

Munster Long Course Championships - 15/05/2026 to 17/05/2026**Session Report**

Session: 1 Day 1 - Heats - Youth & Senior

Day of Meet: 1 Starts at 09:30 AM Heat Interval: 45 Seconds / Back +15 Seconds

| Round | Event | Starts at |
|---------|--|-----------|
| Prelims | 101 Male & Open 15 & Over 200 Breaststroke | 09:30 AM |
| Prelims | 102 Female 15 & Over 100 Breaststroke | 09:42 AM |
| Finals | 103 Male & Open 15 & Over 1500 Freestyle | 09:53 AM |
| Prelims | 104 Female 15 & Over 100 Backstroke | 10:14 AM |
| Prelims | 105 Male & Open 15 & Over 100 Backstroke | 10:25 AM |
| Prelims | 106 Female 15 & Over 50 Freestyle | 10:36 AM |
| Prelims | 107 Male & Open 15 & Over 50 Butterfly | 10:46 AM |
| Prelims | 108 Female 15 & Over 200 Butterfly | 10:50 AM |
| Prelims | 109 Male & Open 15 & Over 200 Freestyle | 10:54 AM |
| Finals | 110 Female 15 & Over 400 Freestyle | 11:12 AM |
| Prelims | 111 Male & Open 15 & Over 200 IM | 11:36 AM |
| | Swimmers Counts for Warm-ups: 223 | |
| | Finish Time | 11:49 AM |

Session: 2 Day 1 - Heats - Age Groups

Day of Meet: 1 Starts at 01:15 PM Heat Interval: 45 Seconds / Back +15 Seconds

| Round | Event | Starts at |
|---------|--|-----------|
| Prelims | 201 Male & Open 12-14 200 Breaststroke | 01:15 PM |
| Prelims | 202 Female 12-14 100 Breaststroke | 01:27 PM |
| Finals | 203 Male & Open 13-14 1500 Freestyle | 01:37 PM |
| Prelims | 204 Female 12-14 100 Backstroke | 02:01 PM |
| Prelims | 205 Male & Open 12-14 100 Backstroke | 02:13 PM |
| Prelims | 206 Female 12-14 50 Freestyle | 02:20 PM |
| Prelims | 207 Male & Open 12-14 50 Butterfly | 02:26 PM |
| Prelims | 208 Female 12-14 200 Butterfly | 02:27 PM |
| Prelims | 209 Male & Open 12-14 200 Freestyle | 02:31 PM |
| Finals | 210 Female 12-14 400 Freestyle | 02:38 PM |
| Prelims | 211 Male & Open 12-14 200 IM | 02:51 PM |
| | Swimmers Counts for Warm-ups: 125 | |
| | Finish Time | 03:02 PM |

Munster Long Course Championships - 15/05/2026 to 17/05/2026**Session Report**

Session: 3 Day 1 - Finals

Day of Meet: 1 Starts at 04:30 PM Heat Interval: 90 Seconds / Back +15 Seconds

| Round | Event | Starts at | |
|--------|--|-----------|-------|
| Finals | 201 Male & Open 12-14 200 Breaststroke | 04:30 PM | _____ |
| Finals | 101 Male & Open 15 & Over 200 Breaststroke | 04:40 PM | _____ |
| Finals | 202 Female 12-14 100 Breaststroke | 04:48 PM | _____ |
| Finals | 102 Female 15 & Over 100 Breaststroke | 04:54 PM | _____ |
| Finals | 205 Male & Open 12-14 100 Backstroke | 05:00 PM | _____ |
| Finals | 105 Male & Open 15 & Over 100 Backstroke | 05:06 PM | _____ |
| | Break: 6 Minutes: | | |
| Finals | 204 Female 12-14 100 Backstroke | 05:18 PM | _____ |
| Finals | 104 Female 15 & Over 100 Backstroke | 05:24 PM | _____ |
| Finals | 207 Male & Open 12-14 50 Butterfly | 05:30 PM | _____ |
| Finals | 107 Male & Open 15 & Over 50 Butterfly | 05:32 PM | _____ |
| Finals | 206 Female 12-14 50 Freestyle | 05:36 PM | _____ |
| Finals | 106 Female 15 & Over 50 Freestyle | 05:38 PM | _____ |
| Finals | 209 Male & Open 12-14 200 Freestyle | 05:42 PM | _____ |
| | Break: 6 Minutes: | | |
| Finals | 109 Male & Open 15 & Over 200 Freestyle | 05:56 PM | _____ |
| Finals | 208 Female 12-14 200 Butterfly | 06:03 PM | _____ |
| Finals | 108 Female 15 & Over 200 Butterfly | 06:12 PM | _____ |
| Finals | 211 Male & Open 12-14 200 IM | 06:20 PM | _____ |
| Finals | 111 Male & Open 15 & Over 200 IM | 06:29 PM | _____ |
| | Break: 6 Minutes: | | |
| Finals | 301 Female 13-14 400 Medley Relay | 06:43 PM | _____ |
| Finals | 302 Female 15 & Over 400 Medley Relay | 06:51 PM | _____ |
| Finals | 303 Male & Open 13-14 400 Medley Relay | 06:59 PM | _____ |
| Finals | 304 Male & Open 15 & Over 400 Medley Relay | 07:08 PM | _____ |
| | Swimmers Counts for Warm-ups: 204 | | |
| | Finish Time | 07:16 PM | _____ |

