



2017
Irish Open Swimming Championships

ENTRY RULES & FORMS

National Aquatic Centre, Dublin
Thursday 6th – Sunday 9th April 2017

This meet is a FINA approved meet for qualification for the 2017 World Championships





Irish Open Swimming Championships
National Aquatic Centre, Dublin
6th – 9th April, 2017

MEET CONDITIONS

Meet Type:	Junior and Open Finals for all Olympic individual events (except the 800/1500 freestyle); Open Finals for 50m Breaststroke, 50m Backstroke & 50m Butterfly ; Timed Finals for 800m and 1500m events with the fastest heat swimming in the Finals session ; Timed Finals for Relay Events	
Session Times:	Session 1: Thursday 6 th April Warm-up 8.00am; Competition 9.45am Session 2: Thursday 6 th April Warm-up 4.15pm; Competition 5.30pm Session 3: Friday 7 th April Warm-up 8.00am; Competition 9.45am Session 4: Friday 7 th April Warm-up 4.15pm; Competition 5.30pm	Session 5: Saturday 8 th April Warm-up 8.00am; Competition 9.45am Session 6: Saturday 8 th April Warm-up 4.15pm; Competition 5.30pm Session 7: Sunday 9 th April Warm-up 8.00am; Competition 9.45am Session 8: Sunday 9 th April Warm-up 3.15pm; Competition 4.30pm
Age:	Junior Qualifying Times will be for male competitors born 1999, 2000, 2001 or 2002 and female competitors born 2000, 2001, 2002 or 2003 Youth Qualifying Times will be for male competitors born 2001 or later and female competitors born 2002 or later Junior Finals shall be relevant for male competitors born 1999 or later and female competitors born 2000 or later	
Finals:	The fastest ten competitors from the heats irrespective of age shall be allocated places in the Open Final, plus two reserves The next fastest ten age-eligible competitors shall be allocated places in the Junior Final. A competitor in the Junior Final may also be a reserve for the Open Final and will be moved to the Open Final as necessary. There will be a maximum of four foreign swimmers permitted to swim in the Open Final. The Junior Final is for Irish swimmers only.	
Team Leaders Meeting:	Technical meeting will take place on Wednesday 5th April, at 7.30pm venue TBC. Attendance at this meeting is mandatory. Each club must be represented by one or more delegates. A club (not a delegate) attending the meeting may also represent a maximum of one additional club. Any such representation must be declared in writing at the meeting. The representative is authorised to make withdrawals. A fine of €100 will be issued to clubs who fail to attend or are not represented at this meeting.	
Accreditation:	Photographic accreditation will be required by all competitors, coaches and team managers. Swim Ireland reserve the right to issue or refuse accreditation. Coaches and team managers will only be provided with accreditation if they <ul style="list-style-type: none">• Submit photographs• Meet with Swim Ireland Safeguarding requirements<ul style="list-style-type: none">○ Have attended a Safeguarding course○ Have undergone a Garda Vetting/Access NI check (or accepted equivalent)	



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Entry Form:	<p>Electronic Hy-tek entries are accepted via Hy-tek to the Swim Ireland Office at entries@swimireland.ie</p> <p>Paper entries should be posted to the Swim Ireland Office at Irish Sport HQ, National Sports Campus, Blanchardstown, Dublin 15, Ireland marked "2017 IRISH OPEN SWIMMING CHAMPIONSHIPS". <i>If entries are made by Hy-tek it is not necessary to post entry forms.</i></p>
Entry Deadline:	<p>5pm Friday 3rd March, 2017 for ALL entries. Payment for entries must be received by 5pm Friday 10th March</p>
Entry Fees:	<p>Individual entries cost €10/£9 per event. Relay entries cost €25/£22 per event.</p> <p>No entry will be processed until the appropriate fee has been received at the Swim Ireland Office. Payment options are detailed in the Entry Summary Sheet.</p> <p><i>Please note that entries are non-refundable once the final date for payment has passed</i></p>
Relay Entries:	<p>Clubs are permitted to enter more than one relay team per event. Approx. entry times should submit for all relays. The names of the four 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 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>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 FINA Rule SW 10.12.</p>
Seeding:	<p>Please note that for this meet, non-conforming times will be seeded in the first heats (i.e. swimmers entered on SC times will be seeded slower than swimmers entered on LC times)</p>
Awards:	<p>Medals are awarded for top-3 placings (Open only) and top-3 Irish placings (Open only) should these be different. All swimmers should be properly attired in a tracksuit or t-shirt and shorts with footwear for medal ceremonies.</p>
Anti-Doping:	<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 Irish Sports Council/WADA/FINA Anti-Doping rules. For further information visit the Anti-Doping section of the Irish Sports Council website.</p>
Health & Safety:	<p>Please refer to the Health & Safety guidelines at the back of this document and also the Swim Ireland Code of Practice for Safety (Swimming) on the Swim Ireland website.</p>
Warm Up:	<p>There will be some pool availability for warm up on Wednesday 5th April from 4-7pm.</p>
Further Info:	<p>Please direct all queries to entries@swimireland.ie</p>

