

SWIM IRELAND

2019 Irish National SC Championships

5S-19/20-N001

ENTRY RULES & FORMS

**National Aquatic Centre, Dublin
Thursday 12th – Sunday 15th December 2019**



Irish National SC Championships
National Aquatic Centre, Dublin
12th – 15th December 2019



MEET CONDITIONS

Meet Location:	National Aquatic Centre, Sport Ireland Campus, Blanchardstown, Dublin 15	
Pool Specification:	10 lane 25m pool; anti-turbulence lane ropes; wedge starting blocks; backstroke ledges; 6 lane 25m warm up/swim down pool	
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 as Timed Finals	
Session Times:	<p>Session 1: Thursday 12th December Warm-up (Male 0730-0810. Female 0810-0850); Competition 0900</p> <p>Session 2: Thursday 12th December Warm-up (Mixed) 1530; Competition 1700</p> <p>Session 3: Friday 13th December Warm-up (Female 0730-0810. Male 0810-0850); Competition 0900</p> <p>Session 4: Friday 13th December Warm-up (Mixed) 1530; Competition 1700</p>	<p>Session 5: Saturday 14th December Warm-up (Male 0730-0810. Female 0810-0850); Competition 0900</p> <p>Session 6: Saturday 14th December Warm-up (Mixed) 1530; Competition 1700</p> <p>Session 7: Sunday 15th December Warm-up (Female 0730-0810. Male 0810-0850); Competition 0900</p> <p>Session 8: Sunday 15th December Warm-up (Mixed) 1430; Competition 1600</p>
Age:	<p>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).</p> <p>Junior Qualifying Times will be for male competitors born 2003 – 2007 and female competitors born 2004 – 2007.</p>	
Qualification Criteria:	<p>Times may be achieved in both Short Course & Long Course in the Period 1st December 2018 – 17th November 2019.</p> <p>Times must have been achieved in meets licenced at Level 3 or higher to be eligible to be used for entry into this meet.</p> <p>Long Course times used for entry will be converted to Short Course via the Meet Management System for seeding purposes.</p>	
Finals:	<p>The fastest ten competitors from the heats shall be allocated places in the A-Final.</p> <p>The next fastest ten competitors shall be allocated places in the B-Final.</p> <p>There will be a maximum of three non-Irish athletes permitted to swim in the A-Final and a maximum of three non-Irish athletes in the B-Final, with all finals taking place in all 10 lanes</p>	
Team Leaders Meeting:	<p>Technical briefing will take place on Thursday 12th December, at 7.30am in the Officials briefing room, which is located on pool deck. Attendance at this meeting is advisable. A delegate attending the meeting may also represent a maximum of two additional clubs. If a club is not represented at this briefing you are agreeing to any decisions made at the meeting and agree to abide by them at the meet. Club packs will be available for collection at this meeting.</p>	
Withdrawals:	<p>Withdrawals from day 1 must be emailed to entries@swimireland.ie between 08/12/2019 & 3pm on 11/12/2019. Withdrawals for days 2, 3 & 4 must be submitted by 6pm the previous day, i.e. for day 2, withdrawals must be submitted by 6pm on day 1. There will be a €50 fine if swimmers are not withdrawn within 30 minutes of the announcement of</p>	

Irish National SC Championships
National Aquatic Centre, Dublin
12th – 15th December 2019



	the results of an event for the final that evening or by 6pm for an event for the next day.
Accreditation:	<p>Accreditation will be produced through the Go-Membership system. Club admins will need to apply for accreditation for athletes, team managers & coaches. Please ensure that team managers & coaches meet all of the requirements for accreditations, otherwise they will not be awarded. Accreditation lanyards & pouches can be collected at the accreditation desk, which will be located on upper deck near the scoreboard.</p> <p>Further information on accreditation will be circulated to clubs in the next few weeks.</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, Sport Ireland Campus, Blanchardstown, Dublin 15, Ireland marked "2019 IRISH NATIONAL SC CHAMPIONSHIPS". <i>If entries are made by Hy-tek it is not necessary to post entry forms.</i></p>
Entry Deadline:	<p>5pm Tuesday 19th November 2019 for ALL entries. Payment for ALL entries must be received by 5pm Friday 29th November 2019</p>
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, but only one team per club will be awarded medals. Approximate entry times should be submitted 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 athletes competing in relays 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>The top 3 Swimmers in the Finals & HDW events will be presented with medals at the Victory Ceremony on the podium.</p> <p>Commemorative medals will be presented to non-Irish athletes, if they finish in the top 3 positions. All athletes must be properly attired in a tracksuit or t-shirt and shorts with footwear for medal ceremonies.</p>
Swimsuits:	<p>All swimsuits must comply with FINA regulations and must bear the FINA approved stamp (https://www.fina.org/sites/default/files/frsa.pdf)</p>
Anti-Doping:	<p>It is a condition of attending a Swim Ireland event that athletes 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>

