

Dear Club Secretary,

Enclosed please find entry details for the Leinster Short-Course Championship Meet (Level 4). This Gala is open **only** to swimmers registered with clubs in **Leinster Region**, Swim Ireland.

Venue	National Aquatic Centre, Abbottstown, Dublin
Format	SHORT COURSE
Dates and Times	<p><u>Saturday 12th November 2022</u></p> <p>Session 1: Heats warm up 7.45am start 9.00am Session 2: Heats warm up 12 noon start 1.00pm Session 3: Finals warm up 4.00pm start 5.00pm</p> <p><u>Sunday 13th November 2022</u></p> <p>Session 4: Heats warm up 7.45am start 9.00am Session 5: Heats warm up 12 noon start 1.00pm Session 6: Finals warm up 4.00pm start 5.00pm</p>
Fee	€9 per Individual Event; €20 per Relay Event
Payment	<p>By Bank Transfer</p> <p>Name of Account: "Swim Ireland Leinster Region"</p> <p>IBAN: IE59AIBK93251559772204</p> <p>BIC: AIBKIE2D</p> <p>When transferring directly, please reference the club and gala on the transfer narrative, and email the treasurer to confirm transfer at leinstertreasurer@swimireland.ie.</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>
Eligibility	Only swimmers registered with Leinster clubs, aged 13 or over , are eligible to enter this gala. Ages are Year of Birth; as of Dec 31st 2022 . Swimmers should have achieved the Consideration Times as indicated below. Entries with NT will be rejected.
Entries	Gala Sec, Leinster Swimming. Entries, on Hy-Tek only . Entries should be emailed to leinstergalasecretary@swimireland.ie
Entries by:	Monday October 31st 2022.
Qualification and Consideration Times	<p>Both Qualification Times and Consideration Times will be used for this Meet.</p> <p>Swimmers who have achieved the Qualification Times in any event are guaranteed entry into those events (except for long-distance events; see the note about the fixed number of heats for the 800m and 1500m events below).</p> <p>Swimmers who have achieved Consideration Times in any event may be accepted for entry into those events, where time availability allows.</p> <p>QTs and CTs below are provided for SC times, however conversions from LC times will be accepted, and the Hy-Tek meet file will convert as appropriate.</p>

Age Groups	<p>Qualification Times and Consideration Times will be assessed under two different age-groupings, as follows:</p> <p>Youth – Ages 13-16 (Boys) and 13-15 (Girls)</p> <p>Senior – Ages 17+ (Boys) and 16+ (Girls)</p>
Swim Ireland Registration Number	<p>A Swim Ireland registration number must be included with every entry. This number is the unique identifier of every swimmer in the national database.</p>
Entry Name Protocols	<p>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 the format of names within your Team Manager (or similar) database, and provided with entries, is as follows:</p> <p>All those with a Mac/Mc surname need to have a space after the Mac/Mc (e.g. Mac Dougal, Mc Donnell);</p> <p>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.</p>
Entry Times	<p>Entry times must have been achieved in open competition after May 1st 2021</p>
Scratches	<p>Scratches for this gala will close at 5pm on Friday November 11th for Session 1 and 2, and 5pm on Saturday November 12th for Sessions 4 and 5. Scratches via email to leinstergalasecretary@swimireland.ie or in person at the gala.</p>
Heats	<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>
Finals	<p>A and B Finals will be run in each 50m, 100m & 200m event. The Finals will be Open; there will not be separate Finals for the different Youth and Senior age categories.</p>
800m and 1500m events	<p>The 800m and 1500m events will be mixed events. In the case of the 800m event, there will be a maximum of four heats, with 20 Boys and 20 Girls accepted. In the case of the 1500m event, there will be a maximum of two heats, with 10 Boys and 10 Girls accepted. Swimmers will be allocated places in the heats based on validated entry times.</p>
Relays	<p>All relay events will be Open; there will not be separate age-group categories for Relay Events. Clubs may enter up to two teams per Relay Events, but may win only one medal per event; e.g. if teams from the same club finish first and third, the bronze medal will be awarded to the fourth-placed team.</p>
Medals	<p>The first three swimmers in each final will be awarded Leinster championship medals. In addition, a set of medals will be awarded to the leading swimmers in the Youth age group, according to the following criteria:</p> <ul style="list-style-type: none"> Youth medal candidates must have qualified for a final (A or B) in the 50m, 100m and 200m events; Youth swimmers who win championship medals will not be awarded an age-group medal; <p>The top three Youth swimmers (based on times achieved in the Finals, or in the Heats for the HDW events) will be awarded age-group medals.</p>

