



# Munster LC Championships

## 15<sup>th</sup>, 16<sup>th</sup> & 17<sup>th</sup> May 2026

### ENTRY RULES & FORMS

(Under Swim Ireland Rules  
Provisional License **4L – 25/26 – M31**)

**UL Sports Arena**  
**University of Limerick**  
**V94 XT66**

#### MEET CONDITIONS:

<b>Meet Location:</b>	UL Sports Arena, University of Limerick, Castletroy, Limerick, V94 XT66.
<b>Pool Specification:</b>	10 lane 50m pool; anti-turbulence lane ropes; wedge starting blocks; backstroke ledges.
<b>Date:</b>	15 <sup>th</sup> , 16 <sup>th</sup> & 17 <sup>th</sup> May 2026.
<b>License:</b>	Provisional License Number <b>4L – 25/26 – M31</b>
<b>Sessions:</b>	Morning Sessions 1, 4 & 7 – *Warm-Up 8:15, Start 9:30* (Male & Open first on Fri & Sat. <b>Female first on Sunday</b> ). Mid-day Sessions 2, 5 & 8 - *Warm-Up 12:15 Starts 13:30* (Male & Open first on Fri & Sat. <b>Female first on Sunday</b> ). * Times to be confirmed upon receipt and processing of entries*

	<p>Finals Sessions 3 &amp; 6 – Mixed Warm Up at 16:00, Start at 17:00.  <b>There will be an earlier start on Sunday Finals (Session 9)</b> – Times to be confirmed after processing of entries.</p>
<b>Team Leader’s Meeting:</b>	<p>Technical Team Leaders’ briefing will take place on Wednesday 13th May @ 20:00 via Zoom (Link TBA). Attendance at this meeting is advisable. If a club is not represented at this briefing, you are agreeing to any decisions made at the meeting and agree to abide by them at the meet.  Zoom Link: TBA</p>
<b>Age Groups:</b>	12 years; 13 – 14 years; 15 – 16 years; 17 years & over.
<b>Age:</b>	Age as 31 <sup>st</sup> December 2026.
<b>Individual Events:</b>	<p><b>50m Events (Freestyle, Backstroke, Breaststroke and Butterfly)</b>  12 – 14 years Heats &amp; one Final in this Age Group.  15 – 16 Heats &amp; ‘A’ Finals.  17&amp;O Heats and ‘A’ Finals  One final for 12 – 14 year olds, with one set of medals awarded for this age group final.</p> <p><b>100m Freestyle, 100m Backstroke, 100m Butterfly, 100m Breaststroke – Heats &amp; ‘A’ Finals</b>  Finals will be in the following Age Groups: 12 yrs; 13-14 yrs; 15-16 yrs and 17&amp;O</p> <p><b>200m Freestyle, 200m Backstroke, 200m Butterfly, 200m Breaststroke, 200m IM – Heats &amp; ‘A’ Finals</b>  Finals will be in the following Age Groups: 12 yrs; 13-14 yrs; 15-16 yrs and 17&amp;O</p> <p><b>400m Freestyle – HDW (12&amp;over)</b> Age Groups: 12 yrs; 13-14 yrs; 15-16 yrs and 17&amp;O</p> <p><b>400m Individual Medley – HDW (13&amp;over)</b> Age Groups: 13-14 yrs; 15-16 yrs and 17&amp;O</p> <p><b>800m Freestyle / 1500m Freestyle – HDW (13&amp;over)</b> Age Groups: 13-14 yrs; 15-16 yrs and 17&amp;O</p> <p>50m stroke events will be introduced at the Regional and National Age Group Championships under the following conditions:</p> <ul style="list-style-type: none"> <li>• Qualification to the 50m stroke events for athletes aged 12-14 years will be via the corresponding 100m/200m events.</li> <li>• Qualification/Consideration Times have been added for ease of entry on the Hytek file, but athletes entering should hold a corresponding time at 100m/200m events as outlined above and as directed by Andrew Reid, NPD.</li> <li>• A single 12-14 years final will be offered rather than individual age-band finals (with one set of medals awarded).</li> </ul>

