

LEINSTER SCHOOLS SWIMMING CHAMPIONSHIPS

The Leinster Schools 'A' Championships for girls and boys will take place at **Portmarnock** Leisure Centre on Saturday 19th and Sunday, 20th December 2009.

The three age groups are:

1	Aged 12 and Under 14	Junior (born between 1.9.1995 and 31.8.1997)	The age limits are as of 31 August 2010
2	Aged 14 and Under 16	Inter (born between 1.9.1993 and 31.8.1995)	
3	Aged 16 and Under 19	Senior (born between 1.9.1990 and 31.8.1993)	

Due to time constraints all team events will be run as heat-declared-winners. The Individual Medley events will be run as heat-declared-winners. All other individual events are scheduled to be heats and finals. A swimmer shall take part in not more than **two** individual events in his or her age group and **in any two** relays.

The 400m Freestyle is an invitation event for girls and boys (one heat each i.e. 5 girls and 5 boys): medals will **not** be awarded in this event nor is the event included in the restriction about the number of events for which a swimmer is eligible. There is no entry fee for this event. The 58 girls and 5 boys selected for this event will be notified (by phone) prior to 19th December 2009. **Entry times will be checked for this event!** Only those notified need show for this event.

The entry fee for the Leinster Championships per swimmer per event is €6; the entry fee for each relay team per event is €24. Due to the necessity of having parental permission for anti-doping procedures, only one swimmer can be entered on each individual form - see entry conditions below. A school may enter only ONE team in any relay event. All relay teams may be entered on the same form.

ENTRY CONDITIONS:

- 1) Submit individual best times. Entries with no submitted times or with times outside those recommended, as listed on the attached form will be rejected.

DO NOT ENTER THESE CHAMPIONSHIPS IF YOU CANNOT SWIM WITHIN THE RECOMMENDED TIME.

Entries will be rejected from those swimmers whose times in last year's Championships were outside the recommended time. As in last year's competition, sanctions will be taken against those swimmers whose times in the Championships are outside the recommended times.

- 2) Entries will not be accepted unless they
 - a) are accompanied by the entry fee;
 - b) bear the School's stamp or be signed by the Principal or Teacher responsible for Sport;
 - c) include the name and contact telephone number of the Adult-in-Charge;
 - d) indicate the School's approval of the Adult-in-Charge;
 - e) in the case of entrants under **18** years of age on the date of the competition, have the signed agreement by a parent that their daughter(s)/son(s) may be subjected to anti-doping procedures as performed by the Irish Sports Council, or any agency approved by the Council to undertake such testing. This consent must also cover possible testing at the Irish School Swimming Championships in February 2010.

The closing date for receipt of entries is Wednesday 9th December 2009. ABSOLUTELY NO LATE ENTRIES will be accepted. Any entry not fulfilling the entry conditions will be rejected. Any entry not received at the address below by the closing date will be rejected. NO EXCEPTIONS WILL BE MADE, so please ensure that every entry is posted by at least Monday 7th December. Please DO NOT send by registered post as there will be no one available to sign for it.

Entries and fees [made out to "I.S.S.A. (Leinster Branch)"] should be sent to:

**The Gala Organiser,
Irish Schools Swimming Association (Leinster Branch),
286 Swords Road
Santry
Dublin 9**

*[The Irish Schools Championships will take place on a date and venue, yet to be decided in Jan/Feb 2010. To take part in these Championships, a swimmer must achieve the qualifying time during the Leinster Championships. Entry forms for the Irish Schools will be available during the Leinster Championships and qualifiers **MUST** enter and submit their entry fees on that day. Entry fees are €6 for individual events and €24 for relays.]*

LEINSTER SCHOOLS SWIMMING CHAMPIONSHIPS

QUALIFYING TIMES

JUNIOR

	<u>Boys</u>	<u>Girls</u>
100 Backstroke	1.21.00	1.24.00
100 Breaststroke	1.32.00	1.34.00
100 Butterfly	1.24.00	1.28.00
100 Freestyle	1.10.00	1.13.00
200 I.M.	2.58.00	3.04.00

