

## Connacht LC Championships

### UL Sport Arena, Limerick

Swim Ireland Licence – 19-22/23-C019

Enclosed please find entry details for the Swim Connacht LC Championship meet (Licence Level 4). This swim meet is open **only** to swimmers registered with clubs in **Swim Ireland Connacht** Region.

<b>Venue</b>	<i>UL Sport Arena, Limerick V94XT66</i>
<b>Host</b>	<i>Swim Ireland Connacht</i>
<b>Format</b>	<i>Long Course - 10 Lane</i>
<b>Session Times</b>	<p><i>Session 1 – Friday 19th May 2023 – Warm-Up 18.30 Start 19:00</i>  <i>Session 2* – Saturday 20th May 2023 – Warm-Up 9:00 Start 10:00</i>  <i>Session 3 – Finals Saturday 20th May 2023 – Start 16:00 (Warm up during interval)</i>  <i>Session 4* – Sunday 21st May 2023 – Warm-Up 9:00 Start 10:00</i>  <i>Session 5 – Finals Sunday 21st May 2023 – Start 16:00 (Warm up during interval)</i></p> <p><i>Schedule of events as per Appendix 1 to this document.</i></p> <p><i>*Please note: It may be necessary to take a 30 min break mid-session depending on entries on the day</i></p>
<b>Fees</b>	<i>€8 per Individual Event      €20 per Relay Team</i>
	<i>Fee payment must be arranged a week after swim meet entries.</i> <b><u>No entries processed without Proof of payment.</u></b>
	<i>Bank Account Name: Swim Ireland Connacht</i> <i>Bank: AIB Bank</i> <i>Bank Address: West End Retail Park, Blanchardstown, Dublin 15.</i> <i>IBAN: IE60AIBK93251559772477</i> <i>BANK: AIBIE2D</i> <i>REFERENCE: NAME</i>
	<i>As it may not be possible to accept all entries. Fee refunds will be advised to clubs on final acceptance of entries</i>
<b>Eligibility</b>	<p><i>Only swimmers registered with Connacht clubs are eligible to enter this gala.</i></p> <p><i>12y and over – age as on 31<sup>st</sup> Dec 2023 (12y limited events**)</i></p> <p><i>Entries with NT will be rejected. Entries must have national data base qualifying /consideration time, see Appendix 2</i></p>
<b>Entries</b>	<p><i>Entries, <b>on Hy-Tek only.</b></i></p> <p><i>Entries should be emailed to <a href="mailto:connachtgalasecretary@swimireland.ie">connachtgalasecretary@swimireland.ie</a></i></p> <p><i>Coaches need to acknowledge that there may be a minimal time gap between heats and finals which may influence individual entries.</i></p>
<b>Entries by:</b>	<b><i>Monday 1st May 2023. Payment by Friday 12<sup>th</sup> May 2023.</i></b>

<p><b>Officials</b></p>	<p>Clubs must provide volunteers for timekeeping duties. Different arrangements may apply to the rostering of officials for long distance events (800m, 1500m). Volunteers should be trained to Level 1 Officials standard.</p> <p>Officials will be arranged directly by the region in accordance with the licence category. Officials seeking specific duties for experiences may request particular roles.</p>
<p><b>Heats</b></p>	<p>Clubs will be notified in advance as to any changes to the competition. Numbers of heats may be curtailed to allow the gala to be run off in a reasonable time-frame.</p>
<p><b>FINA Rules</b></p>	<p>This swim meet will be run under FINA rules. In particular, please note that the regulations relating to FINA-approved swimsuits will be enforced.</p>
<p><b>Scratches</b></p>	<p>Scratches at the commencement of warm up (or otherwise as directed at the swim meet).</p>
<p><b>Medals</b></p>	<p>12y-13y, 14y-15y, and 16y+ (50m Fly, Back, Breast, 15y-16y and 17y+) (Relay 13-15y, 16y+)</p>
<p><b>Finals</b></p>	<p>Age Group (Male &amp; Female 12y-13y 14y-15y 16y+) (50m Butterfly, backstroke Breaststroke 15y-16y &amp; 17y+) Heat Declared Winner for 400m, 800m, 1500m and Relay events</p>
<p><b>Data Protection</b></p>	<p>Swim Ireland Connacht and its registered clubs use a software database to manage entries and results of swimming meets, and also to manage competition records of swimmers. By submitting and accepting entries, consent is hereby given, as required by the Data Protection Act, to the holding of personal information on databases. Personal data held for each swimmer will be name, date of birth, club, Swim Ireland registration number, entry times, achieved times. Certain elements of this data (name, club, age, times, achieved times) may be made public prior to, during or after the meet (e.g. programmes, results sheets, social media updates etc.)</p>
<p><b>Qualification</b></p>	<p>Times can be used for entry to the Irish Summer National Age Group Championships; the Irish Summer National Youth and Senior Championships and Level 5 Meets (subject to qualification windows) but will only be accepted and recorded on the National Database when ALL Meet paperwork has been submitted after the Meet and all the conditions of the licence have been satisfied.</p>
<p><b>Hydration</b></p>	<p>Please note that, as an environment-friendly measure, timekeepers/officials/coaches are encouraged to bring their own bottles.</p>
<p><b>First Aid</b></p>	<p>First Aid facilities will be provided by Connacht First Aid nominee.</p> <p>Fire exits should be noted on arrival. In the event of fire alarm, swimmers and volunteers will take direction from the facility staff and / or Meet Director.</p>

