

SWIM IRELAND

2017 Irish Open SC Championships

4S-17/18-N001

ENTRY RULES & FORMS

Lagan Valley LeisurePlex, Lisburn
Thursday 14th – Sunday 17th December 2017

*This meet has been approved by FINA as meet where swimmers can achieve the FINA A and B
Swimming Qualifying Standard Times*



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MEET CONDITIONS

Meet Type:	Full Olympic Programme plus 50m Form Strokes. 'A' and 'B' Finals per event (800m/1500m as Timed Finals). Four Open 200m Relays, single gender and mixed Freestyle and Medley relays – heats & finals	
Session Times:	<p>Session 1: Thursday 14th December Warm-up 0730; Competition 0900</p> <p>Session 2: Thursday 14th December Warm-up 1530; Competition 1700</p> <p>Session 3: Friday 15th December Warm-up 0730; Competition 0900</p> <p>Session 4: Friday 15th December Warm-up 1530; Competition 1700</p>	<p>Session 5: Saturday 16th December Warm-up 0730; Competition 0900</p> <p>Session 6: Saturday 16th December Warm-up 1530; Competition 1700</p> <p>Session 7: Sunday 17th December Warm-up 0730; Competition 0900</p> <p>Session 8: Sunday 17th December Warm-up 1330; Competition 1500</p>
Age:	<p>Qualifying Times to reflect two age groups per gender. Age Groups as Junior (Male 13- 16 years and Female 13- 15 years) and Senior (Male 17 years & over and Female 16 years & over).</p> <p>Junior Qualifying Times will be for male competitors born 2001 – 2004 and female competitors born 2002 – 2004.</p>	
Finals:	<p>The fastest eight competitors from the heats shall be allocated places in the A-Final</p> <p>The next fastest eight competitors shall be allocated places in the B-Final.</p> <p>There will be a maximum of two foreign swimmers permitted to swim in the A-Final and two foreign swimmers in the B-Final.</p>	
Team Leaders Meeting:	<p>Technical meeting will take place on Wednesday 13th December, at 7.30pm at the competition venue. 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.</p>	
Accreditation:	<p>Photographic accreditation will be required by all competitors, coaches and team managers.</p> <p>Further information on how to apply for accreditation will be circulated in due course. Please note that only those with accreditation will be permitted onto poolside at the competition.</p>	
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 SC CHAMPIONSHIPS". <i>If entries are made by Hy-tek it is not necessary to post entry forms.</i></p>	
Entry Deadline:	<p>5pm Friday 10th November 2017 for ALL entries. Payment for entries must be received by 5pm Friday 24th November</p>	

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Entry Fees:	<p>Individual entries cost €10/£9 per event.</p> <p>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>
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 13th December 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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PROGRAMME OF EVENTS

Day 1 – Thu 14th December 2017	Day 2 – Fri 15th December 2017	Day 3 – Sat 16th December 2017	Day 4 – Sun 17th December 2017
Session 1: 0900 - Heats	Session 3: 0900 – Heats	Session 6: 0900 – Heats	Session 8: 0900 – Heats
Male 200m IM Female 200m IM Male 100m Backstroke Female 100m Backstroke Male 50m Breaststroke Female 50m Breaststroke Male 200m Butterfly Female 200m Butterfly Male 1500m Freestyle HDW Female 800m Freestyle HDW Male 200m Freestyle Relay Female 200m Freestyle Relay	Male 400m IM Female 400m IM Male 100m Freestyle Female 100m Freestyle Male 100m Breaststroke Female 100m Breaststroke Male 100m Breaststroke Female 1500m Freestyle HDW Male 50m Butterfly Female 50m Butterfly Mixed 200m Freestyle Relay	Female 100m IM Male 100m IM Female 400m Freestyle Male 400m Freestyle Female 100m Butterfly Male 100m Butterfly Female 50m Freestyle Male 50m Freestyle Female 200m Backstroke Male 200m Backstroke Mixed 200m Medley Relay	Female 200m Freestyle Male 200m Freestyle Female 50m Backstroke Male 50m Backstroke Female 200m Breaststroke Male 200m Breaststroke Male 800m Freestyle HDW Female 200m Medley Relay Male 200m Medley Relay
Day 1 – Thu 14th December 2017	Day 2 – Fri 15th December 2017	Day 3 – Sat 16th December 2017	Day 4 – Sun 17th December 2017
Session 2: 1700 - Finals	Session 5: 1700 - Finals	Session 7: 1700 - Finals	Session 9: 1500 - Finals
Male 1500m Freestyle (Fastest Heat) Female 800m Freestyle (Fastest Heat) Male 200m Butterfly 'B' Final Male 200m Butterfly 'A' Final Female 200m Butterfly 'B' Final Female 200m Butterfly 'A' Final Male 100m Backstroke 'B' Final Male 100m Backstroke 'A' Final Female 100m Backstroke 'B' Final Female 100m Backstroke 'A' Final Male 50m Breaststroke 'A' Final Female 50m Breaststroke 'A' Final Male 200m IM 'B' Final Male 200m IM 'A' Final Female 200m IM 'B' Final Female 200m IM 'A' Final Male 200m Freestyle Relay Final Female 200m Freestyle Relay Final	Female 1500m Freestyle (Fastest Heat) Male 100m Freestyle 'B' Final Male 100m Freestyle 'A' Final Female 100m Freestyle 'B' Final Female 100m Freestyle 'A' Final Male 100m Breaststroke 'B' Final Male 100m Breaststroke 'A' Final Female 100m Breaststroke 'B' Final Female 100m Breaststroke 'A' Final Male 400m IM 'B' Final Male 400m IM 'A' Final Male 50m Butterfly 'A' Final Female 50m Butterfly 'A' Final Female 400m IM 'B' Final Female 400m IM 'A' Final Mixed 200m Freestyle Relay Final	Female 100m IM 'B' Final Female 100m IM 'A' Final Male 100m IM 'B' Final Male 100m IM 'A' Final Female 400m Freestyle 'B' Final Female 400m Freestyle 'A' Final Male 400m Freestyle 'B' Final Male 400m Freestyle 'A' Final Female 100m Butterfly 'B' Final Female 100m Butterfly 'A' Final Male 100m Butterfly 'B' Final Male 100m Butterfly 'A' Final Female 50m Freestyle 'B' Final Female 50m Freestyle 'A' Final Male 50m Freestyle 'B' Final Male 50m Freestyle 'A' Final Female 200m Backstroke 'B' Final Female 200m Backstroke 'A' Final Male 200m Backstroke 'B' Final Male 200m Backstroke 'A' Final Mixed 200m Medley Relay Final	Male 800m Freestyle (Fastest Heat) Female 200m Breaststroke 'B' Final Female 200m Breaststroke 'A' Final Male 200m Breaststroke 'B' Final Male 200m Breaststroke 'A' Final Female 50m Backstroke 'A' Final Male 50m Backstroke 'A' Final Female 200m Freestyle 'B' Final Female 200m Freestyle 'A' Final Male 200m Freestyle 'B' Final Male 200m Freestyle 'A' Final Female 200m Medley Relay Final Male 200m Medley Relay Final

