

Dear Club Secretary,

Enclosed please find entry details for the Leinster January Open Qualifying Gala (Long-Course; Level 3). This Gala is open to all swimmers registered with Swim Ireland or equivalent national swimming association.

<b>Venue</b>	National Aquatic Centre, Blanchardstown, Dublin 15
<b>Format</b>	LONG COURSE
<b>Time</b>	<p>Saturday 21<sup>st</sup> January 2023</p> <p>Session 1:                    warm up 7.45am                    start 9.00am</p> <p>Session 2:                    warm up 2.00pm                    start 3.00pm</p> <p>Sunday 22<sup>nd</sup> January 2023</p> <p>Session 3:                    warm up 7.45am                    start 9.00am</p> <p>Session 4:                    warm up 2.00pm                    start 3.00pm</p>
<b>Fee</b>	€9 per Individual Event; €20 per Relay team
<b>Payment</b>	<p><b>By Bank Transfer</b></p> <p><b>Name of Account:</b> "Swim Ireland Leinster Region"</p> <p><b>IBAN:</b> IE59AIBK93251559772204</p> <p><b>BIC:</b> AIBKIE2D</p> <p>When 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>.</p> <p>As it may not be possible to accept all entries, fees due will be advised to clubs on final acceptance of entries.</p>
<b>Eligibility</b>	Only swimmers registered with Swim Ireland or equivalent national swimming association, <b>aged 12 or over</b> , are eligible to enter this gala. <b>Ages are Year of Birth; as of Dec 31st 2023.</b> Swimmers should have achieved the Consideration Times as indicated below. Entries with NT will be rejected.
<b>Entries</b>	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> and copied to <a href="mailto:leinstercompetitions@swimireland.ie">leinstercompetitions@swimireland.ie</a>
<b>Entries by:</b>	<b>Monday 9<sup>th</sup> January 2023.</b>
<b>Scratches</b>	Scratches for this gala will close at <b>5pm</b> on Friday <b>January 20<sup>th</sup></b> for Sessions 1 and 2 and <b>5pm</b> on Saturday <b>January 21<sup>st</sup></b> for Sessions 3 and 4. Scratches via email to <a href="mailto:leinstergalasecretary@swimireland.ie">leinstergalasecretary@swimireland.ie</a> and copied to <a href="mailto:leinstercompetitions@swimireland.ie">leinstercompetitions@swimireland.ie</a> or in person at the gala.
<b>Officials</b>	Clubs must provide officials in a ratio of one official to every four swimmers (this includes the senior gala officials). Different arrangements will apply to the rostering of officials for long distance events (800m, 1500m).
<b>Heats</b>	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.

<b>Age Groups</b>	Consideration Times will be assessed, and medals awarded, according to the following age-groups: <b>12, 13/14, 15/16, 17+</b>
<b>Entry Times</b>	Entry times must have been achieved in open competition <b>after Sept 1<sup>st</sup> 2021</b>
<b>Events</b>	All events will be Heat-Declared Winner. There will be no Finals.
<b>Relays</b>	Age groups for Relay Teams will be as follows: <b>12-14, 15+</b> .  Clubs may enter up to two teams in each relay age-group, but may win only one medal per age-group in each relay event.
<b>Medals</b>	Heats will be consolidated across all age-groups and seeded accordingly. Medals will be awarded to the three fastest swimmers in each age-group for each event.
<b>Swim Ireland Registration Number</b>	A Swim Ireland registration number must be included with every entry. This number is the unique identifier of every swimmer in the national database. For non-Irish swimmers, a registration number with the relevant national swimming association should be provided.
<b>Entry Name Protocols</b>	The results from this Championship Meet will be added to the Swim Ireland and Leinster databases. To ensure that results get attributed correctly to swimmers, please ensure that the format of names within your Team Manager (or similar) database, and provided with entries, is as follows:  All those with a Mac/Mc surname need to have a space after the Mac/Mc (e.g. Mac Donald, Mc Carthy);  All those with an O need to be written as e.g. O'Donnell (no space before or after the apostrophe). This is irrespective of whether or not that is how the swimmer normally writes their name.
<b>FINA</b>	This gala will be run under FINA rules. In particular, please note that the regulations relating to FINA-approved swimsuits will be enforced. Only technical swimsuits will be required to have a FINA-approved logo attached.
<b>Complaints</b>	Clubs are reminded that the only club representatives who are permitted to enter a complaint or to otherwise approach the Referee, Meet Director or Gala Recorder are Coaches and Team Managers
<b>Code of Conduct</b>	It is a pre-condition to a swimmer being entered for a Leinster Region gala that all parents / guardians who attend and/or assume officiating duties (timekeeping etc) have consented to be subject to the SI Code of Conduct.
<b>Data Protection</b>	Leinster Region, Swim Ireland uses a computer database to manage entries and results of swimming meets, and also to manage competition records of swimmers. By submitting and accepting entries to the meet consent is hereby given, as required by the Data Protection Act, to the holding of personal information on Leinster Region computer databases. Personal data held for each swimmer will be name, date of birth, club, Swim Ireland registration number, entry times, achieved times and DQ codes. 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, Meet Mobile, etc).
<b>Water</b>	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 as required.