### Appendix 1 - Order of Events

Day 1	Day 2	Day 3
<p><b>Session 1: Combined Heats</b></p> <p>1: Mixed 13Y +1500m Freestyle HDW.            2: Male 13y + 800m HDW.            3: Female 13y + 800m Freestyle HDW.            4: Male 13y + 400m IM HDW.            5: Female 13y + 400m IM HDW.</p>	<p><b>Session 2: Combined Heats</b></p> <p>6: Female 12y+ 400m Freestyle HDW.            7: Male 12y+ 200m Breaststroke**            8: Female 12y+ 100m Breaststroke**            9: Male 12y+ 100m Backstroke**            10: Female 12y+ 100m Backstroke**            11: Male 15y+ 50m Butterfly            12: Female 12y+ 50m Freestyle**            13: Male 12y+ 200m Freestyle**            14: Female 12y+ 200m Butterfly**            15: Male 12y+ 200m IM**            16: Female 15y+ 50m Backstroke            17: Male 15y+ 50m Backstroke,            Break (30 min)</p> <p>18: Female 12y+ 100m Butterfly**:            19: Male 12y+ 200m Butterfly**            20: Female 13-15y 400m Free Relay HDW            20a: Female 16y+ 400m Free Relay HDW            21: Male 13-15y 400m Free Relay HDW            21a: Male 16y+ 400m Free Relay HDW            22: Mixed 13-15y 400m Free Relay HDW            22a: Mixed 16y+ 400m Free Relay HDW</p> <p>Break (1hr 30min)            Medals Presentation event 1,2,3,4,5,6</p>	<p><b>Session 4: Combined Heats</b></p> <p>23: Male 12y+ 400m Freestyle HDW.            24: Female 12y+ 200m Freestyle**            25: Male 12y+ 100m Freestyle**            26: Female 15y+ 50m Breaststroke**            27: Male 12y+ 100m Breaststroke**            28: Female 15y+ 50m Butterfly            29: Male 15y+ 50m Breaststroke            30: Female 12y+ 200m IM**            31: Male 12y+ 200m Backstroke**            32: Female 12y+ 200m Backstroke**            33: Male 12y+ 50m Freestyle**            34: Female 12y+ 200m Breaststroke**            Break (30 Min)</p> <p>35: Male 12y+100m Butterfly**            36: Female 12y+ 100m Freestyle**            37: Male 13-15y 400m Medley Relay HDW.            37a Male 16y+ 400m Medley Relay HDW.            38: Female 13-15y 400m Medley Relay HDW.            38a: Female 16y + 400m Medley Relay HDW.            39 Mixed 13-15y 400m Medley Relay HDW.            39a Mixed 16y+ 400m Medley Relay HDW            40: Mixed 13-15y 800m Free Relay HDW.            40a: Mixed 16y+ 800m Free Relay HDW.</p> <p>Break (1hr 30min)            Medals presentation event 23 &amp; all relays</p>
	<p><b>Session 3: Finals &amp; Presentations</b></p> <p>7F: Male 200m Breast 12-13y 14-15y 16y+ Finals            8F: Female 100m Breast 12-13y 14-15y 16y+ Finals            9F: Male 100m Back 12-13y 14-15y 16y+ Finals            10F: Female 100m Back 12-13y 14-15y 16y+ Finals            11F: <b>Male 50m Fly 15-16y 17y+ Finals.</b>            12F: Female 50m Free 12-13y 14-15y 16y+ Finals            13F: Male 200m Free 12-13y 14-15y 16y+ Finals            14F: Female 200m Fly 12-13y 14-15y 16y+ Finals.</p> <p>Medal presentation events 7,8,9,10,11,12,13,14            15F: Male 200m IM 12-13y 14-15y 16y+ Finals            16F: <b>Female 50m Back 15-16y 17y+ Finals</b>            17F: <b>Male 50m Back 15-16y 17y+ Finals</b>            18F: Female 100m Fly 12-13y 14-15y 16y+ Finals.            19F: Male 200m Fly 12-13y 14-15y 16y+ Finals.</p> <p>Medal presentation events 15,16,17,18,19,</p>	<p><b>Session 5: Finals &amp; Presentations</b></p> <p>24F: Female 200m free 12-13y 14-15y 16y+ Finals            25F: Male 100m free 12-13y 14-15y 16y+ Finals            26F: <b>Female 50m Breast 15-16y 17y+ Finals</b>            27F: Male 100m Breaststroke 12-13y,14-15y 16y+            28F: <b>Female 50m Fly 15-16y 17y+ Finals.</b>            29F: <b>Male 50m Breaststroke 15-16y 17y+ Finals</b>            30F: Female 200m IM 12-13y 14-15y 16y+ Finals</p> <p>Medal presentation events 24,25,26,27,28,29,30,            31F: Male 200m Back 12-13y 14-15y 16y+ Finals            32F: Female 200m Back 12-13y 14-15y 16y+ Finals            33F: Male 50m Free 12-13y 14-15y 16y+ Finals            34F: Female 200m Breast 12-13y 14-15y 16y+ Finals            35F: Male 100m Fly 12-13y 14-15y 16y+ Finals.            36F: Female 100m Free 12-13y 14-15y 16y+ Finals</p> <p>Medal presentation events 31,32,33,34,35,36,</p>

