

Dear Club Secretary,

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 24th January 2025</p> <p>Session 1: warm up 7.45am start 9.00am</p> <p><u>Session 2:</u> warm up 1.00pm start 2.00pm</p> <p><u>Session 3 (Finals):</u> warm up 4.00pm start 5.00pm</p> <p>Saturday 25th January 2025</p> <p>Session 4: warm up 7.45am start 9.00am</p> <p><u>Session 5:</u> warm up 1.00pm start 2.00pm</p> <p><u>Session 6 (Finals):</u> warm up 4.00pm start 5.00pm</p> <p>Sunday 26th January 2025</p> <p>Session 7: warm up 7.45am start 9.00am</p> <p>Session 8: warm up 1.00pm start 2.00pm</p> <p>Session 9 (Finals): warm up 3.30pm start 4.30pm</p>
Fee	€9 per Individual 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 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 2025. Swimmers should have achieved the Consideration Times as indicated below, but achievement of the Consideration Times does not guarantee entry into the gala. 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:	Monday 13th January 2024.
Scratches	Scratches for this gala will close at 5pm on Thursday January 23rd for Sessions 1 and 2, 5pm on Friday January 24th for Sessions 3 and 4, and Saturday January 25th for Sessions 5 and 6. Scratches via email to leinstergalasecretary@swimireland.ie or in person at the gala.

Officials	<i>Clubs must provide officials in a ratio of one official to every four swimmers (this includes the senior gala officials). Different arrangements will apply to the rostering of officials for long distance events (800m, 1500m).</i>
Heats	<i>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 within the prescribed time limits</i>
Age Groups	<i>Consideration Times will be assessed, and medals awarded, according to the following age-groups: 12, 13/14, 15/16, 17+</i>
Entry Times	<i>Entry times must have been achieved in open competition after Jan 1st 2024</i>
Paralympic and Special Needs	<i>Paralympic and Special Needs swimmers are very welcome at this Open gala and need not have achieved the Consideration Times. Gala Secs are asked to identify Paralympic and Special Needs swimmers included in their entries.</i>
Events	<i>400m and longer events will be Heat-Declared Winner. 800m and 1500m events will be Mixed. In the event that the Mixed events are over-subscribed, an equal number of "Female" and "Open" swimmers will be accepted into each one (see the SI Transgender and Non-Binary Competition Policy below).. 50m, 100m and 200m events will have Heats and Finals.</i>
Finals	<i>For those event with Heats and Finals, there will be one Final in each of the following age-groups: 12, 13/14, 15/16, 17+</i>
Medals	<i>Heats will be consolidated across all age-groups and seeded accordingly. Medals will be awarded to the three fastest swimmers in each age-group for each event.</i>
Swim Ireland Registration Number	<i>A Swim Ireland or other national registration number must be included with every entry. The Swim Ireland 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 must be provided.</i>
Entry Name Protocols	<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 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.</i>
FINA Rules for Swimsuits	<i>This gala will be run under FINA rules. In particular, please note that the regulations relating to FINA-approved swimsuits will be enforced. Only technical swimsuits will be required to have a FINA-approved logo attached.</i>

Swim Ireland Transgender and Non-Binary Competition Policy.	<p><i>In accordance with the Swim Ireland Transgender and Non-Binary Competition Policy, the categories for competitive swimming are now defined as follows:</i></p> <ol style="list-style-type: none"> <i>1. Female – athletes with a birth sex of female</i> <i>2. Open – athletes with a birth sex of male, trans or non-binary competitors and any competitor not eligible for the Female category</i> <p><i>The documentation for this competition has been prepared to reflect this policy.</i></p>
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>

ORDER OF EVENTS

Friday January 24th 2025

SESSION ONE - HEATS

Warm up 7.45 am, Start 9.00am

Ev No.	Gender	Event
1	Open	400m I.M. H.D.W.
2	Female	200m BRS
3	Open	200m BRS
4	Female	100m B/C
5	Open	100m B/C
6	Female	50m F/C
7	Open	50m F/C
8	Female	200m FLY
9	Open	200m FLY

SESSION TWO – H.D.W.

Warm up 1.00 pm, Start 2.00pm

10	Mixed	1500m F/C H.D.W. (Max. 4 Heats)
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SESSION THREE - FINALS

Warm up 4.00 pm, Start 5.00pm

Age Groups for Finals: 12; 13/14; 15/16; 17+

Ev No.	Gender	Event
2	Female	200m BRS
3	Open	200m BRS
4	Female	100m B/C
5	Open	100m B/C
6	Female	50m F/C
7	Open	50m F/C
8	Female	200m FLY
9	Open	200m FLY

Saturday January 25th 2025**SESSION FOUR - HEATS****Warm up 7.45 am, Start 9.00am**

Ev No.	Gender	Event
11	Female	200m B/C
12	Open	200m B/C
13	Female	100m F/C
14	Open	100m F/C
15	Female	50m BRS
16	Open	50m BRS
17	Female	200m I.M.
18	Open	200m I.M.
19	Female	50m FLY
20	Open	50m FLY

