



**2019**  
**Irish Summer National Championships**

**ENTRY RULES & FORMS**

**National Aquatic Centre, Dublin**  
**Wednesday 24<sup>th</sup> – Sunday 28<sup>th</sup> July 2019**



SPÓRT ÉIREANN  
SPORT IRELAND



# Irish Summer National Championships

National Aquatic Centre, Dublin.

24<sup>th</sup> – 28<sup>th</sup> 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>

<b>Meet Location:</b>	National Aquatic Centre, Dublin
<b>Pool Specification:</b>	10 lane 50m pool; anti-turbulence lane ropes; wedge starting blocks; backstroke ledges; 6 lane 25m warm up/swim down pool
<b>Meet Type:</b>	<p>National Age Groups and Open National Championships, 50m Meet.</p> <p>Please note that age groups are based on a swimmer's Year of Birth</p> <p>Individual Age Groups:</p> <p>12/13(2007/2006); 14(2005); 15 (2004); 16(2003); 17&amp;O (2002+)</p> <p>Heats will be run in 10 lane format. Session A will include all swimmers in the older three age groups and Session B will include all swimmers in the younger two age groups.</p> <p>There will be one final in each age group in 100m, 200m and 400m event and the 50m freestyle.</p> <p>The 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&amp;Over only and will have one final</p>
<b>Session Times:</b>	<p>1st AM heats sessions: Warm Up 0730: Start 0845 – 15 (2004); 16(2003); 17&amp;O (2002+)</p> <p>2nd AM heats sessions: Warm Up 1100: Start 1145 – 12/13(2006/2007); 14(2005)</p> <p>PM finals sessions: Warm Up 1600: Start 1700 (Sunday Warm Up 1530: Start 1630) – ALL age groups</p> <p><b>These session times are subject to change, based on number of entries.</b></p>
<b>Open Training Session</b>	There will be an open training session at the venue on Tuesday 23 <sup>rd</sup> July between 5pm & 7pm.
<b>Entry Limit:</b>	<p>There will be no entry limit for this event however there will be a maximum of 2 foreign swimmers permitted to swim in each final.</p> <p>Swimmers may only enter events in which they have qualified. Swimmers who have only qualified in ONE event may add the closest relevant Olympic Event (i.e. a swimmer who has qualified in the 100m Butterfly may also enter the 200m Butterfly, or a swimmer who has qualified in the 400m Freestyle may add the 200m Freestyle OR 800m Freestyle)</p> <p>Entries from individual overseas swimmers must be accompanied by a letter/email from the secretary of the club giving the swimmer permission to attend the competition.</p>
<b>Team Leaders Meeting:</b>	Technical meeting will take place on Tuesday 23 <sup>rd</sup> July, at 7.30pm in the Campus Conference Centre, National Sports Campus. Attendance at this meeting is mandatory. Each club must be represented by one or more delegates. A delegate attending the meeting may also represent a maximum of two additional clubs. Any such representation must be declared in writing at the meeting. If a club is represented by another club, they are agreeing to any decisions made at the meeting and agree to abide by them at the meet. 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.
<b>Entry Deadline:</b>	<p><b><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></b></p> <p><b><u>Closing Date Thursday 13<sup>th</sup> June 2019</u></b></p> <p><b><u>Late Entries or Entries without fees will not be accepted</u></b></p>