Appendix 2 Qualification & Consideration Times

**Long Course (50m Pool) Qualifying & Consideration Times**

**Connacht LC Championship QT/CT 2023**

Male									
Event	Qualifying Time & Consideration time	19 yrs & Over Born 2004 or earlier	18 years Born 2005	17 years Born 2006	16 years Born 2007	15 years Born 2008	14 years Born 2009	13 years Born 2010	12 years Born 2011
50m	QT	00:28.36	00:28.65	00:28.71	00:29.70	00:31.29	00:32.14	00:33.65	00:34.28
Freestyle	CT	00:29.23	00:29.87	00:29.88	00:30.91	00:32.25	00:33.23	00:35.37	00:36.03
100m	QT	01:01.80	01:02.76	01:03.25	01:04.46	01:06.86	01:09.06	01:12.57	01:13.91
Freestyle	CT	01:03.06	01:05.17	01:05.19	01:07.09	01:09.27	01:11.87	01:16.27	01:17.69
200m	QT	02:14.87	02:18.50	02:21.22	02:23.27	02:27.92	02:30.97	02:38.74	02:41.68
Freestyle	CT	02:20.38	02:24.14	02:25.55	02:29.12	02:32.44	02:38.67	02:46.94	02:49.93
400m	QT	04:47.72	04:54.68	04:57.12	04:59.80	05:10.62	05:19.66	05:33.72	05:41.38
Freestyle	CT	05:05.12	05:12.49	05:15.08	05:21.04	05:29.40	05:42.32	05:57.36	06:03.98
800m	QT	09:50.49	10:00.95	10:01.73	10:05.95	10:27.83	10:46.10	11:14.50	
Freestyle	CT	10:32.34	10:38.10	10:38.11	10:48.88	11:12.31	11:31.88	12:02.30	
1500m	QT	18:40.98	19:10.86	19:29.73	19:41.07	20:30.60	21:01.18	21:46.91	
Freestyle	CT	20:00.41	20:32.40	20:40.45	21:04.75	21:57.79	22:30.52	23:19.51	
50m	QT	00:32.36	00:32.36	00:32.36	00:32.36	00:32.36			
Backstroke	CT								
100m	QT	01:13.32	01:15.09	01:15.39	01:16.14	01:18.96	01:21.81	01:25.39	01:26.98
Backstroke	CT	01:16.32	01:17.68	01:17.70	01:18.47	01:21.37	01:25.14	01:29.75	01:31.42
200m	QT	02:39.05	02:40.93	02:43.34	02:45.69	02:48.88	02:55.18	03:00.66	03:04.01
Backstroke	CT	02:47.16	02:49.14	02:50.02	02:52.45	02:55.77	03:02.33	03:09.88	03:13.40
50m	QT	00:36.07	00:36.07	00:36.07	00:36.07	00:36.07			
Breaststroke	CT								
100m	QT	01:20.93	01:22.79	01:26.80	01:27.97	01:29.73	01:33.67	01:38.64	01:40.47
Breaststroke	CT	01:23.44	01:27.01	01:29.45	01:29.77	01:33.39	01:37.50	01:43.68	01:45.60
200m	QT	02:58.40	03:04.62	03:08.75	03:11.02	03:17.92	03:22.64	03:30.51	03:34.40
Breaststroke	CT	03:05.68	03:12.15	03:16.45	03:16.87	03:26.00	03:30.91	03:41.25	03:45.34
50m	QT	00:30.23	00:30.23	00:30.23	00:30.23	00:30.23			
Butterfly	CT								
100m	QT	01:07.37	01:09.68	01:11.65	01:13.89	01:17.69	01:21.57	01:25.98	01:27.57
Butterfly	CT	01:10.12	01:12.64	01:13.84	01:16.91	01:20.85	01:25.73	01:30.37	01:31.73
200m	QT	02:36.79	02:38.90	02:41.76	02:43.96	02:51.61	02:58.68	03:09.52	03:13.03
Butterfly	CT	02:44.79	02:47.01	02:52.32	02:52.32	03:00.37	03:07.80	03:19.19	03:22.88
200m	QT	02:36.73	02:39.87	02:43.07	02:45.47	02:49.02	02:54.16	03:00.34	03:03.67
IM	CT	02:41.53	02:48.04	02:48.06	02:52.22	02:54.20	03:01.27	03:09.84	03:13.04
400m	QT	05:26.44	05:27.57	05:33.33	05:38.44	05:49.32	06:15.07	06:27.72	
IM	CT	05:49.56	05:50.78	05:53.49	06:02.41	06:14.06	06:41.64	06:55.20	

