

Enclosed please find entry details for the Leinster January Open Qualifying Gala (Long-Course; Level 3). This Gala is open to all swimmers registered with Swim Ireland or equivalent national swimming association.

Venue	National Aquatic Centre, Blanchardstown, Dublin 15
Format	LONG COURSE
Time	<p>Friday 21st January 2022</p> <p>Session 1: warm up 8.45am start 10.00am Session 2: warm up 2.00pm start 3.00pm</p> <p>Saturday 22nd January 2022</p> <p>Session 3: warm up 7.45am start 9.00am Session 4: warm up 2.00pm start 3.00pm</p> <p>Sunday 23rd January 2022</p> <p>Session 5: warm up 7.45am start 9.00am Session 6: warm up 2.00pm start 3.00pm</p>
Fee	€8 per Individual Event; €20 per Relay Event
Payment	<p>By Bank Transfer Name of Account: "Swim Ireland Leinster Region" IBAN: IE59AIBK93251559772204 BIC: AIBKIE2D</p> <p><i>If you are remitting through direct transfer, please reference the club and gala on the transfer narrative, and email the treasurer to confirm transfer at leinstertreasurer@swimireland.ie.</i></p> <p><i>As it may not be possible to accept all entries, fees due will be advised to clubs on final acceptance of entries.</i></p>
Eligibility	Only swimmers registered with Swim Ireland or equivalent national swimming association, aged 12 or over , are eligible to enter this gala. Ages are Year of Birth; as of Dec 31st 2022.
Entries	Gala Sec, Leinster Swimming. Entries, on Hy-Tek only . Entries should be emailed to leinstergalasecretary@swimireland.ie
Entries by:	Monday 10th January 2022.
Consideration Times	Consideration Times are provided below. Swimmers who have achieved CTs in any event will be considered for entry into those events, where time availability allows. CTs are provided as both LC and equivalent SC times. Entries for individual events with NT will be rejected.
Entry Times	Entry times must have been achieved after July 1st 2019 . Times may be those achieved in LC events or converted times from SC events.
Scratches	Scratches for this gala will close at 5pm on Thursday January 20th for Sessions 1 and 2, at 5pm on Friday January 21st for Sessions 3 and 4, and at 5pm on Saturday January 22nd for Sessions 5 and 6. Scratches via email to leinstergalasecretary@swimireland.ie or in person at the gala.

Team Managers	Clubs must provide the name(s) of their Team Managers in advance of the Meet. The names should be emailed to leinstergalasecretary@swimireland.ie by 5pm on Thursday Jan 20 th (closing time for scratches)
Officials	Clubs must provide officials in a ratio of one official to every four swimmers for each session (this includes the senior gala officials). Different arrangements will apply to the rostering of officials for long distance events (800m, 1500m).
Age Groups	Age-Groups for the purposes of Consideration Times and Finals will be: Age-Groups: 12, 13/14, 15/16, 17+
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. Heats will be consolidated across age-groups.
Finals	One final will be run in each 50m, 100m and 200m event for the following age-groups: Age-Groups: 12, 13/14, 15/16, 17+
Relays	All relay events will be HDW Relay Age Groups are 12-14 and 15+. Swimming up will not be permitted.
800m and 1500m events	800m and 1500m events will be held as mixed events. The number of heats of these events may be curtailed depending on the pool time available. Swimmers will be allocated places in the heats based on validated entry times. Swimmers who do not show up for these events and who have not scratched or provided evidence of relevant medical reasons for withdrawal will incur a fine of €20.00.
Medals	Medals will be awarded to the First, Second and Third placed swimmer or relay team for each age-group in each event.
Withdrawals	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
FINA	This gala will be run under FINA rules. In particular, please note that the regulations relating to FINA-approved swimsuits will be enforced.
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. For non-Irish swimmers, a registration number with the relevant national swimming association should be provided.
Entry Name Protocols	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 that the format of names within your Team Manager (or similar) database, and provided with entries, is as follows: All those with a Mac/Mc surname need to have a space after the Mac/Mc (e.g. Mac Donald, Mc Carthy); 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.

