



2019
Irish National Division 2 Competition

ENTRY RULES & FORMS

UL Sport Arena, Limerick
Thursday 11th – Sunday 14th July 2019



SPÓRT ÉIREANN
SPORT IRELAND



Irish National Division 2 Competition
UL Sport Arena, Limerick
11th – 14th July 2019



MEET CONDITIONS

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-and-safety>

Meet Location:	UL Sport Arena, University of Limerick	
Pool Specifications:	25 metre, 10 lane, indoor competition pool with wave-breaker lane ropes. Warm-up/swim-down pool also available during the meet.	
Meet Type:	<p>National Age Group Meet – this event is not open to swimmers from overseas clubs</p> <p>Please note that age groups are based on a swimmer's Year of Birth</p> <p>Individual Age Groups: 11/12 (2008/2007); 13 (2006); 14 (2005); 15&Over (2004 or earlier)</p> <p>There will be one final in each age group in 100m and 200m event and the 50m freestyle.</p> <p>The 400m, 800m and 1500m events will be Timed Finals and swum in heats sessions. Medals will be presented in each age category.</p> <p>The 50m back, 50m breast and 50m butterfly are for 15&Over only and will have one final</p>	
Session Times:	<p>Session 1: Thursday 11th July Warm-up 0730; Competition 0900</p> <p>Session 2: Thursday 11th July 15 minutes after end of session 1. No warm up period</p> <p>Session 3: Thursday 11th July Warm-up 1330; Competition 1500</p> <p>Session 4: Thursday 11th July 15 minutes after end of session 3. No warm up period</p> <p>Session 5: Friday 12th July Warm-up 0730; Competition 0900</p> <p>Session 6: Friday 12th July 15 minutes after end of session 1. No warm up period</p> <p>Session 7: Friday 12th July Warm-up 1330; Competition 1500</p> <p>Session 8: Friday 12th July 15 minutes after end of session 3. No warm up period</p>	<p>Session 9: Saturday 13th July Warm-up 0730; Competition 0900</p> <p>Session 10: Saturday 13th July 15 minutes after end of session 1. No warm up period</p> <p>Session 11: Saturday 13th July Warm-up 1330; Competition 1500</p> <p>Session 12: Saturday 13th July 15 minutes after end of session 3. No warm up period</p> <p>Session 13: Sunday 14th July Warm-up 0730; Competition 0900</p> <p>Session 14: Sunday 14th July 15 minutes after end of session 1. No warm up period</p> <p>Session 15: Sunday 14th July Warm-up 1330; Competition 1500</p> <p>Session 16: Sunday 14th July 15 minutes after end of session 3. No warm up period</p>
Warm up:	<p>Warm up will take place across both pools; competition and warm up. Warm up pool will be open for the duration of the competition.</p> <p>Session times are subject to change following the receipt of all entries. Any updates will be posted online at http://www.swimireland.ie/competitions-events/upcoming-competitions</p>	
Open Training Session:	There will be no open training session available on the evening of Wednesday 10 th July.	
Team Leaders Meeting:	<p>Technical meeting will take place on Wednesday 10th July at 19.30, in the Castletroy Park Hotel. 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. If you are asking a club to represent you or do not attend the meeting, you are agreeing to abide by whatever decisions that are made 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>	
Entry Limit:	<p>This event is restricted to swimmers from Irish clubs only</p> <p>Swimmers may only enter events in which they have qualified.</p>	
Eligibility:	<p>If a swimmer achieves one Irish Summer National time, they can swim that swim in Irish Summer Nationals. If they have qualified for other swims at National Division 2, they can swim those events at National Division 2. However, they cannot swim the event in which they have a qualifying time for Irish Summer Nationals. If they achieve a 2nd Irish Summer National time, that will exclude them completely</p>	

