Munster Short Course Championships
License Number: 4S-26/27-M005

Dear Club Secretary,

Enclosed please find entry details for the **Munster Short Course Championships (Level 4),**

This meet is open to all swimmers registered with Munster clubs aged 12 and Over (as of 31st December 2026).
Athletes whose training base is National Centre Limerick (NCL) may opt to compete at Munster Championships or in their home Region Championships, but not in both.

Venue:	*University of Limerick*
Format:	***SHORT COURSE.***
Team Leaders Meeting:	*A Technical Team Leaders' briefing will take place on Wednesday 18th November @ 20:00 via Zoom. Attendance at this meeting is recommended as details of protocols specific to Championship meets will be explained. If a club is not represented at this briefing,* ***your absence will be taken as agreement with any decisions made*** *at the meeting and that you agree to abide by such decisions at the meet.* *Zoom Link: TBA*
Time:	*Friday 20th Saturday 21st and Sunday 22nd November 2026.* Session 1, 3, & 5 (Heats): Warm Up at 08:30 Start at 09:30 Session 2, 4, & 6 (Finals): Warm Up at 15:00 Start at 16:00 **** All times will be confirmed following close of entries****
Session Start Times:	*The Start Times of Sessions, and the structure of the Sessions, as indicated in the Order of Events may be changed to accommodate the number of entries received and to fit these within the logistics of running the Meet in a manner that complies with Swim Ireland Meet Licensing Criteria.*
Warm Up Details:	*Female then Male & Open Warm up for 25 minutes. (Determined by first event in each session). The Swim Down pool will be available throughout the competition to continue warm up/swim down.*
Eligibility:	***Only swimmers registered with Munster clubs, aged 12 and over, are eligible to enter this gala. Ages are as on 31st December 2026. However, athletes who have a training base at NCL, may choose to compete at the Munster Championships.*** *Ages are at Year of Birth 31st December 2026.* *Swimmers should have achieved the Consideration Times as listed below. Entries with NT will be rejected.* ***Swim Munster have adopted the Swim Ireland Eligibility Policy*** *as to who is eligible to:* *a. Compete in a Munster Championships and claim a Munster medal;* *b. Claim a Munster Junior or Senior Record;* *c. Represent Munster in an international competition.*
Entries:	*All entries for Swim Munster Meets must be uploaded in Hytek format to the Fastwave platform at www.fastwave.ie Any queries on entries to munsterentries@swimireland.ie*
Entries By:	***17:00hrs Thursday 5th November 2026*** **NO LATE ENTRIES WILL BE ACCEPTED.**
Fee:	*€ 11 per Individual Event €30 per Relay Team* ***Please note that entries are non-refundable once the final date for payment has passed.***
	Closing Date for receipt of Entry Fees is Monday 9th November 2026.
Payment:	***Payment by Bank Transfer*** ***Name of Account:*** *'Swim Ireland Munster Region'* ***IBAN:*** *IE70AIBK93251559772394* ***BIC:*** *AIBKIE2D*
Important Entry Considerations:	*When transferring directly, please reference the club and gala on the transfer narrative, and email the Treasurer to confirm the transfer at munstertreasurer@swimireland.ie*
Qualification and	*Both Qualification Times and Consideration Times will be used for this Meet and must be achieved at a Level 2 or Level 3 gala between 21st November 2025 and 31st October 2026.*

