

Swim Meet Title	North Connacht Development Meet; Westport SC, Ballina SC, Ballina Dolphin SC, Castlebar SC, Sligo SC, and Claremorris SC,
Licence Number	2S-19/20-C006
Venue	Claremorris Leisure Centre, Dalton St, Claremorris, Co. Mayo
Date / Time	Sunday October 6 2019 / 08:00hrs
Host Club	Claremorris Swimming Club

Format	Short Course – 6 Lane
Session Times	Sunday October 6 th 2019 Warm up – 08:00hrs Start – 09:00hrs
Fees	€5 per Individual Event.
	Cheques to be made out to - “Claremorris Swimming Club”
	If you are remitting the fees by cheque, please note the club and the name of the swim meet gala on the back. Fee payment should be arranged concurrently with swim meet entries. As it may not be possible to accept all entries, fee refunds will be advised to clubs on final acceptance of entries.
Eligibility	Only swimmers registered with Connacht (North) clubs, aged 10 or over , are eligible to enter this gala. Ages are Year of Birth; as of Dec 31st 2010. Swimmers should have achieved the entry times endorsed by their respective club coach. Qualifying times are outlined in Appendix 1 to this document.
Entries	Entries on Hy-Tek only . Entries should be emailed to Yvonne swimclubclaremorrishtek@gmail.com Max 3 events per swimmer.
Entries by:	20:00hrs Monday 23rd September 2019
Officials	Clubs must provide volunteers for timekeeping duties. Officials will be arranged directly by the host club or region based on the licence category. Volunteers wishing to fulfil specific roles for experience should contact the Meet Director.
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.

Scratches	Scratches via email to swimclubclaremorrishtek@gmail.com or in person at the commencement of warm up (or otherwise as directed at the swim meet).
Finals / Medals	<ul style="list-style-type: none"> • Heat declared winners. • Medals in B and C age categories; 10-11y, 12-13y, 14y+ • A Times noted. Certs awarded at later date.
Qualification	Times can be used to qualify for Level 3 Meets. Open to swimmers who have NOT yet achieved a faster time than the B grade cut off time.
Hydration	Please note that, as an environment-friendly measure, timekeepers/officials/coaches are encouraged to bring their own re-usable bottles and fill them from the water coolers.
First Aid	First Aid facilities will be provided by facility lifeguards and staff. Fire exits should be noted on arrival. In the event of fire alarm, swimmers and volunteers will take direction from the facility staff and / or Meet Director.

Events HDW

		Session 1				Session 2	
Event		Age		Event		Age	
1	Girls	10+	100 Freestyle				
2	Boys	10+	100 Freestyle				
3	Girls	10+	200 Breaststroke				
4	Boys	10+	200 Breaststroke				
5	Girls	10+	100 Backstroke				
6	Boys	10+	100 Backstroke				
7	Girls	10+	100 IM				
8	Boys	10+	100 IM				

Appendix 1 – Development Meet Cut Off Times

Boys						Girls						
B 11	C 11	B 13	C 13	B SEN	C SEN	EVENT	B 11	C 11	B 13	C 13	B SEN	C SEN
1.36	1.46	1.29	1.39	1.20	1.30	100 Backstroke	1.36	1.46	1.31	1.41	1.22	1.32
3.30	3.50	3.15	3.35	3.00	3.20	200 Backstroke	3.30	3.50	3.20	3.40	3.05	3.25
1.48	1.58	1.41	1.51	1.30	1.40	100 Breaststroke	1.48	2.00	1.43	1.53	1.32	1.42
4.00	4.20	3.45	4.05	3.25	3.35	200 Breaststroke	4.00	4.20	3.50	4.10	3.30	3.50
44	54	1.34	1.44	1.25	1.35	50/100 Butterfly	44	54	1.36	1.46	1.27	1.37
3.40	4.00	3.25	3.45	3.05	3.25	200 Butterfly	3.40	4.00	3.30	3.50	3.10	3.30
1.22	1.32	1.15	1.25	68	1.18	100 Freestyle	1.22	1.32	1.17	1.27	1.10	1.20
3.00	3.20	2.46	3.06	2.26	2.46	200 Freestyle	3.00	3.20	2.50	3.10	2.30	2.50
6.30	6.50	6.02	6.22	5.22	5.42	400 Freestyle	6.30	6.50	6.10	6.30	5.30	5.50
13.45	14.15	12.49	13.19	11.29	11.49	800 Freestyle	12.45	13.15	13.05	13.35	11.45	12.15
24.00	24.30	23.00	23.30	22.00	22.30	1500 Freestyle	24.00	24.30	23.15	23.45	22.15	22.45
1.35	1.45	1.28	1.38	1.19	1.29	100 IM	1.35	1.45	1.30	1.40	1.21	1.31
3.30	3.50	3.15	3.35	3.00	3.20	200 IM	3.30	3.50	3.20	3.40	3.05	3.25
7.30	8.00	7.00	7.30	6.30	7.00	400 IM	7.35	8.05	7.05	7.35	6.35	7.05