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 January 21st to 23rd 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>

ORDER OF EVENTS

Friday January 21st 2022

Session 1

Warm up 8.45 am, Start 10.00am

- | | | |
|-----------------------------------|--------|-----------------------|
| 1 | Female | 400m Free (HDW) |
| 2 | Male | 50m Breast |
| 3 | Female | 50m Breast |
| 4 | Male | 200m Fly |
| 5 | Female | 200m Fly |
| <i>15-minute Break</i> | | |
| <i>Finals of the Above Events</i> | | |
| 6 | Mixed | 4 x 100m Medley Relay |

Session 2

Warm up 2.00pm, Start 3.00pm

- | | | |
|-----------------------------------|--------|---------------------|
| 7 | Male | 400m Free (HDW) |
| 8 | Female | 50m Back |
| 9 | Male | 50m Back |
| 10 | Female | 200m Breast |
| 11 | Male | 200m Breast |
| <i>15-minute Break</i> | | |
| <i>Finals of the Above Events</i> | | |
| 12 | Mixed | 4 x 100m Free Relay |

Saturday January 22nd 2022

Session 3

Warm up 7.45 am, Start 9.00am

- | | | |
|-----------------------------------|--------|-----------------------|
| 13 | Female | 400m IM (HDW) |
| 14 | Male | 50m Free |
| 15 | Female | 50m Free |
| 16 | Male | 100m Back |
| 17 | Female | 100m Back |
| <i>15-minute Break</i> | | |
| <i>Finals of the Above Events</i> | | |
| 18 | Male | 4 x 100m Medley Relay |
| 19 | Mixed | 1500m Free (HDW) |

Session 4

Warm up 2.00pm, Start 3.00pm

- | | | |
|-----------------------------------|--------|-----------------------|
| 20 | Male | 400m IM (HDW) |
| 21 | Female | 100m Fly |
| 22 | Male | 100m Fly |
| 23 | Female | 200m Free |
| 24 | Male | 200m Free |
| <i>15-minute Break</i> | | |
| <i>Finals of the Above Events</i> | | |
| 25 | Female | 4 x 100m Medley Relay |

Sunday January 23rd 2022

Session 5

Warm up 7.45 am, Start 9.00am

- | | | |
|-----------------------------------|--------|---------------------|
| 26 | Male | 200m IM |
| 27 | Female | 50m Fly |
| 28 | Male | 50m Fly |
| 29 | Female | 100m Breast |
| 30 | Male | 100m Breast |
| <i>15-minute Break</i> | | |
| <i>Finals of the Above Events</i> | | |
| 31 | Female | 4 x 100m Free Relay |
| 32 | Mixed | 800m Free (HDW) |

Session 6

Warm up 2.00pm, Start 3.00pm

- | | | |
|-----------------------------------|--------|---------------------|
| 33 | Female | 200m IM |
| 34 | Male | 100m Free |
| 35 | Female | 100m Free |
| 36 | Male | 200m Back |
| 37 | Female | 200m Back |
| <i>15-minute Break</i> | | |
| <i>Finals of the Above Events</i> | | |
| 38 | Male | 4 x 100m Free Relay |