These Meet Conditions must be read in conjunction with the Swim Ireland General Event Rules available on the SI website at <http://www.swimireland.ie/high-performance-swimming/national-competitions/competition-rules-safety>



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ORDER OF EVENTS

Session 1: Thursday 6th April			Session 2: Thursday 6th April		
1	M	50m Breaststroke	9	M	1500m Freestyle (Fastest Heat)
2	W	50m Breaststroke	10	W	800m Freestyle (Fastest Heat)
3	M	200m Freestyle	7	M	Junior & Open Final 200m Butterfly
4	W	200m Freestyle	8	W	Junior & Open Final 200m Butterfly
5	M	100m Backstroke	5	M	Junior & Open Final 100m Backstroke
6	W	100m Backstroke	6	W	Junior & Open Final 100m Backstroke
7	M	200m Butterfly	1	M	Open Final 50m Breaststroke
8	W	200m Butterfly	2	W	Open Final 50m Breaststroke
9	M	1500m Freestyle (Slower Heats)	3	M	Junior & Open Final 200m Freestyle
10	W	800m Freestyle (Slower Heats)	4	W	Junior & Open Final 200m Freestyle
11	M	400m Freestyle Relay (Timed Finals)			
12	W	400m Freestyle Relay (Timed Finals)			
Session 3: Friday 7th April			Session 4: Friday 7th April		
13	M	100m Freestyle	13	M	Junior & Open Final 100m Freestyle
14	W	100m Freestyle	14	W	Junior & Open Final 100m Freestyle
15	M	100m Breaststroke	15	M	Junior & Open Final 100m Breaststroke
16	W	100m Breaststroke	16	W	Junior & Open Final 100m Breaststroke
17	M	400m Individual Medley	17	M	Junior & Open Final 400m Individual Medley
18	W	400m Individual Medley	18	W	Junior & Open Final 400m Individual Medley
19	M	50m Butterfly	19	M	Open Final 50m Butterfly
20	W	50m Butterfly	20	W	Open Final 50m Butterfly
21	M	800m Freestyle Relay (Timed Finals)			
22	W	800m Freestyle Relay (Timed Finals)			



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Session 5: Saturday 8 th April			Session 6: Saturday 8 th April		
23	W	400m Freestyle	23	W	Junior & Open Final 400m Freestyle
24	M	400m Freestyle	24	M	Junior & Open Final 400m Freestyle
25	W	100m Butterfly	25	W	Junior & Open Final 100m Butterfly
26	M	100m Butterfly	26	M	Junior & Open Final 100m Butterfly
27	W	200m Backstroke	27	W	Junior & Open Final 200m Backstroke
28	M	200m Backstroke	28	M	Junior & Open Final 200m Backstroke
29	W	400m Medley Relay (Timed Finals)			
30	M	400m Medley Relay (Timed Finals)			
Session 7: Sunday 9 th April			Session 8: Sunday 9 th April		
31	W	200m Individual Medley	31	W	Junior & Open Final 200m Individual Medley
32	M	200m Individual Medley	32	M	Junior & Open Final 200m Individual Medley
33	W	50m Backstroke	39	W	1500m Freestyle (Fastest Heat)
34	M	50m Backstroke	35	M	Junior & Open Final 50m Freestyle
35	W	50m Freestyle	36	W	Junior & Open Final 50m Freestyle
36	M	50m Freestyle	40	M	800m Freestyle (Fastest Heat)
37	W	200m Breaststroke	37	W	Junior & Open Final 200m Breaststroke
38	M	200m Breaststroke	38	M	Junior & Open Final 200m Breaststroke
39	W	1500m Freestyle (Slower Heats)	33	W	Open Final 50m Backstroke
40	M	800m Freestyle (Slower Heats)	34	M	Open Final 50m Backstroke