INTERMEDIATE

	<u>Boys</u>	<u>Girls</u>
100 Backstroke	1.19.00	1.23.00
100 Breaststroke	1.25.00	1.33.00
100 Butterfly	1.18.00	1.26.00
100 Freestyle	1.0.500	1.12.00
200 I.M.	2.48.00	2.58.00

SENIOR

	<u>Boys</u>	<u>Girls</u>
100 Backstroke	1.18.00	1.22.00
100 Breaststroke	1.24.00	1.32.00
100 Butterfly	1.16.00	1.24.00
100 Freestyle	1.04.00	1.12.00
200 I.M.	2.46.00	2.56.00

LEINSTER SCHOOLS SWIMMING CHAMPIONSHIPS

ENTRY FORM

Name: _____

School: _____

Date of Birth: _____

Contact Phone: _____

Name of Adult-In-Charge: _____

Contact Phone Adult-In-Charge: _____

Male/Female **Junior/Inter/Senior** (delete as appropriate)

Enter a maximum of two events (excluding 400free)

Event	Entry Time	Where & when time achieved
100 Backstroke		
100 Breaststroke		
100 Butterfly		
100 Freestyle		
200 I.M		
400 Freestyle		

If you are under 18 years of age on the day of competition, your parent/guardian **must** complete the following paragraph:

I agree to my son/daughter/ward, if selected, being submitted to the Medical Control procedure as set down by the Irish Sports Council and to him/her submitting a sample of urine for analysis at an accredited lab. This permission covers both this competition and the Irish Schools Championships.

Signed: _____ (parent/guardian)

This form must bear an official school stamp and be signed by the Principal or Teacher in charge of Sport.

Signed: _____

Entries will only be accepted on a copy of this form.

It is a condition of entry that swimmers are able to achieve the submitted times.

LEINSTER SCHOOLS SWIMMING CHAMPIONSHIPS

RELAY ENTRY FORM

School Stamp

NAME OF SCHOOL: _____

BOYS/GIRLS (delete whichever does not apply)

Junior Relay Teams [born between 1.9.95 and 31.8.97]

Freestyle Relay Team	
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Medley Relay Team	
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Names and Dates of Birth of Team Members (Freestyle & Medley combined)

Surname and then First Name	Date of Birth	Surname and then First Name	Date of Birth

Inter Relay Teams [born between 1.9.93 and 31.8.95]

[swimming up is permitted but at least one team member must be Inter]

Freestyle Relay Team	
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Medley Relay Team	
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Names and Dates of Birth of Team Members (Freestyle & Medley combined)

Surname and then First Name	Date of Birth	Surname and then First Name	Date of Birth

Senior Relay Teams [born between 1.9.90 and 31.8.93]

[swimming up is permitted but at least one team member must be Senior]

Freestyle Relay Team	
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Medley Relay Team	
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Names and Dates of Birth of Team Members (Freestyle & Medley combined)

Surname and then First Name	Date of Birth	Surname and then First Name	Date of Birth

I certify that the above pupils attend this school, their dates of birth are correct. I approve of the adult in charge.

Name of Adult in Charge

Contact Phone Number

ORDER OF EVENTS FOR LEINSTER SCHOOLS SENIOR CHAMPIONSHIPS

(Qualifying times for the Irish Schools Senior Championships are given after each event)