<b>Entry Fees:</b>	<p>Individual entries cost €10.00/£9.00</p> <p>Relay entries cost €25.00/£21.50</p> <p>No entry will be processed until the appropriate fee has been received at the <b>Swim Ireland Office</b>. Payment options are detailed in the Entry Summary Sheet.</p> <p>No entries will be accepted if there are outstanding fees due to Swim Ireland.</p> <p><b><i>Please note that entries are non-refundable once the final date for payment has passed</i></b></p>
<b>Relay Entries:</b>	<p>Relay Events:</p> <p>12-14 (2005-2007); 15&amp;Over (2004+) – 4x100 MTR, 4x100 FTR, 4x200 FTR – Male; Female</p> <p>12-14; 15&amp;Over – 4x100 MTR – Mixed</p> <p>ALL relays will be HDW. Please include entry times for relays.</p> <p>Clubs are permitted to enter 2 teams per event however only one team can receive medals. Irish clubs who swim “foreign” swimmers on their relays will receive commemorative medals if they finish in the top 3. 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, by a Team Manager or a Coach only, 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>
<b>Anti-Doping:</b>	<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>
<b>Health &amp; Safety:</b>	<p>Please refer to the Health &amp; 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>
<b>Swimsuits:</b>	<p>All swimsuits must comply with FINA regulations and must bear the FINA approved stamp (<a href="https://www.fina.org/sites/default/files/frsa.pdf">https://www.fina.org/sites/default/files/frsa.pdf</a>)</p>
<b>Accreditation:</b>	<p>Accreditation will be produced through the Go-Membership system. Club admins will need to apply for accreditation for swimmers, team managers &amp; coaches. Please ensure that team managers &amp; 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>
<b>Further Info:</b>	<p>Please direct all queries to <a href="mailto:entries@swimireland.ie">entries@swimireland.ie</a></p>

# Irish Summer National Championships

National Aquatic Centre

24<sup>th</sup> – 28<sup>th</sup> July, 2019



## ORDER OF EVENTS

Day 1 - Wed 24 <sup>th</sup> July 2019	Day 2 - Thu 25 <sup>th</sup> July 2019	Day 3 - Fri 26 <sup>th</sup> July 2019	Day 4 - Sat 27 <sup>th</sup> Jul 2019	Day 5 - Sun 28 <sup>th</sup> Jul 2019
Session 1 Heats Warm Up 0730 ; Start 0845	Session 4 Heats Warm Up 0730 ; Start 0845	Session 7 Heats Warm Up 0730 ; Start 0845	Session 10 Heats Warm Up 0730 ; Start 0845	Session 13 Heats Warm Up 0730 ; Start 0845
Male 400m IM (15 years; 16 years; 17/Over) Female 400m IM (15 years; 16 years; 17/Over) Male 100m Breaststroke (15 years; 16 years; 17/Over) Female 100m Breaststroke (15 years; 16 years; 17/Over) Male 200m Freestyle (15 years; 16 years; 17/Over) Female 200m Freestyle (15 years; 16 years; 17/Over)	Female 50m Freestyle (15 years; 16 years; 17/Over) Male 50m Freestyle (15 years; 16 years; 17/Over) Female 100m Butterfly (15 years; 16 years; 17/Over) Male 100m Butterfly (15 years; 16 years; 17/Over) Female 200m Breaststroke (15 years; 16 years; 17/Over) Male 200m Breaststroke (15 years; 16 years; 17/Over) Female 1500m Freestyle HDW (15 years; 16 years; 17/Over)	Male 100m Freestyle (15 years; 16 years; 17/Over) Female 400m Freestyle (15 years; 16 years; 17/Over) Male 50m Backstroke (15/Over) Female 50m Backstroke (15/Over) Male 200m IM (15 years; 16 years; 17/Over) Female 200m IM (15 years; 16 years; 17/Over) Male 1500m Freestyle HDW (15 years; 16 years; 17/Over)	Female 100m Freestyle (15 years; 16 years; 17/Over) Male 400m Freestyle (15 years; 16 years; 17/Over) Female 200m Butterfly (15 years; 16 years; 17/Over) Male 200m Butterfly (15 years; 16 years; 17/Over) Female 50m Breaststroke (15/Over) Male 50m Breaststroke (15/Over) Female 100m Backstroke (15 years; 16 years; 17/Over) Male 100m Backstroke (15 years; 16 years; 17/Over)	Female 200m Backstroke (15 years; 16 years; 17/Over) Male 200m Backstroke (15 years; 16 years; 17/Over) Female 50m Butterfly (15/Over) Male 50m Butterfly (15/Over) Female 800m Freestyle HDW (15 years; 16 years; 17/Over) Male 800m Freestyle HDW (15 years; 16 years; 17/Over)
Session 2 Heats Warm Up 1100 ; Start 1145	Session 5 Heats Warm Up 1100 ; Start 1145	Session 8 Heats Warm Up 1100 ; Start 1145	Session 11 Heats Warm Up 1100 ; Start 1145	Session 14 Heats Warm Up 1100 ; Start 1145
Male 100m Breaststroke (12/13 years; 14 years) Female 100m Breaststroke (12/13 years; 14 years) Male 200m Freestyle (12/13 years; 14 years) Female 200m Freestyle (12/13 years; 14 years) Male 400m IM (12/13 years; 14 years) Female 400m IM (12/13 years; 14 years) Male 800m Freestyle HDW (12/13 years; 14 years) Male 12-14 years 400m Freestyle Relay HDW Female 12-14 years 400m Freestyle Relay HDW	Female 50m Freestyle (12/13 years; 14 years) Male 50m Freestyle (12/13 years; 14 years) Female 100m Butterfly (12/13 years; 14 years) Male 100m Butterfly (12/13 years; 14 years) Female 200m Breaststroke (12/13 years; 14 years) Male 200m Breaststroke (12/13 years; 14 years) Female 1500m Freestyle HDW (12/13 years; 14 years) Mixed 12-14 years 400m Mixed Medley Relay HDW	Female 400m Freestyle (12/13 years; 14 years) Male 100m Freestyle (12/13 years; 14 years) Female 200m IM (12/13 years; 14 years) Male 200m IM (12/13 years; 14 years) Female 12-14 years 800m Freestyle Relay HDW Male 12-14 years 400m Medley Relay HDW	Male 400m Freestyle (12/13 years; 14 years) Female 100m Freestyle (12/13 years; 14 years) Male 200m Butterfly (12/13 years; 14 years) Female 200m Butterfly (12/13 years; 14 years) Male 100m Backstroke (12/13 years; 14 years) Female 100m Backstroke (12/13 years; 14 years) Male 12-14 years 800m Freestyle Relay HDW Female 12-14 years 400m Medley Relay HDW	Female 200m Backstroke (12/13 years; 14 years) Male 200m Backstroke (12/13 years; 14 years) Female 800m Freestyle HDW (12/13 years; 14 years) Male 1500m Freestyle (12/13 years; 14 years)

