

IRISH OPEN LONG COURSE MASTERS **CHAMPIONSHIP 2010**

The Irish Open Long Course Masters Championship, to be held at University of Limerick 50m Arena Swimming Pool, on Friday the 5th March and Saturday the 6th March 2010.

The following gala information can be downloaded at the Limerick Masters web site home page: www.limerickmasters.com

1. Gala Information.
2. Order of Events.
3. Individual & Relay Entry Sheet.

The closing date for receipt of entries is Friday the 19th February 2010, except the closing date for receipt of entries for the 1500M freestyle event is the 5th February 2010.

We hope to be able to offer all competitors the events they wish to enter but due to time constraints and entry numbers, we may have to limit the number of competitors and heats in some events. If email contact details are supplied with the entries, we will confirm entries by email one week in advance of the gala. This approach will allow us to run the full program and facilitate as many swimmers as possible on the day.

The Gala Dinner & Disco will take place on the Saturday evening at the Absolute Hotel and their contact details are as follows should you wish to book accommodation.

Absolute Hotel, Sir Harry's Mall, Limerick, Ireland
Email: info@absolutehotel.com
Tel: +353 (61) 463-600
Fax: +353 (61) 463-601

We hope you avail of this opportunity to meet fellow competitors and friends after the gala.

I look forward to receiving your entries and seeing you on the 5th & 6th March 2010.

GALA INFORMATION

VENUE	University of Limerick, Arena 50m Pool. http://www.universityarena.com/aquatics
SESSIONS	Friday 5 th March: Session 1: Warm-up at 7:30pm, Start 8:00pm. This Friday session is provisional and subject to expressions of interest and confirmed entries. Saturday 6 th March: Session 2: Warm-up at 8:00am, Start 9:00am Saturday 6 th March: Session 3: Warm-up at 1:30pm, Start 2:00pm.
SEEDING	All events will be conducted on a timed final basis. In each group of

	events swimmers will be seeded according to their entry time and will compete against those with similar times, after which they will be categorised into their gender and age groups.
ENTRY & QUALIFYING TIMES	Where no entry times (NT) have been submitted, swimmers will be placed in the first heat of the particular event. Age and gender based qualifying times will apply in the 400M, 800M, 1500M Free Style, 200M Fly and 200M Individual Medley events. The competitors participating in these events shall confirm their participation at the start of the respective session and deck seeding will then take place.
ELIGIBILITY	This gala is open to any swimmer who is 19 years or over on the date of the competition, and is licensed with Swim Ireland or FINA affiliate. Do take the time to check your Club and individual registration in advance of the gala as this may have an effect on your insurance cover and eligibility to participate and claim a Irish record at the event.
RELAYS	We are combining up the realys into mixed, male and femal relays. The age group categories offered for each relay event will be 100+, 120+, 160+, 200+, and 240+ years. Participants are reminded that the following rules will apply. <ol style="list-style-type: none"> 1. Participating clubs may only enter one relay team per age per event. 2. The members of a relay team and their order of competing in a race must be nominated before the race. 3. A entry time must be submitted with entry. 4. Any relay team member may compete in a race only once. 5. The first swimmer in a relay may claim a record. 6. Relay late entries will not be accepted on the day of the event.
AGE GROUPS	Age as of the 31st of December 2010 determines your age group for this meet. <u>Age categories for all individual events as follows.</u> UA=(19-24), A=(25-29), B=(30-34), C=(35-39), D=(40-44), E=(45-49), F=(50-54), G=(55-59), H=(60-64), I=(65-69), J=(70-74), K=(75-79), L=(80-84), M=(85-89), N=(90-94), O=95+
ENTRY FEES	€8 for each individual event entered. €15 for the 800m Feestyle event. €20 for the 1500m Freestyle event. €20 for each team relay. Late, incomplete, incorrect, unsigned entries or entries without fees will not be accepted. Entries cannot be accepted without accompanying cheque or postal order. All cheques & postal orders must be made payable to Limerick Masters SC.
ENTRY ADDRESS	Completed entry forms and payment, together with any queries should be addressed to : Gala Organiser Limerick Masters S.C. #1 Aisling Court, Brickhill West, Cratloe, Co Clare. Tel No: 061-357514 (After 6pm) or 086-8047764 Email: galaorganiser@limerickmasters.com
ENTRY DATE	Latest date for receipt of 1500M Freestyle entries is Friday 5 th Feburary 2010 Latest date for receipt of all other entries is Friday 19 th Feburary 2010.

ORDER OF EVENTS

FRIDAY 5th March 2010

SESSION	EVENT No.	EVENT	GALA QUALIFYING TIME GUIDELINE
		7:30pm – 7:55pm WARM-UP. START 8:00pm.	
1	1	MIXED 1500M FREESTYLE	Qualifying times apply, limited to 3 heats.
	2	4*100M MIXED MEDLEY TEAM RELAY 100+, 120+, 160+, 200+, 240+ years	
	3	4*100M MENS MEDLEY TEAM RELAY 100+, 120+, 160+, 200+, 240+ years	
	4	4*100M WOMENS MEDLEY TEAM RELAY 100+, 120+, 160+, 200+, 240+ years	
	5	4*100M MIXED FREESTYLE TEAM RELAY 100+, 120+, 160+, 200+, 240+ years	
	6	4*100M MENS FREESTYLE TEAM RELAY 100+, 120+, 160+, 200+, 240+ years	
	7	4*100M WOMENS FREESTYLE TEAM RELAY 100+, 120+, 160+, 200+, 240+ years	
		SWIM DOWN AT SPORTS BAR.	

