

Munster Aspiring Champions Meet 1

License Number: 3S-26/27-M004

Dear Club Secretary,

Enclosed please find entry details for the **Munster Aspiring Champions (Level 3)**

This meet is open to all swimmers registered with Munster clubs aged 13 and Over (as of 31st December 2026).

Venue:	<i>University of Limerick</i>
Format:	SHORT COURSE.
Time:	<i>Saturday 17th and Sunday 18th October 2026.</i> Session 1: Warm Up at 12:00 Start at 13:00 Session 2: Warm Up at 16:15 Start at 17:15 Session 3: Warm Up at 09:00 Start at 10:00 Session 4: Warm Up at 13:30 Start at 14:30 ** All times will be confirmed following close of entries**
Session Start Times:	<i>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.</i>
Warm Up Details:	<i>Saturday – Warm Up at 12 noon. Competition Start at 13:00</i> <i>Male & Open then Female Warm up for 25 minutes. The Swim Down pool will be available throughout the competition to continue warm up/swim down.</i> <i>During the Male & Open Warm Up on Saturday, Lanes 1 & 2 will be reserved for all Female athletes entered in the 800m Freestyle (first event on Saturday). This will facilitate adequate time for warm up and preparation for the first event of the Meet. The Swim Down pool will be available throughout the competition to continue warm up/swim down.</i> <i>Sunday - Warm Up at 09:00. Competition Start at 10:00.</i> <i>Female then Male & Open Warm up for 25 minutes. The Swim Down pool will be available throughout the competition to continue warm up/swim down.</i>
Eligibility:	Only swimmers registered with Munster clubs, aged 13 and over, are eligible to enter this gala. Ages are as on 31st December 2026
Entries:	<i>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</i>
Entries By:	17:00hrs Wednesday 7th October 2026 NO LATE ENTRIES WILL BE ACCEPTED.
Entry Limits:	<i>Athletes may enter a maximum of three individual events per day. Athletes should only enter events on the recommendation of their coach. Clubs must adhere to this condition when entering swimmers on the Entry File.</i> <i>Swimming distance events should be progressive, ie., only swim 400m after competing at 200m, 800m after competing at 400m and 1,500m after competing at 800m.</i> Coaches should adhere to these entry limits when submitting entries.
Qualification/Consideration Times:	<i>Qualification Times will be required for entry to distance events, 400m IM and 400m, 800m & 1,500m Freestyle. These are published below.</i> <i>If time permits, athletes with the next fastest times in the Consideration band, may be considered, This is totally dependent on time availability.</i>

	<i>This is to support athlete development and to manage meet timelines.</i>
Fee:	€ 9 per Individual Event €25.00 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 Friday 9th October 2026.
Payment:	Payment by Bank Transfer Name of Account: 'Swim Ireland Munster Region' IBAN: IE70AIBK93251559772394 BIC: AIBKIE2D
Important Entry Considerations:	<i>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</i>
Scratches:	<i>Scratches for this gala will close at 5pm on the evening before the gala: that is 5pm on Friday 16th October 2026. Scratches to be sent via email to www.fastwave.ie.</i>
Relays:	<i>Athletes may swim up in an Age Group but may only swim in one Age Group.</i> <i>Clubs are permitted to enter a max of two relays per event. 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 Swim Office 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.</i> Relay teams entered without the names of the participating athletes WILL NOT be accepted. <i>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.</i>
Swim Ireland Registration Number:	<i>A Swim Ireland registration number must be included with every entry. This number is the unique identifier of every swimmer in the National Database.</i>
Entry Name Protocols:	<i>The results from this Aspiring Champions 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:</i> <i>All those with a Mac/Mc surname need to have a space after the Mac/Mc (e.g. Mac Dougal, Mc Donnell).</i> <i>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.</i>
Heats and Finals:	<i>All events are HDW. There will be no Finals.</i>
Awards:	<i>Wristbands will be awarded to all swimmers for each event where they meet the time standard. The times to be achieved in order to receive bands are available on the table below.</i> <i>In addition, Medals will be awarded to 1st, 2nd, & 3rd in each age group in the 2026/2027 season.</i> <i>Medals will also be awarded to Para Swimmers where applicable.</i>
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:	<i>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.</i> <i>Swim Munster will provide the key officials for each session. Swim Munster will circulate an Officials Rota during the week before the event.</i>

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.