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Day 1 - Wed 24 <sup>th</sup> July 2018	Day 2 - Thu 25 <sup>th</sup> July 2018	Day 3 - Fri 26 <sup>th</sup> July 2018	Day 4 - Sat 27 <sup>th</sup> Jul 2018	Day 5 - Sun 28 <sup>th</sup> Jul 2018
Session 3 Finals Warm Up 1600 ; Start 1700	Session 6 Finals Warm Up 1600 ; Start 1700	Session 9 Finals Warm Up 1600 ; Start 1700	Session 12 Finals Warm Up 1600 ; Start 1700	Session 15 Finals Warm Up 1530 ; Start 1630
Male 100m Breaststroke (12/13 years; 14 years; 15 years; 16 years; 17/Over)	Male 50m Freestyle (12/13 years; 14 years; 15 years; 16 years; 17/Over)	Male 100m Freestyle (12/13 years; 14 years; 15 years; 16 years; 17/Over)	Female 100m Freestyle (12/13 years; 14 years; 15 years; 16 years; 17/Over)	Male 200m Backstroke (12/13 years; 14 years; 15 years; 16 years; 17/Over)
Female 100m Breaststroke (12/13 years; 14 years; 15 years; 16 years; 17/Over)	Female 50m Freestyle (12/13 years; 14 years; 15 years; 16 years; 17/Over)	Female 400m Freestyle (12/13 years; 14 years; 15 years; 16 years; 17/Over)	Male 400m Freestyle (12/13 years; 14 years; 15 years; 16 years; 17/Over)	Female 200m Backstroke (12/13 years; 14 years; 15 years; 16 years; 17/Over)
Male 200m Freestyle (12/13 years; 14 years; 15 years; 16 years; 17/Over)	Male 100m Butterfly (12/13 years; 14 years; 15 years; 16 years; 17/Over)	Male 50m Backstroke (15/Over)	Female 200m Butterfly (12/13 years; 14 years; 15 years; 16 years; 17/Over)	Male 50m Butterfly (15/Over)
Female 200m Freestyle (12/13 years; 14 years; 15 years; 16 years; 17/Over)	Female 100m Butterfly (12/13 years; 14 years; 15 years; 16 years; 17/Over)	Female 50m Backstroke (15/Over)	Male 200m Butterfly (12/13 years; 14 years; 15 years; 16 years; 17/Over)	Female 50m Butterfly (15/Over)
Male 400m IM (12/13 years; 14 years; 15 years; 16 years; 17/Over)	Male 200m Breaststroke (12/13 years; 14 years; 15 years; 16 years; 17/Over)	Male 200m IM (12/13 years; 14 years; 15 years; 16 years; 17/Over)	Female 50m Breaststroke (15/Over)	Male 15/Over 400m Medley Relay HDW
Female 400m IM (12/13 years; 14 years; 15 years; 16 years; 17/Over)	Female 200m Breaststroke (12/13 years; 14 years; 15 years; 16 years; 17/Over)	Female 200m IM (12/13 years; 14 years; 15 years; 16 years; 17/Over)	Male 50m Breaststroke (15/Over)	Female 15/Over 400m Medley Relay HDW
Male 15/Over 400m Freestyle Relay HDW	Mixed 15/Over 400m Mixed Medley Relay HDW	Male 15/Over 800m Freestyle Relay HDW	Female 100m Backstroke (12/13 years; 14 years; 15 years; 16 years; 17/Over)	
Female 15/Over 400m Freestyle Relay HDW			Male 100m Backstroke (12/13 years; 14 years; 15 years; 16 years; 17/Over)	
			Female 15/Over 800m Freestyle Relay HDW	