Long Course (50m Pool) Qualifying & Consideration Times								
Connacht LC Championship QT/CT 2023								
Female								
Event	Qualifying Time & Consideration time	18 years & over Born 2005 or earlier	17 Years Born 2006	16 Years Born 2007	15 Years Born 2008	14 Years Born 2009	13 Years Born 2010	12 Years Born 2011
50m Freestyle	QT	00:31.11	00:31.37	00:31.89	00:32.51	00:33.27	00:34.39	00:35.04
	CT	00:32.38	00:32.97	00:33.52	00:34.17	00:34.96	00:35.81	00:36.46
100m Freestyle	QT	01:08.26	01:08.96	01:09.71	01:10.44	01:11.12	01:14.90	01:16.29
	CT	01:10.35	01:11.78	01:12.55	01:13.31	01:14.74	01:17.96	01:19.40
200m Freestyle	QT	02:27.52	02:28.73	02:31.12	02:34.87	02:35.40	02:41.70	02:44.69
	CT	02:33.56	02:36.32	02:37.30	02:41.18	02:43.33	02:48.30	02:51.41
400m Freestyle	QT	05:13.15	05:15.49	05:20.12	05:23.94	05:32.87	05:38.64	05:45.96
	CT	05:32.09	05:34.57	05:39.48	05:43.52	05:52.99	06:02.64	06:09.36
800m Freestyle	QT	10:36.95	10:42.86	10:53.83	11:04.37	11:59.88	11:28.44	
	CT	11:15.46	11:28.40	11:33.36	11:44.54	12:14.66	12:17.22	
1500m Freestyle	QT	20:22.95	20:22.96	20:38.93	21:41.33	20:58.91	21:44.51	
	CT	21:49.60	21:49.61	22:06.71	22:06.71	22:44.07	23:16.94	
50m Backstroke	QT	00:36.66	00:36.66	00:36.66	00:36.66			
	CT							
100m Backstroke	QT	01:18.47	01:19.89	01:20.90	01:21.44	01:22.84	01:26.36	01:27.94
	CT	01:20.87	01:22.60	01:24.21	01:24.77	01:27.07	01:29.88	01:31.54
200m Backstroke	QT	02:49.46	02:51.23	02:53.26	02:57.07	02:59.31	03:05.50	03:08.94
	CT	02:54.65	02:59.51	03:00.34	03:04.29	03:08.46	03:13.08	03:16.65
50m Breaststroke	QT	00:41.00	00:41.00	00:41.00	00:41.00			
	CT							
100m Breaststroke	QT	01:28.85	01:31.18	01:33.26	01:34.95	01:37.12	01:41.17	01:43.05
	CT	01:32.47	01:35.83	01:37.06	01:37.85	01:41.08	01:44.28	01:46.20
200m Breaststroke	QT	03:17.72	03:18.88	03:20.02	03:22.05	03:32.39	03:34.61	03:39.19