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	<p>from National Division 2.</p> <p>If a club is found to have entered a swimmer in National Division 2 who has achieved an Irish Summer Nationals qualifying time, then the club will be levied with a fine of €500.</p>
Entry Deadline:	<p><u>Write Gala Date, Name and Events on the outside of envelope, Money Inside, Seal and post in the Postbox at the pool reception.</u></p> <p><u>Closing Date Friday 7th June 2019</u></p> <p><u>Late Entries or Entries without fees will not be accepted</u></p>
Entry Fees:	<p>Individual entries cost €10.00/£9.00 Relay entries cost €25.00/£21.50</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. Entries will not be accepted if there is any outstanding money's owed to Swim Ireland. <i>Please note that entries are non-refundable once the final date for payment has passed</i></p>
Relay Entries:	<p>Relay Events:</p> <p>11-14 (2005-2008); 15&Over (2004+) – 4x50 MTR, 4x50 FTR – Male, Female, Mixed (MTR only)</p> <p>ALL relays will be HDW. Please include entry times for relays.</p> <p>Clubs are permitted to enter more than one relay team per event. Swimmers are not permitted to “swim up”.</p> <p>The names of the 4 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> <p>Any relay found to have swum Irish Summer National Championships level swimmers will forfeit relay medals which will be awarded to the next eligible relay.</p>
Seeding:	<p>Please note that on receipt of entries, all times will be converted to SC times and swimmers will be seeded accordingly. Conversions will be done automatically by the Hy-tek Meet Manager programme.</p>
Awards:	<p>Any swimmer found to have entered Division 2 on times slower than they have achieved in the qualification period will be fined €50 and will forfeit their medal which will be awarded to the next placed swimmer.</p>
Health & Safety:	<p>Please refer to the Health & Safety guidelines at the back of this document and the Swim Ireland Code of Practice for Safety (Swimming) on the Swim Ireland website.</p>
Accreditation:	<p>Accreditation will be produced through the Go-Membership system. Club admins will need to apply for accreditation for swimmers, team managers & coaches. Please ensure that team managers & coaches meet all of the requirements for accreditations, otherwise they will not be awarded.</p> <p>Further information on accreditation will be circulated to clubs in the next few weeks.</p>
Further Info:	<p>Please direct all queries to entries@swimireland.ie</p>

*Please note that swimmers who achieve Irish Summer Nationals qualification standards at Division 2 are **NOT** eligible to enter Irish Summer Nationals.*

