



**2016**  
**Irish Open SC Championships**

**ENTRY RULES & FORMS**

**Lagan Valley LeisurePlex, Lisburn**  
**Friday 2<sup>nd</sup> – Sunday 4<sup>th</sup> December, 2016**

**sport ireland**



**Lagan Valley**  
**LeisurePlex** 



Irish Open SC Championships  
Lagan Valley LeisurePlex, Lisburn  
2<sup>nd</sup> – 4<sup>th</sup> December, 2016

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**MEET CONDITIONS**

Meet Type:	Open National Championships, 25m Senior Meet. There will be A and B finals for all 50m; 100m; 200m and 400m individual events, subject to "Seeding" rules.
Session Times:	Session 1: Friday 2 <sup>nd</sup> December Warm-up 8.00am; Competition 9.30am Session 2: Friday 2 <sup>nd</sup> December Warm-up 4.30pm; Competition 5.30pm Session 3: Saturday 3 <sup>rd</sup> December Warm-up 8.00am; Competition 9.30am Session 4: Saturday 3 <sup>rd</sup> December Warm-up 4.30pm; Competition 5.30pm Session 5: Sunday 4 <sup>th</sup> December Warm-up 8.00am; Competition 9.30am Session 6: Sunday 4 <sup>th</sup> December Warm-up 3.30pm; Competition 4.30pm
Entry Limit:	There will be no entry limit for this event. There will be a maximum of 2 foreign swimmers permitted to swim in each final (A & B final where applicable).
Entry Form:	Electronic Hy-tek entries are accepted via Hy-tek to the <b>Swim Ireland Office</b> at <a href="mailto:entries@swimireland.ie">entries@swimireland.ie</a> Paper entries should be posted to the <b>Swim Ireland Office</b> at Irish Sport HQ, National Sports Campus, Blanchardstown, Dublin 15, Ireland marked "2016 IRISH SC NATIONALS". Paper entries are only required where Hy-tek is not used.
Entry Deadline:	Tuesday 1 <sup>st</sup> November for ALL entries. Payment for Hy-tek entries must be received by Friday 4 <sup>th</sup> November
Entry Fees:	Individual entries cost €9.00/£7.50                      Relay entries cost €20.00/£17.50  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.  <b><i>Please note that entries are non-refundable once the final date for payment has passed</i></b>
Distance Events:	800m & 1500m Freestyle events and all relay events will be Heat Declared Winners (HDW). The Men's 800m Freestyle and Women's 1500m Freestyle will have one heat only. Swimmers will enter in the usual manner and the fastest eight in each will swim. There is no charge for this event
Relay Events:	Please note that all relay swimmers must be entered through Hy-tek even if they are not swimming individual events. If you are unsure how to do this please contact Swim Ireland at the details below.
Scoring:	Scoring for overall awards will be based on FINA points system.
Awards:	Medals are awarded for top-3 placings and top-3 Irish placings should these be different. All swimmers should be properly attired in a tracksuit or t-shirt and shorts for medal ceremonies. The "Swimmer of the Meet" will be based on FINA points and will be awarded to the Irish swimmer who attains the highest points in one swim.
Further Info:	Please direct all queries to <a href="mailto:entries@swimireland.ie">entries@swimireland.ie</a>

**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**

<b>Session 1: Friday 2<sup>nd</sup> December</b>			<b>Session 3: Saturday 3<sup>rd</sup> December</b>			<b>Session 5: Sunday 4<sup>th</sup> December</b>		
1	M	50m Freestyle	15	W	50m Freestyle	29	W	400m Ind. Medley
2	W	100m Breaststroke	16	M	100m Breaststroke	30	M	400m Ind. Medley
3	M	200m Backstroke	17	W	200m Backstroke	31	W	50m Butterfly
4	W	200m Butterfly	18	M	200m Butterfly	32	M	50m Butterfly
5	M	100m Butterfly	19	W	100m Butterfly	33	W	200m Freestyle
6	W	50m Backstroke	20	M	50m Backstroke	34	M	200m Freestyle
7	M	50m Breaststroke	21	W	50m Breaststroke	35	W	100m Backstroke
8	W	200m Ind. Medley	22	M	200m Ind. Medley	36	M	100m Backstroke
9	M	400m Freestyle	23	W	400m Freestyle	37	W	200m Breaststroke
10	W	100m Freestyle	24	M	100m Freestyle	38	M	200m Breaststroke
11	M	100m Ind. Medley	25	W	100m Ind. Medley	39	W	4x50m MTR (HDW)
12	W	800m Freestyle (HDW)	26	M	1500m Freestyle (HDW)	40	M	4x50m MTR (HDW)
<b>Session 2: Friday 2<sup>nd</sup> December</b>			<b>Session 4: Saturday 3<sup>rd</sup> December</b>			<b>Session 6: Saturday 4<sup>th</sup> December</b>		
12	W	800m Free (Fastest Heat)	26	M	1500m Free (Fastest Heat)	43	W	1500m Free (1 Heat)
1	M	B & A Final	15	W	B & A Final	44	M	800m Free (1 Heat)
2	W	B & A Final	16	M	B & A Final	29	W	B & A Final
3	M	B & A Final	17	W	B & A Final	30	M	B & A Final
4	W	B & A Final	18	M	B & A Final	31	W	B & A Final
5	M	B & A Final	19	W	B & A Final	32	M	B & A Final
6	W	B & A Final	20	M	B & A Final	33	W	B & A Final
7	M	B & A Final	21	W	B & A Final	34	M	B & A Final
8	W	B & A Final	22	M	B & A Final	35	W	B & A Final
9	M	B & A Final	23	W	B & A Final	36	M	B & A Final
10	W	B & A Final	24	M	B & A Final	37	W	B & A Final
11	M	B & A Final	25	W	B & A Final	38	M	B & A Final
13	W	4x100m MTR (HDW)	27	M	4x100m FTR (HDW)	41	W	4x50m FTR (HDW)
14	M	4x100m MTR (HDW)	28	W	4x100m FTR (HDW)	42	M	4x50m FTR (HDW)