*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>*

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## QUALIFICATION STANDARDS

(Achieved Long Course Only in the Period 1<sup>st</sup> January 2019 – 18<sup>th</sup> June 2019)

MALE					
	17/Over 2002/earlier	16 years 2003	15 years 2004	14 years 2005	12/13 years 2006/2007
50m Freestyle	24.94	26.98	28.43	29.29	30.57
100m Freestyle	55.52	58.56	1:00.74	1:02.74	1:05.93
200m Freestyle	2:03.93	2:10.16	2:14.38	2:17.15	2:24.21
400m Freestyle	4:33.55	4:37.50	4:47.52	4:55.89	5:08.90
800m Freestyle	9:12.90	9:20.88	9:41.13	9:58.05	10:24.34
1500m Freestyle	18:11.48	18:13.23	18:59.08	19:27.38	20:09.71
50m Backstroke	29.61	29.61	29.61		
100m Backstroke	1:06.44	1:09.17	1:11.73	1:14.32	1:17.58
200m Backstroke	2:23.44	2:30.53	2:33.42	2:39.15	2:44.13
50m Breaststroke	32.11	32.11	32.11		
100m Breaststroke	1:14.26	1:19.93	1:21.52	1:25.10	1:29.62
200m Breaststroke	2:44.14	2:53.54	2:59.81	3:04.69	3:11.24
50m Butterfly	26.92	26.92	26.92		
100m Butterfly	1:01.84	1:07.13	1:10.57	1:14.10	1:18.11
200m Butterfly	2:24.31	2:28.95	2:35.91	2:42.33	2:52.18
200m IM	2:23.77	2:30.33	2:33.56	2:38.22	2:43.83
400m IM	5:09.48	5:13.26	5:23.33	5:47.17	5:58.89