Consideration Times:	***Please note that the Entry File will be set to accept Consideration times, BUT, this does not guarantee that all Consideration Times will be accepted. The Heats will be populated by those who have achieved the Qualification Standard and then filled with the next fastest athletes within the Consideration Band.*** *Swimmers who have achieved the Qualification Times in any event are guaranteed entry into those events. Swimmers who have achieved Consideration Times in any event may be accepted for entry into those events, where time availability allows. QTs and CTs below are provided for SC times, however conversions from LC times will be accepted, and the Hy-Tek meet file will convert as appropriate. Please note that, for 2026,* ***there are no separate CTs provided for the 50m events, or for the 800m and 1500m events. This means that only swimmers who achieve the QTs will be accepted into these events.***
12 Year Olds:	*Swim Ireland have agreed to allow 12yr olds to compete in the SC Championships on the following limited basis:* ***Entry Criteria:*** • *12yr olds who qualify in the 13-14 yr standard for the 200m event, can enter the 200m and the 50m event in that stroke,* • *Athletes who meet the 200m Freestyle standard, may also enter the corresponding 50m event and the 400m Freestyle.* ***Event Restrictions:*** • *12 year olds will not be eligible to compete in the 100m events, 400m Individual Medley, or the 800m/1,500m Freestyle.*
***** 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!** ***Only 12 yr olds*** *who meet the* ***eligibility criteria for the 200m events*** *are allowed to enter. Any other entries received in respect to 12yr old swimmers will be deleted.* ***Gala Secretaries please take note****. Proof of when time was achieved may be requested.* ***A €50 FINE, per swimmer, will be imposed on clubs who ignore this condition.***
Age Groups:	*Age Groups Qualification Times and Consideration Times will be assessed under different age-groupings, as follows:* *Junior — Female — 12 yr olds (QTs only must qualify from 13 – 14))* *Male & Open — 12 yr olds (QT's only must qualify from 13 – 14)* *Youth — Female — 13-17 yr olds* *Male & Open — 13-18 yr olds* *Senior — Female — 18+ yrs* *Male & Open — 19+ yrs*
Scratches:	*Scratches for this gala will close at* ***5pm*** *on the evening before the gala: that is* ***5pm*** *on* ***Thursday 19th November 2026.*** *Scratches for days 2 & 3 will close at 6pm on the previous day. Scratches for day 1 to be sent via email to www.fastwave.ie. Scratches for day 2 & 3 should be completed on the appropriate Withdrawal Form and given to the Technical Delegate.*
Relays:	*All relay events are Mixed Age Group (Female Category) and Mixed Age Group (Male & Open Category. There will not be separate age-group categories for Relay Events.* *Clubs may enter a maximum of two relay teams per relay event.* ***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 Male & Open category and 2 swimmers from the Female category.* *The names of the 4 relay team members swimming in the race and the order of swimming* ***must*** *be declared at the time of entry. Alterations to relay teams will be accepted on the official Team Declaration Sheet and submitted to the Technical Delegate Table no later than* ***60 minutes*** *before the start of the session in which the race takes place. Failure to do so will be subject to a* ***fine of €50*** *without exception and disqualification of the relay team.* *All competing relay swimmers must be entered in the meet. Relay teams that swim in an order that is different from the declared order of swimming shall be disqualified in accordance with* ***World Aquatics Rule 10.4.2.***

	For ease of administration, please ensure that the names of the replay participants are listed at the time of entry. *Changes to relay order can be made on the day, no later than 60 minutes before the start of the session in which the relay occurs.*
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 Short Course Championships meet will be added to the Swim Ireland and Munster 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.*
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 timeframe.*
Finals:	***A and B Finals*** *will be run in each 50m, 100m & 200m event. The Finals will be Open Age category; there will* ***not be*** *separate Finals for the different Youth and Senior age categories.* *All 400m, 800m, & 1,500m events will be HDW,* ***except,*** *the fastest heat will be swum in the evening finals.* *There will be Para Finals in the 50m & 100m events, where applicable.*
Withdrawals from Finals:	*Two Reserves will be listed for each final.* *Swimmers who wish to withdraw from a final must complete the appropriate Withdrawal Form and give to the Technical Delegate within* ***30 minutes of the heat results being announced****; failure to scratch from finals will lead to a fine of* ***€50.00.***
Special Athlete Request Forms:	*Special Athlete Request Forms will be in use to facilitate swimmers how have back to back races/finals, who have a turnaround of 30 minutes or less to attend the Call Room. Details of how this process works will be explained at the Technical Team Leaders Meeting.*
800m & 1,500m events:	*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 Male & Open and 20 Female entries accepted. In the case of the 1500m event, there will be a maximum of two heats, with 10 Male & Open and 10 Female entries accepted. Swimmers will be allocated places in the heats based on* ***validated*** *entry times.*
Medals:	*The first three Munster swimmers in the 'A' final will be awarded Munster Championship Medals.* *Medals will also be awarded to Para Swimmers where applicable.*
Complaints/ Querying DQ's etc:	*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/or Team Managers.*
Accreditation:	***It is the responsibility of each club to ensure that all Coaches and Team Managers working at each session hold valid Garda Vetting and Safeguarding Level 1. Only people with valid Garda Vetting and Safeguarding will be permitted on the Pool Deck*** ***Wristbands will be issued on a quota basis for all Team Staff, a different colour for each season. These wristbands must be worn and easily visible, at all times.***
Officials:	*To ensure the smooth running of the event each Club must provide officials for each session to help with Timekeeping / Turn Judge duties. Officials will be allocated to each club on the basis of one official per every 5 athletes entered (1:5). This allocation is on a per session basis.* *Swim Munster will provide the key officials for each session. Swim Munster will circulate an Officials Rota during the week before the event.*
Transgender and Non-Binary Participation and Competition Policy:	*In accordance with the Swim Ireland Transgender and Non-Binary Participation and Competition Policy, this competition will be conducted within relevant age specific groups and will be conducted in two categories:* *1. Female: athletes with a birth sex of female.* *2. Open: athletes with a birth sex of male, trans or non-binary competitors and any competitor not eligible for the Female category.* *For further information visit the Transgender and Non-Binary Participation and Competition Policy*