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SHORT COURSE QUALIFYING TIMES

(Achieved Short Course Only in the Period 1st December 2016 – 5th November 2017)

MALE		Event	FEMALE	
Junior Born 2001 – 2004	Senior Born 2000 & Earlier		Senior Born 2001 & Earlier	Junior Born 2002 - 2004
26.40	24.46	50m Freestyle	27.84	28.50
57.55	52.47	100m Freestyle	59.97	1:01.88
2:06.85	1:57.23	200m Freestyle	2:10.55	2:15.59
4:27.78	4:10.40	400m Freestyle	4:37.27	4:49.52
9:16.95	9:16.94	800m Freestyle	9:32.29	9:32.29
17:54.96	17:39.59	1500m Freestyle	18:53.82	18:53.83
31.26	28.62	50m Backstroke	31.49	32.54
1:04.78	1:00.22	100m Backstroke	1:06.28	1:09.03
2:23.64	2:19.08	200m Backstroke	2:25.36	2:29.80
36.39	32.30	50m Breaststroke	35.68	38.14
1:12.67	1:09.27	100m Breaststroke	1:16.80	1:19.45
2:41.33	2:35.37	200m Breaststroke	2:49.44	2:54.54
32.03	27.22	50m Butterfly	31.06	33.86
1:04.86	59.45	100m Butterfly	1:07.37	1:11.41
2:24.40	2:15.84	200m Butterfly	2:37.44	2:43.24
1:10.51	1:03.28	100m IM	1:10.72	1:15.68
2:25.32	2:14.41	200m IM	2:29.31	2:33.33
5:13.84	4:58.85	400m IM	5:25.34	5:34.40

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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	200m Ind. Medley		
3	100m Backstroke		
5	50m Breaststroke		
7	200m Butterfly		
9	1500m Freestyle		
13	400m Ind. Medley		
15	100m Freestyle		
17	100m Breaststroke		
20	50m Butterfly		
24	100m Ind. Medley		
26	400m Freestyle		
28	100m Butterfly		
30	50m Freestyle		
32	200m Backstroke		
35	200m Freestyle		
37	50m Backstroke		
39	200m Breaststroke		
40	800m Freestyle		

(entry times must have been achieved Short Course Only in the Period 1st December 2016 – 5th November 2017)

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	200m Ind. Medley		
4	100m Backstroke		
6	50m Breaststroke		
8	200m Butterfly		
12	800m Freestyle		
14	400m Ind. Medley		
16	100m Freestyle		
18	100m Breaststroke		
19	1500m Freestyle		
21	50m Butterfly		
23	100m Ind. Medley		
25	400m Freestyle		
27	100m Butterfly		
29	50m Freestyle		
31	200m Backstroke		
34	200m Freestyle		
36	50m Backstroke		
38	200m Breaststroke		

(entry times must have been achieved Short Course Only in the Period 1st December 2016 – 5th November 2017)

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 200m Freestyle Relay		
12	Women's 200m Freestyle Relay		
22	Mixed 200m Freestyle Relay		
33	Mixed 200m Medley Relay		
41	Women's 400m Medley Relay		
42	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 Irish SC" 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

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.