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ORDER OF EVENTS

Day 1 – Thu 11 th July 2019	Day 2 – Fri 12 th July 2019	Day 3 – Sat 13 th July 2019	Day 4 – Sun 14 th July 2019
Session 1: Combined Heats	Session 5: Combined Heats	Session 9: Combined Heats	Session 13: Combined Heats
Male 200m Freestyle (11/12 years; 13 years; 14 years; 15/Over) Female 200m Butterfly (11/12 years; 13 years; 14 years; 15/Over) Male 100m Backstroke (11/12 years; 13 years; 14 years; 15/Over) Female 50m Breaststroke (15/Over) Male 400m IM HDW (11/12 years; 13 years; 14 years; 15/Over)	Female 100m Freestyle (11/12 years; 13 years; 14 years; 15/Over) Male 100m Breaststroke (11/12 years; 13 years; 14 years; 15/Over) Female 50m Butterfly (15/Over) Male 1500m Freestyle HDW (11/12 years; 13 years; 14 years; 15/Over)	Female 200m Backstroke (11/12 years; 13 years; 14 years; 15/Over) Male 100m Butterfly (11/12 years; 13 years; 14 years; 15/Over) Female 50m Freestyle (11/12 years; 13 years; 14 years; 15/Over) Male 400m Freestyle HDW (11/12 years; 13 years; 14 years; 15/Over)	Male 200m IM (11/12 years; 13 years; 14 years; 15/Over) Female 200m Breaststroke (11/12 years; 13 years; 14 years; 15/Over) Male 50m Backstroke (15/Over) Female 800m Freestyle HDW (11/12 years; 13 years; 14 years; 15/Over)
Session 2: Finals & Presentations	Session 6: Finals & Presentations	Session 10: Finals & Presentations	Session 14: Finals & Presentations
Male 200m Freestyle (11/12 years; 13 years; 14 years; 15/Over) Female 200m Butterfly (11/12 years; 13 years; 14 years; 15/Over) Male 100m Backstroke (11/12 years; 13 years; 14 years; 15/Over) Female 50m Breaststroke (15/Over)	Female 100m Freestyle (11/12 years; 13 years; 14 years; 15/Over) Male 100m Breaststroke (11/12 years; 13 years; 14 years; 15/Over) Female 50m Butterfly (15/Over) Male 11-14 years 200m Freestyle Relay HDW Female 15/Over 200m Freestyle Relay HDW	Female 200m Backstroke (11/12 years; 13 years; 14 years; 15/Over) Male 100m Butterfly (11/12 years; 13 years; 14 years; 15/Over) Female 50m Freestyle (11/12 years; 13 years; 14 years; 15/Over) Male 11-14 years 200m Medley Relay HDW Female 15/Over 200m Medley Relay HDW	Male 200m IM (11/12 years; 13 years; 14 years; 15/Over) Female 200m Breaststroke (11/12 years; 13 years; 14 years; 15/Over) Male 50m Backstroke (15/Over) Mixed 11-14 years 200m Medley Relay HDW
Session 3: Combined Heats	Session 7: Combined Heats	Session 11: Combined Heats	Session 15: Combined Heats
Female 200m Freestyle (11/12 years; 13 years; 14 years; 15/Over) Male 200m Butterfly (11/12 years; 13 years; 14 years; 15/Over) Female 100m Backstroke (11/12 years; 13 years; 14 years; 15/Over) Male 50m Breaststroke (15/Over) Female 400m IM HDW (11/12 years; 13 years; 14 years; 15/Over)	Male 100m Freestyle (11/12 years; 13 years; 14 years; 15/Over) Female 100m Breaststroke (11/12 years; 13 years; 14 years; 15/Over) Male 50m Butterfly (15/Over) Female 1500m Freestyle HDW (11/12 years; 13 years; 14 years; 15/Over)	Male 200m Backstroke (11/12 years; 13 years; 14 years; 15/Over) Female 100m Butterfly (11/12 years; 13 years; 14 years; 15/Over) Male 50m Freestyle (11/12 years; 13 years; 14 years; 15/Over) Female 400m Freestyle HDW (11/12 years; 13 years; 14 years; 15/Over)	Female 200m IM (11/12 years; 13 years; 14 years; 15/Over) Male 200m Breaststroke (11/12 years; 13 years; 14 years; 15/Over) Female 50m Backstroke (15/Over) Male 800m Freestyle HDW (11/12 years; 13 years; 14 years; 15/Over)
Session 4: Finals & Presentations	Session 8: Finals & Presentations	Session 12: Finals & Presentations	Session 16: Finals & Presentations
Female 200m Freestyle (11/12 years; 13 years; 14 years; 15/Over) Male 200m Butterfly (11/12 years; 13 years; 14 years; 15/Over) Female 100m Backstroke (11/12 years; 13 years; 14 years; 15/Over) Male 50m Breaststroke (15/Over)	Male 100m Freestyle (11/12 years; 13 years; 14 years; 15/Over) Female 100m Breaststroke (11/12 years; 13 years; 14 years; 15/Over) Male 50m Butterfly (15/Over) Female 11-14 years 200m Freestyle Relay HDW Male 15/Over 200m Freestyle Relay HDW	Male 200m Backstroke (11/12 years; 13 years; 14 years; 15/Over) Female 100m Butterfly (11/12 years; 13 years; 14 years; 15/Over) Male 50m Freestyle (11/12 years; 13 years; 14 years; 15/Over) Female 11-14 years 200m Medley Relay HDW Male 15/Over 200m Medley Relay HDW	Female 200m IM (11/12 years; 13 years; 14 years; 15/Over) Male 200m Breaststroke (11/12 years; 13 years; 14 years; 15/Over) Female 50m Backstroke (15/Over) Mixed 15/Over 200m Medley Relay HDW

