

30 Parkview
Wexford,
Ph: 0872200815

Leinster Winter Championships

Dear Club Secretary,

Enclosed please find entry forms for the upcoming Leinster Winter Championships

Venue: National Aquatic Centre, Abbottstown

Date: Friday 4th - Sunday 6th December 2009

| | | | |
|-------------------|-------------------------------------|------------------|--------------|
| <u>Session 1:</u> | Friday 4 th Dec Heats | - warm up 4pm | start 5pm |
| <u>Session 2:</u> | Saturday 5 th Dec Heats | - warm up 8am | start 9.30am |
| <u>Session 3:</u> | Saturday 5 th Dec Finals | - warm up 3.30pm | start 4.30pm |
| <u>Session 4:</u> | Sunday 6 th Dec Heats | - warm up 8am | start 9.30am |
| <u>Session 5:</u> | Sunday 6 th Dec Finals | - warm up 3.30pm | start 4.30pm |

Fee: €7 per Individual Event, €28 per Relay

Payment: Cheques should be made payable to Leinster Swimming. Cheques for Entry Fees to Mr John Small, 2 Woodstown Road, Knocklyon, Dublin 16

Closing Date: Saturday 21st November 2009

Ages are as at 31st December 2009.

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

Officials: Clubs will be issued with a timekeeping roster in advance of the competition, as rostered by the meet director

Technical meeting for all coaches and team managers: 3.30pm on Friday 4th December

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.

Yours in swimming

Gerald Fleming
Leinster Gala Secretary

ORDER OF EVENTS

Session 1 – Friday 4th Dec – warm up 4pm start 5pm

| | | | |
|-----|---------------|-----------------|-----|
| 1 | Male | 1500m Freestyle | HDW |
| 2 | Female | 800m Freestyle | HDW |
| 3-4 | Male & Female | 400m IM | HDW |
| 5-6 | Male & Female | 4x200m FTR | HDW |

Session 2 – Saturday 5th Dec – warm up 8am start 9.30am

| | | | |
|-------|---------------|-------------------|-----|
| 7-8 | Female & Male | 200m Freestyle | |
| 9-10 | Female & Male | 50m Breaststroke | |
| 11-12 | Female & Male | 100m Backstroke | |
| 13-14 | Female & Male | 100m Butterfly | |
| 15-16 | Female & Male | 200m Breaststroke | |
| 17-18 | Female & Male | 50m Freestyle | |
| 19-20 | Female & Male | 400m Freestyle | HDW |
| 21-22 | Female & Male | 100m IM | |
| 23-24 | Female & Male | 4x100m FTR | |

Session 3 – Saturday 5th Dec – warm up 3.30pm start 4.30pm

Finals of events 7-18 and 21-24

Session 4 – Sunday 6th Dec – warm up 8am start 9.30am

| | | | |
|-------|---------------|-------------------|--|
| 25-26 | Male & Female | 200m Butterfly | |
| 27-28 | Male & Female | 50m Backstroke | |
| 29-30 | Male & Female | 100m Freestyle | |
| 31-32 | Male & Female | 100m Breaststroke | |
| 33-34 | Male & Female | 200m Backstroke | |
| 35-36 | Male & Female | 50m Butterfly | |
| 37-38 | Male & Female | 200m IM | |
| 39-40 | Male & Female | 4x100m MTR | |

Session 5 – Sunday 6th Dec – warm up 3.30pm start 4.30pm

Finals of events 25-40

NOTES FOR FINALS:

- ALL individual events 400m and longer are HDW; also the 4x200 Free relay.
- ALL 200m events will have an A Final with 6 athletes and a B Final of 6 athletes
- ALL 100m events will have an A Final with 4 athletes and a B Final with 8 athletes
- 50m events are open with no age-grouping
- 50m events will have skins finals; top 8 from heats to qualify with one swimmer eliminated per final round
- 400m Relays will have an A Final with 8 teams

Two sets of medals will be presented in all individual events except 50m events. Youth medals will be presented based on results from the heats (top 3 girls U16 and top 3 boys U17). Open medals will be presented based on finals results.