<p><b>Relay Events:</b></p>	<p>12yrs – Mixed 4 x 50m Medley, Mixed 4 x 50m Freestyle. <b>These relays will be swum in the mid session.</b></p> <p>13-14 yrs and 15&amp;over: Relays will be as follows:</p> <p>Female and Male &amp; Open Relays: 400m Medley Relay (4x100m) and 400m Freestyle (4x100m) <b>These relays will be swum in the Finals sessions.</b></p> <p>Mixed Relays: 400m Freestyle (4x100m) and 400m Medley (4x100m) Relays. <b>These relays will be swum in the Finals sessions.</b></p>
<p><b>Relay Entries:</b></p>	<p>Clubs may enter a maximum of two relay teams per relay event.</p> <p>The names of the 4 relay team members swimming in the race and the order of swimming must be declared on the official Team Declaration Sheet and submitted to the Swim Office Table no later than 6pm on the evening before, WA 10.4.2. Alterations to submitted team lists will be accepted up to 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.</p> <p>Relay swimmers must be registered members of the club they are swimming for. All competing swimmers must be entered in the meet (<i>even if they are not swimming in individual events</i>). Relay teams that swim in an order that is different from the declared order of swimming shall be disqualified in accordance with WA Rule 10.4.2.</p> <p><b>For ease of administration please submit the names of all relay participants at the time of entry. Changes can be made to the Relay order on the day, but must be submitted no later than 60 minutes prior to the session in which the relay takes place.</b></p>
<p><b>Heats &amp; Finals:</b></p>	<p>All 50m,100m and 200m events will have heats and “A” finals. (50m Freestyle, 50m Backstroke, 50m Breaststroke &amp; 50m Butterfly will have a combined final for 12 – 14 years). All other “A” Finals will be held as 13-14yrs, 15-16yrs and 17&amp; Over.</p> <p>400m, 800m and 1,500m events will be HDW and will be swum with the heats.</p> <p>12 year old Mixed Freestyle &amp; Medley Relays will be HDW and will be swum in the heats. All 13-14 years and 15&amp;Over relays will be HDW and will be swum in the Finals session.</p> <p><b>There will be Multi Class Finals in 50m and 100m events, where applicable.</b></p>
<p><b>Entries:</b></p>	<p>All swimmers entering the Munster Age Group &amp; Senior Long Course Championships must be a member of a Swim Munster affiliated club or a club from outside Ireland registered with their National Federation.</p>

	<p>A maximum of 2 swimmers from outside Ireland are permitted to swim in each final.</p>
<p><b>Entry Form:</b></p>	<p>Entries for the Munster Long Course Meet will be managed through Fastwave (<a href="http://www.fastwave.ie">www.fastwave.ie</a>)</p> <p>Entries will be uploaded to Fastwave in Hytek Team manager format. A summary of your entries will be created in pdf and an email response will be provided to the Club.</p> <p>If there are any issues relating to the upload of entries you can contact <a href="mailto:munsterentries@swimireland.ie">munsterentries@swimireland.ie</a> .</p> <p>The Swim Ireland Registration number or equivalent for each swimmer must be included in the file. Electronic Hytek entries are to be submitted by 6<sup>th</sup> May 2026.</p>
<p><b>Qualification Criteria:</b></p>	<p>Times may be achieved in both Short Course &amp; Long Course from 1<sup>st</sup> May 2025 to 3<sup>rd</sup> May 2026. Consideration and Qualification Times are used for the 50m, 100m, 200m and 400m events: Consideration Times for the 800m/1,500m Freestyle.</p> <p>Times must have been achieved in meets licensed at Level 2 or higher to be eligible to be used for entry into this meet, subject to following paragraph. Short Course times used for entry will be converted to Long Course via the Meet Management System for seeding purposes and vice versa.</p> <p><b>In the 12-year-old age group only, athletes achieving Consideration Standards in the events targeted at the 12-year-old age group in the Future Challenger Series (200m Freestyle, 100m Backstroke, 100m Breaststroke, 100m Butterfly and 200m Individual Medley) will be eligible to swim all available events in the corresponding stroke except the 400m Freestyle. For example, a swimmer achieving the standard for 200m Freestyle can enter 50m and 100m Freestyle.</b></p> <p><b>Athletes aged 12 years may enter the 400m Freestyle if they have achieved the qualification standard in the 400m or if they have achieved the qualification standard in the 200m Freestyle.</b></p> <p>Athletes who achieve one Qualifying Time only may choose one additional event to enter; this event must be one which is most closely associated with the event in which they have achieved the Qualifying Time (<b>i.e. a swimmer who has qualified in the 100m Butterfly may also enter the 200m Butterfly, or a swimmer who has qualified in the 400m Freestyle may add the 200m Freestyle OR 800m Freestyle</b>). Such entries are to be advised in the cover email with the entry file.</p> <p>Swim Munster are obliged to run this event in accordance with Meet Licencing Rules which includes overall duration of 8 hours each day and the necessary quota of qualified officials. If all entries result in the projected duration of competition exceeding the time permitted, Swim Munster will need to decline some consideration time entries for individual, and relays (second and more teams).</p>

