

Dear Club Secretary,

Enclosed please find entry details for the Leinster Short-Course Championship Meet (Level 4). This Gala is open **only** to swimmers registered with clubs in **Leinster Region**, Swim Ireland.

Venue	National Aquatic Centre, Abbottstown, Dublin
Format	SHORT COURSE
Dates and Times	<p><u>Saturday 20th November 2021</u></p> <p>Session 1: Heats warm up 7.45am start 9.00am Session 2: Finals start 15 mins after finish of heats Session 3: Heats warm up 2.00pm start 3.00pm Session 4: Finals / Distance start 15 mins after finish of heats</p> <p><u>Sunday 21st November 2021</u></p> <p>Session 5: Heats warm up 7.45am start 9.00am Session 6: Finals start 15 mins after finish of heats Session 7: Heats warm up 2.00pm start 3.00pm Session 8: Finals / Distance start 15 mins after finish of heats</p>
Fee	€8 per Individual Event; €20 per Relay Event
Payment	<p>By Bank Transfer</p> <p>Name of Account: "Swim Ireland Leinster Region"</p> <p>IBAN: IE59AIBK93251559772204</p> <p>BIC: AIBKIE2D</p> <p>When transferring directly, please reference the club and gala on the transfer narrative, and email the treasurer to confirm transfer at leinstertreasurer@swimireland.ie.</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>
Eligibility	Only swimmers registered with Leinster clubs, aged 13 or over , are eligible to enter this gala. Ages are Year of Birth; as of Dec 31st 2021 . Swimmers should have achieved the Consideration Times as indicated below. Entries with NT will be rejected.
Entries	Gala Sec, Leinster Swimming. Entries, on Hy-Tek only . Entries should be emailed to leinstergalasecretary@swimireland.ie
Entries by:	Tuesday November 9th 2021.
Qualification and Consideration Times	<p>Both Qualification Times and Consideration Times will be used for this Meet.</p> <p>Swimmers who have achieved the Qualification Times in any event are guaranteed entry into those events (except for long-distance events; see the note about the fixed number of heats for the 800m and 1500m events below).</p> <p>Swimmers who have achieved Consideration Times in any event may be accepted for entry into those events, where time availability allows.</p> <p>QTs and CTs below are provided for SC times, however conversions from LC times will be accepted, and the Hy-Tek meet file will convert as appropriate.</p>

Age Groups	<p>Qualification Times and Consideration Times will be assessed under two different age-groupings, as follows:</p> <p>Youth – Ages 13-16 (Boys) and 13-15 (Girls)</p> <p>Senior – Ages 17+ (Boys) and 16+ (Girls)</p>
Swim Ireland Registration Number	A Swim Ireland registration number must be included with every entry. This number is the unique identifier of every swimmer in the national database.
Entry Name Protocols	<p>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 the format of names within your Team Manager (or similar) database, and provided with entries, is as follows:</p> <p>All those with a Mac/Mc surname need to have a space after the Mac/Mc (e.g. Mac Dougal, Mc Donnell);</p> <p>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.</p>
Entry Times	Entry times must have been achieved after July 1st 2019
Scratches	<p>Scratches for this gala will close at 5pm on Friday November 19th for Session 1, 2 and 4, and 5pm on Saturday November 20th for Sessions 6 and 8.</p> <p>Scratches via email to leinstergalasecretary@swimireland.ie or in person at the gala.</p>
Heats	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 in a reasonable time-frame.
Finals	A and B Finals will be run in each 50m, 100m & 200m event. The Finals will be Open; there will not be separate Finals for the different Youth and Senior age categories.
800m and 1500m events	Separate 800m and 1500m events will be held for Boys and Girls. In the case of the 800m event, there will be two heats only for each gender. In the case of the 1500m event, there will be one heat only for each gender. Swimmers will be allocated places in the heats based on validated entry times.
Relays	All relay events will be Open; there will not be separate age-group categories for Relay Events. Clubs may enter up to two teams per Relay Events, but may win only one medal per event. E.g. if teams from the same club finish first and third, the bronze medal will be awarded to the fourth-placed team.
Medals	<p>The first three swimmers in each A Final will be awarded Leinster championship medals. In addition, a set of medals will be awarded to the leading swimmers in the Youth age group, according to the following criteria:</p> <ul style="list-style-type: none"> Youth medal candidates must have qualified for a final (A or B) in the 50m, 100m and 200m events; Youth swimmers who win championship medals will not be awarded an age-group medal; The top three Youth swimmers (based on times achieved in the Finals, or in the Heats for the HDW events) will be awarded age-group medals.