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)

| Girls | Age | 50FC | 100FC | 200FC | 400FC | 800FC | 50BC | 100BC | 200BC | 50BS | 100BS | 200BS | 50BF | 100BF | 200BF | 200IM | 400IM |
|---------------|------------|------|--------|--------|--------|---------|------|--------|--------|------|--------|--------|------|--------|--------|--------|--------|
| JUNIOR | U13 | | 1:15.4 | 2:44.0 | 5:44.3 | 11:47.7 | | 1:23.1 | 2:58.7 | | 1:33.7 | 3:20.4 | | 1:21.5 | 2:58.7 | 3:03.9 | 6:25.4 |
| YOUTH | U16 | | 1:11.2 | 2:34.9 | 5:25.2 | 11:08.4 | | 1:18.4 | 2:48.8 | | 1:28.5 | 3:09.2 | | 1:17.0 | 2:48.8 | 2:53.7 | 6:04.0 |
| SENIOR | 17+ | 31.5 | 1:08.8 | 2:29.6 | 5:14.1 | 10:45.7 | 36.4 | 1:15.8 | 2:43.1 | 39.2 | 1:25.5 | 3:02.8 | 33.1 | 1:14.4 | 2:43.1 | 2:47.7 | 5:51.6 |

| Boys | Age | 50FC | 100 FC | 200FC | 400FC | 1500FC | 50FC | 100BC | 200BC | 50FC | 100BS | 200BS | 50FC | 100BF | 200BF | 200IM | 400IM |
|---------------|------------|------|--------|--------|--------|---------|------|--------|--------|------|--------|--------|------|--------|--------|--------|--------|
| JUNIOR | U14 | | 1:09.9 | 2:33.6 | 5:25.8 | 21:35.5 | | 1:16.3 | 2:47.0 | | 1:26.8 | 3:08.4 | | 1:15.7 | 2:47.2 | 2:52.1 | 6:05.2 |
| YOUTH | U17 | | 1:04.4 | 2:21.5 | 5:00.3 | 19:54.1 | | 1:10.3 | 2:33.9 | | 1:20.0 | 2:53.6 | | 1:09.7 | 2:34.1 | 2:38.6 | 5:36.6 |
| SENIOR | 18+ | 31.5 | 1:02.2 | 2:16.6 | 4:49.7 | 19:12.0 | 31.5 | 1:07.8 | 2:28.5 | 31.5 | 1:17.2 | 2:47.5 | 31.5 | 1:07.3 | 2:28.7 | 2:33.0 | 5:24.7 |

U13 – born 1996 or later
 U16 – born between 1993 and 1995
 17+ – born before 1993

U14 – born 1995 or later
 U17 – born between 1992 and 1994
 18+ – born before 1992

Open Consideration Standards (for Non-Leinster Athletes)

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

| Boys | 50FC | 100 FC | 200FC | 400FC | 1500FC | 50FC | 100BC | 200BC | 50FC | 100BS | 200BS | 50FC | 100BF | 200BF | 200IM | 400IM |
|-------------|------|--------|--------|--------|---------|------|--------|--------|------|--------|--------|------|--------|--------|--------|--------|
| OPEN | 31.5 | 1:02.2 | 2:16.6 | 4:49.7 | 19:12.0 | 31.5 | 1:07.8 | 2:28.5 | 31.5 | 1:17.2 | 2:47.5 | 31.5 | 1:07.3 | 2:28.7 | 2:33.0 | 5:24.7 |

Points Awards

The Overall Club points awards will be made as follows

- Top 8 ranked Leinster swimmers to score for points in ALL events
- Relays to be scored as a single event – clubs may enter more than one team per event, but only one team will score points. Relay teams are Open teams only

The Top Male & Female awards

- Highest ranked individual points swim based on FINA points