

**SWIM
IRELAND**

2020

**Irish Open Swimming Championships
Olympic & Paralympic Trials**



5L-19/20-N004

ENTRY RULES & FORMS

National Aquatic Centre, Dublin
Wednesday 1st – Sunday 5th April 2020



Irish Open Swimming Championships
National Aquatic Centre, Dublin
1st – 5th April 2020

MEET CONDITIONS

Meet Location:	National Aquatic Centre, Sport Ireland Campus, Blanchardstown, Dublin 15	
Pool Specification:	10 lane 50m 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. Open 'A' and Junior Finals per event, Open 'B' Finals per 50m, 100m & 200m event (with 800m/1500m as Timed Finals). Paralympic multi classification Finals will be held in specific events (as per schedule of events)	
Session Times:	<p>Session 1: Wednesday 1st April Warm-up (Mixed) 0800; Competition 09:30</p> <p>Session 2: Wednesday 1st April Warm-up (Mixed) 1530; Competition 17:00</p> <p>Session 3: Thursday 2nd April Warm-up (Mixed) 0800; Competition 09:30</p> <p>Session 4: Thursday 2nd April Warm-up (Mixed) 1530; Competition 17:00</p> <p>Session 5: Friday 3rd April Warm-up (Mixed) 0800; Competition 09:30</p>	<p>Session 6: Friday 3rd April Warm-up (Mixed) 1530; Competition 17:00</p> <p>Session 7: Saturday 4th April Warm-up (Mixed) 0800; Competition 09:30</p> <p>Session 8: Saturday 4th April Warm-up (Mixed) 1530; Competition 17:00</p> <p>Session 9: Sunday 5th April Warm-up (Mixed) 0800; Competition 09:30</p> <p>Session 10: Sunday 5th April Warm-up (Mixed) 1530; Competition 17:00</p>
Age:	Qualifying Times to reflect three age groups per gender. Age Groups as Youth (Male 13-16 years and Female 13-15 years), Junior (Male 17-18 years and Female 16-17 years) and Senior (Male 19 years & over and Female 18 years & over).	
Qualification Criteria:	Times must Have been achieved Long Course in the Period 1 st July 2019 – 23 rd February 2020. Times must have been achieved in meets licensed at Level 3 or higher to be eligible to be used for entry into this meet.	
Able-Bodied Event Finals:	<p>As a first priority, the fastest ten eligible competitors from the heats, irrespective of age, shall be allocated places in the Open 'A' Final, plus two reserves</p> <p>As a second priority, the next fastest ten eligible competitors shall be allocated places in the Junior Final, plus two reserves. A competitor in the Junior Final may also be a reserve for the Open Final and may be moved to the Open Final as necessary.</p> <p>As a third priority, and in the 50m, 100m and 200m events only, the next fastest ten competitors shall be allocated places in the Open 'B' Final, plus two reserves. A competitor in the Open 'B' Final may also be a reserve for the Open 'A' Final and/or the Junior Final and may be moved to one of these Finals as necessary</p> <p>A maximum of four swimmers who are not eligible to be considered for selection to represent Ireland in FINA/Len international Championships in 2020 (via one or more of the published Swim Ireland 2020 National Team Selection Policies), will be permitted to swim in an Open 'A' Final.</p> <p>Only swimmers who are eligible to be considered to represent Ireland in FINA/Len international Championships in 2020 (via one or more of the published Swim Ireland 2020 National Team Selection Policies) will be permitted to swim in a Junior Final.</p> <p>There is no restriction on eligibility to swim in an Open 'B' Final.</p>	