Session: 4 Day 2 - Heats - Youth & Senior

Day of Meet: 2 Starts at 09:30 AM Heat Interval: 45 Seconds / Back +15 Seconds

| Round | Event | Starts at | |
|---------|--|-----------|-------|
| Finals | 401 Male & Open 15 & Over 400 IM | 09:30 AM | _____ |
| Finals | 402 Female 15 & Over 800 Freestyle | 09:43 AM | _____ |
| Prelims | 403 Male & Open 15 & Over 50 Backstroke | 09:55 AM | _____ |
| Prelims | 404 Female 15 & Over 50 Backstroke | 10:01 AM | _____ |
| Prelims | 405 Male & Open 15 & Over 100 Breaststroke | 10:08 AM | _____ |
| Prelims | 406 Female 15 & Over 100 Butterfly | 10:18 AM | _____ |
| Prelims | 407 Male & Open 15 & Over 200 Butterfly | 10:26 AM | _____ |
| Finals | 408 Female 15 & Over 400 IM | 10:33 AM | _____ |
| Prelims | 409 Male & Open 15 & Over 100 Freestyle | 10:47 AM | _____ |
| Prelims | 410 Female 15 & Over 50 Breaststroke | 10:58 AM | _____ |
| Finals | 411 Male & Open 15 & Over 800 Freestyle | 11:04 AM | _____ |
| Prelims | 412 Female 15 & Over 200 Freestyle | 11:25 AM | _____ |
| | Swimmers Counts for Warm-ups: 213 | | |
| | Finish Time | 11:44 AM | _____ |

Munster Long Course Championships - 15/05/2026 to 17/05/2026**Session Report**

Session: 5 Day 2 - Heats - Age Groups

Day of Meet: 2 Starts at 01:15 PM Heat Interval: 45 Seconds / Back +15 Seconds

| Round | Event | Starts at | |
|---------|--|-----------|-------|
| Finals | 501 Male & Open 13-14 400 IM | 01:15 PM | _____ |
| Finals | 502 Female 13-14 800 Freestyle | 01:23 PM | _____ |
| Prelims | 503 Male & Open 12-14 50 Backstroke | 01:35 PM | _____ |
| Prelims | 504 Female 12-14 50 Backstroke | 01:40 PM | _____ |
| Prelims | 505 Male & Open 12-14 100 Breaststroke | 01:43 PM | _____ |
| Prelims | 506 Female 12-14 100 Butterfly | 01:50 PM | _____ |
| Prelims | 507 Male & Open 12-14 200 Butterfly | 01:57 PM | _____ |
| Finals | 508 Female 13-14 400 IM | 02:01 PM | _____ |
| Prelims | 509 Male & Open 12-14 100 Freestyle | 02:08 PM | _____ |
| Finals | 510 Female 12-14 50 Breaststroke | 02:14 PM | _____ |
| Finals | 511 Male & Open 13-14 800 Freestyle | 02:18 PM | _____ |
| Prelims | 512 Female 12-14 200 Freestyle | 02:29 PM | _____ |
| Finals | 513 Mixed 12 Year Olds 200 Freestyle Relay | 02:39 PM | _____ |
| | Swimmers Counts for Warm-ups: 110 | | |
| | Finish Time | 02:43 PM | _____ |

