

Dear Club Secretary,

Enclosed please find entry details for the Leinster Aspiring Champions Meet 2. (Level Three). There are qualifying or consideration times in respect of this meet.

<b>Venue</b>	<i>National Aquatic Centre, Abbottstown, Dublin</i>
<b>Format</b>	<i>LONG COURSE</i>
<b>Time</b>	<p><i>Saturday 8th March 2025</i></p> <p><u>Session 1:</u>                      warm up 7.45am                      start 9.00am</p> <p><u>Session 2:</u>                      warm up 2.00pm                      start 3.00pm</p> <p><i>Sunday 9<sup>th</sup> March 2025</i></p> <p><u>Session 3:</u>                      warm up 7.45am                      start 9.00am</p> <p><u>Session 4:</u>                      warm up 2.00pm                      start 3.00pm</p>
<b>Fee</b>	<i>€10 per Individual Event; €20 per Relay Team</i>
<b>Payment</b>	<p><b>Payment by Bank Transfer</b>  <b>Name of Account:</b> "Swim Ireland Leinster Region"  <b>IBAN:</b> IE59AIBK93251559772204  <b>BIC:</b> AIBKIE2D</p> <p><i>When remitting the fees by cheque, please note the club and the name of the gala on the back. If transferring directly, please reference the club and gala on the transfer narrative, and email the treasurer to confirm transfer at <a href="mailto:leinstertreasurer@swimireland.ie">leinstertreasurer@swimireland.ie</a>.</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>
<b>Eligibility</b>	<b>Only swimmers registered with Leinster clubs, aged 13 and above are eligible to enter this gala. Ages are as of December 31<sup>st</sup> 2025</b>
<b>Entries</b>	<i>Gala Sec, Leinster Swimming. Entries, <b>on Hy-Tek only</b>. Entries should be emailed to <a href="mailto:leinstergalasecretary@swimireland.ie">leinstergalasecretary@swimireland.ie</a></i>
<b>Entries by:</b>	<b>Monday 24<sup>th</sup> February 2025</b>
<b>Officials</b>	<i>Clubs must provide officials in a ratio of one official to every four swimmers for each Session (this includes the senior gala officials).</i>
<b>Scratches</b>	<i>Scratches for this gala will close at <b>5pm</b> on the evening before the gala; that is <b>6pm</b> on Friday March 7<sup>th</sup>. Scratches to be sent via email to <a href="mailto:leinstergalasecretary@swimireland.ie">leinstergalasecretary@swimireland.ie</a></i>

<b>Consideration Times</b>	<i>Consideration times are provided below.</i>
<b>Finals</b>	<i>There will be no Finals in this Meet. All events will be Heat Declared Winner (HDW)</i>
<b>Relays</b>	<i>Relay teams will be accommodated in two age-groups, as follows:</i> <ol style="list-style-type: none"> <li>1. 13yrs – 16yrs</li> <li>2. 17yrs +</li> </ol>
<b>Session Start Times</b>	<i>The Start Times of sessions as indicated in the Order of Events may be changed in the light of entries received and the logistics of running the Meet within Swim Ireland regulations relating to Session duration etc.</i>
<b>Entry Limits</b>	<i>Swimmers may enter a maximum of <b>Six</b> individual events at this Meet, with a maximum of <b>Three</b> individual entries permitted in each session.</i>
<b>Swim Ireland Reg. Number</b>	<i>A Swim Ireland registration number must be included with every entry. This number is the unique identifier of every swimmer in the national database.</i>
<b>Entry Name Protocols</b>	<i>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:</i>  <i>All those with a Mac/Mc surname need to have a space after the Mac/Mc (e.g. Mac Dougal, Mc Donnell);</i>  <i>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.</i>
<b>Code of Conduct</b>	<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>
<b>Data Protection</b>	<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>

## ORDER OF EVENTS

### SATURDAY MARCH 8<sup>TH</sup> 2025

#### Session 1 – warm up 7.45am, start 9.00am

##### Event #

1	Open	13 & Over	400m	Freestyle
2	Girls	13 & Over	200m	Breaststroke
3	Open	13 & Over	200m	Breaststroke
4	Girls	13 & Over	100m	Freestyle
5	Open	13 & Over	100m	Freestyle
6	Girls	13 & Over	200m	Butterfly
7	Open	13 & Over	200m	Butterfly
8	Girls	13 & Over	50m	Breaststroke
9	Open	13 & Over	50m	Breaststroke
10	Girls	13 & Over	4 x 100m	Medley Relay
11	Open	13 & Over	4 x 100m	Freestyle Relay