Leinster Open Qualifying Meet – January 2022

Open Qualifying Meet Consideration Times (LC times)				
Ages as of Dec 31 st 2022				
Male	12	13/14	15/16	17+
50FC	00:36.80	00:35.10	00:31.80	00:29.80
100FC	01:20.10	01:16.60	01:06.60	01:04.60
200FC	02:48.20	02:38.20	02:28.20	02:22.20
400FC	06:46.40	06:31.40	06:01.40	05:21.40
800FC	12:27.80	12:12.80	11:12.80	10:27.80
1500FC	23:24.00	22:54.00	21:24.00	20:24.00
50BC	00:45.60	00:44.60	00:42.60	00:41.60
100BC	01:34.20	01:33.20	01:27.50	01:26.20
200BC	03:20.40	03:17.40	03:02.40	02:52.40
50BS	00:53.00	00:51.00	00:47.00	00:45.00
100BS	01:49.00	01:46.00	01:35.50	01:34.00
200BS	03:59.00	03:47.00	03:29.00	03:22.00
50BF	00:46.10	00:45.70	00:44.70	00:43.70
100BF	01:51.40	01:49.40	01:36.40	01:25.40
200BF	04:22.80	04:07.80	03:47.80	03:43.80
200IM	03:08.20	03:03.20	02:53.20	02:43.20
400IM	07:36.40	07:16.40	06:46.40	06:31.40
Female	12	13/14	15/16	17+
50FC	00:35.80	00:34.80	00:32.80	00:32.00
100FC	01:17.60	01:14.10	01:10.10	01:09.10
200FC	02:48.20	02:38.20	02:28.20	02:23.20
400FC	06:46.40	06:31.40	06:06.40	05:31.40
800FC	12:57.80	12:42.80	12:12.80	11:42.80
1500FC	23:24.00	22:54.00	21:54.00	20:54.00
50BC	00:44.10	00:42.60	00:41.10	00:40.60
100BC	01:29.70	01:26.20	01:21.20	01:20.20
200BC	03:20.40	03:17.40	03:07.40	02:58.40
50BS	00:52.50	00:52.00	00:49.00	00:47.00
100BS	01:44.00	01:41.00	01:36.50	01:36.00
200BS	03:59.00	03:47.00	03:32.00	03:29.00
50BF	00:46.70	00:45.70	00:43.70	00:42.70
100BF	01:43.90	01:41.90	01:30.40	01:29.90
200BF	04:22.80	04:07.80	03:53.80	03:51.80
200IM	03:08.20	03:05.20	02:55.20	02:49.20
400IM	07:36.40	07:16.40	06:51.40	06:36.40

Leinster Open Qualifying Meet – January 2022

Open Qualifying Meet Consideration Times (equivalent SC times)				
Ages as of Dec 31 st 2022				
Male	12	13/14	15/16	17+
50FC	00:36.00	00:34.30	00:31.00	00:29.00
100FC	01:18.50	01:15.00	01:05.00	01:03.00
200FC	02:45.00	02:35.00	02:25.00	02:19.00
400FC	06:40.00	06:25.00	05:55.00	05:15.00
800FC	12:15.00	12:00.00	11:00.00	10:15.00
1500FC	23:00.00	22:30.00	21:00.00	20:00.00
50BC	00:45.00	00:44.00	00:42.00	00:41.00
100BC	01:33.00	01:32.00	01:26.30	01:25.00
200BC	03:18.00	03:15.00	03:00.00	02:50.00
50BS	00:52.00	00:50.00	00:46.00	00:44.00
100BS	01:47.00	01:44.00	01:33.50	01:32.00
200BS	03:55.00	03:43.00	03:25.00	03:18.00
50BF	00:45.37	00:45.00	00:44.00	00:43.00
100BF	01:50.00	01:48.00	01:35.00	01:24.00
200BF	04:20.00	04:05.00	03:45.00	03:41.00
200IM	03:05.00	03:00.00	02:50.00	02:40.00
400IM	07:30.00	07:10.00	06:40.00	06:25.00
Female	12	13/14	15/16	17+
50FC	00:35.00	00:34.00	00:32.00	00:31.20
100FC	01:16.00	01:12.50	01:08.50	01:07.50
200FC	02:45.00	02:35.00	02:25.00	02:20.00
400FC	06:40.00	06:25.00	06:00.00	05:25.00
800FC	12:45.00	12:30.00	12:00.00	11:30.00
1500FC	23:00.00	22:30.00	21:30.00	20:30.00
50BC	00:43.50	00:42.00	00:40.50	00:40.00
100BC	01:28.50	01:25.00	01:20.00	01:19.00
200BC	03:18.00	03:15.00	03:05.00	02:56.00
50BS	00:51.50	00:51.00	00:48.00	00:46.00
100BS	01:42.00	01:39.00	01:34.50	01:34.00
200BS	03:55.00	03:43.00	03:28.00	03:25.00
50BF	00:46.00	00:45.00	00:43.00	00:42.00
100BF	01:42.50	01:40.50	01:29.00	01:28.50
200BF	04:20.00	04:05.00	03:51.00	03:49.00
200IM	03:05.00	03:02.00	02:52.00	02:46.00
400IM	07:30.00	07:10.00	06:45.00	06:30.00