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	<p>Athletes qualifying for both an Able-Bodied Final and a Para Final in the same event may elect in which of the two Finals they compete but may not compete in both</p> <p>There shall be no Finals in the 800m and 1500m Freestyle events. Medals for these events will be awarded based on times from the heats.</p> <p><i>*Please note all athletes may be required to provide proof of eligibility to represent Ireland as noted above, at any time throughout the Championships.</i></p>
Para Event Finals	<p>The top ten eligible Para competitors (based on IPC points) from the heats shall be allocated places in the published Para Finals, plus two reserves.</p> <p>Places in the final will be reserved for a minimum of two Para swimmers who are eligible to be considered for selection to represent Ireland in Paralympic international Championships in 2020.</p>
Team Leaders Meeting:	<p>Technical briefing will take place on Wednesday 1st April, at 07:30 in the Officials briefing room, which is located on pool deck. Attendance at this meeting is strongly advisable. A delegate attending the meeting may also represent a maximum of two additional clubs. Not being represented at the briefing means that a Club is agreeing to abide by any decisions made at the meeting. 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 27/03/2020 & 15:00 on 31/03/2020.</p> <p>Withdrawals for days 2, 3 & 4 must be submitted by 6pm the previous day, i.e. for day 2, withdrawals must be submitted by 18:00 on Day 1. These withdrawals must be completed on Withdrawal Forms at the Swim Office Table on poolside. No email scratches will be accepted after 15:00 on 31/03/2020.</p> <p>Withdrawals from finals must be made within 30 minutes of the announcement of the results for the event. There will be a €50 fine if swimmers fail to show up for their event and have not been withdrawn in accordance with these conditions.</p>
Accreditation:	<p>Accreditation will be produced through the Go-Membership system. Club administrators 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.</p> <p>Further information on accreditation can be found on the Swim Ireland website.</p> <p>Accreditation lanyards & pouches can be picked up at the accreditation desk at the venue from the morning of day 1.</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 "2020 IRISH OPEN CHAMPIONSHIPS". <i>If entries are made by Hy-tek it is not necessary to post entry forms.</i></p> <p>On submission of entries (electronic or paper) clubs must declare swimmers who are not eligible to be considered for selection to represent Ireland in FINA/LEN international Championships in 2020 (via one or more of the published Swim Ireland 2020 National Team Selection Policies).</p>

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Entry Deadline:	17:00 Tuesday 10th March 2020 for ALL entries. Payment for ALL entries must be received by 17:00 Friday 20th March 2020
Entry Fees:	Individual entries cost €10/£9 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. <i>Please note that entries are non-refundable once the final date for payment has passed</i>
Awards:	Medals are awarded for top-3 placings (Open 'A' Final only) and Top-3 Irish placings (Open 'A' Final only) should these be different. All athletes must be properly attired in a tracksuit or t-shirt and shorts with footwear for medal ceremonies.
Swimsuits:	All swimsuits must comply with FINA regulations and must bear the FINA approved stamp (https://www.fina.org/sites/default/files/frsa.pdf)
Anti-Doping:	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.
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 pool availability for open training session on Tuesday 31 st March from 17:00-19:00
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>

