

Dear Club Secretary,

Enclosed please find entry details for the Leinster Aspiring Champions Meet 1. (Level Three). There are qualifying or consideration times in respect of this meet for the distance events only (400m and longer).

<b>Venue</b>	<i>National Aquatic Centre, Abbottstown, Dublin</i>
<b>Format</b>	<i>SHORT COURSE</i>
<b>Time</b>	<p><i>Saturday 21<sup>st</sup> October 2023</i></p> <p><u>Session 1:</u>                      <i>warm up 7.45am                      start 9.00am</i></p> <p><u>Session 2:</u>                      <i>warm up 2.00pm                      start 3.00pm</i></p> <p><i>Sunday 22<sup>nd</sup> October 2023</i></p> <p><u>Session 3:</u>                      <i>warm up 7.45am                      start 9.00am</i></p> <p><u>Session 4:</u>                      <i>warm up 2.00pm                      start 3.00pm</i></p>
<b>Fee</b>	<i>€9 per Individual Event; €20 per Relay Team</i>
<b>Payment</b>	<p><b>Payment by Bank Transfer</b>  <b>Name of Account:</b> "Swim Ireland Leinster Region"  <b>IBAN:</b> IE59AIBK93251559772204  <b>BIC:</b> AIBKIE2D</p> <p><i>When remitting the fees by cheque, please note the club and the name of the gala on the back. If transferring directly, please reference the club and gala on the transfer narrative, and email the treasurer to confirm transfer at <a href="mailto:leinstertreasurer@swimireland.ie">leinstertreasurer@swimireland.ie</a>.</i></p> <p><i>As it may not be possible to accept all entries, fees due will be advised to clubs on final acceptance of entries.</i></p>
<b>Eligibility</b>	<b>Only swimmers registered with Leinster clubs, aged 13 and above, are eligible to enter this gala. Ages are as of December 31<sup>st</sup> 2023</b>
<b>Entries</b>	<i>Gala Sec, Leinster Swimming. Entries, <b>on Hy-Tek only</b>. Entries should be emailed to <a href="mailto:leinstergalasecretary@swimireland.ie">leinstergalasecretary@swimireland.ie</a> All entries and gala fees must be submitted through the club Gala Secretaries or other authorised club officer.</i>
<b>Entries by:</b>	<b>Wednesday October 11<sup>th</sup> 2023</b>
<b>Rounds</b>	<i>This Meet will be the first of two in this series. The second Meet will be scheduled for the early months of 2024 and will be in Long Course format.</i>
<b>Officials</b>	<i>Clubs must provide officials in a ratio of one official to every four swimmers (this includes the senior gala officials).</i>
<b>Scratches</b>	<i>Scratches for this gala will close at <b>6pm</b> on the evening before the gala; that is <b>6pm</b> on Friday October 20<sup>th</sup> 2023. Scratches to be sent via email to <a href="mailto:leinstergalasecretary@swimireland.ie">leinstergalasecretary@swimireland.ie</a></i>

<p><b>Important entry conditions</b></p>	<p>Swimmers who have competed in the Leinster Future Challengers Meet on October 16<sup>th</sup> may <b>not</b> compete in this Leinster Aspiring Champions Meet. In general, for each half-season (short course and long course) a swimmer may swim in either the Future Challenges series or the Aspiring Champions series, but not both. Swimmers may swim in the Future Challengers series for the short course season and then progress to the Aspiring Champions series for the long course season. <b>A fine of €250 will be imposed on a club found to enter a swimmer in both the Future Challenger and Aspiring Champions meets in the same part of the season (short course / long course)</b></p>
<p><b>Awards</b></p>	<p>There will be no individual awards, but awards will be made on a team basis, as follows:</p> <ol style="list-style-type: none"> <li>a. Top three highest scoring teams on completion of Meet 1 and Meet 2 (male and female combined)</li> <li>b. The most improved team between Meet 1 and Meet 2 (male and female combined)</li> <li>c. Separate awards will be made to Age Group (13-16yrs) and Open (13yrs and over) winners (male and female combined)</li> <li>d. Winning teams will receive a certificate to present on their club notice board.</li> </ol>
<p><b>Relay Age Groups</b></p>	<p>There are two age-group categories in each relay event. The first category is for relay teams where all swimmers are between 13 and 16 years of age. The second category is for swimmer aged 17 and over. In the case of the older (17+) age group, one younger swimmer per team may swim up to this age group.</p>
<p><b>Finals</b></p>	<p>There will be no Finals in this Meet. All events will be Heat Declared Winner (HDW)</p>
<p><b>Session Start Times</b></p>	<p>The Start Times of sessions as indicated in the Order of Events may be changed in the light of entries received and the logistics of running the Meet within Swim Ireland regulations relating to Session duration etc.</p>
<p><b>Water</b></p>	<p>Please note that, as an environment-friendly measure, Leinster Swimming will no longer distribute bottles of water to timekeepers/officials, but will provide a water-cooler in the call-room. Timekeepers/officials/coaches are welcome to bring their own bottles and fill them from the water cooler.</p>