SESSION FIVE – H.D.W.**Warm up 1.00 pm, Start 2.00pm**

21	Female	400m F/C H.D.W.
22	Open	400m F/C H.D.W.

SESSION SIX - FINALS**Warm up 4.00 pm, Start 5.00pm****Age Groups for Finals: 12; 13/14; 15/16; 17+**

Ev No.	Gender	Event
11	Female	200m B/C
12	Open	200m B/C
13	Female	100m F/C
14	Open	100m F/C
15	Female	50m BRS
16	Open	50m BRS
17	Female	200m I.M.
18	Open	200m I.M.
19	Female	50m FLY
20	Open	50m FLY

Sunday January 26th 2025**SESSION SEVEN - HEATS****Warm up 7.45 am, Start 9.00am**

Ev No.	Gender	Event
23	Female	400m I.M. H.D.W.
24	Open	200m F/C
25	Female	200m F/C
26	Open	100m BRS
27	Female	100m BRS
28	Open	50m B/C
29	Female	50m B/C
30	Open	100m FLY
31	Female	100m FLY

SESSION EIGHT – H.D.W.**Warm up 1.00 pm, Start 2.00pm**

32	Mixed	800m F/C H.D.W. (Max.8 Heats)
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SESSION NINE - FINALS**Warm up 3.30 pm, Start 4.30pm****Age Groups for Finals: 12; 13/14; 15/16; 17+**

Ev No.	Gender	Event
24	Open	200m F/C
25	Female	200m F/C
26	Open	100m BRS
27	Female	100m BRS
28	Open	50m B/C
29	Female	50m B/C
30	Open	100m FLY
31	Female	100m FLY

Leinster LC Open Qualifying Meet – January 2025

	Open Qualifying Meet Consideration Times (LC times)			
	Ages as of Dec 31 st 2025			
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	01:05.00	01:04.00
200FC	02:48.20	02:38.20	02:26.00	02:21.00
400FC	06:45.00	06:14.00	05:20.00	05:15.00
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	01:23.00	01:20.00
200BC	03:20.40	03:17.40	02:56.00	02:50.00
50BS	00:53.00	00:51.00	00:47.00	00:45.00
100BS	01:49.00	01:46.00	01:33.00	01:30.00
200BS	03:59.00	03:47.00	03:19.00	03:12.00
50BF	00:46.10	00:45.70	00:44.70	00:43.70
100BF	01:46.00	01:36.00	01:21.00	01:17.00
200BF	03:56.00	03:30.00	03:00.00	02:50.00
200IM	03:08.20	03:03.20	02:48.00	02:43.20
400IM	06:55.00	06:50.00	06:45.00	06:32.00
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	06:25.00	05:50.00	05:30.00
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	03:00.00	02:56.00
50BS	00:52.50	00:52.00	00:49.00	00:47.00
100BS	01:44.00	01:41.00	01:36.50	01:34.00
200BS	03:59.00	03:47.00	03:26.00	03:23.00
50BF	00:46.70	00:45.70	00:43.70	00:42.70
100BF	01:43.90	01:41.90	01:23.00	01:20.00
200BF	04:22.80	04:07.80	03:15.00	03:10.00
200IM	03:08.20	03:05.20	02:55.20	02:49.20
400IM	07:25.00	07:00.00	06:45.00	06:30.00

Leinster LC Open Qualifying Meet – January 2025

	Open Qualifying Meet Consideration Times (equivalent SC times)			
	Ages as of Dec 31 st 2025			
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	01:03.40	01:02.40
200FC	02:45.00	02:35.00	02:22.80	02:17.80
400FC	06:38.60	06:07.60	05:13.60	05:08.40
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	01:21.80	01:18.80
200BC	03:18.00	03:15.00	02:53.60	02:47.60
50BS	00:52.00	00:50.00	00:46.00	00:44.00
100BS	01:47.00	01:44.00	01:31.00	01:28.00
200BS	03:55.00	03:43.00	03:15.00	03:08.00
50BF	00:45.37	00:45.00	00:44.00	00:43.00
100BF	01:44.60	01:34.60	01:19.60	01:15.60
200BF	03:53.20	03:27.20	02:57.20	02:47.20
200IM	03:05.00	03:00.00	02:50.00	02:40.00
400IM	06:48.60	06:43.60	06:38.60	06:25.40
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	06:18.60	05:43.60	05:23.60
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	02:57.60	02:53.40
50BS	00:51.50	00:51.00	00:48.00	00:46.00
100BS	01:42.00	01:39.00	01:34.50	01:32.00
200BS	03:55.00	03:43.00	03:22.00	03:19.00
50BF	00:46.00	00:45.00	00:43.00	00:42.00
100BF	01:42.50	01:40.50	01:21.60	01:18.60
200BF	04:20.00	04:05.00	03:48.20	03:07.20
200IM	03:05.00	03:02.00	02:52.00	02:46.00
400IM	07:18.60	06:53.60	06:38.60	06:23.60