	CT	03:25.36	03:28.18	03:28.19	03:30.30	03:41.05	03:43.37	03:47.51
50m Butterfly	QT	00:34.16	00:34.16	00:34.16	00:34.16			
	CT							
100m Butterfly	QT	01:15.10	01:16.94	01:18.68	01:21.56	01:24.27	01:27.91	01:29.53
	CT	01:18.16	01:20.87	01:21.88	01:24.88	01:28.58	01:32.39	01:34.10
200m Butterfly	QT	02:55.76	02:57.04	03:00.76	03:07.46	03:09.96	03:14.11	03:17.69
	CT	03:02.94	03:06.07	03:09.99	03:17.03	03:19.65	03:24.01	03:27.78
200m IM	QT	02:46.07	02:48.23	02:51.44	02:56.51	03:00.61	03:05.58	03:09.01
	CT	02:52.85	02:56.81	02:58.43	03:03.60	03:09.81	03:15.04	03:18.65
400m IM	QT	06:00.62	06:03.43	06:08.63	06:15.81	06:23.99	06:34.47	
	CT	06:22.42	06:25.40	06:35.16	06:38.53	06:47.19	07:02.42	

Connacht Championship SC 2023 Qualifying time

Event	Male			Female		
	14 Years	13 Years	12 Years	14 Years	13 Years	12 Years
	Born 2009	Born 2010	Born 2011	Born 2009	Born 2010	Born 2011
50m Freestyle	00:32.24	00:34.34	00:34.99	00:34.33	00:35.16	00:35.81
100m Freestyle	01:09.79	01:14.06	01:15.43	01:13.40	01:16.55	01:17.98
200m Freestyle	02:35.02	02:43.00	02:46.02	02:41.38	02:46.29	02:49.35
400m Freestyle	05:49.09	06:04.42	06:11.17	06:03.99	06:13.95	06:20.87
800m Freestyle	11:22.76	11:53.54		11:51.15	12:08.73	
1500m Freestyle	22:05.56	22:54.55		22:19.11	22:51.98	
100m Backstroke	01:22.68	01:27.15	01:28.76	01:26.03	01:28.80	01:30.73
200m Backstroke	02:57.05	03:04.38	03:07.79	03:06.20	03:10.76	03:14.29
100m Breaststroke	01:34.09	01:40.05	01:41.91	01:38.14	01:41.25	01:43.13
200m Breaststroke	03:22.80	03:33.50	03:37.15	03:37.07	03:39.35	03:43.41
100m Butterfly	01:24.70	01:29.28	01:30.94	01:27.95	01:31.75	01:33.44
200m Butterfly	03:04.42	03:15.60	03:19.23	03:18.26	03:22.58	03:26.33
200m IM	02:58.88	03:07.20	03:10.84	03:07.51	03:12.82	03:16.46
400m IM	06:30.59	06:40.67		06:39.86	06:54.81	