Officials	<i>Clubs must provide officials in a ratio of one official to every four swimmers (this includes the senior gala officials). Different arrangements may apply to the rostering of officials for long distance events (800m, 1500m).</i>
FINA	<i>This gala will be run under FINA rules. In particular, please note that the regulations relating to FINA-approved swimsuits will be enforced for “tech” swimsuits. However please note that non-tech swimsuits may be worn and do not need to be FINA-approved. Swimmers have a choice between wearing non-tech swimsuits or FINA-approved tech swimsuits.</i>
Withdrawals	<i>Swimmers must withdraw from finals within 30 minutes of the heat results being announced; failure to scratch from finals will lead to a fine of €20.00</i>
Complaints	<i>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.</i>
Code of Conduct	<i>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.</i>
Data Protection	<i>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).</i>
COVID Protocols	<i>The Leinster SC Championship Meet will be held in full compliance with all of the government guidelines pertaining to COVID that are in operation at the time of the Meet, in addition to any relevant protocols and regulations agreed between Leinster Swimming and the management of the NAC.</i>

LEINSTER SC CHAMPIONSHIPS NOVEMBER 2022
ORDER of EVENTS

SATURDAY 12th NOVEMBER 2022

SESSION ONE

HEATS Warm-Up 7:30am, Start 9.00am

1	Mixed	4x50	Freestyle Relay	HDW
2	Girls	400	Freestyle	HDW
3	Boys	100	I.M.	Heats
4	Girls	50	Butterfly	Heats
5	Boys	50	Freestyle	Heats
6	Girls	200	Backstroke	Heats
7	Boys	200	Breaststroke	Heats
8	Girls	100	Breaststroke	Heats
9	Boys	100	Backstroke	Heats
10	Girls	200	I.M.	Heats
11	Boys	200	Freestyle	Heats

SESSION TWO

HEATS Warm-Up 12:00 noon, Start 1.00pm

12	Girls	200	Butterfly	Heats
13	Boys	100	Butterfly	Heats
14	Girls	100	Freestyle	Heats
15	Boys	50	Breaststroke	Heats
16	Girls	50	Backstroke	Heats
17	Boys	400	I.M.	HDW
18	Girls	4x50	Freestyle Relay	HDW
19	Boys	4x50	Freestyle Relay	HDW
20	Mixed	800	Freestyle	HDW

SESSION THREE

FINALS Warm-Up 4:00pm, Start 5.00pm

3	Boys	100	I.M.	2 Finals
4	Girls	50	Butterfly	2 Finals
5	Boys	50	Freestyle	2 Finals
6	Girls	200	Backstroke	2 Finals
7	Boys	200	Breaststroke	2 Finals
8	Girls	100	Breaststroke	2 Finals
9	Boys	100	Backstroke	2 Finals
10	Girls	200	I.M.	2 Finals
11	Boys	200	Freestyle	2 Finals
12	Girls	200	Butterfly	2 Finals
13	Boys	100	Butterfly	2 Finals
14	Girls	100	Freestyle	2 Finals
15	Boys	50	Breaststroke	2 Finals
16	Girls	50	Backstroke	2 Finals
19	Boys	4x50	Freestyle Relay (Fastest Heat)	HDW
18	Girls	4x50	Freestyle Relay (Fastest Heat)	HDW

LEINSTER SC CHAMPIONSHIPS NOVEMBER 2022
ORDER of EVENTS

SUNDAY 13th NOVEMBER 2022

SESSION FOUR

HEATS Warm-Up 7:30am, Start 9.00am

21	Mixed	4x50	Medley Relay	HDW
22	Boys	400	Freestyle	HDW
23	Girls	100	I.M.	Heats
24	Boys	50	Butterfly	Heats
25	Girls	50	Freestyle	Heats
26	Boys	200	Backstroke	Heats
27	Girls	200	Breaststroke	Heats
28	Boys	100	Breaststroke	Heats
29	Girls	100	Backstroke	Heats
30	Boys	200	I.M.	Heats
31	Girls	200	Freestyle	Heats