Swimsuits:	*It is not a requirement for swimmers to wear WA approved swimwear in this competition.* *Swim Ireland Tech Suit Policy. Updated January 2026* *World Aquatics Approved Swimwear.*
Health & Safety:	*Please refer to the Health & Safety guidelines at the end of this document and also to the Swim Ireland Code of Practice for Safety (Swimming) on the Swim Ireland website.*
Photography:	*It is a condition of attending a Swim Ireland event that swimmers accept they may be photographed or filmed as part of the occasion, either as an individual or as a member of a group. Swimmers may also appear in a photograph or video inadvertently. Parents and swimmers must accept this. All photography and/or filming must be in accordance with Swim Ireland Guidelines. Briefing Note – Camera Devices – Policy Update* *Photographs cannot be taken at a Swim Ireland Munster event without first having registered the photographer and device at the administration desk. At some events, photography and filming may not be permitted at all.* ***Photographs are not permitted on pool deck or in changing areas at all Munster events.*** 
Anti-Doping:	*It is a condition of attending a Swim Ireland event that swimmers may be required to be tested for prohibited substances in accordance with the Sport Ireland/WADA/World Aquatics Anti-Doping rules. For further information, visit the Anti-Doping section of the Sport Ireland website.*
Data Protection:	Munster Region, Swim Ireland uses a computer database to manage entries and results of swimming meets and to also 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 Munster 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 at the meet (e.g. programmes, results, Meet Mobile, etc).
Competition Rules:	*All Meet Conditions must be read in conjunction with the Swim Ireland General Event Rules available on the SI website. Please note that the Swim Ireland Eligibility Policy will be enforced at this competition.*
Code of Conduct:	*It is a pre-condition to a swimmer being entered for a Munster Region gala that all parents/carers who attend and/or assume officiating duties (timekeeping etc) have consented to be subject to the SI Code of Conduct.*

Medley Skins

The exciting Exhibition Medley 50m Skins finals will return at the 2026 Munster SC Championships subject to time permitting. * The addition of these events will add to the overall championship experience and fun for the athletes and provide a thrilling finale on Friday and Saturday evening for everyone else. There will be prizes for 1st place and participation prizes for all other finalists.

***Skins finals are subject to time permitting**

Munster SC Championships Exhibition Medley Skins Finals Event Conditions	
Friday 20th November 2026 Last event of the Finals Session	
Eligibility Criteria:	Female and Male & Open competition. This event is open to **all** competing athletes at the Munster Short Course Championships.
Qualification:	Top 10, all athletes competing in the championships, to qualify from the 200m IM
Competition Rules:	• One heat every 90 seconds, order is female, then male & open. • Stroke is chosen by drawing a ball out of a hat before each heat. • First heat 10 swimmers with the slowest 2 swimmers of each heat eliminated, until there are 2 swimmers left, who will then compete in the final heat. • See page 2 for detailed format of event.
Saturday 21st November 2026 Last event of the Finals Session	
Eligibility Criteria:	Female and Male & Open competition. This event is open to all **Munster** athletes who place 11 – 20 from the 200m IM, including Munster NCL athletes who did not qualify on Friday.
Qualification:	The Female and Male & Open athletes who finish 11 – 20 from the 200m IM, will be entered into the Skins final.
Competition Rules:	• One heat every 90 seconds, order is Female, then Male & Open. • Stroke is chosen by drawing a ball out of a hat before each heat • First heat 10 swimmers with the slowest 2 swimmers of each heat eliminated, until there are 2 swimmers left, who will then compete in the final heat • See page 2 for detailed format of event.
Prizes	
Prizes:	The winner in each of the Skins finals, on Friday and Saturday evening, will receive a prize. TBA

All finalists, Male & Open & Female, will be introduced together at the start of the Skins Finals. They will alternate every 90 seconds until the Skins Finals are completed.