SATURDAY 6th March 2010

SESSION	EVENT No.	EVENT	GALA QUALIFYING TIME GUIDELINE
		8:00am -- 8:55am WARM-UP. START 9:00am.	
2	8	MIXED 400M FREESTYLE	Qualifying times may apply, limited to 6 heats.
	9	MIXED 50M BACK STROKE.	
	10	MIXED 200M MEDLEY	Qualifying times may apply, limited to 2 heats.
	11	MIXED 50M BUTTERFLY.	
	12	MIXED 200M FREESTYLE.	
	13	MIXED 100M BUTTERFLY	
	14	MIXED 100M BREAST STROKE	
	15	4*50M MIXED MEDLEY TEAM RELAY 100+, 120+, 160+, 200+, 240+ years	
	16	4*50M MENS MEDLEY TEAM RELAY 100+, 120+, 160+, 200+, 240+ years	
	17	4*50M WOMENS MEDLEY TEAM RELAY 100+, 120+, 160+, 200+, 240+ years	
	18	MIXED 800M FREESTYLE	Qualifying times may apply, limited to 8 heats.
		1:30pm -- 1:55pm WARM-UP. START 2:00pm. Lunch available at Sports Bar adjacent to Arena Complex.	
2	19	MIXED 100M FREESTYLE.	
	20	MIXED 200M BACK STROKE.	
	21	MIXED 50M BREAST STROKE.	
	22	MIXED 200M BUTTERFLY.	Qualifying times may apply, limited to 2 heats.
	23	MIXED 100M BACK STROKE.	

	24	MIXED 200M BREAST STROKE.	
	25	MIXED 50M FREESTYLE.	
	26	4*50M MIXED FREESTYLE TEAM RELAY 100+, 120+, 160+, 200+, 240+ years	
	27	4*50M MENS FREESTYLE TEAM RELAY 100+, 120+, 160+, 200+, 240+ years	
	28	4*50M WOMENS FREESTYLE TEAM RELAY 100+, 120+, 160+, 200+, 240+ years	
3		SWIM DOWN AT SPORTS BAR.	
4		GALA DINNER & DISCO & PRESENTATIONS	

Indicative Qualifying Times

Age and gender based qualifying times will apply in the 400M, 800M, 200M Fly and 200M Individual Medley events. The qualifying times for the 1500M event have not yet been calculated but we are waiting for expressions of interested from participants and the closing date for receipt of entries for this event is the 5th February 2010.

Women 400m Freestyle	2010 Qualifying Times	Men 400m Freestyle	2010 Qualifying Times	Women 800m Freestyle	2010 Qualifying Times	Men 800m Freestyle	2010 Qualifying Times
25	06:30.0	25	05:45.0	25	13:30.0	25	12:15.0
30	06:45.0	30	06:00.0	30	13:45.0	30	12:30.0
35	07:00.0	35	06:15.0	35	14:00.0	35	12:45.0
40	07:15.0	40	06:30.0	40	14:15.0	40	13:00.0
45	07:30.0	45	06:45.0	45	14:30.0	45	13:15.0
50	07:45.0	50	07:00.0	50	15:00.0	50	13:30.0
55	08:00.0	55	07:15.0	55	15:30.0	55	14:00.0
60	08:15.0	60	07:30.0	60	16:00.0	60	15:00.0
65	08:30.0	65	07:45.0	65	17:00.0	65	16:00.0
70	08:45.0	70	08:00.0	70	18:00.0	70	17:00.0
75	09:00.0	75	08:30.0	75	19:00.0	75	18:00.0
80		80		80	20:00.0	80	19:00.0
Women 200m Butterfly	2010 Qualifying Times	Men 200m Butterfly	2010 Qualifying Times	Women 200m IM	2010 Qualifying Times	Men 200 IM	2010 Qualifying Times
25	03:30.0	25	03:20.0	25	03:20.0	25	03:00.0
30	03:40.0	30	03:30.0	30	03:30.0	30	03:10.0
35	03:50.0	35	03:40.0	35	03:40.0	35	03:20.0
40	04:00.0	40	03:50.0	40	03:50.0	40	03:30.0
45	04:15.0	45	04:00.0	45	04:00.0	45	03:40.0
50	04:30.0	50	04:10.0	50	04:15.0	50	03:50.0
55	04:45.0	55	04:20.0	55	04:30.0	55	04:00.0
60	05:00.0	60	04:30.0	60	04:45.0	60	04:10.0
65	05:15.0	65	04:40.0	65	05:00.0	65	04:20.0
70	05:30.0	70	04:50.0	70	06:00.0	70	05:00.0
75	05:45.0	75	05:00.0	75	06:00.0	75	05:00.0
80	06:00.0	80	05:00.0	80	06:00.0	80	05:00.0

Dee Maguire

Chairman

Limerick Masters SC