

# MUNSTER SENIOR SCHOOLS SWIMMING CHAMPIONSHIPS

The Munster Senior Schools Swimming Championships for girls and boys will take place at the University Of Limerick Swimming Pool, Limerick on Saturday December 5<sup>th</sup> 2009.

The three age groups are:

1	Aged 12 and Under 14	Junior (born between 1.9.1995 and 31.8.97)	<b>The age limits are as of 31 August 2009</b>
2	Aged 14 and Under 16	Inter (born between 1.9.1993 and 31.8.1995)	
3	Aged 16 and Under 19	Senior (born between 1.9.1990 and 31.8.1993)	

Due to time constraints all team events will be run as heat-declared-winners. The Individual Medley events will be run as heat-declared-winners. All other individual events are scheduled to be heats and finals. A swimmer shall take part in not more than **two** individual events in his or her age group and **in any two** relays.

The 400m Freestyle is an invitation event for girls and boys (one heat each i.e. 6 girls and 6 boys): medals will **not** be awarded in this event nor is the event included in the restriction about the number of events for which a swimmer is eligible. There is no entry fee for this event. The 6 girls and 6 boys selected for this event will be notified (by phone) prior to December 5th. **Entry times will be checked for this event!** Only those notified need show for this event.

The entry fee for the Munster Championships per swimmer per event is 5 euro; the entry fee for each relay team per event is 20 euro. The affiliation fee for the school is included in the entry fees. Due to the necessity of having parental permission for anti-doping procedures, only one swimmer can be entered on each individual form - see entry conditions below. A school may enter only ONE team in any relay event. All relay teams may be entered on the same form.

## ENTRY CONDITIONS:

- 1) Submit individual best times.
- 2) Entries will not be accepted unless they
  - a) are accompanied by the entry fee;
  - b) bear the School's stamp or be signed by the Principal or Teacher responsible for Sport;
  - c) include the name and contact telephone number of the Adult-in-Charge;
  - d) indicate the School's approval of the Adult-in-Charge;
  - e) in the case of entrants under **18** years of age on the date of the competition, have the signed agreement by a parent that their daughter(s)/son(s) may be subjected to anti-doping procedures as performed by the Irish Sports Council, or any agency approved by the Council to undertake such testing. This consent must also cover possible testing at the Irish School Swimming Championships in February 2010.

***The closing date for receipt of entries is Friday November 27<sup>th</sup> 2009. ABSOLUTELY NO LATE ENTRIES will be accepted. Any entry not fulfilling the entry conditions will be rejected. Any entry not received at the address below by the closing date will be rejected. NO EXCEPTIONS WILL BE MADE.***

Entries and fees

**Pat Donovan  
22 Springfield Estate  
Mayfield  
Cork**

*[The Irish Schools Championships will take place on Friday/Saturday 5/6 February 2010. To take part in these Championships, a swimmer must achieve the qualifying time during the Munster Championships. Entry forms for the Irish Schools will be available during the Munster Championships and qualifiers **MUST** enter and submit their entry fees on that day.*

**IRISH SCHOOLS SWIMMING ASSOCIATION**

**MUNSTER BRANCH**

**AFFILIATION FORM 2009**

SCHOOL: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

TELEPHONE: \_\_\_\_\_

CONTACT NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

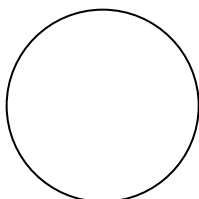
\_\_\_\_\_

\_\_\_\_\_

TELEPHONE: \_\_\_\_\_

E-MAIL: \_\_\_\_\_

**SCHOOL STAMP**



# WISE SENIOR SCHOOLS COMPETITION

This year it has been decided to introduce 200m events and 400 IM into the WISE International Schools Competition

These events are invitation events for girls and boys (one heat each i.e. 6 girls and 6 boys), and will be held during the course of the Irish Senior Schools Championships. Winners **may** be selected onto the Irish team for the WISE International which will be held in March 2010. These events are not included in the restriction about the number of events for which a swimmer is eligible. There is no entry fee for these events. The 6 girls and 6 boys selected for this event will be notified.