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Long Course Qualifying Times (Achieved Long Course Only in the Period 1st January 2019 – 10th June 2019)

MALE								
Event	Upper & Lower Qualifying Times	17/Over 2002/earlier	16 years 2003	15 years 2004	14 years 2005	13 years 2006	12 years 2007	11 years 2008
50m Freestyle	Upper	24.94	26.98	28.43	29.29	30.57	30.57	
	Lower	26.94	29.14	30.70	31.63	33.02	33.63	37.48
100m Freestyle	Upper	55.52	58.56	1:00.74	1:02.74	1:05.93	1:05.93	
	Lower	0:59.96	1:03.24	1:05.60	1:07.76	1:11.20	1:12.52	1:17.92
200m Freestyle	Upper	2:03.93	2:10.16	2:14.38	2:17.15	2:24.21	2:24.21	
	Lower	2:13.84	2:20.57	2:25.13	2:28.12	2:35.75	2:38.63	2:49.38
400m Freestyle	Upper	4:33.55	4:37.50	4:47.52	4:55.89	5:08.90	5:08.90	
	Lower	4:55.43	4:59.70	5:10.52	5:19.56	5:33.61	5:39.79	5:50.77
800m Freestyle	Upper	9:12.90	9:20.88	9:41.13	9:58.05	10:24.34	10:24.34	
	Lower	9:57.13	10:05.75	10:27.62	10:45.89	11:14.29	11:26.77	11:54.66
1500m Freestyle	Upper	18:11.48	18:13.23	18:59.08	19:27.38	20:09.71	20:09.71	
	Lower	19:38.80	19:40.69	20:30.21	21:00.77	21:46.49	22:10.68	22:59.56
50m Backstroke	Upper	29.61	29.61	29.61				
	Lower	31.98	31.98	31.98				
100m Backstroke	Upper	1:06.44	1:09.17	1:11.73	1:14.32	1:17.58	1:17.58	
	Lower	1:11.76	1:14.70	1:17.47	1:20.27	1:23.79	1:25.34	1:29.32
200m Backstroke	Upper	2:23.44	2:30.53	2:33.42	2:39.15	2:44.13	2:44.13	
	Lower	2:34.92	2:42.57	2:45.69	2:51.88	2:57.26	3:00.54	3:08.28
50m Breaststroke	Upper	32.11	32.11	32.11				
	Lower	34.68	34.68	34.68				
100m Breaststroke	Upper	1:14.26	1:19.93	1:21.52	1:25.10	1:29.62	1:29.62	
	Lower	1:20.20	1:26.32	1:28.04	1:31.91	1:36.79	1:38.58	1:43.11
200m Breaststroke	Upper	2:44.14	2:53.54	2:59.81	3:04.69	3:11.24	3:11.24	
	Lower	2:57.27	3:07.42	3:14.19	3:19.47	3:26.54	3:30.36	3:37.40
50m Butterfly	Upper	26.92	26.92	26.92				
	Lower	29.07	29.07	29.07				
100m Butterfly	Upper	1:01.84	1:07.13	1:10.57	1:14.10	1:18.11	1:18.11	
	Lower	1:06.79	1:12.50	1:16.22	1:20.03	1:24.36	1:25.92	1:31.11
200m Butterfly	Upper	2:24.31	2:28.95	2:35.91	2:42.33	2:52.18	2:52.18	
	Lower	2:35.85	2:40.87	2:48.38	2:55.32	3:05.95	3:09.40	3:22.09
200m IM	Upper	2:23.77	2:30.33	2:33.56	2:38.22	2:43.83	2:43.83	
	Lower	2:35.27	2:42.36	2:45.84	2:50.88	2:56.94	3:00.21	3:10.60
400m IM	Upper	5:09.48	5:13.26	5:23.33	5:47.17	5:58.89	5:58.89	
	Lower	5:34.24	5:38.32	5:49.20	6:14.94	6:27.60	6:34.78	6:43.52

Note –

17/Over, 16 and 15 years will compete as a combined 15/Over age group but are separated above due to different Upper QTs. 11 years and 12 years will compete as a combined 11/12 years age group but are separated above due to different Upper QTs.