Officials	<i>Clubs must provide officials in a ratio of one official to every four swimmers (this includes the senior gala officials). Different arrangements may apply to the rostering of officials for long distance events (800m, 1500m).</i>
FINA	<i>This gala will be run under FINA rules. In particular, please note that the regulations relating to FINA-approved swimsuits will be enforced.</i>
Withdrawals	<i>Swimmers must withdraw from finals within 30 minutes of the heat results being announced; failure to scratch from finals will lead to a fine of €20.00</i>
Complaints	<i>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.</i>
Code of Conduct	<i>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.</i>
Data Protection	<i>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).</i>
COVID Protocols	<p><i>The Leinster SC Championship Meet will be held in full compliance with all of the government guidelines pertaining to the COVID pandemic that are in operation on Nov 20th and 21st, in addition to the protocols and regulations agreed between Leinster Swimming and the management of the NAC.</i></p> <p><i>All Swimmers, Officials, Coaches and Team Managers (aged 18 or over) must complete (online) a COVID questionnaire in advance and submit it to the NAC. The questionnaire can be accessed here NAC Event Day Covid Form.</i></p> <p><i>Swimmers, Officials, Coaches and Team Managers should enter through the main doors of the NAC and pass through the turnstiles. They should then proceed to the viewing gallery above the changing rooms and establish a suitable section of seating to accommodate their team. Team Managers should discourage the mixing of swimmers between teams and ensure social distancing practices are adhered to. Officials, Coaches and Team Managers must wear face masks all the time while indoors in any part of the NAC buildings, except when taking food or drink.</i></p> <p><i>Swimmers must wear face masks when moving around the building, on the balconies, in the changing rooms, lining up, and on the pool deck generally.</i></p>
Digital Covid Certificates	<i>All persons aged 18 years of over, including swimmer, who enter the NAC must have a valid Digital Covid Certificate which indicates vaccination or recent recovery from COVID. DCCs will be checked on entry to the building. Clubs should ensure that all 18+ swimmers and parents are aware of this regulation. Those aged 18 or over who do not possess a Digital Covid Certificate should not travel to the NAC as they will be denied entry to the building.</i>

**LEINSTER SC CHAMPIONSHIPS NOVEMBER 2021
ORDER of EVENTS**

SATURDAY 20th NOVEMBER 2021

SESSION ONE				
HEATS Warm-Up 7:30am, Start 9.00am				

1	Mixed	4x50	Freestyle Relay	HDW
2	Girls	400	Freestyle	HDW
3	Boys	100	I.M.	Heats
4	Girls	50	Butterfly	Heats
5	Boys	50	Freestyle	Heats
6	Girls	200	Backstroke	Heats
7	Boys	200	Breaststroke	Heats
8	Girls	100	Breaststroke	Heats
9	Boys	100	Backstroke	Heats
10	Girls	200	I.M.	Heats
11	Boys	200	Freestyle	Heats

SESSION TWO				
FINALS Start 15mins after finish of Heats				

3	Boys	100	I.M.	1 Final
4	Girls	50	Butterfly	1 Final
5	Boys	50	Freestyle	1 Final
6	Girls	200	Backstroke	1 Final
7	Boys	200	Breaststroke	1 Final
8	Girls	100	Breaststroke	1 Final
9	Boys	100	Backstroke	1 Final
10	Girls	200	I.M.	1 Final
11	Boys	200	Freestyle	1 Final

SESSION THREE				
HEATS Warm-Up 2:00pm, Start 3.00pm				

12	Girls	200	Butterfly	Heats
13	Boys	100	Butterfly	Heats
14	Girls	100	Freestyle	Heats
15	Boys	50	Breaststroke	Heats
16	Girls	50	Backstroke	Heats
17	Boys	400	I.M.	HDW
18	Girls	4x50	Freestyle Relay	HDW
19	Boys	4x50	Freestyle Relay	HDW

SESSION FOUR				
FINALS Start 15mins after finish of Heats				

12	Girls	200	Butterfly	1 Final
13	Boys	100	Butterfly	1 Final
14	Girls	100	Freestyle	1 Final
15	Boys	50	Breaststroke	1 Final
16	Girls	50	Backstroke	1 Final
20	Boys	800	Freestyle	HDW (2 heats)
21	Girls	800	Freestyle	HDW (2 heats)

LEINSTER SC CHAMPIONSHIPS NOVEMBER 2021
ORDER of EVENTS

SUNDAY 21st NOVEMBER 2021

SESSION FIVE

HEATS Warm-Up 7:30am, Start 9.00am

22	Mixed	4x50	Medley Relay	HDW
23	Boys	400	Freestyle	HDW
24	Girls	100	I.M.	Heats
25	Boys	50	Butterfly	Heats
26	Girls	50	Freestyle	Heats
27	Boys	200	Backstroke	Heats
28	Girls	200	Breaststroke	Heats
29	Boys	100	Breaststroke	Heats
30	Girls	100	Backstroke	Heats
31	Boys	200	I.M.	Heats
32	Girls	200	Freestyle	Heats