Session: 6 Day 2 - Finals

Day of Meet: 2 Starts at 04:30 PM Heat Interval: 90 Seconds / Back +15 Seconds

| Round | Event | Starts at | |
|--------|---|-----------|-------|
| Finals | 503 Male & Open 12-14 50 Backstroke | 04:30 PM | _____ |
| Finals | 403 Male & Open 15 & Over 50 Backstroke | 04:33 PM | _____ |
| Finals | 504 Female 12-14 50 Backstroke | 04:37 PM | _____ |
| Finals | 404 Female 15 & Over 50 Backstroke | 04:40 PM | _____ |
| Finals | 505 Male & Open 12-14 100 Breaststroke | 04:44 PM | _____ |
| Finals | 405 Male & Open 15 & Over 100 Breaststroke | 04:50 PM | _____ |
| | Break: 6 Minutes: | | |
| Finals | 506 Female 12-14 100 Butterfly | 05:02 PM | _____ |
| Finals | 406 Female 15 & Over 100 Butterfly | 05:07 PM | _____ |
| Finals | 507 Male & Open 12-14 200 Butterfly | 05:13 PM | _____ |
| Finals | 407 Male & Open 15 & Over 200 Butterfly | 05:22 PM | _____ |
| | Break: 6 Minutes: | | |
| Finals | 410 Female 15 & Over 50 Breaststroke | 05:35 PM | _____ |
| Finals | 509 Male & Open 12-14 100 Freestyle | 05:40 PM | _____ |
| Finals | 409 Male & Open 15 & Over 100 Freestyle | 05:45 PM | _____ |
| Finals | 512 Female 12-14 200 Freestyle | 05:50 PM | _____ |
| Finals | 412 Female 15 & Over 200 Freestyle | 05:58 PM | _____ |
| | Break: 6 Minutes: | | |
| Finals | 601 Male & Open 13-14 400 Freestyle Relay | 06:11 PM | _____ |
| Finals | 602 Male & Open 15 & Over 400 Freestyle Relay | 06:20 PM | _____ |
| Finals | 603 Female 13-14 400 Freestyle Relay | 06:28 PM | _____ |
| Finals | 604 Female 15 & Over 400 Freestyle Relay | 06:37 PM | _____ |
| | Swimmers Counts for Warm-ups: 199 | | |
| | Finish Time | 06:45 PM | _____ |

Munster Long Course Championships - 15/05/2026 to 17/05/2026**Session Report**

Session: 7 Day 3 - Heats - Youth & Senior

Day of Meet: 3 Starts at 09:30 AM Heat Interval: 45 Seconds / Back +15 Seconds

| Round | Event | Starts at | |
|---------|---|-----------|-------|
| Prelims | 701 Female 15 & Over 200 IM | 09:30 AM | _____ |
| Prelims | 702 Male & Open 15 & Over 50 Breaststroke | 09:45 AM | _____ |
| Prelims | 703 Female 15 & Over 50 Butterfly | 09:50 AM | _____ |
| Prelims | 704 Male & Open 15 & Over 200 Backstroke | 09:56 AM | _____ |
| Prelims | 705 Female 15 & Over 200 Backstroke | 10:10 AM | _____ |
| Prelims | 706 Male & Open 15 & Over 50 Freestyle | 10:21 AM | _____ |
| Prelims | 707 Female 15 & Over 200 Breaststroke | 10:29 AM | _____ |
| Prelims | 708 Male & Open 15 & Over 100 Butterfly | 10:45 AM | _____ |
| Prelims | 709 Female 15 & Over 100 Freestyle | 10:52 AM | _____ |
| Finals | 710 Male & Open 15 & Over 400 Freestyle | 11:07 AM | _____ |
| Finals | 711 Female 15 & Over 1500 Freestyle | 11:35 AM | _____ |
| | Swimmers Counts for Warm-ups: 236 | | |
| | Finish Time | 11:57 AM | _____ |