## ORDER OF EVENTS

**SATURDAY OCTOBER 21<sup>st</sup> 2023**

### Session 1 – warm up 7.45am, start 9.00am

**Event #**

1	Boys	13 & Over	4 x 50m	Medley Relay
2	Girls	13 & Over	4 x 50m	Freestyle Relay
3	Boys	13 & Over	200m	Freestyle
4	Girls	13 & Over	100m	Breaststroke
5	Boys	13 & Over	100m	Backstroke
6	Girls	13 & Over	200m	Butterfly
7	Boys	13 & Over	50m	Breaststroke
8	Girls	13 & Over	50m	Backstroke
9	Boys	13 & Over	200m	Individual Medley
10	Girls	13 & Over	100m	Freestyle

### Session 2 – warm up 2.00pm, start 3.00pm

**Event #**

11	Boys	13 & Over	400m	Freestyle
12	Girls	13 & Over	400m	Individual Medley
13	Boys	13 & Over	100m	Butterfly
14	Girls	13 & Over	200m	Backstroke
15	Boys	13 & Over	50m	Freestyle
16	Girls	13 & Over	50m	Butterfly
17	Boys	13 & Over	200m	Breaststroke
18	Girls	13 & Over	100m	Individual Medley
19	Mixed	13 & Over	4 x 50m	Freestyle Relay
20	Mixed	13 & Over	800m	Freestyle

## ORDER OF EVENTS

### SUNDAY OCTOBER 22<sup>nd</sup> 2023

#### Session 3 – warm up 7.45am, start 9.00am

Event #				
21	Girls	13 & Over	4 x 50m	Medley Relay
22	Boys	13 & Over	4 x 50m	Freestyle Relay
23	Girls	13 & Over	200m	Freestyle
24	Boys	13 & Over	100m	Breaststroke
25	Girls	13 & Over	100m	Backstroke
26	Boys	13 & Over	200m	Butterfly
27	Girls	13 & Over	50m	Breaststroke
28	Boys	13 & Over	50m	Backstroke
29	Girls	13 & Over	200m	Individual Medley
30	Boys	13 & Over	100m	Freestyle

#### Session 4 – warm up 2.00pm, start 3.00pm

Event #				
31	Girls	13 & Over	400m	Freestyle
32	Boys	13 & Over	400m	Individual Medley
33	Girls	13 & Over	100m	Butterfly
34	Boys	13 & Over	200m	Backstroke
35	Girls	13 & Over	50m	Freestyle
36	Boys	13 & Over	50m	Butterfly
37	Girls	13 & Over	200m	Breaststroke
38	Boys	13 & Over	100m	Individual Medley
39	Mixed	13 & Over	4 x 50m	Medley Relay
40	Mixed	13 & Over	1500m	Freestyle

#### Consideration Times - All times SC

Male	13/14	15/16	17+
<b>400FC</b>	06:20.00	05:40.00	05:15.00
<b>800FC</b>	11:45.00	10:45.00	10:10.00
<b>1500FC</b>	22:00.00	21:15.00	19:45.00
<b>400IM</b>	07:00.00	06:35.00	06:25.00
Female	13/14	15/16	17+
<b>400FC</b>	06:20.00	05:50.00	05:25.00
<b>800FC</b>	12:20.00	11:50.00	11:20.00
<b>1500FC</b>	22:15.00	21:15.00	20:15.00
<b>400IM</b>	07:00.00	06:40.00	06:30.00