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Long Course Qualifying Times
(Achieved Long Course Only in the Period 1st January 2019 – 10th June 2019)

FEMALE								
Event	Upper & Lower Qualifying Times	17/Over 2002/earlier	16 years 2003	15 years 2004	14 years 2005	13 years 2006	12 years 2007	11 years 2008
50m Freestyle	Upper	28.49	28.97	29.54	30.22	31.25	31.25	
	Lower	30.77	31.29	31.90	32.64	33.75	34.38	35.81
100m Freestyle	Upper	1:01.38	1:03.33	1:03.99	1:04.61	1:08.05	1:08.05	
	Lower	1:06.29	1:08.40	1:09.11	1:09.78	1:13.49	1:14.86	1:18.40
200m Freestyle	Upper	2:14.40	2:17.30	2:20.69	2:21.18	2:26.90	2:26.90	
	Lower	2:25.15	2:28.28	2:31.95	2:32.47	2:38.65	2:41.59	2:49.50
400m Freestyle	Upper	4:48.61	4:56.31	4:59.85	5:08.11	5:13.46	5:13.46	
	Lower	5:11.70	5:20.01	5:23.84	5:32.76	5:38.54	5:44.81	6:18.16
800m Freestyle	Upper	9:51.76	10:05.20	10:14.96	10:22.25	10:37.24	10:37.24	
	Lower	10:39.10	10:53.62	11:04.16	11:12.03	11:28.22	11:40.96	12:13.40
1500m Freestyle	Upper	18:41.31	19:06.78	19:25.27	19:39.08	20:07.49	20:07.49	
	Lower	20:11.01	20:38.52	20:58.49	21:13.41	21:44.09	22:08.24	23:06.62
50m Backstroke	Upper	32.64	32.64	32.64				
	Lower	35.25	35.25	35.25				
100m Backstroke	Upper	1:11.33	1:13.50	1:13.99	1:15.26	1:18.45	1:18.45	
	Lower	1:17.04	1:19.38	1:19.91	1:21.28	1:24.73	1:26.29	1:29.72
200m Backstroke	Upper	2:34.30	2:37.41	2:40.86	2:42.90	2:48.53	2:48.53	
	Lower	2:46.64	2:50.00	2:53.73	2:55.93	3:02.01	3:05.38	3:12.22
50m Breaststroke	Upper	36.50	36.50	36.50				
	Lower	39.42	39.42	39.42				
100m Breaststroke	Upper	1:20.71	1:24.72	1:26.26	1:28.23	1:31.92	1:31.92	
	Lower	1:27.17	1:31.50	1:33.16	1:35.29	1:39.27	1:41.11	1:44.64
200m Breaststroke	Upper	2:56.14	3:01.72	3:03.56	3:12.95	3:14.97	3:14.97	
	Lower	3:10.08	3:16.26	3:18.24	3:28.39	3:30.57	3:34.47	3:47.93
50m Butterfly	Upper	30.42	30.42	30.42				
	Lower	32.85	32.85	32.85				
100m Butterfly	Upper	1:09.54	1:11.47	1:14.09	1:16.56	1:19.86	1:19.86	
	Lower	1:15.10	1:17.19	1:20.02	1:22.68	1:26.25	1:27.85	1:36.81
200m Butterfly	Upper	2:39.68	2:44.22	2:50.31	2:52.57	2:56.34	2:56.34	
	Lower	2:52.45	2:57.36	3:03.93	3:06.38	3:10.45	3:13.97	3:21.61
200m IM	Upper	2:34.86	2:35.75	2:40.35	2:44.07	2:48.59	2:48.59	
	Lower	2:47.25	2:48.21	2:53.18	2:57.20	3:02.08	3:05.45	3:11.26
400m IM	Upper	5:35.52	5:41.57	5:47.86	5:55.42	6:05.13	6:05.13	
	Lower	6:02.36	6:08.90	6:15.69	6:23.85	6:34.34	6:41.64	6:50.96

Note –

17/Over, 16 and 15 years will compete as a combined 15/Over age group but are separated above due to different Upper QTs. 11 years and 12 years will compete as a combined 11/12 years age group but are separated above due to different Upper QTs.