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QUALIFICATION STANDARDS

Male				Event	Female			
Youth LC	Junior LC	Open SC	Open LC		Open LC	Open SC	Junior LC	Youth LC
27.38	25.96	25.45	25.96	50m Freestyle	28.61	28.05	28.61	29.02
58.62	57.66	56.53	57.66	100m Freestyle	1:01.91	1:00.70	1:01.91	1:02.66
2:08.18	2:06.32	2:03.84	2:06.32	200m Freestyle	2:16.76	2:14.08	2:16.76	2:16.76
4:32.50	4:32.50	4:27.16	4:32.50	400m Freestyle	4:52.03	4:46.30	4:52.03	4:52.03
9:41.95	9:41.95	9:30.54	9:41.95	800m Freestyle	9:54.41	9:42.75	9:54.41	10:11.46
18:34.98	18:22.08	18:00.47	18:22.08	1500m Freestyle	19:25.01	19:15.00	19:25.01	19:25.01
30.93	30.93	30.32	30.93	50m Backstroke	33.76	33.10	33.76	33.76
1:07.47	1:07.19	1:05.87	1:07.19	100m Backstroke	1:11.23	1:09.83	1:11.23	1:11.35
2:27.50	2:25.00	2:22.16	2:25.00	200m Backstroke	2:35.41	2:32.36	2:35.41	2:35.41
33.03	33.03	32.38	33.03	50m Breaststroke	37.73	36.99	37.73	37.73
1:15.83	1:15.83	1:14.43	1:15.83	100m Breaststroke	1:20.50	1:18.92	1:20.50	1:23.16
2:51.58	2:51.58	2:48.22	2:51.58	200m Breaststroke	3:00.00	2:56.47	3:00.00	3:00.00
28.20	28.20	27.65	28.20	50m Butterfly	30.60	30.00	30.60	30.60
1:04.79	1:04.15	1:02.89	1:04.15	100m Butterfly	1:11.00	1:09.61	1:11.00	1:12.24
2:27.69	2:24.00	2:21.18	2:24.00	200m Butterfly	2:39.88	2:36.75	2:39.88	2:41.64
2:26.34	2:25.21	2:22.36	2:25.21	200m I.M.	2:36.00	2:32.94	2:36.00	2:36.00
5:13.13	5:10.24	5:04.16	5:10.24	400m I.M.	5:39.47	5:32.81	5:39.47	5:39.47

**Entry Standards must have been achieved in Open Competition since January 1st 2016*



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DISABILITY SWIMMER QUALIFICATION STANDARDS

FEMALE															
	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	
50 free				59.20	50.91	49.34	44.90	42.97	41.21	39.42	43.90	38.17	38.85		50 free
100 free			2.18.46	2.11.14	1.48.77	1.44.05	1.36.53	1.33.13	1.26.67	1.25.35	1.35.48		1.23.54		100 free
200 free				4.35.13	3.53.58									3.04.30	200 free
400 free						7.32.90	7.04.30	6.40.55	6.14.81	6.27.08	7.20.98		6.21.20		400 free
50 back		1.29.40	1.20.34	1.08.81	54.89										50 back
100 back		4.08.59				2.00.20	1.55.75	1.45.52	1.38.34	1.33.51	1.51.52	1.36.48	1.34.66	1.34.65	100 back
50 breast			1.16.92												50 breast
100 breast				2.27.56	2.13.17	2.15.53	2.05.62	1.49.50	1.49.16		2.03.98		1.49.05	1.49.05	100 breast
50 fly				1.19.57	57.48	51.15	47.98								50 fly
100 fly								1.39.03	1.34.70	1.30.74			1.33.58		100 fly
200 IM			4.50.99		4.34.47	4.21.67	3.59.00	3.41.36	3.29.77	3.26.67	3.56.84		3.29.50	3.33.84	200 IM

MALE															
	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	
50 free			1.00.45	53.27	45.48	40.54	39.26	36.62	35.66	32.86	35.86	32.62	33.70		50 free
100 free			2.13.41	1.56.97	1.37.04	1.32.87	1.25.62	1.20.14	1.18.47	1.12.18	1.20.41		1.12.44		100 free
200 free		6.29.35	4.38.76	4.09.47	3.48.68									2.28.04	200 free
400 free						6.48.31	6.36.10	6.17.57	5.54.65	5.46.52	6.10.11		5.34.26		400 free
50 back	1.31.23	1.24.32	59.90	1.00.60	49.65										50 back
100 back	4.38.82	3.19.84				1.44.38	1.38.65	1.29.85	1.27.62	1.25.15	1.36.12	1.24.22	1.20.84	1.26.50	100 back
50 breast		1.19.85	1.08.81	2.10.93											50 breast
100 breast					2.09.84	1.53.76	1.50.44	1.35.09	1.30.84		1.39.48		1.30.22	1.34.63	100 breast
50 fly				57.44	48.46	42.43	41.85								50 fly
100 fly								1.25.78	1.24.05	1.19.45	1.26.73		1.17.93		100 fly
200 IM			3.52.32			3.45.08	3.37.29	3.19.96	3.09.58	3.04.48	3.22.06		2.55.66	3.07.83	200 IM



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MALE ENTRY FORM

Please complete this form fully and correctly otherwise your entry will not be accepted.