**Entry times will be checked for this event!!**

Only those notified need show for this event.

To qualify to enter in any of these events, you **must** qualify in at least one 100m event or the 200IM from the Munster Senior Schools.

# MUNSTER SCHOOLS SWIMMING CHAMPIONSHIPS

## ENTRY FORM

Name: \_\_\_\_\_

Address: \_\_\_\_\_

School: \_\_\_\_\_

Date of Birth: \_\_\_\_\_

Contact Phone: \_\_\_\_\_

Name of Adult-In-Charge: \_\_\_\_\_

Contact Phone Adult-In-Charge: \_\_\_\_\_

**Male/Female**

**Junior/Inter/Senior**

(delete as appropriate)

*Enter a maximum of two events (excluding 400 events and 200 events but including 200 I.M)*

<b>Event</b>	<b>Entry Time</b>	<b>Where &amp; when time achieved</b>
100 Backstroke		
100 Breaststroke		
100 Butterfly		
100 Freestyle		
200 I.M		
400 Freestyle		
400 I.M		
200 Freestyle		
200 Backstroke		
200 Breaststroke		
200 Butterfly		

If you are under 18 years of age on the day of competition, your parent/guardian **must** complete the following paragraph:

I agree to my son/daughter/ward, if selected, being submitted to the Medical Control procedure as set down by the Irish Sports Council and to him/her submitting a sample of urine for analysis at an accredited lab. This permission covers both this competition and the Irish Schools Championships.

Signed: \_\_\_\_\_ (parent/guardian)

This form must bear an official school stamp and be signed by the Principal or Teacher in charge of Sport.

Signed: \_\_\_\_\_

Entries will only be accepted on a copy of this form.

# MUNSTER SCHOOLS SWIMMING CHAMPIONSHIPS

## RELAY ENTRY FORM

School Stamp
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**NAME OF SCHOOL:** \_\_\_\_\_

**BOYS/GIRLS** (delete whichever does not apply)

**Junior Relay Teams [born between 1.9.95 and 31.8.97]**

Freestyle Relay Team	
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Medley Relay Team	
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Names and Dates of Birth of Team Members (Freestyle & Medley combined)

Surname and then First Name	Date of Birth	Surname and then First Name	Date of Birth

**Inter Relay Teams [born between 1.9.93 and 31.8.95]**

[swimming up is permitted but at least one team member must be Inter]

Freestyle Relay Team	
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Medley Relay Team	
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Names and Dates of Birth of Team Members (Freestyle & Medley combined)

Surname and then First Name	Date of Birth	Surname and then First Name	Date of Birth

**Senior Relay Teams [born between 1.9.90 and 31.8.93]**

[swimming up is permitted but at least one team member must be Senior]

Freestyle Relay Team	
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Medley Relay Team	
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Names and Dates of Birth of Team Members (Freestyle & Medley combined)

Surname and then First Name	Date of Birth	Surname and then First Name	Date of Birth

I certify that the above pupils attend this school, their dates of birth are correct. I approve of the adult in charge.

Name of Adult in Charge
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Contact Phone Number
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# ORDER OF EVENTS FOR MUNSTER SCHOOLS SENIOR CHAMPIONSHIPS

(Qualifying times for the Irish Schools Senior Championships are given after each event)

