

Leinster Winter Championships
October / November 2015
Licence No: 2A-15/16-L003

Tel: 087-2200815

Dear Club Secretary,

Attached please find Hy-Tek Meet Events File for the upcoming Leinster Winter Champs.

Venue: National Aquatic Centre, Blanchardstown, Co Dublin

Date: Saturday Oct 31st - Sunday November 1st 2015

<u>Session 1:</u>	Saturday 31 st Oct Heats	- warm up 7.30am	start 9.00am
<u>Session 2:</u>	Saturday 31 st Oct Finals	- warm up 3.30pm	start 4.30pm
<u>Session 3:</u>	Sunday 1 st Nov Heats	- warm up 7.30am	start 9.00am
<u>Session 4:</u>	Sunday 1 st Nov Finals	- warm up 3.30pm	start 4.30pm

Fee: €7 per Individual Event, €20 per Relay

Payment: Cheques should be made payable to Leinster Swimming. Cheques for Entry Fees to **Leinster Treasurer, Leinster Region Swim Ireland, P.O. Box 12344, Blackrock, Co Dublin**, to arrive by **Friday Oct 23rd**. Cheques should be made payable to "**Leinster Region Swim Ireland**". Cheques should be crossed and marked "Account Payee Only Not Negotiable". Please also write the name, phone number and email of your Club's Treasurer on the back of the cheque.

Closing Date: *Wednesday 21st October 2015*

Ages are as of the first day of the gala; Saturday October 31st 2015.

Entries: on Hy-Tek only, can be emailed to gfleming@eircom.net

Scratches: To be emailed to the Recorder by **8pm** on the day **before** the relevant session.

Officials: Please include the name and phone number of your Team Manager with the gala entries. Clubs will be issued with an Officials Roster in advance of the competition, as issued by the Meet Director. **Non-Leinster clubs will be rostered as would Leinster Clubs.** (1 official per 4 swimmers in the session).

Technical meeting for all coaches and team managers: 8.15am Saturday 31st Oct 2015.

Officials meeting: 8.30am Saturday 31st October 2015.

PLEASE NOTE: ONE START RULE WILL BE USED THROUGHOUT.

Any changes to the competition will be notified to clubs in advance. This gala will be run under FINA rules. A fine of €10 per swim will be charged to clubs for swimmers who fail to show up for heats and a fine of €50 for swimmers who fail to appear, without scratching, from finals. Clubs who have outstanding fines will not be allowed swim and refunds will not be made in this event. **All entries must include swimmers' SI Registration Number.** Team Coaches and/or Team Managers should ensure that they have their swimmers at the medal presentations on time and appropriately dressed.

Gerald Fleming
Leinster Gala Secretary

ORDER OF EVENTS

Session 1 – Saturday 31st Oct – warm up 8am

start 9.30am

1-2	Female & Male	200m Freestyle		
3-4	Female & Male	50m Breaststroke		
5-6	Female & Male	100m Backstroke		
7-8	Female & Male	400m IM	HDW	
9-10	Female & Male	100m Butterfly		
11-12	Female & Male	200m Breaststroke		
13-14	Female & Male	50m Freestyle		
15	Female	400m Freestyle	HDW	
16-17	Female & Male	100m IM		
18	Female	1500m Freestyle	HDW	One Heat Only
19	Male	1500m Freestyle	HDW	Two Heats Only
20-21	Female & Male	4 x 100m MTR	HDW	

Session 2 – Saturday 31st Oct – warm up 3.30pm

start 4.30pm

Finals of events 1-6, 9-14 & 16-17 (Finals for 50m events (3, 4 13 and 14) will be run as Skins events)
Fastest heat of event 19, Boys 1500m Freestyle

22	Mixed	4 x 50m FTR	HDW	
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Session 3 – Sunday 1st Nov – warm up 8am

start 9.30am

23-24	Male & Female	200m Butterfly		
25-26	Male & Female	50m Backstroke		
27-28	Male & Female	100m Freestyle		
29-30	Male & Female	100m Breaststroke		
31-32	Male & Female	200m Backstroke		
33	Male	400m Freestyle	HDW	
34-35	Male & Female	50m Butterfly		
36-37	Male & Female	200m IM		
38	Male	800m Freestyle	HDW	One Heat Only
39	Female	800m Freestyle	HDW	Two Heats Only
40-41	Male & Female	4 x 100m FTR	HDW	

Session 4 – Sunday 1st Nov – warm up 3.30pm


start 4.30pm

Finals of events 22-31 & 33-36 (Finals for 50m events (25, 26, 34 and 35) will be run as Skins events)
Fastest heat of event 37, Girls 800m freestyle

42	Mixed	4 x 50m MTR	HDW	
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NOTES FOR FINALS:

- ALL individual events 400m and longer are HDW
- Open events only; one 10 lane final per 100m and 200m event.
- Finals for 50m events will be run as Skins with the fastest 8 swimmers in the final and one elimination per final round. A cash prize will be awarded to the winner of each Skins event.
- Clubs may enter as many teams as they wish for relay events.
- One set of medals awarded for each event (including relay events).
- It is the responsibility of Team Coach and /or Team Manager to have their swimmer at the medal presentation on time and appropriately dressed.