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Short Course Qualifying Times
((Achieved Short Course Only in the Period 1st January 2019 – 10th June 2019))

MALE								
Event	Upper & Lower Qualifying Times	17/Over 2002/earlier	16 years 2003	15 years 2004	14 years 2005	13 years 2006	12 years 2007	11 years 2008
50m Freestyle	Upper	24.22	26.20	27.61	28.44	29.68	29.68	
	Lower	26.16	28.29	29.82	30.72	32.05	32.65	36.39
100m Freestyle	Upper	53.91	56.86	58.98	1:00.92	1:04.02	1:04.02	
	Lower	58.22	1:01.40	1:03.70	1:05.79	1:09.14	1:10.42	1:15.66
200m Freestyle	Upper	2:01.08	2:07.17	2:11.29	2:14.00	2:20.89	2:20.89	
	Lower	2:10.76	2:17.34	2:21.79	2:24.71	2:32.17	2:34.98	2:45.48
400m Freestyle	Upper	4:28.63	4:32.50	4:42.34	4:50.56	5:03.34	5:03.34	
	Lower	4:50.11	4:54.31	5:04.93	5:13.81	5:27.61	5:33.67	5:44.46
800m Freestyle	Upper	9:02.40	9:10.50	9:31.10	9:48.40	10:15.00	10:15.00	
	Lower	9:47.30	9:56.20	10:18.30	10:36.90	11:05.70	11:18.30	11:46.60
1500m Freestyle	Upper	17:51.68	17:53.61	18:37.99	19:05.79	19:47.80	19:47.80	
	Lower	19:17.67	19:19.28	20:07.46	20:38.08	21:26.77	21:46.50	22:34.71
50m Backstroke	Upper	28.90	28.90	28.90				
	Lower	31.40	31.40	31.40				
100m Backstroke	Upper	1:04.51	1:07.16	1:09.65	1:12.16	1:15.33	1:15.33	
	Lower	1:09.68	1:12.53	1:15.22	1:17.94	1:21.36	1:22.87	1:26.73
200m Backstroke	Upper	2:19.28	2:26.16	2:28.97	2:34.53	2:39.37	2:39.37	
	Lower	2:30.43	2:37.86	2:40.88	2:46.90	2:52.12	2:55.30	3:02.82
50m Breaststroke	Upper	31.10	31.10	31.10				
	Lower	33.80	33.80	33.80				
100m Breaststroke	Upper	1:11.66	1:17.13	1:18.67	1:22.12	1:26.48	1:26.48	
	Lower	1:17.39	1:23.30	1:24.96	1:28.69	1:33.40	1:35.13	1:39.50
200m Breaststroke	Upper	2:38.40	2:47.47	2:53.52	2:57.66	3:04.55	3:04.55	
	Lower	2:51.07	3:00.86	3:07.39	3:11.87	3:19.31	3:23.00	3:29.79
50m Butterfly	Upper	26.20	26.20	26.20				
	Lower	28.40	28.40	28.40				
100m Butterfly	Upper	1:01.10	1:05.72	1:09.16	1:12.69	1:16.70	1:16.70	
	Lower	1:05.99	1:11.09	1:14.81	1:18.62	1:22.95	1:24.51	1:29.70
200m Butterfly	Upper	2:21.71	2:26.27	2:33.10	2:39.41	2:49.08	2:49.08	
	Lower	2:33.04	2:37.97	2:45.35	2:52.16	3:02.60	3:05.99	3:18.45
200m IM	Upper	2:20.57	2:27.13	2:30.36	2:35.02	2:40.63	2:40.63	
	Lower	2:32.07	2:39.16	2:42.64	2:47.42	2:53.48	2:56.69	3:07.40
400m IM	Upper	4:58.65	5:02.30	5:12.01	5:35.02	5:46.33	5:46.33	
	Lower	5:22.54	5:26.48	5:36.98	6:01.82	6:14.03	6:20.96	6:29.40