Four Table Tennis Balls, each with the name of a stroke on it, will be placed in a hat. One ball will be drawn prior to the start of each round of the skins to determine what stroke will be swum. The ball will not be returned to the hat, thus ensuring that a different stroke will be swum for each of the subsequent rounds. After round 4, all four balls will be returned to the hat, from where one ball will be drawn to determine the stroke to be swum in the final. A separate draw will be made for both the female and open events.

The first round for both Female and Male & Open Skins Finals will get a 'Full Start' i.e. Short & Long whistle & "Take Your Marks". This will commence during the 90 second interval, ensuring that the start is on 90 seconds. All remaining rounds will receive a whistle to indicate 10 seconds to the next start. This will be followed with the Start Buzzer, there will be no 'Take your Marks'.

In each round, the 2 slowest swimmers are eliminated. If there is a 'tie' for elimination, then both swimmers will swim again, with three swimmers eliminated in the next round.

Round 1 =10 finalists Female, followed 90 seconds later by 10 Male & Open.
Round 2 = 8 finalists
Round 3 = 6 finalists
Round 4 = 4 finalists
Round 5 = 2 finalists

Swimmers will remain in their allocated lane throughout the rounds, but in the final round the last two remaining swimmers will be allocated Lanes 4 & 5.

The Start for each round will be every 90 seconds.

Munster Short Course Championships Order of Events 2026		
Day 1	**Day 2**	**Day 3**
Session 1: Combined Heats	**Session 3: Combined Heats**	**Session 5: Combined Heats**
1. Female 200m IM 2. Male & Open 200m IM 3. Female 400m Freestyle HDW 4. Male & Open 400m Freestyle HDW 5. Female 50m Backstroke 6. Male & Open 50m Backstroke 7. Female 200m Breaststroke 8. Male & Open 200m Breaststroke 9. Female 100m Butterfly 10. Male & Open 100m Butterfly 11. Female 50m Freestyle 12. Male & Open 50m Freestyle 13. Female 200m Freestyle Relay HDW 14. Male & Open 200m Freestyle Relay HDW	15. Mixed 200m Freestyle Relay HDW 16. Female 200m Freestyle 17. Male & Open 200m Freestyle 18. Female 200m Backstroke 19. Male & Open 200m Backstroke 20. Female 100m Breaststroke 21. Male & Open 100m Breaststroke 22. Female 100m IM 23. Male & Open 100m IM 24. Female 50m Butterfly 25. Male & Open 50m Butterfly 26. Mixed 200m Medley Relay HDW 27. Mixed 800m Freestyle HDW	28. Female 400m IM HDW 29. Male & Open 400m IM HDW 30. Female 100m Backstroke 31. Male & Open 100m Backstroke 32. Female 50m Breaststroke 33. Male & Open 50m Breaststroke 34. Female 200m Butterfly 35. Male & Open 200m Butterfly 36. Female 100m Freestyle 37. Male & Open 100m Freestyle 38. Female 200m Medley Relay HDW 39. Male & Open 200m Medley Relay HDW 40. Mixed 1500m Freestyle HDW
Session 2: Finals & Presentations	**Session 4: Finals & Presentations**	**Session 6: Finals & Presentations**
Female 200m IM 'A' & 'B' Finals Male & Open 200m IM 'A' & 'B' Finals Female 400m Freestyle HDW (Fastest Heat) Male & Open 400m Freestyle HDW (Fastest Heat) Female 50m Backstroke 'A' & 'B' Finals Male & Open 50m Backstroke 'A' & 'B' Finals Female 200m Breaststroke 'A' & 'B' Finals Male & Open 200m Breaststroke 'A' & 'B' Finals Female 100m Butterfly 'A' & 'B' Finals Male & Open 100m Butterfly 'A' & 'B' Finals Female 50m Freestyle 'A' & 'B' Finals Male & Open50m Freestyle 'A' & 'B' Finals Male & Open and Female skins. This event is open to all athletes competing in the Championships who place 1-10 from the 200m IM. Multi Class Finals in 50m & 100m Events where applicable.	Female 200m Freestyle 'A' & 'B' Finals Male & Open 200m Freestyle 'A' & 'B' Finals Female 200m Backstroke 'A' & 'B' Finals Male & Open 200m Backstroke 'A' & 'B' Finals Female 10m Breaststroke 'A' & 'B' Finals Male & Open 100m Breaststroke 'A' & 'B' Finals Female 100m IM 'A' & 'B' Finals Male & Open 100m IM 'A' & 'B' Finals Female 50m Butterfly 'A' & 'B' Finals Male & Open 50m Butterfly 'A' & 'B' Finals Mixed 800m Freestyle HDW (Fastest Heat) Male & Open and Female skins. This event is open to all Munster athletes, (including Munster NCL athletes who do not qualify on Friday) who place 11-20 from the 200m IM on Friday. Multi Class Finals in 50m & 100m Events where applicable.	Female 400m IM HDW (Fastest Heat) Male & Open 400m IM HDW (Fastest Heat) Female 100m Backstroke 'A' & 'B' Finals Male & Open 100m Backstroke 'A' & 'B' Finals Female 50m Breaststroke 'A' & 'B' Finals Male & Open 50m Breaststroke 'A' & 'B' Finals Female 200m Butterfly 'A' & 'B' Finals Male & 200m Butterfly 'A' & 'B' Finals Female 100m Freestyle 'A' & 'B' Finals Male & Open 100m Freestyle 'A' & 'B' Finals Mixed 1500m Freestyle HDW (Fastest Heat) Multi Class Finals in 50m & 100m Events where applicable.

