

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	<u>Saturday 22<sup>nd</sup> November 2025</u> <div>Session 1: Heats    </div>		

12 yr olds	Swim Ireland have agreed to allow 12yr olds to compete in the SC Championships on the following limited basis: <ul style="list-style-type: none"><li>12yr olds must qualify on the basis of the QTs in 200m events only.</li><li>12yr olds who qualify on this basis may also enter the 50m event in their stroke(s) of qualification (no CT or QT necessary for this shorter distance)</li><li>12yr olds who qualify on the basis of the 200m Free QTs may also enter the 400m Free (no CT or QT necessary for the 400m distance)</li></ul>
!! Hy-Tek Team Manager Eligibility Report (and equivalent)	As no CTs or QTs have been defined for 12yr olds for the 50m events or for the 400m Free, the Hy-Tek Team Manager eligibility report (or equivalent) will appear to show that all 12yr olds in a club are eligible to enter these events. This is not correct! <b>Only 12 yr olds</b> who meet the <b>eligibility criteria for the 200m events</b> are allowed to enter. Any other entries received in respect to 12yr old swimmers will be deleted. <b>Gala Secs please take note.</b>
Age Groups	Qualification Times and Consideration Times will be assessed under different age-groupings, as follows:
	Age GroupAll12 yr olds (QTs only)
	YouthGirls13-17 yr olds
	Open13-18 yr olds
	SeniorGirls18+ yrs
Open19+ yrs	
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	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:  All those with a Mac/Mc surname need to have a space after the Mac/Mc (e.g. Mac Dougal, Mc Donnell);  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.
Entry Times	Entry times must have been achieved in open competition <b>after May 1<sup>st</sup> 2024</b>
Scratches	Scratches for this gala will close at <b>5pm</b> on Friday November 21 <sup>st</sup> for Session 1 and 2, and <b>5pm</b> on Saturday November 22 <sup>nd</sup> for Sessions 4 and 5. Scratches via email to <a href="mailto:leinstergalasecretary@swimireland.ie">leinstergalasecretary@swimireland.ie</a> or in person at the gala.
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	<b>A and B Finals</b> 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.

<b>800m and 1500m events</b>	<i>The 800m and 1500m events will be mixed events. In the case of the 800m event, there will be a maximum of four heats, with 20 Open and 20 Female accepted. In the case of the 1500m event, there will be a maximum of two heats, with 10 Open and 10 Female accepted. Swimmers will be allocated places in the heats based on validated entry times.</i>
<b>Relays</b>	<i>All relay events will be Open-Age; 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.</i>
<b>Medals</b>	<p><i>The first three swimmers in each 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:</i></p> <ul style="list-style-type: none"> <li><i>Youth medal candidates must have qualified for a final (A or B) in the 50m, 100m and 200m events;</i></li> <li><i>Youth swimmers who win championship medals will not be awarded an age-group medal;</i></li> </ul> <p><i>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.</i></p>
<b>Officials</b>	<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>
<b>World Aquatics (WA)</b>	<i>This gala will be run under FINA rules. In particular, please note that the regulations relating to FINA-approved swimsuits will be enforced for “tech” swimsuits. However please note that <b>non-tech swimsuits may be worn</b> and do not need to be FINA-approved. Swimmers have a choice between wearing non-tech swimsuits or FINA-approved tech swimsuits.</i>
<b>Withdrawals</b>	<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>
<b>Complaints</b>	<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>
<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>Discrepancies</b>	<i>In the case of any discrepancy or difference between the meet information provided in this document and the meet information provided via the Hy-Tek meet set-up file, the information in this document shall be the definitive information and shall prevail.</i>

<p><b>Swim Ireland Transgender and Non-Binary Competition Policy.</b></p>	<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"> <li><i>1. Female – athletes with a birth sex of female</i></li> <li><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></li> </ol> <p><i>The documentation for this competition has been prepared to reflect this policy.</i></p>
<p><b>Data Protection</b></p>	<p><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></p>