Note –

17/Over, 16 and 15 years will compete as a combined 15/Over age group but are separated above due to different Upper QTs. 11 years and 12 years will compete as a combined 11/12 years age group but are separated above due to different Upper QTs.

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Short Course Qualifying Times (Achieved Short Course Only in the Period 1st January 2019 – 10th June 2019)

FEMALE								
Event	Upper & Lower Qualifying Times	17/Over 2002/earlier	16 years 2003	15 years 2004	14 years 2005	13 years 2006	12 years 2007	11 years 2008
50m Freestyle	Upper	27.98	28.45	29.01	29.68	30.69	30.69	
	Lower	30.22	30.73	31.33	32.05	33.15	33.76	35.17
100m Freestyle	Upper	1:00.28	1:02.19	1:02.84	1:03.45	1:06.83	1:06.83	
	Lower	1:05.10	1:07.17	1:07.87	1:08.52	1:12.17	1:13.51	1:16.99
200m Freestyle	Upper	2:12.79	2:15.65	2:19.00	2:19.49	2:25.14	2:25.14	
	Lower	2:23.41	2:26.50	2:30.13	2:30.64	2:36.75	2:39.65	2:47.47
400m Freestyle	Upper	4:46.59	4:54.24	4:57.75	5:05.99	5:11.27	5:11.27	
	Lower	5:09.52	5:17.77	5:21.57	5:30.47	5:36.17	5:42.40	6:15.51
800m Freestyle	Upper	9:42.00	9:55.60	10:05.50	10:12.90	10:28.10	10:28.10	
	Lower	10:30.00	10:44.70	10:55.40	11:03.30	11:19.70	11:32.70	12:06.10
1500m Freestyle	Upper	18:32.24	18:57.80	19:16.20	19:29.87	19:57.88	19:57.88	
	Lower	20:01.61	20:28.71	20:48.38	21:03.76	21:33.53	21:57.60	22:56.05
50m Backstroke	Upper	32.00	32.00	32.00				
	Lower	34.70	34.70	34.70				
100m Backstroke	Upper	1:10.47	1:12.62	1:13.10	1:14.36	1:17.51	1:17.51	
	Lower	1:16.12	1:18.43	1:18.95	1:20.30	1:23.71	1:25.25	1:28.64
200m Backstroke	Upper	2:32.45	2:35.52	2:38.93	2:40.95	2:46.51	2:46.51	
	Lower	2:44.64	2:47.96	2:51.65	2:53.82	2:59.83	3:03.16	3:09.91
50m Breaststroke	Upper	35.60	35.60	35.60				
	Lower	38.60	38.60	38.60				
100m Breaststroke	Upper	1:18.37	1:22.26	1:23.76	1:25.70	1:29.25	1:29.25	
	Lower	1:24.64	1:28.85	1:30.46	1:32.53	1:36.39	1:38.18	1:41.61
200m Breaststroke	Upper	2:52.97	2:58.45	3:00.26	3:09.48	3:11.46	3:11.46	
	Lower	3:06.66	3:12.73	3:14.67	3:24.64	3:26.78	3:30.61	3:43.83
50m Butterfly	Upper	29.80	29.80	29.80				
	Lower	32.30	32.30	32.30				
100m Butterfly	Upper	1:08.14	1:10.06	1:12.68	1:15.15	1:18.45	1:18.45	
	Lower	1:13.69	1:15.78	1:18.61	1:21.28	1:24.84	1:26.44	1:35.40
200m Butterfly	Upper	2:38.56	2:43.07	2:49.12	2:51.36	2:55.11	2:55.11	
	Lower	2:51.24	2:56.12	3:02.64	3:05.08	3:09.12	3:12.61	3:20.20
200m IM	Upper	2:31.66	2:32.55	2:37.15	2:40.87	2:45.39	2:45.39	
	Lower	2:44.05	2:45.01	2:49.98	2:54.00	2:58.62	3:01.93	3:08.06
400m IM	Upper	5:29.12	5:35.17	5:41.46	5:49.02	5:58.73	5:58.73	
	Lower	5:55.96	6:02.50	6:09.29	6:17.45	6:27.93	6:35.24	6:44.56