<b>Qualification Pathway:</b>	Times can be used for entry to Irish Summer National Age Group and Youth & Senior Championships 2026, Regional SC Championships 2026 and Irish Winter National Championships 2026.
<b>Proof of Entry:</b>	In addition to the Hy-Tek entry file, clubs must submit proof of times achieved with entries which includes a list of the meets at which the entry times were achieved. This is generated by ticking the ‘Include Proof of Time’ checkbox on the ‘Meet Entry Report’ dialogue box.
<b>Entry Name Protocols:</b>	The results from this Championship 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 Mullen, 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.
<b>Entry Deadline:</b>	Closing date for entries is <b>12:00 noon on Wednesday 6th May 2026.</b>  <b>NO LATE ENTRIES WILL BE ACCEPTED.</b>
<b>Entry Fees:</b>	Individual entries cost €10 per event. Relay entries cost €30 per event.  <b>Fees should be paid directly into the bank account by Friday 8<sup>th</sup> May 2026 and must include the name of the club and the name of the meet.</b> <b>Bank details BIC – AIBKIE2D IBAN – IE70AIBK93251559772394</b>  No entry will be processed until the appropriate fee has been received by the Treasurer. <b><i>Please note that all entry fees are payable and non-refundable once the final entry date (5<sup>th</sup> May 2026) has passed AND wristband accreditations will not be approved/issued until full payment of entries and any outstanding fees have been received.</i></b>
<b>Seeding:</b>	The placement of competitors in the heats will be spearheaded and swam slowest to fastest. Clubs not submitting entry time for relay teams will be seeded in the slowest heat.
<b>Withdrawals:</b>	Withdrawals for Day 1 should be made by email on or before 12 mid-day on Thursday 14 <sup>th</sup> May 2026. All withdrawals are to be made via <a href="http://www.fastwave.ie">www.fastwave.ie</a> , prior to the deadline.  <b>- no refunds will be given for withdrawals.</b>  Withdrawals for subsequent days must be submitted by 6pm the previous day, i.e. for day 2, withdrawals must be submitted by 6pm on day 1.  There will be a €50 fine if swimmers are not withdrawn by 6pm for an event for the next day. There will be a €50 fine if swimmers are not withdrawn from Finals within the 30 minute window following the <b>original announcement</b> of the results.
<b>Awards:</b>	Medals will be awarded to the top 3 placings in each age group 15 & Over.

One set of medals will be awarded for the 12 – 14 year olds in the 50m Events, Freestyle, Backstroke, Butterfly and Breaststroke.  
Medals will be awarded to the top 3 placings in 12 yrs and in 13 – 14 in all other finals.