## ORDER OF EVENTS

### Saturday January 21<sup>st</sup> 2023

#### Session 1

Warm up 7.45 am, Start 9.00am

- 1 Female 400m Free
- 2 Male 50m Fly
- 3 Female 50m Fly
- 4 Male 200m Back
- 5 Female 200m Back
- 6 Male 100m Breast
- 7 Female 100m Breast
- 8 Male 4x100m Free Relay
- 9 Female 4x100m Free Relay

#### Session 2

Warm up 2.00pm, Start 3.00pm

- 10 Male 400m IM
- 11 Female 200m IM
- 12 Male 50m Breast
- 13 Female 50m Breast
- 14 Male 200m Free
- 15 Female 200m Free
- 16 Male 100m Fly
- 17 Female 100m Fly
- 18 Mixed 800m Free (6 Heats)

### Sunday January 22<sup>nd</sup> 2023

#### Session 3

Warm up 7.45 am, Start 9.00am

- 19 Male 400m Free
- 20 Female 50m Back
- 21 Male 50m Back
- 22 Female 200m Breast
- 23 Male 200m Breast
- 24 Female 100m Free
- 25 Male 100m Free
- 26 Female 4x100m Medley Relay
- 27 Male 4x100m Medley Relay

#### Session 4

Warm up 2.00pm, Start 3.00pm

- 28 Female 400m IM
- 29 Male 200m IM
- 30 Female 50m Free
- 31 Male 50m Free
- 32 Female 200m Fly
- 33 Male 200m Fly
- 34 Female 100m Back
- 35 Male 100m Back
- 36 Mixed 1500m Free (3 Heats)