Note –

17/Over, 16 and 15 years will compete as a combined 15/Over age group but are separated above due to different Upper QTs. 11 years and 12 years will compete as a combined 11/12 years age group but are separated above due to different Upper QTs.

Irish National Division 2 Competition

UL Arena, Limerick

11th – 14th July 2019



MALE ENTRY FORM

Please complete this form fully and correctly otherwise your entry will not be accepted. *Paper entries are only required if your club does not have access to Hy-tek*

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

CLUB (Print): _____ Date of Birth: _____

Event No.	Event	Time Achieved	Date Achieved (Including Meet Name)
1	200m Freestyle		
3	100m Backstroke		
5	400m Ind. Medley		
7	200m Butterfly		
9	50m Breaststroke (15&Over ONLY)		
12	100m Breaststroke		
14	1500m Freestyle		
17	100m Freestyle		
19	50m Butterfly (15&Over ONLY)		
24	100m Butterfly		
26	400m Freestyle		
29	200m Backstroke		
31	50m Freestyle		
35	200m Ind. Medley		
37	50m Backstroke (15&Over ONLY)		
41	200m Breaststroke		
43	800m Freestyle		

**Entry Standards must have been achieved since 1st January 2019*

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

Irish National Division 2 Competition

UL Arena, Limerick

11th – 14th July 2019



FEMALE ENTRY FORM

Please complete this form fully and correctly otherwise your entry will not be accepted. *Paper entries are only required if your club does not have access to Hy-tek*

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

CLUB (Print): _____ Date of Birth: _____

Event No.	Event	Time Achieved	Date Achieved (Including Meet Name)
2	200m Butterfly		
4	50m Breaststroke (15&Over ONLY)		
6	200m Freestyle		
8	100m Backstroke		
10	400m Ind. Medley		
11	100m Freestyle		
13	50m Butterfly (15&Over ONLY)		
18	100m Breaststroke		
20	1500m Freestyle		
23	200m Backstroke		
25	50m Freestyle		
30	100m Butterfly		
32	400m Freestyle		
36	200m Breaststroke		
38	800m Freestyle		
40	200m Ind. Medley		
42	50m Backstroke (15&Over ONLY)		

**Entry Standards must have been achieved since 1st January 2019*

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

Irish National Division 2 Competition

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RELAY & ENTRY SUMMARY SHEET

Event No.	Event	No. Teams to Enter
15	Boy's 11-14 4 x 50m FTR	
16	Girls 15&Over 4 x 50m FTR	
21	Girl's 11-14 4 x 50m FTR	
22	Boy's 15&Over 4 x 50m FTR	
27	Boy's 11-14 4 x 50m MTR	
28	Girls 15&Over 4 x 50m MTR	
33	Girl's 11-14 4 x 50m MTR	
34	Boy's 15&Over 4 x 50m MTR	
39	Mixed 11-14 4 x 50m MTR	
44	Mixed 15&Over 4 x 50m MTR	

Relay Entries: _____ @ €25Each = € _____

Individual Entries: _____ @ €10 Each = € _____

TOTAL AMOUNT ENCLOSED: € _____

CLUB: _____ CONTACT: _____

PHONE: _____ EMAIL: _____

Payment Options:

Please reference all payments as "2019 National DIVISION 2" 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 the Swim Ireland offices at +353-1-6251120

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.