The following Cups will be awarded:

Sponsor	Event	Criteria
Dolphin SC Cup	Senior Female 100m Freestyle	Winner of the Senior (17&O) Final.
R.Jones Cup	Senior Male & Open 100m Freestyle	Winner of the Senior (17&O) Final.
The O’Connell Cup	Male & Open 800m Freestyle	Winner of the 800m Freestyle (HDW) Fastest overall.
Shannon SC Cup	Senior Male & Open 100m Backstroke	Winner of the Senior (17&O) Final.
Mary Haughney Cup	Female 100m Breaststroke	Fastest Female of the Meet over 100m Breaststroke. Winner will be selected from the heats.
Richard Cassidy Cup	Male & Open 100m Butterfly	Fastest Male & Open of the Meet over 100m Butterfly. Winner will be selected from the heats.
Sharon Semchiy Cup	Female 200m Butterfly	Fastest Female of the Meet over 200m Butterfly. Winner will be selected from the heats.
Unknown Sponsor	Overall Best Female of the Meet	Awarded to the Female Athlete with the highest number of points at the Meet. In the event of a tie, the Cup will be awarded to the athlete closet to WA Points. Points will be awarded as follows: 1 <sup>st</sup> = 10pts, 2 <sup>nd</sup> = 9pts, 3 <sup>rd</sup> = 8pts,.....9 <sup>th</sup> = 2pts and 10 <sup>th</sup> = 1 pt.

**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.

Wristband accreditation will be in force at this meet in an effort to control the footfall on pool deck. There will be a maximum of 5 (five) Team Staff permitted per club. The allocation will be based on the number of swimmers in each session and a quota will be issued to clubs, in advance of the meet, on a session by session basis, following the close of entries. A different colour wristband will be available for collection at the Announcer’s table for each session. Only those with the correct colour band for each session will be permitted on pool deck. All other individuals must sit in the balcony area. Persons other than those with valid accreditation, are not permitted to congregate on pool deck and particularly in the area by the Lifeguards Chair, just in front of the Changing Village.

Each club must ensure that the Team Staff members, Coaches & Team Managers, rostered to work at each session, must hold valid Garda Vetting and Safeguarding.

<p><b>Officials:</b></p>	<p>Clubs will be asked to provide Officials to assist with the smooth running of the competition. Official Slots will be allocated based on one per five athletes entered in the competition (1:5), <b>on a per session basis</b>.</p> <p>An Official Rota will be issued in advance of the competition. Any club experiencing difficulty fulfilling their allocation should arrange a swop with another club.</p>
<p><b>Transgender and Non -Binary Participation and Competition Policy</b></p>	<p>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:</p> <ol style="list-style-type: none"> <li>1. Female: athletes with a birth sex of female.</li> <li>2. Open: athletes with a birth sex of male, trans or non-binary competitors and any competitor not eligible for the Female category.</li> </ol> <p>For further information visit the <a href="#">Transgender and Non-Binary Participation and Competition Policy</a></p>
<p><b>Swimsuits:</b></p>	<p>It is not a requirement for swimmers to wear WA approved swimwear in this competition. Athletes aged 12 years (age as defined in the Meet Conditions) will <b>not</b> be permitted to compete at this meet in a Tech Suit.</p> <p><a href="#">Swim Ireland Swimwear Policy – Guidelines on Swimwear</a> – Updated January 2026</p> <p><a href="#">World Aquatic Approved Swim Wear Policy</a></p>
<p><b>Photography/Video Recording:</b></p>	<p><b>Photography is PROHIBITED on the pool deck and in the changing area.</b></p> <p>A registration desk will be available in the balcony area. All devices capable of taking an image must be registered in advance. All persons wishing to register a device must provide:</p> <p>Name, Address, Contact Number, Type of Device and Photographic ID. Any person using a device for photography <b>MUST</b> wear the tag provided and ensure that it is clearly visible at all times, when using the equipment.</p> <p>If this photography rule is breached, members are subject to the Swim Ireland Complaints and Disciplinary Rules and Procedures.</p> <p>Once registered, photographs are permitted from the Balcony <b>ONLY</b> or in the reception area. A Munster Backdrop will be in situ to facilitate photos.</p> <p>At championship events, Munster Swimming will engage the services of an authorised Photographer who will have permission to take photos poolside.</p> <p><a href="#">Swim Ireland Photography Policy</a> <a href="#">Swim Ireland Briefing Note – Camera Devices – Policy Update</a>.</p>