#### Session 2 – warm up 2.00pm, start 3.00pm

##### Event #

12	Girls	13 & Over	400m	Individual Medley
13	Open	13 & Over	200m	Freestyle
14	Girls	13 & Over	200m	Freestyle
15	Open	13 & Over	100m	Breaststroke
16	Girls	13 & Over	100m	Breaststroke
17	Open	13 & Over	50m	Freestyle
18	Girls	13 & Over	50m	Freestyle
19	Mixed	13 & Over	4 x 100m	Freestyle Relay
20	Mixed	13 & Over	800m	Freestyle

### ORDER OF EVENTS

**SUNDAY MARCH 9<sup>TH</sup> 2025**

#### Session 3 – warm up 7.45am, start 9.00am

##### Event #

21	Girls	13 & Over	400m	Freestyle
22	Open	13 & Over	200m	Individual Medley
23	Girls	13 & Over	200m	Individual Medley
24	Open	13 & Over	100m	Backstroke
25	Girls	13 & Over	100m	Backstroke
26	Open	13 & Over	50m	Butterfly
27	Girls	13 & Over	50m	Butterfly
28	Open	13 & Over	4 x 100m	Medley Relay
29	Girls	13 & Over	4 x 100m	Freestyle Relay

#### Session 4 – warm up 2.00pm, start 3.00pm

##### Event #

30	Open	13 & Over	400m	Individual Medley
31	Girls	13 & Over	200m	Backstroke
32	Open	13 & Over	200m	Backstroke
33	Girls	13 & Over	100m	Butterfly
34	Open	13 & Over	100m	Butterfly
35	Girls	13 & Over	50m	Backstroke
36	Open	13 & Over	50m	Backstroke
37	Mixed	13 & Over	4 x 100m	Medley Relay
38	Mixed	13 & Over	1500m	Freestyle

### Consideration Times

Male/Open	13	14	15	16	17+
	2012	2011	2010	2009	2008
50FC	00:38.4	00:38.4	00:36.0	00:36.0	00:32.4
100FC	01:21.6	01:21.6	01:14.4	01:14.4	01:12.0
200FC	03:00.0	03:00.0	02:49.2	02:49.2	02:40.8
400FC	06:20.0	06:20.0	06:00.0	06:00.0	05:45.0
800FC	12:30.0	12:28.0	11:57.0	11:57.0	11:57.0
1500FC	21:30.0	21:30.0	20:45.0	19:55.0	19:55.0
50BC	00:50.4	00:50.4	00:44.4	00:44.4	00:43.6
100BC	01:38.4	01:38.4	01:30.0	01:30.0	01:26.0
200BC	03:26.4	03:26.4	03:15.6	03:15.6	03:06.0
50BS	00:54.0	00:54.0	00:49.0	00:49.0	00:47.0
100BS	01:50.4	01:50.4	01:44.4	01:44.4	01:37.2
200BS	04:00.0	04:00.0	03:45.6	03:45.6	03:33.6
50BF	00:48.0	00:48.0	00:44.4	00:44.4	00:43.2
100BF	01:37.2	01:37.2	01:27.6	01:27.6	01:22.8
200BF	03:53.3	03:53.3	03:13.2	03:13.2	02:55.2
200IM	03:27.6	03:27.6	03:15.6	03:15.6	03:07.2
400IM	06:46.8	06:46.8	06:42.0	06:42.0	06:42.0
Female	13	14	15	16	17+
50FC	00:39.0	00:39.0	00:37.8	00:37.8	00:37.2
100FC	01:24.0	01:24.0	01:22.8	01:22.8	01:20.5
200FC	03:03.0	03:03.0	02:58.0	02:58.0	02:56.0
400FC	06:15.0	06:15.0	06:00.0	06:00.0	05:45.0
800FC	12:28.0	12:28.0	11:57.0	11:57.0	11:57.0
1500FC	21:00.0	21:00.0	21:00.0	20:30.0	20:30.0
50BC	00:55.2	00:55.2	00:48.0	00:48.0	00:46.8
100BC	01:38.4	01:38.4	01:36.0	01:36.0	01:32.4
200BC	03:33.6	03:33.6	03:24.0	03:24.0	03:20.4
50BS	01:00.0	01:00.0	00:54.0	00:54.0	00:52.8
100BS	01:55.2	01:55.2	01:50.4	01:50.4	01:45.6
200BS	04:10.8	04:10.8	03:56.4	03:56.4	03:49.2
50BF	00:51.6	00:51.6	00:46.8	00:46.8	00:45.6
100BF	01:39.6	01:39.6	01:33.6	01:33.6	01:30.0
200BF	03:45.2	03:45.2	03:33.6	03:33.6	03:26.4
200IM	03:45.6	03:45.6	03:34.8	03:34.8	03:25.4
400IM	06:44.0	06:44.0	06:34.0	06:24.0	06:24.0