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SCHEDULE OF EVENTS

Day 1 - Wed 1st April 2020	Day 2 - Thu 2nd April 2020	Day 3 - Fri 3rd April 2020	Day 4 - Sat 4th April 2020	Day 5 - Sun 5th April 2020
Session 1: 09:30 - Heats	Session 3: 09:30 – Heats	Session 5: 09:30 – Heats	Session 7: 09:30 – Heats	Session 9: 09:30 - Heats
Male 400m Freestyle Female 400m Freestyle Male 100m Breaststroke Female 100m Butterfly Male 200m Butterfly Female 50m Breaststroke Male 50m Backstroke	Male 400m IM Female 200m Backstroke Male 100m Freestyle Female 50m Freestyle Male 200m Backstroke Female 800m Freestyle HDW Male 50m Butterfly	Female 400m IM Male 50m Freestyle Female 100m Freestyle Male 100m Butterfly Female 100m Breaststroke Male 800m Freestyle HDW Female 50m Butterfly	Female 200m IM Male 200m Freestyle Female 100m Backstroke Male 100m Backstroke Female 200m Butterfly Male 200m Breaststroke Female 1500m Freestyle HDW	Female 200m Freestyle Male 200m IM Female 200m Breaststroke Male 1500m Freestyle HDW Female 50m Backstroke Male 50m Breaststroke
Day 1 - Wed 1st April 2020	Day 2 - Thu 2nd April 2020	Day 3 - Fri 3rd April 2020	Day 4 - Sat 4th April 2020	Day 5 - Sun 5th April 2020
Session 2: 17:00 - Finals	Session 4: 17:00 - Finals	Session 6: 17:00 - Finals	Session 8: 17:00 - Finals	Session 10: 17:00 - Finals
Male 400m Freestyle MC Final Male 400m Freestyle Junior Final Male 400m Freestyle Open Final Female 400m Freestyle Junior Final Female 400m Freestyle Open Final Male 100m Breaststroke Junior Final Male 100m Breaststroke Open 'A' Final Female 100m Butterfly Junior Final Female 100m Butterfly Open 'A' Final Male 200m Butterfly Junior Final Male 200m Butterfly Open 'A' Final Female 50m Breaststroke Junior Final Female 50m Breaststroke Open 'A' Final Male 50m Backstroke Junior Final Male 50m Backstroke Open 'A' Final Male 100m Breaststroke Open 'B' Final Female 100m Butterfly Open 'B' Final Male 200m Butterfly Open 'B' Final Female 50m Breaststroke Open 'B' Final Male 50m Backstroke Open 'B' Final	Male 100m Freestyle MC Final Male 100m Freestyle Junior Final Male 100m Freestyle Open Final Female 200m Backstroke Junior Final Female 200m Backstroke Open 'A' Final Male 400m IM Junior Final Male 400m IM Open 'A' Final Female 50m Freestyle Junior Final Female 50m Freestyle Open 'A' Final Male 200m Backstroke Junior Final Male 200m Backstroke Open 'A' Final Female 800m Freestyle (Final Heat) Male 50m Butterfly Junior Final Male 50m Butterfly Open 'A' Final Female 200m Backstroke Open 'B' Final Male 100m Freestyle Open 'B' Final Female 50m Freestyle Open 'B' Final Male 200m Backstroke Open 'B' Final Male 50m Butterfly Open 'B' Final Male National Team 400m Medley Relay	Female 400m IM Junior Final Female 400m IM Open Final Male 50m Freestyle Junior Final Male 50m Freestyle Open 'A' Final Female 100m Freestyle Junior Final Female 100m Freestyle Open 'A' Final Male 100m Butterfly Junior Final Male 100m Butterfly Open 'A' Final Female 100m Breaststroke MC Final Female 100m Breaststroke Junior Final Female 100m Breaststroke Open 'A' Final Male 800m Freestyle (Final Heat) Female 50m Butterfly Junior Final Female 50m Butterfly Open 'A' Final Male 50m Freestyle Open 'B' Final Female 100m Freestyle Open 'B' Final Male 100m Butterfly Open 'B' Final Female 100m Breaststroke Open 'B' Final Female 50m Butterfly Open 'B' Final	Female 200m IM MC Final Female 200m IM Junior Final Female 200m IM Open 'A' Final Male 200m Freestyle Junior Final Male 200m Freestyle Open 'A' Final Female 100m Backstroke Junior Final Female 100m Backstroke Open 'A' Final Male 100m Backstroke MC Final Male 100m Backstroke Junior Final Male 100m Backstroke Open 'A' Final Female 200m Butterfly Junior Final Male 200m Breaststroke Junior Final Male 200m Breaststroke Open 'A' Final Female 1500m Freestyle (Final Heat) Female 200m IM Open 'B' Final Male 200m Freestyle Open 'B' Final Female 100m Backstroke Open 'B' Final Male 100m Backstroke Open 'B' Final Female 200m Butterfly Open 'B' Final Male 200m Breaststroke Open 'B' Final	Female 200m Freestyle Junior Final Female 200m Freestyle Open 'A' Final Male 200m IM Junior Final Male 200m IM Open 'A' Final Female 200m Breaststroke Junior Final Female 200m Breaststroke Open 'A' Final Male 1500m Freestyle (Final Heat) Female 50m Backstroke Junior Final Female 50m Backstroke Open 'A' Final Male 50m Breaststroke Junior Final Male 50m Breaststroke Open 'A' Final Female 200m Freestyle Open 'B' Final Male 200m IM Open 'B' Final Female 200m Breaststroke Open 'B' Final Female 50m Backstroke Open 'B' Final Male 50m Breaststroke Open 'B' Final Female National Team 400m Medley Relay Male National Team 800m Freestyle Relay