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**QUALIFICATION STANDARDS**

Male		Event	Female	
SC	LC		LC	SC
26.28	26.81	50 Freestyle	30.39	29.79
57.02	58.16	100 Freestyle	1.05.07	1.03.79
2.06.27	2.08.80	200 Freestyle	2.21.48	2.18.71
4.37.10	4.42.64	400 Freestyle	5.01.03	4.55.13
		800 Freestyle	10.07.99	9.56.07
18.00.47	18.22.08	1500 Freestyle		
30.32	30.93	50 Backstroke	35.17	34.48
1.07.11	1.08.45	100 Backstroke	1.14.00	1.12.55
2.25.66	2.28.57	200 Backstroke	2.39.36	2.36.24
32.38	33.03	50 Breaststroke	39.30	38.53
1.14.43	1.15.83	100 Breaststroke	1.24.90	1.23.24
2.48.22	2.51.58	200 Breaststroke	3.04.57	3.00.95
27.65	28.20	50 Butterfly	31.87	31.25
1.02.89	1.04.15	100 Butterfly	1.12.01	1.10.60
2.26.73	2.29.66	200 Butterfly	2.39.88	2.36.75
1.06.69	-	100 I.M.	-	1.13.11
2.22.36	2.25.21	200 I.M.	2.37.92	2.34.82
5.04.16	5.10.24	400 I.M.	5.39.47	5.32.81



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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 Freestyle		
3	200m Backstroke		
5	100m Butterfly		
7	50m Breaststroke		
9	400m Freestyle		
11	100m Ind. Medley		
16	100m Breaststroke		
18	200m Butterfly		
20	50m Backstroke		
22	200m Ind. Medley		
24	100m Freestyle		
26	1500m Freestyle		
30	400m Ind. Medley		
32	50m Butterfly		
34	200m Freestyle		
36	100m Backstroke		
38	200m Breaststroke		
44	800m Freestyle		

*\*Entry Standards must have been achieved in Open Competition in the preceding fifteen months (since 1<sup>st</sup> September 2015).*

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	100m Breaststroke		
4	200m Butterfly		
6	50m Backstroke		
8	200m Ind. Medley		
10	100m Freestyle		
12	800m Freestyle		
15	50m Freestyle		
17	200m Backstroke		
19	100m Butterfly		
21	50m Breaststroke		
23	400m Freestyle		
25	100m Ind. Medley		
29	400m Ind. Medley		
31	50m Butterfly		
33	200m Freestyle		
35	100m Backstroke		
37	200m Breaststroke		
43	1500m Freestyle		

*\*Entry Standards must have been achieved in Open Competition in the preceding fifteen months (since 1<sup>st</sup> September 2015).*

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



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**RELAY & ENTRY SUMMARY SHEET**

Event No.	Event	No. Teams to Enter
13	Women's 4x100m MTR	
14	Men's 4x100m MTR	
27	Men's 4x100m FTR	
28	Women's 4x100m FTR	
39	Women's 4x50m MTR	
40	Men's 4x50m MTR	
41	Women's 4x50m FTR	
42	Men's 4x50m FTR	

Relay Entries: \_\_\_\_\_ @ €20 Each = € \_\_\_\_\_

Individual Entries: \_\_\_\_\_ @ €9 Each = € \_\_\_\_\_

TOTAL AMOUNT ENCLOSED: € \_\_\_\_\_

CLUB: \_\_\_\_\_ CONTACT: \_\_\_\_\_

PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

**Payment Options:**

Please reference all payments as "2016 IRISH SC NATIONALS" 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**

Cheque/Postal Order:

Made payable to Swim Ireland

Credit Card:

Credit card payments can be made over the phone by calling +353-1-6251120



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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.





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**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.***