Overall Swimmer Award: An overall best swimmer award will be made for male and for female athletes swimming with Leinster clubs. This will be based on the highest accumulation of FINA points over four events, as follows:

- One 50m event
- One 100m event
- One 200m event
- One distance event (400m or longer)
- Only one qualifying event may be Freestyle
- At least one qualifying event must be an IM event

Remember – Scratches to be with the recorder (by email please) by 8pm on the evening before the relevant session, i.e.

Scratches for Saturday Oct 31st by 8pm on Friday Oct 30th;
Scratches for Sunday Nov 1st by 8pm on Saturday Oct 31st.

Please Note: The age bands as specified below are **purely to determine eligibility** to compete in the Winter Championships. They do not constitute age-bands for age-group type competition. There will be one 10 lane final per 100m and 200m event, with 8 lane Skins finals for the 50m events. **A maximum of 2 non-Leinster swimmers are allowed in each final**, unless empty lanes would result.

If the number of heats in any event is excessive, we reserve the right to reject entries. Clubs will be notified of any rejections in advance and refunds will be made.

Leinster Consideration Standards (for Leinster Registered Athletes)

Boys	50FC	100 FC	200FC	400FC	800FC	1500FC	50BC	100BC	200BC	50BS	100BS	200BS	50BF	100BF	200BF	100IM	200IM	400IM
U14		1:09.9	2:33.6	5:25.8	10:55.6	21:35.5		1:16.3	2:47.0		1:26.8	3:08.4		1:15.7	2:47.2	1:27.0	2:52.1	6:05.2
U17		1:04.4	2:21.5	5:00.3	10:32.5	19:54.1		1:10.3	2:33.9		1:20.0	2:53.6		1:09.7	2:34.1	1:21.1	2:38.6	5:36.6
17+	29.8	1:02.2	2:16.6	4:49.7	9:58.7	19:12.0	32.3	1:07.8	2:28.5	33.9	1:17.2	2:47.5	32.1	1:07.3	2:28.7	1:18.7	2:33.0	5:24.7

Girls	50FC	100FC	200FC	400FC	800FC	1500FC	50BC	100BC	200BC	50BS	100BS	200BS	50BF	100BF	200BF	100IM	200IM	400IM
U13		1:15.4	2:44.0	5:44.3	11:47.7	21:38.2		1:23.1	2:58.7		1:33.7	3:20.4		1:21.5	2:58.7	1:31.4	3:03.9	6:25.4
U16		1:11.2	2:34.9	5:25.2	11:08.4	20:55.3		1:18.4	2:48.8		1:28.5	3:09.2		1:17.0	2:48.8	1:26.8	2:53.7	6:04.0
16+	31.5	1:08.8	2:29.6	5:14.1	10:45.7	20:01.4	36.4	1:15.8	2:43.1	39.2	1:25.5	3:02.8	33.1	1:14.4	2:43.1	1:24.0	2:47.7	5:51.6

Junior: Girls - U13 – born 2002 or later
Youth: Girls - U16 – born between 1999 and 2001
Senior: Girls - 16+ – born before 1999
(Ages in all cases are as of Oct 31st in the year in question).

Boys - U14 – born 2001 or later
Boys - U17 – born between 1998 and 2000
Boys - 17+ – born before 1998

Open Consideration Standards (for Non-Leinster Athletes)

Girls	50FC	100FC	200FC	400FC	800FC	1500FC	50BC	100BC	200BC	50BS	100BS	200BS	50BF	100BF	200BF	100IM	200IM	400IM
OPEN	31.5	1:08.8	2:29.6	5:14.1	10:45.7	20:01.4	36.4	1:15.8	2:43.1	39.2	1:25.5	3:02.8	33.1	1:14.4	2:43.1	1:24.0	2:47.7	5:51.6

Boys	50FC	100 FC	200FC	400FC	800FC	1500FC	50BC	100BC	200BC	50BS	100BS	200BS	50BF	100BF	200BF	100IM	200IM	400IM
OPEN	29.8	1:02.2	2:16.6	4:49.7	9:58.7	19:12.0	32.3	1:07.8	2:28.5	33.9	1:17.2	2:47.5	32.1	1:07.3	2:28.7	1:18.7	2:33.0	5:24.7

Points Awards

The Top Male & Female awards

- Highest ranked individual points based on top four swims (FINA points) per swimmer, as per the scheme described above. Only swimmers with Leinster clubs are eligible to compete for this award.