### Leinster Open Qualifying Meet – January 2023

Open Qualifying Meet Consideration Times (LC times)				
Ages as of Dec 31 <sup>st</sup> 2023				
Male	12	13/14	15/16	17+
50FC	00:36.80	00:35.10	00:31.80	00:29.80
100FC	01:20.10	01:16.60	01:06.60	01:04.60
200FC	02:48.20	02:38.20	02:28.20	02:22.20
400FC	06:46.40	06:31.40	06:01.40	05:21.40
800FC	12:27.80	12:12.80	11:12.80	10:27.80
1500FC	23:24.00	22:54.00	21:24.00	20:24.00
50BC	00:45.60	00:44.60	00:42.60	00:41.60
100BC	01:34.20	01:33.20	01:27.50	01:26.20
200BC	03:20.40	03:17.40	03:02.40	02:52.40
50BS	00:53.00	00:51.00	00:47.00	00:45.00
100BS	01:49.00	01:46.00	01:35.50	01:34.00
200BS	03:59.00	03:47.00	03:29.00	03:22.00
50BF	00:46.10	00:45.70	00:44.70	00:43.70
100BF	01:51.40	01:49.40	01:36.40	01:25.40
200BF	04:22.80	04:07.80	03:47.80	03:43.80
200IM	03:08.20	03:03.20	02:53.20	02:43.20
400IM	07:36.40	07:16.40	06:46.40	06:31.40
Female	12	13/14	15/16	17+
50FC	00:35.80	00:34.80	00:32.80	00:32.00
100FC	01:17.60	01:14.10	01:10.10	01:09.10
200FC	02:48.20	02:38.20	02:28.20	02:23.20
400FC	06:46.40	06:31.40	06:06.40	05:31.40
800FC	12:57.80	12:42.80	12:12.80	11:42.80
1500FC	23:24.00	22:54.00	21:54.00	20:54.00
50BC	00:44.10	00:42.60	00:41.10	00:40.60
100BC	01:29.70	01:26.20	01:21.20	01:20.20
200BC	03:20.40	03:17.40	03:07.40	02:58.40
50BS	00:52.50	00:52.00	00:49.00	00:47.00
100BS	01:44.00	01:41.00	01:36.50	01:36.00
200BS	03:59.00	03:47.00	03:32.00	03:29.00
50BF	00:46.70	00:45.70	00:43.70	00:42.70
100BF	01:43.90	01:41.90	01:30.40	01:29.90
200BF	04:22.80	04:07.80	03:53.80	03:51.80
200IM	03:08.20	03:05.20	02:55.20	02:49.20
400IM	07:36.40	07:16.40	06:51.40	06:36.40

### Leinster Open Qualifying Meet – January 2023

Open Qualifying Meet Consideration Times (equivalent SC times)				
Ages as of Dec 31 <sup>st</sup> 2023				
Male	12	13/14	15/16	17+
50FC	00:36.00	00:34.30	00:31.00	00:29.00
100FC	01:18.50	01:15.00	01:05.00	01:03.00
200FC	02:45.00	02:35.00	02:25.00	02:19.00
400FC	06:40.00	06:25.00	05:55.00	05:15.00
800FC	12:15.00	12:00.00	11:00.00	10:15.00
1500FC	23:00.00	22:30.00	21:00.00	20:00.00
50BC	00:45.00	00:44.00	00:42.00	00:41.00
100BC	01:33.00	01:32.00	01:26.30	01:25.00
200BC	03:18.00	03:15.00	03:00.00	02:50.00
50BS	00:52.00	00:50.00	00:46.00	00:44.00
100BS	01:47.00	01:44.00	01:33.50	01:32.00
200BS	03:55.00	03:43.00	03:25.00	03:18.00
50BF	00:45.37	00:45.00	00:44.00	00:43.00
100BF	01:50.00	01:48.00	01:35.00	01:24.00
200BF	04:20.00	04:05.00	03:45.00	03:41.00
200IM	03:05.00	03:00.00	02:50.00	02:40.00
400IM	07:30.00	07:10.00	06:40.00	06:25.00
Female	12	13/14	15/16	17+
50FC	00:35.00	00:34.00	00:32.00	00:31.20
100FC	01:16.00	01:12.50	01:08.50	01:07.50
200FC	02:45.00	02:35.00	02:25.00	02:20.00
400FC	06:40.00	06:25.00	06:00.00	05:25.00
800FC	12:45.00	12:30.00	12:00.00	11:30.00
1500FC	23:00.00	22:30.00	21:30.00	20:30.00
50BC	00:43.50	00:42.00	00:40.50	00:40.00
100BC	01:28.50	01:25.00	01:20.00	01:19.00
200BC	03:18.00	03:15.00	03:05.00	02:56.00
50BS	00:51.50	00:51.00	00:48.00	00:46.00
100BS	01:42.00	01:39.00	01:34.50	01:34.00
200BS	03:55.00	03:43.00	03:28.00	03:25.00
50BF	00:46.00	00:45.00	00:43.00	00:42.00
100BF	01:42.50	01:40.50	01:29.00	01:28.50
200BF	04:20.00	04:05.00	03:51.00	03:49.00
200IM	03:05.00	03:02.00	02:52.00	02:46.00
400IM	07:30.00	07:10.00	06:45.00	06:30.00