SATURDAY, 19th December 2009

Session 1

Warm-up: Girls 1pm – 1.25pm, Boys 1.25pm – 1.50pm

Session Start 2.0pm

Event 15	Open Girls 400m F/S Invitation (1 heat only)	(Irish by invitation)	Event 9	Junior Girls 4x50m Medley Team Relay (HDW)	(Irish: 1 team per school)
Event 2	Open Boys 400m F/S Invitation (1 heat only)	(Irish by invitation)	Event 10	Junior Boys 4x50m Medley Team Relay (HDW)	(Irish: 1 team per school)
Event 3	Junior Girls 200m Individual Medley (HDW)	(Irish QT 2:56)	Event 11	Inter Girls 4x50m Medley Team Relay (HDW)	(Irish: 1 team per school)
Event 4	Junior Boys 200m Individual Medley (HDW)	(Irish QT 2:50)	Event 12	Inter Boys 4x50m Medley Team Relay (HDW)	(Irish: 1 team per school)
Event 5	Inter Girls 200m Individual Medley (HDW)	(Irish QT 2:50)	Event 13	Senior Girls 4x50m Medley Team Relay (HDW)	(Irish: 1 team per school)
Event 6	Inter Boys 200m Individual Medley (HDW)	(Irish QT 2:40)	Event 14	Senior Boys 4x50m Medley Team Relay (HDW)	(Irish: 1 team per school)
Event 7	Senior Girls 200m Individual Medley (HDW)	(Irish QT 2:48)	Event 15	Junior Girls 4x50m Freestyle Team Relay (HDW)	(Irish: 1 team per school)
Event 8	Senior Boys 200m Individual Medley (HDW)	(Irish QT 2:38)	Event 16	Junior Boys 4x50m Freestyle Team Relay (HDW)	(Irish: 1 team per school)
			Event 17	Inter Girls 4x50m Freestyle Team Relay (HDW)	(Irish: 1 team per school)
			Event 18	Inter Boys 4x50m Freestyle Team Relay (HDW)	(Irish: 1 team per school)
			Event 19	Senior Girls 4x50m Freestyle Team Relay (HDW)	(Irish: 1 team per school)
			Event 20	Senior Boys 4x50m Freestyle Team Relay (HDW)	(Irish: 1 team per school)

Session 2

Warm-up: Girls 9am – 9.25am, Boys 9.25am – 9.50am

Session Start 10.05am

Event 21	Junior Girls 100m Backstroke	(Irish QT 1:20)	*	Event 33	Junior Girls 100m Butterfly	(Irish QT 1:24)
Event 22	Junior Boys 100m Backstroke	(Irish QT 1:17)	*	Event 34	Junior Boys 100m Butterfly	(Irish QT 1:20)
Event 23	Inter Girls 100m Backstroke	(Irish QT 1:19)	*	Event 35	Inter Girls 100m Butterfly	(Irish QT 1:22)
Event 24	Inter Boys 100m Backstroke	(Irish QT 1:14)	*	Event 36	Inter Boys 100m Butterfly	(Irish QT 1:14)
Event 25	Senior Girls 100m Backstroke	(Irish QT 1:18)	*	Event 37	Senior Girls 100m Butterfly	(Irish QT 1:20)
Event 26	Senior Boys 100m Backstroke	(Irish QT 1:14)	*	Event 38	Senior Boys 100m Butterfly	(Irish QT 1:12)
Event 27	Junior Girls 100m Breaststroke	(Irish QT 1:30)	*	Event 39	Junior Girls 100m Freestyle	(Irish QT 1:09)
Event 28	Junior Boys 100m Breaststroke	(Irish QT 1:28)	*	Event 40	Junior Boys 100m Freestyle	(Irish QT 1:06)
Event 29	Inter Girls 100m Breaststroke	(Irish QT 1:29)	*	Event 41	Inter Girls 100m Freestyle	(Irish QT 1:08)
Event 30	Inter Boys 100m Breaststroke	(Irish QT 1:21)	*	Event 42	Inter Boys 100m Freestyle	(Irish QT 1:01)
Event 31	Senior Girls 100m Breaststroke	(Irish QT 1:28)	*	Event 43	Senior Girls 100m Freestyle	(Irish QT 1:08)

Event 32 Senior Boys 100m Breaststroke (Irish QT 1:20)

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Event 44 Senior Boys 100m Freestyle (Irish QT 1:00)
Finals of events 21 – 44