<i>Code of Conduct:</i>	<i>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.</i>
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ORDER OF EVENTS

	Session 1 – Saturday 17th – 12 Noon		Session 2 – Saturday 17th – Evening
1	Mixed 800m Freestyle	11	Female 100m IM
2	Male & Open 100m Backstroke	12	Male & Open 100m Butterfly
3	Female 200m Backstroke	13	Female 200m Butterfly
4	Male & Open 200m IM	14	Male & Open 200m Breaststroke
5	Female 100m Breaststroke	15	Female 100m Freestyle
6	Male & Open 100m Freestyle	16	Male & Open 400m Freestyle
7	Female 50m Butterfly	17	Female 400m IM
8	Male & Open 200m Butterfly	18	Male & Open 50m Freestyle
9	Female 200m Medley Relay	19	Female 50m Backstroke
10	Male & Open 200m Freestyle Relay	20	Mixed 200m Freestyle Relay
	Session 3 – Sunday 18th - AM		Session 4 – Sunday 18th – PM
21	Female 200m IM	31	Male & Open 100m IM
22	Male & Open 400m IM	32	Female 200m Freestyle
23	Female 400m Freestyle	33	Male & Open 100m Breaststroke
24	Male & Open 200m Freestyle	34	Female 100m Butterfly
25	Female 200m Breaststroke	35	Male & Open 200m Backstroke
26	Male & Open 50m Backstroke	36	Female 100m Backstroke
27	Female 50m Freestyle	37	Male & Open 50m Butterfly
28	Male & Open 50m Breaststroke	38	Female 50m Breaststroke
29	Female 200m Freestyle Relay	39	Mixed 1,500m Freestyle
30	Male & Open 200m Medley Relay	40	Mixed 200m Medley Relay

**Competing clubs must provide at least one official
for every five swimmers, per session.**

STANDARD ENTRY TIMES — Distance Freestyle

Munster Aspiring Champions Meets 2026-27 — distance events only, 13 years to 18 years & Over
Times are ISN 2026 CT/QTs plus 10%

Event	QT / CT	18 years & Over (Born 2008 or earlier)	17 years (Born 2009)	16 years (Born 2010)	15 years (Born 2011)	14 years (Born 2012)	13 years (Born 2013)
MALE & OPEN							
400m Freestyle	QT	4:59.78	5:00.85	5:01.09	5:08.57	5:21.71	5:44.71
	CT	5:04.27	5:05.36	5:05.61	5:13.20	5:26.54	5:49.88
400m IM	QT	5:38.79	5:52.56	5:57.96	6:06.76	6:23.74	6:50.09
	CT	5:45.56	5:57.85	6:03.33	6:12.26	6:29.49	6:56.24
800m Freestyle	QT	10:13.50	10:13.51	10:13.53	10:23.07	11:06.19	11:36.44
	CT	10:19.63	10:19.65	10:19.66	10:29.30	11:12.86	11:43.41
1500m Freestyle	QT	20:01.80	20:27.13	20:52.37	21:17.18	22:01.94	22:33.33
	CT	20:25.84	20:39.40	21:04.90	21:29.95	22:15.16	22:46.86
FEMALE							
400m Freestyle	QT	5:24.04	5:24.05	5:24.06	5:29.31	5:35.18	5:44.85
	CT	5:28.90	5:28.91	5:28.92	5:34.25	5:40.21	5:50.02
400m IM	QT	6:21.42	6:24.40	6:30.30	6:37.50	6:37.66	6:55.22
	CT	6:27.15	6:30.16	6:36.15	6:43.46	6:43.62	7:01.44
800m Freestyle	QT	10:54.95	11:00.26	11:11.52	11:22.62	11:24.75	12:08.16
	CT	11:01.50	11:06.86	11:18.23	11:29.45	11:31.60	12:15.44
1500m Freestyle	QT	21:06.29	21:21.69	21:21.70	22:03.07	22:27.30	22:59.77
	CT	21:18.95	21:34.50	21:34.51	22:16.30	22:40.78	23:13.57

