

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 27<sup>th</sup> January 2024</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 28<sup>th</sup> January 2024</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 2024.</b> Swimmers should have achieved the Consideration Times as indicated below, but achievement of the Consideration Times does not guarantee entry into the gala. 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:carolinebentley@swimireland.ie">carolinebentley@swimireland.ie</a>
<b>Entries by:</b>	<b>Monday 8<sup>th</sup> January 2024.</b>
<b>Scratches</b>	Scratches for this gala will close at <b>5pm</b> on Friday <b>January 26<sup>th</sup></b> for Sessions 1 and 2 and <b>5pm</b> on Saturday <b>January 27<sup>th</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:carolinebentley@swimireland.ie">carolinebentley@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 within the prescribed time limits

<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 Jan 1<sup>st</sup> 2023</b>
<b>Paralympic and Special Needs</b>	Paralympic and Special Needs swimmers are very welcome at this Open gala and need not have achieved the Consideration Times. Gala Secs are asked to identify Paralympic and Special Needs swimmers included in their entries.
<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 or other national registration number <b>must</b> be included with every entry. The Swim Ireland 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 <b>must</b> 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).

## ORDER OF EVENTS

### Saturday January 27<sup>th</sup> 2024

#### Session 1

Warm up 7.45 am, Start 9.00am

- |   |        |                     |
|---|--------|---------------------|
| 1 | Female | 400m IM             |
| 2 | Male   | 50m Fly             |
| 3 | Female | 50m Fly             |
| 4 | Male   | 100m Breast         |
| 5 | Female | 100m Breast         |
| 6 | Male   | 4x100m Free Relay   |
| 7 | Female | 4x100m Free Relay   |
| 8 | Mixed  | 800m Free (6 Heats) |

#### Session 2

Warm up 2.00pm, Start 3.00pm

- |    |        |            |
|----|--------|------------|
| 9  | Male   | 400m Free  |
| 10 | Female | 200m IM    |
| 11 | Male   | 50m Breast |
| 12 | Female | 50m Breast |
| 13 | Male   | 200m Fly   |
| 14 | Female | 200m Free  |
| 15 | Male   | 100m Fly   |
| 16 | Female | 100m Fly   |
| 17 | Male   | 200m Back  |
| 18 | Female | 200m Back  |

### Sunday January 28<sup>th</sup> 2024

#### Session 3

Warm up 7.45 am, Start 9.00am

- |    |        |                      |
|----|--------|----------------------|
| 19 | Male   | 400m IM              |
| 20 | Female | 50m Back             |
| 21 | Male   | 50m Back             |
| 22 | Female | 100m Free            |
| 23 | Male   | 100m Free            |
| 24 | Female | 4x100m Medley Relay  |
| 25 | Male   | 4x100m Medley Relay  |
| 26 | Mixed  | 1500m Free (3 Heats) |

#### Session 4

Warm up 2.00pm, Start 3.00pm

- |    |        |             |
|----|--------|-------------|
| 27 | Female | 400m Free   |
| 28 | Male   | 200m IM     |
| 29 | Female | 50m Free    |
| 30 | Male   | 50m Free    |
| 31 | Female | 200m Fly    |
| 32 | Male   | 200m Free   |
| 33 | Female | 100m Back   |
| 34 | Male   | 100m Back   |
| 35 | Female | 200m Breast |
| 36 | Male   | 200m Breast |

## Leinster Open Qualifying Meet – January 2024

	Open Qualifying Meet Consideration Times (LC times)			
	Ages as of Dec 31 <sup>st</sup> 2024			
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 2024

	Open Qualifying Meet Consideration Times (equivalent SC times)			
	Ages as of Dec 31 <sup>st</sup> 2024			
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