<b>2003/04</b>	3.28.97	3.38.06

<b>2002 +</b>	3.08.75	<b>3.16.96</b>	<b>50m Butterfly</b>	<b>2002 +</b>	3.20.60	3.31.36
<b>2003/04</b>	30.95	<b>32.30</b>		<b>2003/04</b>	34.98	36.50
<b>2002 +</b>	30.95	32.30	<b>100m Butterfly</b>	<b>2002 +</b>	34.98	36.50
<b>2007/08</b>	1.29.82	<b>1.33.73</b>		<b>2007/08</b>	1.31.83	1.35.92
<b>2005/06</b>	1.25.21	<b>1.28.92</b>		<b>2005/06</b>	1.28.03	1.31.86
<b>2003/04</b>	1.17.19	<b>1.20.55</b>		<b>2003/04</b>	1.22.18	1.26.75
<b>2002 +</b>	1.13.36	<b>1.16.03</b>	<b>200m Butterfly</b>	<b>2002 +</b>	1.19.96	1.23.44
<b>2007/08</b>	3.17.99	<b>3.26.50</b>		<b>2007/08</b>	3.22.78	3.31.60
<b>2005/06</b>	3.06.67	<b>3.15.19</b>		<b>2005/06</b>	3.18.41	3.27.07
<b>2003/04</b>	2.51.28	<b>2.58.73</b>		<b>2003/04</b>	3.08.85	3.17.06
<b>2002 +</b>	2.45.95	<b>2.43.17</b>	<b>200m IM</b>	<b>2002 +</b>	3.03.62	3.11.60
<b>2007/08</b>	3.11.36	<b>3.19.68</b>		<b>2007/08</b>	3.13.95	3.22.38
<b>2005/06</b>	3.03.45	<b>3.11.43</b>		<b>2005/06</b>	3.08.67	3.16.87
<b>2003/04</b>	2.52.89	<b>3.03.39</b>		<b>2003/04</b>	2.59.11	3.06.89
<b>2002 +</b>	2.45.32	<b>2.52.51</b>	<b>400m IM</b>	<b>2002 +</b>	2.58.08	3.05.72
<b>2007/08</b>	6.52.82	<b>7.10.77</b>		<b>2007/08</b>	6.59.89	7.18.15
<b>2005/06</b>	6.39.13	<b>6.56.59</b>		<b>2005/06</b>	6.48.73	7.06.50
<b>2003/04</b>	6.00.12	<b>6.15.78</b>		<b>2003/04</b>	6.32.89	6.49.87
<b>2002 +</b>	5.55.89	<b>6.11.36</b>		<b>2002 +</b>	6.25.84	6.42.62

Day 1 – Friday 31 <sup>st</sup> . May 2019	Day 2 - Saturday 1 <sup>st</sup> . June 2019	Day 2 – Sunday 2 <sup>nd</sup> . June 2019
<b>Session 1: Combined Heats</b> <b>30 Minute Warm-Up</b>	<b>Session 2: Combined Heats</b> <b>45 Minute Warm-Up</b>	<b>Session 6: Combined Heats</b> <b>45 Minute Warm-Up</b>
Mixed 400m Medley Relay HDW (11 -14, 15/Over) Male 1500m Freestyle HDW (11/12, 13/14, 15/16, 17/Over) Female 800m Freestyle HDW (11/12, 13/14, 15/16, 17/Over)	Female 800m Freestyle Relay HDW (11-14, 15/Over) Male 200m IM HDW (11/12, 13/14, 15/16, 17/Over) Female 200m Backstroke HDW (11/12, 13/14, 15/16, 17/Over) Male 200m Breaststroke HDW (11/12, 13/14, 15/16, 17/Over) Female 100m Breaststroke Male 100m Backstroke Female 50m Butterfly (15/16 & 17/Over Only) Male 50m Freestyle Female 400m Freestyle HDW (11/12, 13/14, 15/16, 17/Over)	Male 800m Freestyle Relay HDW (11 -14 & 15/Over) Female 200m IM HDW (11/12, 13/14, 15/16, 17/Over) Male 200m Backstroke HDW (11/12, 13/14, 15/16, 17/Over) Female 200m Breaststroke HDW (11/12, 13/14, 15/16, 17/Over) Male 100m Breaststroke Female 100m Backstroke Male 50m Butterfly (15/16 & 17/Over Only) Female 50m Freestyle Male 400m Freestyle HDW (11/12, 13/14, 15/16, 17/Over)
	<b>Session 3: Finals &amp; Presentations</b> <b>No Warm-Up</b>	<b>Session 7: Finals &amp; Presentations</b> <b>No-Warm-Up</b>
	Female 100m Breaststroke (11/12, 13/14, 15/16, 17/Over) Male 100m Backstroke (15 years ; 16 years ; 17/Over) Female 50m Butterfly (15/16 & 17/Over) Male 50m Freestyle (11/12, 13/14, 15/16, 17/Over)	Male 100m Breaststroke (11/12, 13/14, 15/16, 17/Over) Female 100m Backstroke (11/12, 13/14, 15/16, 17/Over) Male 50m Butterfly (15/16 & 17/Over) Female 50m Freestyle (11/12, 13/14, 15/16, 17/Over)
	<b>Session 4: Combined Heats</b> <b>45 Minute Warm-Up</b>	<b>Session 8: Combined Heats</b> <b>45 Minute Warm-Up</b>
	Male 400m Freestyle Relay HDW (11-14, 15 & Over) Female 400m Freestyle Relay HDW (11-14, 15 & Over) Male 200m Freestyle HDW (11/12, 13/14, 15/16, 17/Over) Female 200m Butterfly HDW (11/12, 13/14, 15/16, 17/Over) Male 100m Butterfly Female 100m Freestyle Male 50m Breaststroke (15/16, & 17/Over Only) Female 50m Backstroke (15/16 & 17/Over Only) Male 400m IM HDW (11/12, 13/14, 15/16, 17/Over)	Female 400m Medley Relay HDW (11-14, 15/Over) Male 400m Medley Relay HDW (11-14, 15/Over) Female 200m Freestyle HDW (11/12, 13/14, 15/16, 17/Over) Male 200m Butterfly HDW (11/12, 13/14, 15/16, 17/Over) Female 100m Butterfly Male 100m Freestyle Female 50m Breaststroke (15/16 & 17/Over Only) Male 50m Backstroke (15/16 & 17/Over Only) Female 400m IM HDW (11/12, 13/14, 15/16, 17/Over)
	<b>Session 5: Finals &amp; Presentations</b> <b>No Warm-Up</b>	<b>Session 9: Finals &amp; Presentations</b> <b>No Warm-Up</b>
	Male 100m Butterfly (11/12, 13/14, 15/16, 17/Over) Female 100m Freestyle (11/12, 13/14, 15/16, 17/Over) Male 50m Breaststroke (15/16, & 17/Over Only) Female 50m Backstroke (15/16, & 17/Over Only) Male 800m Freestyle HDW (11/12, 13/14, 15/16, 17/Over)	Female 100m Butterfly (11/12, 13/14, 15/16, 17/Over) Male 100m Freestyle (11/12, 13/14, 15/16, 17/Over) Female 50m Breaststroke (15/16 & 17/Over) Male 50m Backstroke (15 /16 & 17/Over) Female 1500m Freestyle HDW