## LEINSTER SC CHAMPIONSHIPS NOVEMBER 2025

### ORDER of EVENTS

**SATURDAY 22<sup>nd</sup> NOVEMBER 2025**

SESSION ONE				
HEATS Warm-Up 7:30am, Start 9.00am				
1	Mixed	4x50	Freestyle Relay	HDW
2	Female	400	Freestyle	HDW
3	Open	100	I.M.	Heats
4	Female	50	Butterfly	Heats
5	Open	50	Freestyle	Heats
6	Female	200	Backstroke	Heats
7	Open	200	Breaststroke	Heats
8	Female	100	Breaststroke	Heats
9	Open	100	Backstroke	Heats
10	Female	200	I.M.	Heats
SESSION TWO				
HEATS Warm-Up 12:00 noon, Start 1.00pm				
11	Open	200	Freestyle	Heats
12	Female	200	Butterfly	Heats
13	Open	100	Butterfly	Heats
14	Female	100	Freestyle	Heats
15	Open	50	Breaststroke	Heats
16	Female	50	Backstroke	Heats
17	Open	400	I.M.	HDW
18	Mixed	800	Freestyle	HDW
SESSION THREE				
FINALS Warm-Up 4:00pm, Start 5.00pm				
3	Open	100	I.M.	2 Finals
4	Female	50	Butterfly	2 Finals
5	Open	50	Freestyle	2 Finals
6	Female	200	Backstroke	2 Finals
7	Open	200	Breaststroke	2 Finals
8	Female	100	Breaststroke	2 Finals
9	Open	100	Backstroke	2 Finals
10	Female	200	I.M.	2 Finals
11	Open	200	Freestyle	2 Finals
12	Female	200	Butterfly	2 Finals
13	Open	100	Butterfly	2 Finals
14	Female	100	Freestyle	2 Finals
15	Open	50	Breaststroke	2 Finals
16	Female	50	Backstroke	2 Finals
19	Open	4x50	Freestyle Relay	HDW
20	Female	4x50	Freestyle Relay	HDW



**LEINSTER SC CHAMPIONSHIPS NOVEMBER 2025**  
**ORDER of EVENTS**

**SUNDAY 23<sup>rd</sup> NOVEMBER 2025**

SESSION FOUR				
HEATS Warm-Up 7:30am, Start 9.00am				
21	Mixed	4x50	Medley Relay	HDW
22	Open	400	Freestyle	HDW
23	Female	100	I.M.	Heats
24	Open	50	Butterfly	Heats
25	Female	50	Freestyle	Heats
26	Open	200	Backstroke	Heats
27	Female	200	Breaststroke	Heats
28	Open	100	Breaststroke	Heats
29	Female	100	Backstroke	Heats
30	Open	200	I.M.	Heats
SESSION FIVE				
HEATS Warm-Up 12:00 noon, Start 1.00pm				
31	Female	200	Freestyle	Heats
32	Open	200	Butterfly	Heats
33	Female	100	Butterfly	Heats
34	Open	100	Freestyle	Heats
35	Female	50	Breaststroke	Heats
36	Open	50	Backstroke	Heats
37	Female	400	I.M.	HDW
38	Mixed	1500	Freestyle	HDW
SESSION SIX				
FINALS Warm-Up 4:00pm, Start 5.00pm				
23	Female	100	I.M.	2 Finals
24	Open	50	Butterfly	2 Finals
25	Female	50	Freestyle	2 Finals
26	Open	200	Backstroke	2 Finals
27	Female	200	Breaststroke	2 Finals
28	Open	100	Breaststroke	2 Finals
29	Female	100	Backstroke	2 Finals
30	Open	200	I.M.	2 Finals
31	Female	200	Freestyle	2 Finals
32	Open	200	Butterfly	2 Finals
33	Female	100	Butterfly	2 Finals
34	Open	100	Freestyle	2 Finals
35	Female	50	Breaststroke	2 Finals
36	Open	50	Backstroke	2 Finals
39	Female	4x50	Medley Relay	HDW
40	Open	4x50	Medley Relay	HDW

