

2018

Irish Open SC Championships

5S-18/19-N001

ENTRY RULES & FORMS

Lagan Valley LeisurePlex, Lisburn

Thursday 6th – Sunday 9th December 2018



Irish Open SC Championships Lagan Valley LeisurePlex, Lisburn

6th - 9th December 2018

MEET CONDITIONS

|  |  |  |
| --- | --- | --- |
| Meet Type: | Full Olympic Programme plus 50m Form Strokes. ‘ ’ 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: | Session 1: Thursday 6th December  Warm-up 0730; Competition 0900  Session 2: Thursday 6th December  Warm-up 1530; Competition 1700  Session 3: Friday 7th December  Warm-up 0730; Competition 0900  Session 4: Friday 7th December  Warm-up 1530; Competition 1700 | Session 5: Saturday 8th December  Warm-up 0730; Competition 0900  Session 6: Saturday 8th December  Warm-up 1530; Competition 1700  Session 7: Sunday 9th December  Warm-up 0730; Competition 0900  Session 8: Sunday 9th December  Warm-up 1330; Competition 1500 |
| Age: | Qualifying Times to reflect two age groups per gender. Age Groups as Junior (Male 12-16  years and Female 12-15 years) and Senior (Male 17 years & over and Female 16 years &  over).  Junior Qualifying Times will be for male competitors born 2002 - 2006 and female  competitors born 2003 - 2006. | |
| Finals: | The fastest eight competitors from the heats shall be allocated places in the A-Final  The next fastest eight competitors shall be allocated places in the B-Final.  There will be a maximum of two foreign swimmers permitted to swim in the A-Final and  two foreign swimmers in the B-Final. | |
| Team Leaders  Meeting: | Technical meeting will take place on Wednesday 5th 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.  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.  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. This will be done through the Swim Ireland Database so please ask your  athletes, coaches and team managers to ensure they have a photo uploaded to their  profile! | |
| Entry Form: | Electronic Hy-tek entries are accepted via Hy-tek to the Swim Ireland Office at  [entries@swimireland.ie](mailto:entries@swimireland.ie)  Paper entries should be posted to the Swim Ireland Office at Irish Sport HQ, National  Sports Campus, Blanchardstown, Dublin 15, Ireland marked “2018 IRISH OPEN SC  CHAMPIONSHIPS”. If entries are made by Hy-tek it is not necessary to post entry forms. | |
| Entry Deadline: | |  |  | | --- | --- | |  | **Write Gala Date, Name and Events on the outside of envelope,**  **Money Inside, Seal and post before Thursday 15th November 2018** | | Entries without fees and LATE ENTRIES  NOT BE ACCEPTED. | |   5pm Tuesday 20th November 2018 for ALL entries.  Times must have been achieved in meets licenced at Level 3 or higher to be eligible to be  used for entry into this meet.  Payment for ALL entries must be received by 5pm Friday 23rd November | |



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|  |  |
| --- | --- |
| Entry Fees: | Individual entries cost €10/£9 per event.  Relay entries cost €25/£22 per event.  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.  Please note that entries are non-refundable once the final date for payment has passed |
| Relay Entries: | 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.  All competing swimmers must be entered in the meet (even if they are not swimming in  individual events). 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. |
| Awards: | 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. |
| 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 Irish Sports Council/WADA/FINA  Anti-Doping rules. For further information visit the Anti-Doping section of the Irish Sports  Council website. |
| Health & Safety: | 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. |
| Warm Up: | There will be some pool availability for warm up on Wednesday 5th December from 4-  7pm. |
| Further Info: | Please direct all queries to [entries@swimireland.ie](mailto:entries@swimireland.ie) |

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/competitions-events/regulations-](http://www.swimireland.ie/competitions-events/regulations-and-safety) [and-safety](http://www.swimireland.ie/competitions-events/regulations-and-safety)



