**MUNSTER SC CHAMPIONSHIPS 2015**

**2A-15/16-M005**

**DATES :** 1st. & 2nd. November        **VENUE : UL**

**TIMES :** Warm Up  Saturday  12.00 noon. Start 1.00p.m.

Warm Up Sunday  9.00 a.m. Start 10.00 a.m.

**FEES :** € 6.00 per individual event, €20.00 per relay event. Cheques to be made payable to “Munster Region Swim Ireland” and forwarded to **Diane O’Brien, Raleighstown, Grange, Co. Limerick**

**FEES MUST BE RECEIVED PRIOR TO THE GALA**

**CLOSING DATE :  Friday**, 16th. October 2015.

**QUALIFYING TIMES :**  Swimmers who qualify for one event may also enter  the 200m B/C, Brs and/or Fly irrespective of qualifying times. Failure to reach the qualifying time will result in a fine of €5 if the submitted time cannot be proved.

**FINALS :** There will be 1 U/14 Final and 1 Open Final in 50m and 100m events ONLY.

All other events will be HDW. Medals will be presented in U/14 and Open category.

**ENTRIES** ; Entries on Hy-Tek to patdonovan02@gmail.com

**LATE ENTRIES WILL NOT BE ACCEPTED**

**SESSION 1 SESSION 3**

1.Mens 1500m Freestyle HDW 21. Womens 800m Freestyle HDW

2.Womens 400m Freestyle HDW 22. Mens 400m Freestyle HDW

3.Mens 100m Ind. Medley 23. Womens 50m Butterfly

4.Womens 100m Ind. Medley 24. Mens 50m Butterfly

5.Mens 50m Freestyle 25. Womens  100m Backcrawl

6.Womens 50m Freestyle 26. Mens 100m Backcrawl

7.Mens 200m Backcrawl HDW 27. Womens 200m Breaststroke HDW

8.Womens 200m Backcrawl HDW 28. Mens 200m Breaststroke HDW

9.Mens 4x100m F/C Relay HDW 29. Womens 4x100m Med. Relay HDW

10.Womens 4x100m F/C Relay HDW 30. Mens 4x100m Med. Relay HDW

Finals of 3,4,5,6, Finals of 23,24,25,26,

**SESSION 2 SESSION 4**

11. Mens 200m Ind. Medley HDW 31. Womens 400m Ind. Med HDW

12. Womens 200m Ind. Medley HDW 32. Mens 400m Ind. Med HDW

13. Mens 50m Backcrawl 33. Womens 50m Breaststroke

14. Womens 50m Backcrawl 34. Mens 50m Breaststroke

15. Mens 100m Breaststroke 35. Womens 200m Freestyle HDW

16. Womens 100m Breaststroke 36. Mens 200m Freestyle HDW

17. Mens 200m Butterfly HDW 37. Womens 100m Butterfly

18. Womens 200m ButtetflyHDW 38. Mens 100m Butterfly

19. Mens 100m Freestyle 39. Mens 4x200m F/C Relay HDW

20. Womens 100m Freestyle 40. Womens 4x200m F/C Relay HDW

Finals of 13,14,15,16,19,20 Finals of 33,34,37,38

**MUNSTER CHAMPIONSHIPS**

**QUALIFYING TIMES**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **14&U** | **MALE** | **EVENT** | **FEMALE** | **14&U** |
| **29.77** | **28.42** | **50m Freestyle** | **31.66** | **33.17** |
| **1.05.57** | **1.03.59** | **100m Freestyle** | **1.09.73** | **1.13.05** |
| **2.24.63** | **2.18.06** | **200m Freestyle** | **2.31.72** | **2.38.92** |
| **5.07.49** | **4.54.51** | **400m Freestyle** | **5.19.06** | **5.34.25** |
| **11.00.00** | **10.30.00** | **800m Freestyle** | **10.51.43** | **11.22.45** |
| **19.50.55** | **18.55.96** | **1500m Freestyle** | **21.00.00** | **22.00.00** |
| **35.33** | **34.77** | **50m Backcrawl** | **37.24** | **39.01** |
| **1.14.71** | **1.11.41** | **100m Backcrawl** | **1.18.49** | **1.22.23** |
| **2.43.93** | **2.36.48** | **200m Backcrawl** | **2.44.43** | **2.52.26** |
| **39.78** | **37.97** | **50m Breaststroke** | **41.54** | **43.52** |
| **1.23.03** | **1.19.26** | **100m Breaststroke** | **1.28.20** | **1.32.40** |
| **3.04.54** | **2.56.15** | **200m Breaststroke** | **3.11.20** | **3.20.31** |
| **33.47** | **31.95** | **50m Butterfly** | **35.93** | **37.66** |
| **1.12.69** | **1.09.39** | **100m Butterfly** | **1.19.03** | **1.22.79** |
| **2.51.27** | **2.43.48** | **200m Butterfly** | **2.59.10** | **3.07.63** |
| **1.19.45** | **1.15.84** | **100m Ind. Medley** | **1.21.67** | **1.25.56** |
| **2.42.23** | **2.34.86** | **200m Ind. Medley** | **2.48.53** | **2.56.56** |
| **5.53.74** | **5.37.67** | **400m Ind. Medley** | **5.57.85** | **6.14.87** |

**ONLY 1 JUNIOR & 1 SENIOR RELAY PER CLUB PER EVENT IS PERMITTED**

\_\_\_\_\_\_ Individual entries @ € 6.00 per event =

\_\_\_\_\_ Relay Entries @ € 20.00 per event =

\_\_\_\_\_\_\_\_\_\_\_\_\_

TOTAL

CLUB \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Secretary\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Address  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

 \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Tel. No. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**Each club is required to supply two officials for this gala**

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Telephone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Telephone \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Team Manager \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**POOL RULES**

**In order to comply with health and safety standards within swimming pool and at the request of a number of pool managers the following rules must be complied with**

1. **All swimmers must wear hats**
2. **No outdoor shoes to be worn on the pool deck.**
3. **Swimmers are not permitted on the balcony or stairs in wet gear.**
4. **Adequate supervision of competitors must be in place at all times. Chaperones/Managers must be appointed for each club.  Any damage caused to the complex will be charged to the club involved.**
5. **Where lockers are provided these should be used. Unattended belongings may be removed by staff.**
6. **Litter bins should be used.**
7. **Parking should be in designated areas ONLY.**
8. **Leisure centres / pools should be treated with respect.**