**Saturday December 5<sup>th</sup> 2009**

## Session 1

**Warm-up: Girls 11.00am – 11.25am, Boys 11.25am – 11.50am**

**Session Start 12.00 noon**

Event 1	Junior Girls 100m Backstroke	(Irish QT 1:20)	*	Event 13	Junior Girls 100m Butterfly	(Irish QT 1:24)
Event 2	Junior Boys 100m Backstroke	(Irish QT 1:17)	*	Event 14	Junior Boys 100m Butterfly	(Irish QT 1:20)
Event 3	Inter Girls 100m Backstroke	(Irish QT 1:19)	*	Event 15	Inter Girls 100m Butterfly	(Irish QT 1:22)
Event 4	Inter Boys 100m Backstroke	(Irish QT 1:14)	*	Event 16	Inter Boys 100m Butterfly	(Irish QT 1:14)
Event 5	Senior Girls 100m Backstroke	(Irish QT 1:18)	*	Event 17	Senior Girls 100m Butterfly	(Irish QT 1:20)
Event 6	Senior Boys 100m Backstroke	(Irish QT 1:14)	*	Event 18	Senior Boys 100m Butterfly	(Irish QT 1:12)
Event 7	Junior Girls 100m Breaststroke	(Irish QT 1:30)	*	Event 19	Junior Girls 100m Freestyle	(Irish QT 1:09)
Event 8	Junior Boys 100m Breaststroke	(Irish QT 1:28)	*	Event 20	Junior Boys 100m Freestyle	(Irish QT 1:06)
Event 9	Inter Girls 100m Breaststroke	(Irish QT 1:29)	*	Event 21	Inter Girls 100m Freestyle	(Irish QT 1:08)
Event 10	Inter Boys 100m Breaststroke	(Irish QT 1:21)	*	Event 22	Inter Boys 100m Freestyle	(Irish QT 1:01)
Event 11	Senior Girls 100m Breaststroke	(Irish QT 1:28)	*	Event 23	Senior Girls 100m Freestyle	(Irish QT 1:08)
Event 12	Senior Boys 100m Breaststroke	(Irish QT 1:20)	*	Event 24	Senior Boys 100m Freestyle	(Irish QT 1:00)
			.		Finals of events 1 – 24	

## Session 2

Event 25	Open Girls 400m F/S Invitation (1 heat only)	(Irish by invitation)		Event 33	Junior Girls 4x50m Medley Team Relay (HDW)	(Irish:1 team per school)
Event 26	Open Boys 400m F/S Invitation (1 heat only)	(Irish by invitation)		Event 34	Junior Boys 4x50m Medley Team Relay (HDW)	(Irish:1 team per school)
Event 27	Junior Girls 200m Individual Medley (HDW)	(Irish QT 2:56)		Event 35	Inter Girls 4x50m Medley Team Relay (HDW)	(Irish:1 team per school)
Event 28	Junior Boys 200m Individual Medley (HDW)	(Irish QT 2:50)		Event 36	Inter Boys 4x50m Medley Team Relay (HDW)	(Irish:1 team per school)
Event 29	Inter Girls 200m Individual Medley (HDW)	(Irish QT 2:50)		Event 37	Senior Girls 4x50m Medley Team Relay (HDW)	(Irish:1 team per school)
Event 30	Inter Boys 200m Individual Medley (HDW)	(Irish QT 2:40)		Event 38	Senior Boys 4x50m Medley Team Relay (HDW)	(Irish:1 team per school)
Event 31	Senior Girls 200m Individual Medley (HDW)	(Irish QT 2:48)		Event 39	Junior Girls 4x50m Freestyle Team Relay (HDW)	(Irish:1 team per school)
Event 32	Senior Boys 200m Individual Medley (HDW)	(Irish QT 2:38)		Event 40	Junior Boys 4x50m Freestyle Team Relay (HDW)	(Irish:1 team per school)
				Event 41	Inter Girls 4x50m Freestyle Team Relay (HDW)	(Irish:1 team per school)
				Event 42	Inter Boys 4x50m Freestyle Team Relay (HDW)	(Irish:1 team per school)
				Event 43	Senior Girls 4x50m Freestyle Team Relay (HDW)	(Irish:1 team per school)
				Event 44	Senior Boys 4x50m Freestyle Team Relay (HDW)	(Irish:1 team per school)