FULL NAME (*Print*): _____ Swim Ireland Reg No. _____

CLUB (*Print*): _____ Date of Birth: _____

Event No.	Event	Time Achieved	Date Achieved (Including Meet Name)
1	50m Breaststroke		
3	200m Freestyle		
5	100m Backstroke		
7	200m Butterfly		
11	1500m Freestyle		
13	100m Freestyle		
15	100m Breaststroke		
17	400m Ind. Medley		
19	50m Butterfly		
24	400m Freestyle		
26	100m Butterfly		
28	200m Backstroke		
32	200m Ind. Medley		
34	50m Backstroke		
36	50m Freestyle		
38	200m Breaststroke		
40	800m Freestyle		

**Entry Standards must have been achieved in Open Competition in the preceding fifteen months (January 1st 2016)*

I certify that the above information is correct: _____
(Club Secretary)



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FEMALE ENTRY FORM

Please complete this form fully and correctly otherwise your entry will not be accepted.

FULL NAME (*Print*): _____ Swim Ireland Reg No. _____

CLUB (*Print*): _____ Date of Birth: _____

Event No.	Event	Time Achieved	Date Achieved (Including Meet Name)
2	50m Breaststroke		
4	200m Freestyle		
6	100m Backstroke		
8	200m Butterfly		
12	800m Freestyle		
14	100m Freestyle		
16	100m Breaststroke		
18	400m Ind. Medley		
20	50m Butterfly		
23	400m Freestyle		
25	100m Butterfly		
27	200m Backstroke		
31	200m Ind. Medley		
33	50m Backstroke		
35	50m Freestyle		
37	200m Breaststroke		
39	1500m Freestyle		

**Entry Standards must have been achieved in Open Competition in the preceding fifteen months (January 1st 2016)*

I certify that the above information is correct: _____
(Club Secretary)



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RELAY & ENTRY SUMMARY SHEET

Event No.	Event	'A' Team Entry Time	'B' Team Entry Time
11	Men's 400m Freestyle Relay		
12	Women's 400m Freestyle Relay		
21	Men's 800m Freestyle Relay		
22	Women's 800m Freestyle Relay		
29	Women's 400m Medley Relay		
30	Men's 400m Medley Relay		

(It is accepted that Entry Time for Relay Events will be approximations for HDW seeding purposes only)

Relay Entries: _____ @ €25 Each = € _____

Individual Entries: _____ @ €10 Each = € _____

TOTAL AMOUNT ENCLOSED: € _____

CLUB: _____ CONTACT: _____

PHONE: _____ EMAIL: _____

Payment Options:

Please reference all payments as "2017 IOSC" and include club details.

Bank Transfer:

EURO

Bank: AIB

Sort Code: 932515

Account Number: 59772048

IBAN: IE03 AIBK 9325 1559 7720 48

BIC: AIBKIE2D

Sterling

Bank: Danske Bank

Sort Code: 950111

Account Number: 51051490

IBAN: GB55 DABA 9501 1151 0514 90

BIC: DABAGB2B

Credit Card:

Credit card payments can be made over the phone by calling the Swim Ireland offices at **+353-1-6251127** – please note that credit card payments can only be processed in Euro

Cheque/Postal Order:

Made payable to Swim Ireland





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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

- 1) 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.
- 2) Any accidents, however minor, must be reported to Swim Ireland (standard Accident Report Form available).
- 3) 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 Office.

Clubs

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

All Meets

(Club, Regional and National)

- 1) 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.
- 2) 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.
- 3) "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.
- 4) 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.
- 5) Under FINA 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 swimmers, coaches, spectators and clubs in the application of the following safety measures. They are in place for everyone's safety.

1. General;

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

2. Starting;

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

3. Warm-Up;

- i. Swimmers and coaches must ensure that they (and swimmers in their charge) take no action that would endanger themselves or others.
- ii. The instructions of those in authority must be obeyed immediately.
- iii. Swimmers 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.
- iv. Do not start sprinting in a sprint lane until non-sprinting swimmers have cleared it.
- v. On finishing a sprint immediately clear the way for the following swimmer(s).

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

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

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