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

**Qualifying Times for Leinster SC Championships Nov 2025**

**Short Course Times**

	Open			Female		
	Age Group	Youth	Senior	Age Group	Youth	Senior
	12	13-18	19+	12	13-17	18+
	2013	2007-2012	<=2006	2013	2008-2012	<=2007
<b>YOB</b>						
<b>50FC</b>		00:28.70	00:25.50		00:31.20	00:30.20
<b>100FC</b>		01:00.40	00:56.40		01:08.40	01:05.40
<b>200FC</b>	2:17.80	02:17.80	02:06.80	02:28.80	02:28.80	02:22.80
<b>400FC</b>		04:53.60	04:43.60		05:19.60	05:05.60
<b>800FC</b>		10:02.20	09:37.20		10:52.20	10:27.20
<b>1500FC</b>		19:36.00	18:58.00		20:35.00	19:48.00
<b>50BC</b>		00:31.40	00:30.40		00:35.40	00:34.40
<b>100BC</b>		01:13.80	01:08.80		01:18.80	01:15.80
<b>200BC</b>	2:40.60	02:40.60	02:27.60	02:51.60	02:51.60	02:44.60
<b>50BS</b>		00:34.00	00:33.00		00:39.00	00:38.00
<b>100BS</b>		01:25.00	01:16.00		01:32.00	01:26.00
<b>200BS</b>	3:04.00	03:04.00	02:46.00	03:15.00	03:15.00	03:07.00
<b>50BF</b>		00:29.30	00:28.30		00:32.30	00:31.30
<b>100BF</b>		01:11.60	01:05.60		01:18.60	01:13.60
<b>200BF</b>	02:38.20	02:38.20	02:27.20	03:01.20	03:01.20	02:49.20
<b>100IM</b>		01:14.40	01:10.90		01:18.40	01:15.40
<b>200IM</b>	02:39.80	02:39.80	02:26.80	02:50.80	02:50.80	02:42.80
<b>400IM</b>		05:32.60	05:18.60		06:09.60	05:56.60

**Note:** As the 800m and 1500m events are Mixed, the Youth age-range for these events will be 13-18 for both genders, and the Senior category will be 19+. Thus the QTs and CTs shown above as 13-17 for the Female swimmers in these events only, will extend to 18yr old Female swimmers also.

Consideration Times for Leinster SC Championships Nov 2025  
Short Course Times

	Open				Female		
	Age Group	Youth	Senior		Age Group	Youth	Senior
	12	13-18	19+		12	13-17	18+
YOB	2013	2007-2012	<=2006	2013	2008-2012	<=2007	
50FC	2:17.80	00:28.70	00:25.50	02:28.80	00:31.20	00:30.20	
100FC		01:02.82	00:58.66		01:11.40	01:08.02	
200FC		02:31.30	02:11.87		02:34.75	02:28.51	
400FC		05:05.34	04:54.94		05:32.38	05:17.82	
800FC		10:02.20	09:37.20		10:52.20	10:27.20	
1500FC	2:40.60	19:36.00	18:58.00	02:51.60	20:35.00	19:48.00	
50BC		00:31.40	00:30.40		00:35.40	00:34.40	
100BC		01:16.75	01:11.55		01:21.95	01:18.83	
200BC		02:47.02	02:33.50		02:58.46	02:51.18	
50BS		00:34.00	00:33.00		00:39.00	00:38.00	
100BS	3:04.00	01:28.40	01:19.04	03:15.00	01:35.68	01:29.44	
200BS		03:11.36	02:52.64		03:22.80	03:14.48	
50BF		00:29.30	00:28.30		00:32.30	00:31.30	
100BF		01:14.46	01:08.22		01:21.74	01:16.54	
200BF		02:44.53	02:33.09		03:08.45	02:55.97	
100IM	02:39.80	01:17.38	01:13.74	02:50.80	01:21.54	01:18.42	
200IM		02:46.19	02:32.67		02:57.63	02:49.31	
400IM		05:45.90	05:31.34		06:24.38	06:11.07	

**Note:** As the 800m and 1500m events are Mixed, the Youth age-range for these events will be 13-18 for both genders, and the Senior category will be 19+. Thus the QTs and CTs shown above as 13-17 for the Female swimmers, in these events only, will extend to 18yr old Female swimmers also.

**Mixed Relay:** In accordance with the Swim Ireland "Transgender and Non-Binary Participation and Competition Policy", teams entered into the Mixed Relay events should be composed of 2 swimmers from the Open category and 2 swimmers from the Female category.