Munster Short Course Qualification Times 2026 (All times listed are in Short Course (SC) format)						
Male & Open			Event	Female		
2012-2013 (13-14)	2010-2011 (15-16)	2009 & Earlier (17 +)	Qualification Times	2009 & Earlier (17 +)	2010-2011 (15-16)	2012-2013 (13-14)
30.81	29.82	29.45	50m Freestyle	33.60	33.85	34.24
1:03.31	1:01.91	1:01.11	100m Freestyle	1:08.45	1:08.51	1:09.86
2:20.67	2:15.80	2:14.66	200m Freestyle	2:30.88	2:32.15	2:32.28
4:59.20	4:50.41	4:47.00	400m Freestyle	5:16.88	5:21.15	5:26.01
11:06.84	11:02.29	10:50.15	800m Freestyle	11:35.18	11:44.13	11:49.70
21:21.78	21:12.90	20:23.87	1500m Freestyle	22:12.20	22:58.47	23:07.37
35.89	34.52	33.71	50m Backstroke	38.12	38.94	38.98
1:12.63	1:10.71	1:09.42	100m Backstroke	1:17.00	1:19.17	1:19.18
2:39.45	2:36.77	2:36.28	200m Backstroke	2:48.14	2:49.38	2:51.38
40.77	38.70	37.39	50m Breaststroke	43.24	43.97	44.30
1:23.49	1:19.90	1:18.22	100m Breaststroke	1:28.94	1:29.39	1:30.45
3:03.68	2:55.47	2:53.60	200m Breaststroke	3:15.88	3:17.74	3:17.75
33.76	32.32	31.91	50m Butterfly	36.41	36.50	36.97
1:11.42	1:08.97	1:07.94	100m Butterfly	1:17.38	1:17.39	1:19.15
2:44.10	2:41.11	2:39.76	200m Butterfly	3:06.89	3:07.80	3:07.81
1:15.49	1:11.40	1:10.51	100m IM	1:19.79	1:20.39	1:20.68
2:41.11	2:36.81	2:33.42	200m IM	2:51.40	2:51.94	2:54.19
5:47.96	5:40.51	5:35.91	400m IM	6:11.36	6:13.54	6:18.58