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PROGRAMME OF EVENTS

|  |  |  |  |
| --- | --- | --- | --- |
| Day 1 - Thu 6th December 2018 | Day 2 - Fri 7th December 2018 | Day 3 - Sat 8th December 2018 | Day 4 - Sun 9th December 2018 |
| 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 Freestyle  Female 50m Freestyle  Male 200m Butterfly  Female 200m Butterfly  Male 1500m Freestyle HDW  Female 800m Freestyle HDW  Female 200m Freestyle Relay  Male 200m Freestyle Relay | Male 400m IM  Female 400m IM  Male 100m Freestyle  Female 100m Freestyle  Male 100m Breaststroke  Female 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 Breaststroke  Male 50m Breaststroke  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 6th December 2018 | Day 2 - Fri 7th December 2018 | Day 3 - Sat 8th December 2018 | Day 4 - Sun 9th December 2018 |
| 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 ‘ ’ Final  Female 200m Butterfly ‘B’ Final  Female 200m Butterfly ‘ ’ Final  Male 100m Backstroke ‘B’ Final  Male 100m Backstroke ‘ ’ Final  Female 100m Backstroke ‘B’ Final  Female 100m Backstroke ‘ ’ Final  Male 50m Freestyle ‘B’ Final  Male 50m Freestyle ‘ ’ Final  Female 50m Freestyle ‘B’ Final  Female 50m Freestyle ‘ ’ Final  Male 200m IM ‘B’ Final  Male 200m IM ‘ ’ Final  Female 200m IM ‘B’ Final  Female 200m IM ‘ ’ Final  Male 200m Freestyle Relay Final  Female 200m Freestyle Relay Final | Female 1500m Freestyle (Fastest Heat)  Male 100m Freestyle ‘B’ Final  Male 100m Freestyle ‘ ’ Final  Female 100m Freestyle ‘B’ Final  Female 100m Freestyle ‘ ’ Final  Male 100m Breaststroke ‘B’ Final  Male 100m Breaststroke ‘ ’ Final  Female 100m Breaststroke ‘B’ Final  Female 100m Breaststroke ‘ ’ Final  Male 400m IM ‘B’ Final  Male 400m IM ‘ ’ Final  Female 50m Butterfly ‘B’ Final  Female 50m Butterfly ‘ ’ Final  Male 50m Butterfly ‘B’ Final  Male 50m Butterfly ‘ ’ Final  Female 400m IM ‘B’ Final  Female 400m IM ‘ ’ Final  Mixed 200m Freestyle Relay Final | Female 100m IM ‘B’ Final  Female 100m IM ‘ ’ Final  Male 100m IM ‘B’ Final  Male 100m IM ‘ ’ Final  Female 400m Freestyle ‘B’ Final  Female 400m Freestyle ‘ ’ Final  Male 400m Freestyle ‘B’ Final  Male 400m Freestyle ‘ ’ Final  Female 100m Butterfly ‘B’ Final  Female 100m Butterfly ‘ ’ Final  Male 100m Butterfly ‘B’ Final  Male 100m Butterfly ‘ ’ Final  Female 50m Breaststroke ‘B’ Final  Female 50m Breaststroke ‘ ’ Final  Male 50m Breaststroke ‘B’ Final  Male 50m Breaststroke ‘ ’ Final  Female 200m Backstroke ‘B’ Final  Female 200m Backstroke ‘ ’ Final  Male 200m Backstroke ‘B’ Final  Male 200m Backstroke ‘ ’ Final  Mixed 200m Medley Relay Final | Male 800m Freestyle (Fastest Heat)  Female 200m Breaststroke ‘B’ Final  Female 200m Breaststroke ‘ ’ Final  Male 200m Breaststroke ‘B’ Final  Male 200m Breaststroke ‘ ’ Final  Female 50m Backstroke ‘B’ Final  Female 50m Backstroke ‘ ’ Final  Male 50m Backstroke ‘B’ Final  Male 50m Backstroke ‘ ’ Final  Female 200m Freestyle ‘B’ Final  Female 200m Freestyle ‘ ’ Final  Male 200m Freestyle ‘B’ Final  Male 200m Freestyle ‘ ’ 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 2017 - 19th November 2018)

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| MALE | | Event | FEMALE | |
| Junior  Born 2002 - 2006 | Senior  Born 2001 & Earlier | Senior  Born 2002 & Earlier | Junior  Born 2003 - 2006 |
| 27.53 | 24.57 | 50m  Freestyle | 27.81 | 29.70 |
| 59.66 | 53.73 | 100m  Freestyle | 59.92 | 1:03.97 |
| 2:07.17 | 1:59.06 | 200m  Freestyle | 2:11.05 | 2:19.06 |
| 4:37.49 | 4:18.24 | 400m  Freestyle | 4:42.42 | 4:47.87 |
| 9:22.94 | 8:50.94 | 800m  Freestyle | 9:55.30 | 10:22.82 |
| 18:51.24 | 18:06.68 | 1500m  Freestyle | 18:42.12 | 18:56.96 |
| 32.53 | 28.80 | 50m  Backstroke | 31.76 | 34.62 |
| 1:08.01 | 1:04.22 | 100m  Backstroke | 1:08.97 | 1:12.16 |
| 2:23.36 | 2:17.38 | 200m  Backstroke | 2:29.56 | 2:36.93 |
| 35.29 | 31.61 | 50m  Breaststroke | 36.27 | 39.13 |
| 1:16.41 | 1:09.11 | 100m  Breaststroke | 1:19.98 | 1:24.45 |
| 2:50.47 | 2:35.94 | 200m  Breaststroke | 2:51.32 | 2:59.57 |
| 30.12 | 27.61 | 50m  Butterfly | 31.14 | 32.27 |
| 1:07.28 | 1:03.09 | 100m  Butterfly | 1:09.36 | 1:13.64 |
| 2:39.61 | 2:17.95 | 200m  Butterfly | 2:38.86 | 2:49.92 |
| 1:07.95 | 1:02.70 | 100m  IM | 1:08.95 | 1:13.16 |
| 2:29.83 | 2:22.46 | 200m  IM | 2:31.90 | 2:38.51 |
| 5:16.60 | 5:04.24 | 400m  IM | 5:25.23 | 5:33.00 |



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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 Freestyle |  |  |
| 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 Breaststroke |  |  |
| 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 2017 - 19th November 2018)

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 Freestyle |  |  |
| 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 Breaststroke |  |  |
| 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 2017 - 19th November 2018)

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



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RELAY & ENTRY SUMMARY SHEET

|  |  |  |  |
| --- | --- | --- | --- |
| Event  No. | Event | ‘ ’ 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 “2018 Irish SC” and include club details.

Bank Transfer:

EURO Sterling

Bank: AIB Bank: Danske Bank

Sort Code: 932515 Sort Code: 950111

Account Number: 59772048 Account Number: 51051490

IBAN: IE03 AIBK 9325 1559 7720 48 IBAN: GB55 DABA 9501 1151 0514 90

BIC: AIBKIE2D BIC: DABAGB2B

Credit Card:

Credit card payments can be made over the phone by calling the Swim Ireland offices at +353-1-6251120 - 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.



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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.