FEMALE					
	17/Over 2002/earlier	16 years 2003	15 years 2004	14 years 2005	12/13 years 2006/2007
50m Freestyle	28.49	28.97	29.54	30.22	31.25
100m Freestyle	1:01.38	1:03.33	1:03.99	1:04.61	1:08.05
200m Freestyle	2:14.40	2:17.30	2:20.69	2:21.18	2:26.90
400m Freestyle	4:48.61	4:56.31	4:59.85	5:08.15	5:13.46
800m Freestyle	9:51.76	10:05.20	10:14.96	10:22.25	10:37.24
1500m Freestyle	18:41.31	19:06.78	19:25.27	19:39.08	20:07.49
50m Backstroke	32.64	32.64	32.64		
100m Backstroke	1:11.33	1:13.50	1:13.99	1:15.26	1:18.45
200m Backstroke	2:34.30	2:37.41	2:40.86	2:42.90	2:48.53
50m Breaststroke	36.50	36.50	36.50		
100m Breaststroke	1:20.71	1:24.72	1:26.26	1:28.23	1:31.92
200m Breaststroke	2:56.14	3:01.72	3:03.56	3:12.95	3:14.97
50m Butterfly	30.42	30.42	30.42		
100m Butterfly	1:09.54	1:11.47	1:14.09	1:16.56	1:19.86
200m Butterfly	2:39.68	2:44.22	2:50.31	2:52.57	2:56.34
200m IM	2:34.86	2:35.75	2:40.35	2:44.07	2:48.59
400m IM	5:35.52	5:41.57	5:47.86	5:55.42	6:05.13

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## 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	Time Achieved	Date Achieved (Including Meet Name)
400m Ind. Medley		
100m Breaststroke		
200m Freestyle		
50m Freestyle		
100m Butterfly		
200m Breaststroke		
100m Freestyle		
50m Backstroke **		
200m Ind. Medley		
1500m Freestyle		
400m Freestyle		
200m Butterfly		
50m Breaststroke **		
100m Backstroke		
200m Backstroke		
50m Butterfly **		
800m Freestyle		

*Entry Standards must have been achieved since 1<sup>st</sup> January 2019*

***\*\*these events are for 15&Over swimmers only***

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

# Irish Summer National Championships

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## 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	Time Achieved	Date Achieved (Including Meet Name)
400m Ind. Medley		
100m Breaststroke		
200m Freestyle		
50m Freestyle		
100m Butterfly		
200m Breaststroke		
1500m Freestyle		
400m Freestyle		
50m Backstroke **		
200m Ind. Medley		
100m Freestyle		
200m Butterfly		
50m Breaststroke **		
100m Backstroke		
200m Backstroke		
50m Butterfly **		
800m Freestyle		

*Entry Standards must have been achieved since 1<sup>st</sup> January 2019*

***\*\*these events are for 15&Over swimmers only***

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



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## RELAY & ENTRY SUMMARY SHEET

Event	A Team	B Team	Event	A Team	B Team
Boys 15&Over 4x100 FTR			Boys 12-14 4x100 FTR		
Girls 15&Over 4x100 FTR			Girls 12-14 4x100 FTR		
Boys 15&Over 4x200 FTR			Boys 12-14 4x200 FTR		
Girls 15&Over 4x200 FTR			Girls 12-14 4x200 FTR		
Girls 15&Over 4x100 MTR			Girls 12-14 4x100 MTR		
Boys 15&Over 4x100 MTR			Boys 12-14 4x100 MTR		
Mixed 15&Over 4x100 MTR			Mixed 12-14 4x100 MTR		

Relay Entries: \_\_\_\_\_ @ €25 Each = € \_\_\_\_\_

Individual Entries: \_\_\_\_\_ @ €10 Each = € \_\_\_\_\_

TOTAL AMOUNT ENCLOSED: € \_\_\_\_\_

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

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

### **Payment Options:**

Please reference all payments as “2019 Summer 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 the Swim Ireland office at +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.***