Irish National SC Championships
National Aquatic Centre, Dublin
12th – 15th December 2019



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.
Open Training Session:	There will be some pool availability for open training session on Wednesday 11th December from 1700 - 1900
Further Info:	Please direct all queries to 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-and-safety>

Irish National SC Championships
National Aquatic Centre, Dublin
12th – 15th December 2019



Order of Events

Day 1 – Thu 12 th December 2019	Day 2 – Fri 13 th December 2019	Day 3 – Sat 14 th December 2019	Day 4 – Sun 15 th December 2019
Session 1: 0900 - Heats	Session 3: 0900 – Heats	Session 5: 0900 – Heats	Session 7: 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 200m Freestyle Relay HDW Female 200m Freestyle Relay HDW Male 800m Freestyle HDW	Female 400m IM Male 400m IM Female 100m Freestyle Male 100m Freestyle Female 100m Breaststroke Male 100m Breaststroke Female 800m Freestyle HDW Male 50m Butterfly Female 50m Butterfly Mixed 200m Freestyle Relay HDW	Male 100m IM Female 100m IM Male 400m Freestyle Female 400m Freestyle Male 100m Butterfly Female 100m Butterfly Male 50m Breaststroke Female 50m Breaststroke Male 200m Backstroke Female 200m Backstroke Mixed 200m Medley Relay HDW	Female 200m Freestyle Male 200m Freestyle Female 50m Backstroke Male 50m Backstroke Female 200m Breaststroke Male 200m Breaststroke Female 200m Medley Relay HDW Male 200m Medley Relay HDW Female 1500m Freestyle HDW Male 1500m Freestyle HDW
Day 1 – Thu 12 th December 2019	Day 2 – Fri 13 th December 2019	Day 3 – Sat 14 th December 2019	Day 4 – Sun 15 th December 2019
Session 2: 1700 - Finals	Session 4: 1700 - Finals	Session 6: 1700 - Finals	Session 8: 1600 - Finals
Male 800m Freestyle (Fastest Heat) Female 200m Butterfly 'B' Final Female 200m Butterfly 'A' Final Male 200m Butterfly 'B' Final Male 200m Butterfly 'A' Final Female 100m Backstroke 'B' Final Female 100m Backstroke 'A' Final Male 100m Backstroke 'B' Final Male 100m Backstroke 'A' Final Female 50m Freestyle 'B' Final Female 50m Freestyle 'A' Final Male 50m Freestyle 'B' Final Male 50m Freestyle 'A' Final Female 200m IM 'B' Final Female 200m IM 'A' Final Male 200m IM 'B' Final Male 200m IM 'A' Final Female National Team 400m Freestyle Relay (Exhibition Swim) Male National Team 400m Freestyle Relay (Exhibition Swim)	Female 800m 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 Female 50m Butterfly 'B' Final Female 50m Butterfly 'A' Final Male 50m Butterfly 'B' Final Male 50m Butterfly 'A' Final Female 400m IM 'B' Final Female 400m IM 'A' Final Male National Team 800m Freestyle Relay (Exhibition Swim) Female National Team 800m Freestyle Relay (Exhibition Swim)	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 Breaststroke 'B' Final Female 50m Breaststroke 'A' Final Male 50m Breaststroke 'B' Final Male 50m Breaststroke 'A' Final Female 200m Backstroke 'B' Final Female 200m Backstroke 'A' Final Male 200m Backstroke 'B' Final Male 200m Backstroke 'A' Final Mixed National Team 400m Medley Relay (Exhibition Swim)	Female 1500m Freestyle (Fastest Heat) Male 1500m 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 'B' Final Female 50m Backstroke 'A' Final Male 50m Backstroke 'B' 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 National Team 400m Medley Relay (Exhibition Swim) Male National Team 400m Medley Relay (Exhibition Swim)

Irish National SC Championships
National Aquatic Centre, Dublin
12th – 15th December 2019



Short Course Qualifying Times
(Achieved Short Course Only in the Period 1st December 2018 – 18th November 2019)

MALE		EVENT	FEMALE	
Junior Born 2003 -2007	Senior Born 2002 & Earlier		Senior Born 2003 & Earlier	Junior Born 2004 - 2007
25.58	24.57	50m Freestyle	27.57	28.53
55.91	52.68	100m Freestyle	59.39	1:00.66
2:03.41	1:59.06	200m Freestyle	2:11.05	2:13.08
4:25.10	4.18.24	400m Freestyle	4:38.17	4:45.41
9:08.28	8:50.94	800m Freestyle	9:39.63	9;55.69
17:25.65	17:19.04	1500m Freestyle	18:34.25	18:56.96
29.49	28.47	50m Backstroke	31.17	31.91
1:03.21	1:02.02	100m Backstroke	1:06.73	1:07.61
2:19.78	2:17.38	200m Backstroke	2:26.96	2:27.82
33.66	31.61	50m Breaststroke	35.86	36.82
1:11.32	1:08.46	100m Breaststroke	1:16.31	1:18.39
2:41.62	2:35.94	200m Breaststroke	2:48.92	2:53.02
28.76	27.47	50m Butterfly	30.49	30.97
1:01.87	59.30	100m Butterfly	1:08.11	1:09.58
2:28.98	2:17.95	200m Butterfly	2:38.86	2:44.53
1:06.81	1:02.07	100m IM	1:08.95	1:12.93
2:19.94	2:16.73	200m IM	2:29.18	2:34.33
5:04.55	4:57.56	400m IM	5:25.23	5:33.00