Session: 8 Day 3 - Heats - Age Group

Day of Meet: 3 Starts at 01:15 PM Heat Interval: 45 Seconds / Back +15 Seconds

| Round | Event | Starts at | |
|---------|---|-----------|-------|
| Prelims | 801 Female 12-14 200 IM | 01:15 PM | _____ |
| Prelims | 802 Male & Open 12-14 50 Breaststroke | 01:31 PM | _____ |
| Prelims | 803 Female 12-14 50 Butterfly | 01:34 PM | _____ |
| Prelims | 804 Male & Open 12-14 200 Backstroke | 01:36 PM | _____ |
| Prelims | 805 Female 12-14 200 Backstroke | 01:43 PM | _____ |
| Prelims | 806 Male & Open 12-14 50 Freestyle | 01:56 PM | _____ |
| Prelims | 807 Female 12-14 200 Breaststroke | 02:00 PM | _____ |
| Prelims | 808 Male & Open 12-14 100 Butterfly | 02:13 PM | _____ |
| Prelims | 809 Female 12-14 100 Freestyle | 02:17 PM | _____ |
| Finals | 810 Male & Open 12-14 400 Freestyle | 02:27 PM | _____ |
| Finals | 811 Female 13-14 1500 Freestyle | 02:39 PM | _____ |
| Finals | 812 Mixed 12 Year Olds 200 Medley Relay | 03:00 PM | _____ |
| | Swimmers Counts for Warm-ups: 126 | | |
| | Finish Time | 03:05 PM | _____ |

Munster Long Course Championships - 15/05/2026 to 17/05/2026**Session Report**

Session: 9 Day 3 - Finals

Day of Meet: 3 Starts at 04:30 PM Heat Interval: 90 Seconds / Back +15 Seconds

| Round | Event | Starts at | |
|--------------|---|------------------|-------|
| Finals | 901 Mixed 13-14 400 Freestyle Relay | 04:30 PM | _____ |
| Finals | 902 Mixed 15 & Over 400 Freestyle Relay | 04:39 PM | _____ |
| Finals | 801 Female 12-14 200 IM | 04:47 PM | _____ |
| Finals | 701 Female 15 & Over 200 IM | 04:56 PM | _____ |
| Finals | 802 Male & Open 12-14 50 Breaststroke | 05:04 PM | _____ |
| Finals | 702 Male & Open 15 & Over 50 Breaststroke | 05:09 PM | _____ |
| Finals | 803 Female 12-14 50 Butterfly | 05:13 PM | _____ |
| Finals | 703 Female 15 & Over 50 Butterfly | 05:17 PM | _____ |
| Finals | 804 Male & Open 12-14 200 Backstroke | 05:21 PM | _____ |
| | Break: 6 Minutes: | | |
| Finals | 704 Male & Open 15 & Over 200 Backstroke | 05:36 PM | _____ |
| Finals | 805 Female 12-14 200 Backstroke | 05:45 PM | _____ |
| Finals | 705 Female 15 & Over 200 Backstroke | 05:54 PM | _____ |
| Finals | 806 Male & Open 12-14 50 Freestyle | 06:03 PM | _____ |
| Finals | 706 Male & Open 15 & Over 50 Freestyle | 06:05 PM | _____ |
| | Break: 6 Minutes: | | |
| Finals | 807 Female 12-14 200 Breaststroke | 06:15 PM | _____ |
| Finals | 707 Female 15 & Over 200 Breaststroke | 06:24 PM | _____ |
| Finals | 808 Male & Open 12-14 100 Butterfly | 06:33 PM | _____ |
| Finals | 708 Male & Open 15 & Over 100 Butterfly | 06:39 PM | _____ |
| Finals | 809 Female 12-14 100 Freestyle | 06:44 PM | _____ |
| Finals | 709 Female 15 & Over 100 Freestyle | 06:49 PM | _____ |
| | Break: 6 Minutes: | | |
| Finals | 903 Mixed 13-14 400 Medley Relay | 07:00 PM | _____ |
| Finals | 904 Mixed 15 & Over 400 Medley Relay | 07:09 PM | _____ |
| | Swimmers Counts for Warm-ups: 234 | | |
| | Finish Time | 07:17 PM | _____ |