<p><b>Health &amp; Safety:</b></p>	<p>Please refer to the Health &amp; Safety guidelines at the end of this document and to the <a href="#">Swim Ireland Code of Practice for Safety (Swimming)</a> on the Swim Ireland website.</p>
<p><b>Data Protection:</b></p>	<p>Munster 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 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).</p>
<p><b>Anti-Doping:</b></p>	<p>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/FINA Anti-Doping rules. For further information visit the <a href="#">Anti-Doping section of the Sport Ireland website</a>.</p>
<p><b>Facilities:</b></p>	<p>We hope to have a swim down facility available during the Finals sessions on Saturday and Sunday. <b>This will be confirmed at the Team Leaders Meeting.</b></p> <p>Car Parking is available at the venue. Please note that Friday is a working day and parking is prohibited in the Staff Car Parks, Any cars parked in Staff Car Parks on Friday 16<sup>th</sup> May, may be clamped.</p>
<p><b>Closing Date:</b></p>	<p><b>5<sup>th</sup> May 2026</b></p> <p><b>NO LATE ENTRIES WILL BE ACCEPTED.</b></p>
<p><b>Competition Rules:</b></p>	<p>All Meet Conditions must be read in conjunction with the Swim Ireland General Event Rules available on the <a href="#">SI website</a>. Please note that the <a href="#">Swim Ireland Eligibility Policy</a> will be enforced at this competition.</p>

Entries may be limited to ensure compliance with SI Licence rules.  
Where entries have been limited clubs will be informed when all entries have been processed,

These Meet Conditions must be read in conjunction with the Swim Ireland General Event Rules available on the Swim Ireland website at <https://swimireland.ie/competitions-events/regulations-and-safety/>