Munster Short Course Consideration Times 2026 (All times listed are in Short Course (SC) format)						
Male & Open			Event	Female		
2012-2013 (13-14)	2010-2011 (15-16)	2009 & Earlier (17 +)	Consideration Times	2009 & Earlier (17 +)	2010-2011 (15-16)	2012-2013 (13-14)
			50m Freestyle			
1:07.11	1:05.62	1:04.78	100m Freestyle	1:12.56	1:12.62	1:14.05
2:29.11	2:23.95	2:22.74	200m Freestyle	2:39.93	2:41.28	2:41.42
5:17.15	5:07.83	5:04.22	400m Freestyle	5:35.89	5:40.42	5:45.57
			800m Freestyle			
			1500m Freestyle			
			50m Backstroke			
1:16.99	1:14.95	1:13.59	100m Backstroke	1:21.62	1:23.92	1:23.93
2:49.02	2:46.18	2:45.66	200m Backstroke	2:58.23	2:59.54	3:01.66
			50m Breaststroke			
1:28.50	1:24.69	1:22.91	100m Breaststroke	1:34.28	1:34.75	1:35.88
3:14.70	3:06.00	3:04.02	200m Breaststroke	3:27.63	3:29.60	3:29.62
			50m Butterfly			
1:15.71	1:13.11	1:12.02	100m Butterfly	1:22.02	1:22.03	1:23.90
2:53.95	2:50.78	2:49.35	200m Butterfly	3:18.10	3:19.07	3:19.08
1:20.02	1:15.68	1:14.74	100m IM	1:24.58	1:25.21	1:25.52
2:50.78	2:46.22	2:42.63	200m IM	3:01.68	3:02.26	3:04.64
6:08.84	6:00.94	5:56.06	400m IM	6:33.64	6:35.95	6:41.29

Swim Ireland Safety Statement – Issues

Safety is the responsibility of every individual involved in the sport.

Risks identified must be reported to either a club or Meet Official and formally reported to the facility operator.

All accidents must be formally reported.

General

- By Law all facilities are required to have a Safety Statement in operation. Clubs and Meet Organisers should satisfy themselves that this is the case.
- Any accidents, however minor, must be reported to Swim Ireland (standard Accident Report Form available).
- All volunteers who work/help at Swim Ireland events are advised to read the Swim Ireland Safety Statement which is available upon request from the Swim Ireland Office.

Clubs

- All Clubs should obtain and read a copy of the Safety Statement of the pool they are hiring.
- It is recommended that clubs identify risks and formally report them in writing to the relevant personnel at the facility.

All Members

(Club, Regional and National)

- Following a meet at which an incident/accident occurred, the Organiser and Race Referee must complete a Meet Accident Report Form and include their contact details.
- All who attend meets are urged to report any accidents to either the Meet Organiser who immediately reports to the Race Referee or to the Referee directly. Where an accident occurs, Swim Ireland must be informed as soon as possible with a full report presented.
- "Safety at Swim Meets" must be included in all Programmes for all Meets run under Swim Ireland rules. It must also be read out at the start of every session with emphasis placed on item 3 above.
- Officials should be advised by the Race Referee to report any concerns they have over possible risks at the facility and to ensure that reporting procedures are followed.
- Under World Aquaticss Law the Referee is in total control of all persons attending the meet and the Referee should take all reasonable steps to ensure their safety.

Safety at Swim Meets

All accidents, however minor must be reported, in writing, to Swim Ireland.

We would ask the co-operation of athletes, coaches, spectators and clubs in the application of the following safety measures. Theyr are in place for everyone's safety.

General

- Everyone attending Meets must familiarize themselves with the locations and operation of Emergency Exits.
- Anyone observing anything they consider to be a safety hazard should report it to a Meet Official.
- All persons attending Meets must take all steps to ensure their own safety and the safety of others.
- All walkways must be kept clear of bags, equipment, etc.

Starting

- It is the responsibility of competitors, coaches and clubs to ensure that all athletes are sufficiently competent to dive start from competition starting blocks. Alternatively, athletes are reminded that they may start from the poolside.
- In the event of a false start, athletes should perform a safe entry and not fall into the water.

Warm Up

- Athletes and coaches must ensure that they (and athletes in their charge) take no action that would endanger themselves or others.
- The instructions of those in authority must be obeyed immediately.
- Athletes are not permitted to dive or jump into lanes other than sprint lanes and then only when the area is sufficiently clear to make a safe entry.
- Do not start sprinting in a sprint lane until non-sprinting athletes have cleared it.
- On finishing a sprint, immediately clear the way for the following athlete(s).

Around the Pool (e.g. spectator area, foyer area etc.)

- Athletes are not permitted to enter dry areas without first having changed and put on footwear.
- Where there is a balcony or rail – athletes are not permitted to climb over it.
- Glass bottles are not permitted outside designated refreshment areas.

Thank you for your co-operation in making the Meets a safe experience for all.