



Munster SC Championships
ENTRY CONDITIONS

University of Limerick

MEET CONDITIONS

Meet Location:	University of Limerick
Date	12 th .& 13 th . November 2022
Sessions :	Saturday 12 th 9.00 am Warm up 10.00 am start. Female warm up first Sunday 13 th 9.00 am Warm up 10.00 am Start. Male warm up first
Age:	Age as 31 st December 2022
Qualification Criteria:	Times may be achieved in both Short Course & Long Course from 1st January 2021. Times must have been achieved in meets licenced at Level 3 or higher to be eligible to be used for entry into this meet. Long Course times used for entry will be converted to Short Course via the Meet Management System for seeding purposes and vice versa
Heats & Finals:	All 50m,100m and 200m events will have heats and "A"and "B"finals. Where there are less than 24 entrants in an event there will be an "A" final ONLY. Relays, 400m, 800m and 1500m events will be HDW and will be swum with the heats.
Withdrawals:	Withdrawals from day 1 must be emailed to patdonovan02@gmail.com before 5pm on the day before the start of the meet. Withdrawals for subsequent days must be submitted by 6pm the previous day, i.e. for day 2, withdrawals must be submitted by 6pm on day 1. There will be a €50 fine if swimmers are not withdrawn by 6pm for an event for the next day.
Entry Deadline:	Closing date for entries is 15 th October. Late entries will not be accepted under any circumstances.
Entry Fees:	Individual entries cost €8per event. Relay entries cost €20 per event. Fees should be paid directly into the bank account, and must include the name of the club and the name of the meet. Payment should be received at least 10 days prior to the meet Bank details BIC – AIBKIE2D IBAN – IE70AIBK93251559772394 No entry will be processed until the appropriate fee has been received by the Treasurer. Payment options are detailed in the Entry Summary Sheet. <i>Please note that entries are non-refundable once the final date for payment has passed</i>
Relay Entries:	Clubs are permitted to enter more than one relay team per event. The names of the 4 relay team members swimming in the race and the order of swimming must be declared on the official Team Declaration Sheet and submitted to the Swim Office Table no later than 60 minutes before the start of the session in which the race takes place. Failure to do so will be subject to a fine of €50 without exception and disqualification of the relay team. All competing swimmers must be entered in the meet (<i>even if they are not swimming in individual events</i>). Relay teams that swim in an order that is different from the declared order of swimming shall be disqualified in accordance with FINA Rule SW 10.12.
Awards:	Medals are awarded for top-3 placings overall.
Anti-Doping:	It is a condition of attending a Swim Ireland event that swimmers may be required to be tested for prohibited substances in accordance with the Sport Ireland/WADA/FINA Anti-Doping rules. For further information visit the Anti-Doping section of the Sport Ireland website .
Swimsuits:	All swimsuits must comply with FINA regulations and should bear the FINA approved stamp (https://www.fina.org/sites/default/files/frsa.pdf)
Health & Safety:	Please refer to the Health & Safety guidelines at the back of the programme and also the Swim Ireland Code of Practice for Safety (Swimming) on the Swim Ireland website.