Irish National SC Championships
National Aquatic Centre, Dublin
12th – 15th December 2019



Long Course Qualifying Times
(Achieved Long Course Only in the Period 1st December 2018 – 18th November 2019)

MALE		EVENT	FEMALE	
Junior Born 2003 -2007	Senior Born 2002 & Earlier		Senior Born 2003 & Earlier	Junior Born 2004 - 2007
26.34	25.30	50m Freestyle	28.08	29.05
57.58	54.25	100m Freestyle	1:00.48	1:01.77
2:06.32	2:01.86	200m Freestyle	2:12.64	2:14.70
4:29.96	4:22.97	400m Freestyle	4:40.13	4:47.42
9:18.70	9:01.70	800m Freestyle	9:49.50	10:05.30
17:45.20	17:38.60	1500m Freestyle	18:43.78	19:06.45
30.20	29.20	50m Backstroke	31.90	32.50
1:05.10	1:03.87	100m Backstroke	1:07.54	1:08.43
2:23.95	2:21.48	200m Backstroke	2:28.71	2:29.62
34.60	32.60	50m Breaststroke	36.80	37.60
1:13.91	1:10.94	100m Breaststroke	1:18.59	1:20.73
2:47.48	2:41.60	200m Breaststroke	2:52.02	2:56.19
29.45	28.20	50m Butterfly	31.10	31.60
1:02.62	1:00.20	100m Butterfly	1:08.59	1:10.07
2:31.71	2:20.48	200m Butterfly	2:39.98	2:45.69
N/A	N/A	100m IM	N/A	N/A
2:22.70	2:19.50	200m IM	2:31.80	2:36.80
5:15.60	5:08.35	400m IM	5:31.19	5:39.10

Irish National SC Championships
National Aquatic Centre, Dublin
12th – 15th December 2019



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		
11	800m Freestyle		
13	400m Ind. Medley		
15	100m Freestyle		
17	100m Breaststroke		
19	50m Butterfly		
22	100m Ind. Medley		
24	400m Freestyle		
26	100m Butterfly		
28	50m Breaststroke		
30	200m Backstroke		
34	200m Freestyle		
36	50m Backstroke		
38	200m Breaststroke		
42	1500m Freestyle		

(Entry times may have been achieved Short Course or Long Course in the Period 1st December 2018 – 18th November 2019)

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

Irish National SC Championships
National Aquatic Centre, Dublin
12th – 15th December 2019



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	400m Ind. Medley		
14	100m Freestyle		
16	100m Breaststroke		
18	800m Freestyle		
20	50m Butterfly		
23	100m Ind. Medley		
25	400m Freestyle		
27	100m Butterfly		
29	50m Breaststroke		
31	200m Backstroke		
33	200m Freestyle		
35	50m Backstroke		
37	200m Breaststroke		
41	1500m Freestyle		

(Entry times may have been achieved Short Course or Long Course in the Period 1st December 2018 – 18th November 2019)

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

RELAY & ENTRY SUMMARY SHEET

Event No.	Event	'A' Team Entry Time	'B' Team Entry Time
9	Male 200m Freestyle Relay		
10	Female 200m Freestyle Relay		
21	Mixed 200m Freestyle Relay		
32	Mixed 200m Medley Relay		
39	Female 200m Medley Relay		
40	Male 200m 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 "2019 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 **+353-1-6251142** – 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 athletes, 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 athletes are sufficiently competent to dive start from competition starting blocks. Alternatively, athletes are reminded that they may start from the poolside.
- ii. In the event of a false start, athletes should perform a safe entry and not fall into the water.

3. **Warm-Up;**

- i. Athletes and coaches must ensure that they (and athletes in their charge) take no action that would endanger themselves or others.
- ii. The instructions of those in authority must be obeyed immediately.
- iii. Athletes 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 athletes have cleared it.
- v. On finishing a sprint immediately clear the way for the following athlete(s).

4. **Around the Pool** (e.g. spectator area, foyer area, etc.)

- i. Athletes are not permitted to enter dry areas without first having changed and put on footwear.
- ii. Where there is a balcony or rail - athletes 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.