All times calculated from the ISN 2026 Qualifying and Consideration Times, increased by 10% and rounded to the nearest hundredth of a second.

Munster Swimming Wristband Standards 2026–2027

Aspiring Champions – Short Course

FEMALE – SC 25m TIMES						MALE / OPEN – SC 25m TIMES				
17+	16yrs	15yrs	14yrs	13yrs	EVENT	13yrs	14yrs	15yrs	16yrs	17+
00:36.22	00:36.95	00:37.68	00:39.51	00:41.54	50 Back	00:39.87	00:37.93	00:36.15	00:34.44	00:32.80
00:40.18	00:40.97	00:41.80	00:44.16	00:46.42	50 Breast	00:45.54	00:43.32	00:40.04	00:37.53	00:35.20
00:34.35	00:37.79	00:40.20	00:44.88	00:47.19	50 Fly	00:43.99	00:41.84	00:37.61	00:33.67	00:29.66
00:32.30	00:32.86	00:33.53	00:34.52	00:36.45	50 Free	00:35.59	00:32.44	00:31.60	00:30.23	00:29.19
01:10.50	01:11.28	01:12.03	01:13.80	01:19.35	100 Free	01:16.76	01:10.18	01:07.98	01:05.79	01:03.86
1:19.90	1:21.63	1:25.04	01:30.46	01:36.01	100 IM	01:33.10	01:26.13	1:20.96	1:17.72	1:16.17
01:22.35	01:23.40	01:23.98	01:26.50	01:32.03	100 Back	01:30.34	01:23.65	01:20.55	01:17.64	01:16.86
01:19.83	01:20.85	01:23.88	01:28.43	01:35.10	100 Fly	01:31.56	01:24.21	01:19.82	01:15.85	01:12.77
01:34.26	01:35.49	01:36.29	01:38.68	01:43.97	100 Breast	01:43.70	01:34.60	01:30.85	01:28.16	01:27.95
02:32.95	02:34.81	02:38.71	02:42.25	02:52.35	200 Free	02:48.95	02:34.89	02:29.92	02:24.62	02:22.99
02:54.43	02:56.06	03:01.35	03:08.54	03:19.86	200 IM	03:14.04	02:59.86	02:51.80	02:49.81	02:45.64
02:57.99	02:58.81	03:02.77	03:06.97	03:17.54	200 Back	03:14.23	03:00.81	02:54.21	02:50.87	02:48.42
03:04.14	03:08.08	03:14.61	03:17.79	03:28.43	200 Fly	03:23.44	03:05.90	02:58.41	02:50.31	02:46.34
03:25.12	03:25.67	03:27.26	03:38.07	03:47.21	200 Breast	03:44.05	03:27.88	03:22.94	03:13.77	03:13.32
05:29.70	05:34.63	05:38.71	05:48.22	06:08.98	400 Free	06:03.52	05:37.48	05:24.50	05:16.16	05:10.10
06:20.81	06:30.62	06:34.01	06:42.71	07:10.95	400 IM	07:03.47	06:37.10	06:09.40	05:57.69	05:49.66
11:18.76	11:23.75	11:35.08	11:50.41	12:30.25	800 Free	12:14.89	11:22.26	11:02.58	10:39.03	10:28.20
21:31.64	21:46.84	22:10.34	22:26.39	24:04.36	1500 Free	23:42.11	22:12.77	21:35.56	21:11.63	20:47.14

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.