## 2026 Regional Age Group & Senior LC Championships

### 1 x 3 Day Programme of Events

Window: 1<sup>st</sup> May 2025 to 3<sup>rd</sup> May 2026

Day 1	Day 2	Day 3
<b>Session 1: Combined Heats</b>	<b>Session 4: Combined Heats</b>	<b>Session 7: Combined Heats</b>
Male & Open 15 yrs & Over 200m Breaststroke Female 15 yrs & Over 100m Breaststroke Male & Open 15 yrs & Over 1500m Freestyle HDW Female 15 yrs & Over 100m Backstroke Male & Open 15 yrs & Over 100m Backstroke Female 15 yrs & Over 50m Freestyle Male & Open 15 yrs & Over 50m Butterfly Female 15 yrs & Over 200m Butterfly Male & Open 15 yrs & Over 200m Freestyle Female 15 yrs & Over 400m Freestyle HDW Male & Open 15 yrs & Over 200m IM	Male & Open 15 yrs & Over 400m IM HDW Female 15 yrs & Over 800m Freestyle HDW Male & Open 15 yrs & Over 50m Backstroke Female 15 yrs & Over 50m Backstroke Male & Open 15 yrs & Over 100m Breaststroke Female 15 yrs & Over 100m Butterfly Male & Open 15 yrs & Over 200m Butterfly Female 15 yrs & Over 400m IM HDW Male & Open 15 yrs & Over 100m Freestyle Female 15 yrs & Over 50m Breaststroke Male & Open 15 yrs & Over 800m Freestyle HDW Female 15 yrs & Over 200m Freestyle	Female 15 yrs & Over 200m IM Male & Open 15 yrs & Over 50m Breaststroke Female 15 yrs & Over 50m Butterfly Male & Open 15 yrs & Over 200m Backstroke Female 15 yrs & Over 200m Backstroke Male & Open 15 yrs & Over 50m Freestyle Female 15 yrs & Over 200m Breaststroke Male & Open 15 yrs & Over 100m Butterfly Female 15 yrs & Over 100m Freestyle Male & Open 15 yrs & Over 400m Freestyle HDW Female 15 yrs & Over 1500m Freestyle HDW
<b>Session 2: Combined Heats</b>	<b>Session 5: Combined Heats</b>	<b>Session 8: Combined Heats</b>
Male & Open 12-14 yrs 200m Breaststroke Female 12-14 yrs 100m Breaststroke Male & Open 13-14 yrs 1500m Freestyle HDW Female 12-14 yrs 100m Backstroke Male & Open 12-14 yrs 100m Backstroke Female 12-14 yrs 50m Freestyle Male & Open 12-14 yrs 50m Butterfly Female 12-14 yrs 200m Butterfly Male & Open 12-14 yrs 200m Freestyle Female 12-14 yrs 400m Freestyle HDW Male & Open 12-14 yrs 200m IM	Male & Open 13-14 yrs 400m IM HDW Female 13-14 yrs 800m Freestyle HDW Male & Open 12-14 yrs 50m Backstroke Female 12-14 yrs 50m Backstroke Male & Open 12-14 yrs 100m Breaststroke Female 12-14 yrs 100m Butterfly Male & Open 12-14 yrs 200m Butterfly Female 13-14 yrs 400m IM HDW Male & Open 12-14 yrs 100m Freestyle Female 12-14 yrs 50m Breaststroke Male & Open 13-14 yrs 800m Freestyle HDW Female 12-14 yrs 200m Freestyle Mixed 12 yrs 200m Freestyle Relay HDW	Female 12-14 yrs 200m IM Male & Open 12-14 yrs 50m Breaststroke Female 12-14 yrs 50m Butterfly Male & Open 12-14 yrs 200m Backstroke Female 12-14 yrs 200m Backstroke Male & Open 12-14 yrs 50m Freestyle Female 12-14 yrs 200m Breaststroke Male & Open 12-14 yrs 100m Butterfly Female 12-14 yrs 100m Freestyle Male & Open 12-14 yrs 400m Freestyle HDW Female 13-14 yrs 1500m Freestyle HDW Mixed 12 yrs 200m Medley Relay HDW
<b>Session 3: Finals</b>	<b>Session 6: Finals</b>	<b>Session 9: Finals</b>
Male & Open 12 yrs 200m Breaststroke Male & Open 13/14 yrs 200m Breaststroke Male & Open 15/16 yrs 200m Breaststroke Male & Open 17 yrs & Over 200m Breaststroke Female 12 yrs 100m Breaststroke Female 13/14 yrs 100m Breaststroke Female 15/16 yrs 100m Breaststroke Female 17 yrs & Over 100m Breaststroke Male & Open 12 yrs 100m Backstroke Male & Open 13/14 yrs 100m Backstroke Male & Open 15/16 yrs 100m Backstroke Male & Open 17 yrs & Over 100m Backstroke Female 12 yrs 100m Backstroke Female 13/14 yrs 100m Backstroke Female 15/16 yrs 100m Backstroke Female 17 yrs & Over 100m Backstroke Male & Open 12-14 yrs 50m Butterfly Male & Open 15/16 yrs 50m Butterfly Male & Open 17 yrs & Over 50m Butterfly Female 12-14 yrs 50m Freestyle Female 15/16 yrs 50m Freestyle Female 17 yrs & Over 50m Freestyle Male & Open 12 yrs 200m Freestyle Male & Open 13/14 yrs 200m Freestyle Male & Open 15/16 yrs 200m Freestyle Male & Open 17 yrs & Over 200m Freestyle Female 12 yrs 200m Butterfly Female 13/14 yrs 200m Butterfly Female 15/16 yrs 200m Butterfly Female 17 yrs & Over 200m Butterfly Male & Open 12 yrs 200m IM	Male & Open 12-14 yrs 50m Backstroke Male & Open 15/16 yrs 50m Backstroke Male & Open 17 yrs & Over 50m Backstroke Female 12-14 yrs 50m Backstroke Female 15/16 yrs 50m Backstroke Female 17 yrs & Over 50m Backstroke Male & Open 12 yrs 100m Breaststroke Male & Open 13/14 yrs 100m Breaststroke Male & Open 15/16 yrs 100m Breaststroke Male & Open 17 yrs & Over 100m Breaststroke Female 12 yrs 100m Butterfly Female 13/14 yrs 100m Butterfly Female 15/16 yrs 100m Butterfly Female 17 yrs & Over 100m Butterfly Male & Open 12 yrs 200m Butterfly Male & Open 13/14 yrs 200m Butterfly Male & Open 15/16 yrs 200m Butterfly Male & Open 17 yrs & Over 200m Butterfly Female 12-14 yrs 50m Breaststroke Female 15/16 yrs 50m Breaststroke Female 17 yrs & Over 50m Breaststroke Male & Open 12 yrs 100m Freestyle Male & Open 13/14 yrs 100m Freestyle Male & Open 15/16 yrs 100m Freestyle Male & Open 17 yrs & Over 100m Freestyle Female 12 yrs 200m Freestyle Female 13/14 yrs 200m Freestyle Female 15/16 yrs 200m Freestyle Female 17 yrs & Over 200m Freestyle Male & Open 13-14 yrs 400m Freestyle Relay HDW	Female 13-14 yrs 800m Freestyle Relay HDW Female 15 yrs & Over 800m Freestyle Relay HDW Male & Open 13-14 yrs 800m Freestyle Relay HDW Male & Open 15 yrs & Over 800m Freestyle Relay HDW Female 12 yrs 200m IM Female 13/14 yrs 200m IM Female 15/16 yrs 200m IM Female 17 yrs & Over 200m IM Male & Open 12-14 yrs 50m Breaststroke Male & Open 15/16 yrs 50m Breaststroke Male & Open 17 yrs & Over 50m Breaststroke Female 12-14 yrs 50m Butterfly Female 15/16 yrs 50m Butterfly Female 17 yrs & Over 50m Butterfly Male & Open 12 yrs 200m Backstroke Male & Open 13/14 yrs 200m Backstroke Male & Open 15/16 yrs 200m Backstroke Male & Open 17 yrs & Over 200m Backstroke Female 12 yrs 200m Backstroke Female 13/14 yrs 200m Backstroke Female 15/16 yrs 200m Backstroke Female 17 yrs & Over 200m Backstroke Male & Open 12-14 yrs 50m Freestyle Male & Open 15/16 yrs 50m Freestyle Male & Open 17 yrs & Over 50m Freestyle Female 12 yrs 200m Breaststroke Female 13/14 yrs 200m Breaststroke Female 15/16 yrs 200m Breaststroke Female 17 yrs & Over 200m Breaststroke