SESSION FIVE

HEATS Warm-Up 12:00 noon, Start 1.00pm

32	Boys	200	Butterfly	Heats
33	Girls	100	Butterfly	Heats
34	Boys	100	Freestyle	Heats
35	Girls	50	Breaststroke	Heats
36	Boys	50	Backstroke	Heats
37	Girls	400	I.M.	HDW
38	Boys	4x50	Medley Relay	HDW
39	Girls	4x50	Medley Relay	HDW
40	Mixed	1500	Freestyle	HDW

SESSION SIX

FINALS Warm-Up 4:00pm, Start 5.00pm

23	Girls	100	I.M.	2 Finals
24	Boys	50	Butterfly	2 Finals
25	Girls	50	Freestyle	2 Finals
26	Boys	200	Backstroke	2 Finals
27	Girls	200	Breaststroke	2 Finals
28	Boys	100	Breaststroke	2 Finals
29	Girls	100	Backstroke	2 Finals
30	Boys	200	I.M.	2 Finals
31	Girls	200	Freestyle	2 Finals
32	Boys	200	Butterfly	2 Finals
33	Girls	100	Butterfly	2 Finals
34	Boys	100	Freestyle	2 Finals
35	Girls	50	Breaststroke	2 Finals
36	Boys	50	Backstroke	2 Finals
39	Girls	4x50	Medley Relay (Fastest Heat)	HDW
38	Boys	4x50	Medley Relay (Fastest Heat)	HDW

PLEASE NOTE – Depending on entries the competitions committee reserve the right to change the start time of the Heats and Finals sessions as required. Clubs will be notified in advance.

Water: 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.

Qualifying Times for Leinster SC Championships Nov 2022
Short Course Times

	Boys		Girls	
	Youth 13-16 2006-2009	Senior 17+ <=2005	Youth 13-15 2007-2009	Senior 16+ <=2006
YOB				
50FC	00:28.70	00:25.20	00:31.20	00:30.20
100FC	01:00.40	00:56.40	01:08.40	01:05.40
200FC	02:17.80	02:06.80	02:28.80	02:22.80
400FC	04:53.60	04:43.60	05:19.60	05:05.60
800FC	10:02.20	09:37.20	10:52.20	10:27.20
1500FC	19:36.00	18:58.00	20:35.00	19:48.00
50BC	00:31.40	00:30.40	00:35.40	00:34.40
100BC	01:13.80	01:08.80	01:18.80	01:15.80
200BC	02:40.60	02:27.60	02:51.60	02:44.60
50BS	00:34.00	00:33.00	00:39.00	00:38.00
100BS	01:25.00	01:16.00	01:32.00	01:26.00
200BS	03:04.00	02:46.00	03:15.00	03:07.00
50BF	00:29.30	00:28.30	00:32.30	00:31.30
100BF	01:11.60	01:05.60	01:18.60	01:13.60
200BF	02:38.20	02:27.20	03:01.20	02:49.20
100IM	01:14.40	01:10.90	01:18.40	01:15.40
200IM	02:39.80	02:26.80	02:50.80	02:42.80
400IM	05:32.60	05:18.60	06:09.60	05:56.60

**Consideration Times for Leinster SC Championships Nov 2022
Short Course Times**

	Boys		Girls	
	Youth 13-16 2006-2009	Senior 17+ <=2005	Youth 13-15 2007-2009	Senior 16+ <=2006
YOB				
50FC	00:30.20	00:28.20	00:32.70	00:31.20
100FC	01:03.40	00:59.40	01:12.40	01:10.40
200FC	02:22.80	02:12.80	02:36.80	02:31.80
400FC	05:13.60	05:03.60	05:33.60	05:23.60
800FC	11:07.20	10:27.20	11:22.20	10:57.20
1500FC	20:46.00	20:21.00	21:36.00	20:46.00
50BC	00:36.40	00:34.40	00:40.40	00:38.40
100BC	01:21.80	01:16.80	01:23.80	01:20.80
200BC	02:53.60	02:42.60	03:02.60	02:53.60
50BS	00:40.00	00:37.00	00:45.00	00:42.50
100BS	01:31.00	01:25.50	01:38.00	01:32.00
200BS	03:15.00	03:01.00	03:24.00	03:18.00
50BF	00:36.30	00:34.30	00:39.30	00:36.80
100BF	01:19.60	01:13.60	01:24.60	01:18.60
200BF	02:50.20	02:41.20	03:15.20	03:05.20
100IM	01:20.40	01:17.40	01:24.40	01:21.40
200IM	02:46.80	02:40.80	03:01.80	02:52.80
400IM	05:48.60	05:33.60	06:23.60	06:13.60