ORDER OF EVENTS

Day 1 - Sat 12 th November 2022	Day 2 - Sun 13 th November 2022
Session 1: Combined Heats	Session 3: Combined Heats
Mixed 200m Freestyle Relay HDW Female 400m Freestyle HDW Male 100m IM Female 50m Butterfly Male 50m Freestyle Female 200m Backstroke Male 200m Breaststroke Female 100m Breaststroke Male 100m Backstroke Female 200m IM Male 200m Freestyle Female 200m Butterfly Male 100m Butterfly Female 100m Freestyle Male 50m Breaststroke Female 50m Backstroke Male 400m IM HDW Female 200m Freestyle Relay HDW Male 200m Freestyle Relay HDW Mixed 800m Freestyle HDW	Mixed 200m Medley Relay HDW Male 400m Freestyle HDW Female 100m IM Male 50m Butterfly Female 50m Freestyle Male 200m Backstroke Female 200m Breaststroke Male 100m Breaststroke Female 100m Backstroke Male 200m IM Female 200m Freestyle Male 200m Butterfly Female 100m Butterfly Male 100m Freestyle Female 50m Breaststroke Male 50m Backstroke Female 400m IM HDW Male 200m Medley Relay HDW Female 200m Medley Relay HDW Mixed 1500m Freestyle HDW
Session 2: Finals & Presentations	Session 4: Finals & Presentations
Mixed 200m Freestyle Relay HDW (Fastest Heat) Male 100m IM 'A' or 'A' & 'B' Finals Female 50m Butterfly 'A' or 'A' & 'B' Finals Male 50m Freestyle 'A' or 'A' & 'B' Finals Female 200m Backstroke 'A' or 'A' & 'B' Finals Male 200m Breaststroke 'A' or 'A' & 'B' Finals Female 100m Breaststroke 'A' or 'A' & 'B' Finals Male 100m Backstroke 'A' or 'A' & 'B' Finals Female 200m IM 'A' or 'A' & 'B' Finals Male 200m Freestyle 'A' or 'A' & 'B' Finals Female 200m Butterfly 'A' or 'A' & 'B' Finals Male 100m Butterfly 'A' or 'A' & 'B' Finals Female 100m Freestyle 'A' or 'A' & 'B' Finals Male 50m Breaststroke 'A' or 'A' & 'B' Finals Female 50m Backstroke 'A' or 'A' & 'B' Finals Male 200m Freestyle Relay HDW (Fastest Heat) Female 200m Freestyle Relay HDW (Fastest Heat)	Mixed 200m Medley Relay HDW (Fastest Heat) Female 100m IM 'A' or 'A' & 'B' Finals Male 50m Butterfly 'A' or 'A' & 'B' Finals Female 50m Freestyle 'A' or 'A' & 'B' Finals Male 200m Backstroke 'A' or 'A' & 'B' Finals Female 200m Breaststroke 'A' or 'A' & 'B' Finals Male 100m Breaststroke 'A' or 'A' & 'B' Finals Female 100m Backstroke 'A' or 'A' & 'B' Finals Male 200m IM 'A' or 'A' & 'B' Finals Female 200m Freestyle 'A' or 'A' & 'B' Finals Male 200m Butterfly 'A' or 'A' & 'B' Finals Female 100m Butterfly 'A' or 'A' & 'B' Finals Male 100m Freestyle 'A' or 'A' & 'B' Finals Female 50m Breaststroke 'A' or 'A' & 'B' Finals Male 50m Backstroke 'A' or 'A' & 'B' Finals Female 200m Medley Relay HDW (Fastest Heat) Male 200m Medley Relay HDW (Fastest Heat)

- If a Friday evening session is not possible, the 400m IM events are to be run in Sessions 2 and 4 (and the relay order at the end of these sessions would be reversed)

MUNSTER SC CHAMPIONSHIPS 2022

QT – Qualifying Time

CT – Consideration Time

MALE				Event	FEMALE			
2006+ (16 & U)		2005 – (17 & O)			2006- (16&O)		2007+ (15 & U)	
QT	CT	QT	CT		QT	CT	QT	CT
32.83	33.48	31.52	32.83	50m Freestyle	35.73	36.57	36.57	37.30
1.11.27	1.12.69	1.08.42	1.11.27	100m Freestyle	1.16.53	1.19.68	1.19.68	1.21.27
2.37.82	2.40.97	2.31.51	2.37.82	200m Freestyle	2.46.45	2.53.38	2.53.38	2.56.84
5.46.57	5.53.39	5.32.52	5.46.57	400m Freestyle	5.54.15	6.08.90	6.08.90	6.16.27
Swimmers who have qualified for 1500m may also enter this event				800m Freestyle	11.24.72	13.10.00	13.10.00	13.25.00
23.38.00	24.29.70	21.36.05	23.38.00	1500m Freestyle	Swimmers who have qualified for 800m may also enter this event			
37.89	38.64	36.38	37.89	50m Backstroke	41.36	43.08	43.08	43.94
1.24.48	1.25.55	1.20.53	1.24.48	100m Backstroke	1.27.05	1.30.67	1.30.67	1.32.48
3.02.06	3.05.70	2.54.78	3.02.06	200m Backstroke	3.07.48	3.15.29	3.15.29	3.19.19
40.45	41.25	38.84	40.45	50m Breaststroke	46.23	48.15	48.15	49.11
1.32.03	1.34.89	1.29.31	1.32.03	100m Breaststroke	1.39.88	1.44.04	1.44.04	1.46.12
3.30.37	3.34.47	3.21.86	3.30.37	200m Breaststroke	3.36.69	3.45.71	3.45.71	3.50.22
34.55	35.24	33.17	34.55	50m Butterfly	37.49	39.05	39.05	39.83
1.18.59	1.20.16	1.16.45	1.18.59	100m Butterfly	1.24.72	1.28.25	1.28.25	1.30.01
3.03.40	3.07.06	2.56.07	3.03.40	200m Butterfly	3.08.09	3.15.92	3.15.92	3.19.83
1.23.34	1.25.00	1.20.01	1.23.34	100m IM	1.27.73	1.31.38	1.31.38	1.33.20
2.57.93	3.01.48	2.50.82	2.57.93	200m IM	3.05.78	3.13.52	3.13.52	3.17.39
6.20.18	6.27.78	6.04.98	6.20.18	400m IM	6.39.37	6.56.01	6.56.01	7.04.33

All times Must have been achieved in a Level 3 meet since January 1st. 2021.