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QUALIFICATION STANDARDS

MALE			EVENT	FEMALE		
Youth Born 2004-2007	Junior Born 2002 & 2003	Senior		Senior	Junior Born 2003 & 2004	Youth Born 2005-2007
26.20	25.56	24.88	50m Freestyle	27.75	28.19	28.86
57.27	55.48	53.87	100m Freestyle	1:00.01	1:00.60	1:03.01
2:06.24	2:03.39	1:58.69	200m Freestyle	2:10.87	2:12.70	2:16.17
4:31.06	4:25.12	4:22.54	400m Freestyle	4:41.40	4:46.08	4:46.97
9:31.31	9:24.78	9:23.69	800m Freestyle	9:40.74	9:56.73	10:03.60
18:19.12	18:08.59	17:48.53	1500m Freestyle	19:24.64	19:43.91	19:58.84
31.04	29.68	29.15	50m Backstroke	31.67	32.55	33.98
1:05.89	1:04.18	1:02.55	100m Backstroke	1:07.97	1:09.49	1:11.42
2:24.11	2:20.11	2:19.49	200m Backstroke	2:28.61	2:30.58	2:33.92
34.22	32.39	31.76	50m Breaststroke	35.8	36.62	38.87
1:15.12	1:11.85	1:10.18	100m Breaststroke	1:17.45	1:18.84	1:21.83
2:43.56	2:38.60	2:38.25	200m Breaststroke	2:49.25	2:50.99	2:58.05
28.31	27.6	26.53	50m Butterfly	30.03	30.64	32.08
1:03.96	1:01.06	58.53	100m Butterfly	1:07.30	1:08.49	1:11.11
2:27.49	2:21.57	2:17.36	200m Butterfly	2:36.09	2:37.03	2:46.50
2:24.00	2:19.96	2:18.07	200m IM	2:30.41	2:32.57	2:34.73
5:14.65	5:05.32	5:03.35	400m IM	5:25.22	5:27.73	5:33.48

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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	400m Freestyle		
3	100m Breaststroke		
5	200m Butterfly		
7	50m Backstroke		
8	400m Ind. Medley		
10	100m Freestyle		
12	200m Backstroke		
14	50m Butterfly		
16	50m Freestyle		
18	100m Butterfly		
20	800m Freestyle		
23	200m Freestyle		
25	100m Backstroke		
27	200m Breaststroke		
30	200m Ind. Medley		
32	1500m Freestyle		
34	50m Breaststroke		

(Entry times must have been achieved Long Course in the Period 1st July 2019 – 10th March 2020)

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

Please tick here if the athlete is **not** eligible to be considered for selection to represent Ireland in FINA/LEN international Championships in 2020 (via one or more of the published Swim Ireland 2020 National Team Selection Policies).

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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	400m Freestyle		
4	100m Butterfly		
6	50m Breaststroke		
9	200m Backstroke		
11	50m Freestyle		
13	800m Freestyle		
15	400m Ind. Medley		
17	100m Freestyle		
19	100m Breaststroke		
21	50m Butterfly		
22	200m Ind. Medley		
24	100m Backstroke		
26	200m Butterfly		
28	1500m Freestyle		
29	200m Freestyle		
31	200m Breaststroke		
33	50m Backstroke		

(Entry times must have been achieved Long Course in the Period 1st July 2019 – 10th March 2020)

I certify that the above information is correct: _____

(Club Secretary)

Please tick here if the athlete is **not** eligible to be considered for selection to represent Ireland in FINA/LEN international Championships in 2020 (via one or more of the published Swim Ireland 2020 National Team Selection Policies).

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Individual Entries: _____ @ €10 Each = € _____

TOTAL AMOUNT ENCLOSED: € _____

CLUB: _____ CONTACT: _____

PHONE: _____ EMAIL: _____

Payment Options:

Please reference all payments as “2020 Irish Open” 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

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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 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.