SESSION SIX

FINALS Start 15mins after finish of Heats

24	Girls	100	I.M.	1 Final
25	Boys	50	Butterfly	1 Final
26	Girls	50	Freestyle	1 Final
27	Boys	200	Backstroke	1 Final
28	Girls	200	Breaststroke	1 Final
29	Boys	100	Breaststroke	1 Final
30	Girls	100	Backstroke	1 Final
31	Boys	200	I.M.	1 Final
32	Girls	200	Freestyle	1 Final

SESSION SEVEN

HEATS Warm-Up 2:00pm, Start 3.00pm

33	Boys	200	Butterfly	Heats
34	Girls	100	Butterfly	Heats
35	Boys	100	Freestyle	Heats
36	Girls	50	Breaststroke	Heats
37	Boys	50	Backstroke	Heats
38	Girls	400	I.M.	HDW
39	Boys	4x50	Medley Relay	HDW
40	Girls	4x50	Medley Relay	HDW

SESSION EIGHT

FINALS Start 15mins after finish of Heats

33	Boys	200	Butterfly	1 Final
34	Girls	100	Butterfly	1 Final
35	Boys	100	Freestyle	1 Final
36	Girls	50	Breaststroke	1 Final
37	Boys	50	Backstroke	1 Final
41	Girls	1500	Freestyle	HDW (1 heat)
42	Boys	1500	Freestyle	HDW (1 heat)

PLEASE NOTE – Depending on entries the competitions committee reserve the right to change the start time of the afternoon Heats sessions as required. Clubs will be notified in advance.

Water: Please note that, as an environment-friendly measure, Leinster Swimming will no longer distribute bottles of water to timekeepers/officials, but will provide a water-cooler in the call-room. Timekeepers/officials/coaches are welcome to bring their own bottles and fill them from the water cooler as required.

Qualifying Times for Leinster SC Championships Nov 2021
Short Course Times

	Boys		Girls	
	Youth 13-16 2005-2008	Senior 17+ <=2004	Youth 13-15 2006-2008	Senior 16+ <=2005
YOB				
50FC	00:28.70	00:25.20	00:31.20	00:30.20
100FC	01:00.40	00:56.40	01:08.40	01:05.40
200FC	02:17.80	02:06.80	02:28.80	02:22.80
400FC	04:53.60	04:43.60	05:19.60	05:05.60
800FC	10:02.20	09:37.20	10:52.20	10:27.20
1500FC	19:36.00	18:58.00	20:35.00	19:48.00
50BC	00:31.40	00:30.40	00:35.40	00:34.40
100BC	01:13.80	01:08.80	01:18.80	01:15.80
200BC	02:40.60	02:27.60	02:51.60	02:44.60
50BS	00:34.00	00:33.00	00:39.00	00:38.00
100BS	01:25.00	01:16.00	01:32.00	01:26.00
200BS	03:04.00	02:46.00	03:15.00	03:07.00
50BF	00:29.30	00:28.30	00:32.30	00:31.30
100BF	01:11.60	01:05.60	01:18.60	01:13.60
200BF	02:38.20	02:27.20	03:01.20	02:49.20
100IM	01:14.40	01:10.90	01:18.40	01:15.40
200IM	02:39.80	02:26.80	02:50.80	02:42.80
400IM	05:32.60	05:18.60	06:09.60	05:56.60

Consideration Times for Leinster SC Championships Nov 2021
Short Course Times

	Boys		Girls	
	Youth 13-16 2005-2008	Senior 17+ <=2004	Youth 13-15 2006-2008	Senior 16+ <=2005
YOB				
50FC	00:30.20	00:28.20	00:32.70	00:31.20
100FC	01:03.40	00:59.40	01:12.40	01:10.40
200FC	02:22.80	02:12.80	02:36.80	02:31.80
400FC	05:13.60	05:03.60	05:33.60	05:23.60
800FC	11:07.20	10:27.20	11:22.20	10:57.20
1500FC	20:46.00	20:21.00	21:36.00	20:46.00
50BC	00:36.40	00:34.40	00:40.40	00:38.40
100BC	01:21.80	01:16.80	01:23.80	01:20.80
200BC	02:53.60	02:42.60	03:02.60	02:53.60
50BS	00:40.00	00:37.00	00:45.00	00:42.50
100BS	01:31.00	01:25.50	01:38.00	01:32.00
200BS	03:15.00	03:01.00	03:24.00	03:18.00
50BF	00:36.30	00:34.30	00:39.30	00:36.80
100BF	01:19.60	01:13.60	01:24.60	01:18.60
200BF	02:50.20	02:41.20	03:15.20	03:05.20
100IM	01:20.40	01:17.40	01:24.40	01:21.40
200IM	02:46.80	02:40.80	03:01.80	02:52.80
400IM	05:48.60	05:33.60	06:23.60	06:13.60