<p>Male &amp; Open 13/14 yrs 200m IM  Male &amp; Open 15/16 yrs 200m IM  Male &amp; Open 17 yrs &amp; Over 200m IM  Female 13-14 yrs 400m Medley Relay HDW  Female 15 yrs &amp; Over 400m Medley Relay HDW  Male &amp; Open 13-14 yrs 400m Medley Relay HDW  Male &amp; Open 15 yrs &amp; Over 400m Medley Relay HDW</p> <p>Multi Class Finals in 50m &amp; 100m Events, where applicable.</p>	<p>Male &amp; Open 15 yrs &amp; Over 400m Freestyle Relay HDW  Female 13-14 yrs 400m Freestyle Relay HDW  Female 15 yrs &amp; Over 400m Freestyle Relay HDW</p> <p>Multi Class Finals in 50m &amp; 100m Events, where applicable.</p>	<p>Male &amp; Open 12 yrs 100m Butterfly  Male &amp; Open 13/14 yrs 100m Butterfly  Male &amp; Open 15/16 yrs 100m Butterfly  Male &amp; Open 17 yrs &amp; Over 100m Butterfly  Female 12 yrs 100m Freestyle  Female 13/14 yrs 100m Freestyle  Female 15/16 yrs 100m Freestyle  Female 17 yrs &amp; Over 100m Freestyle  Mixed 13-14 yrs 400m Medley Relay HDW  Mixed 15 yrs &amp; Over 400m Medley Relay HDW</p> <p>Multi Class Finals in 50m &amp; 100m Events, where applicable.</p>
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# 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 Aquatics 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. They 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.