



2022
Irish Summer National Championships

ENTRY RULES & FORMS

National Aquatic Centre, Dublin
Wednesday 20th – Sunday 24th July 2022



SPÓRT ÉIREANN
SPORT IRELAND



Irish Summer National Championships

National Aquatic Centre, Dublin.

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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: | National Aquatic Centre, Dublin |
| 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: | <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>13 (2009); 14 (2008); 15 (2007); 16 (2006); 17&O (2005+)</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&Over only and will have one final</p> |
| Session Times: | <p>1st AM heats sessions: Warm Up 0730: Start 0845 – 15 (2007); 16(2006); 17&O (2005+)</p> <p>2nd AM heats sessions: Warm Up 1100: Start 1145 – 13 (2009); 14 (2008)</p> <p>PM finals sessions: Warm Up 1545: Start 1700 – ALL age groups</p> <p>These session times are subject to change, based on number of entries.</p> |
| Open Training Session | There will be an open training session at the venue on Tuesday 19 th July between 5pm & 7pm. |
| Entry Limit: | <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> |
| Team Leaders Meeting: | <p>A technical briefing will take place on Monday 18th July @ 20:00 via zoom. Attendance at this meeting is strongly advisable. Not being represented at the briefing means that a Club is agreeing to abide by any decisions made at the meeting. Meeting link below:</p> <p>https://us06web.zoom.us/j/89684335844?pwd=bld5Umd5Z2FwNmQwLzR3RIArNC9EQT09</p> |
| Entry Deadline: | <p>Saturday 11th June 22 @ 9am</p> <p>Entries are to be given directly to Joann Baker (Torps Coach)</p> |
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| | |
|-----------------------------|--|
| Entry Fees: | <p>Individual entries cost €10.00</p> <p>No entry will be processed until the appropriate fee has been received at the Swim Ireland Office.</p> |
| Withdrawals | <p>Withdrawals from Day 1 must be emailed to entries@swimireland.ie between 15/07/2022 & 15:00 on 19/07/2022.</p> <p>Withdrawals for Days 2, 3 & 4 must be submitted by 18:00 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 19/05/2022.</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> |
| Relay Entries: | <p>Relay Events:</p> <p>13-14 (2008-2009); 15&Over (2007+) – 4x100 MTR, 4x100 FTR, 4x200 FTR – Male; Female</p> <p>13-14; 15&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> |
| Anti-Doping: | <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> |
| Covid 19 | <p>There may be some restrictions in place at the time of this meet. These restrictions can be viewed on www.gov.ie.</p> |
| Health & Safety: | <p>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.</p> |
| Swimsuits: | <p>All swimsuits must comply with FINA regulations and should bear the FINA approved stamp (https://www.fina.org/sites/default/files/frsa.pdf)</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> |

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ORDER OF EVENTS

| Day 1 - Wed 20 th July 2022 | Day 2 - Thu 21 st July 2022 | Day 3 - Fri 22 nd July 2022 | Day 4 - Sat 23 rd Jul 2022 | Day 5 - Sun 24 th Jul 2022 |
|---|---|---|--|--|
| Session 1 Heats (Male: 15 yrs; 16 yrs; 17/18 yrs; 19 yrs & Over) (Female: 15 yrs ; 16/17 yrs; 18 yrs & Over) Male Warm Up 0720 – 0800 Female Warm Up 0800 – 0840 Start 0845 | Session 4 Heats (Male: 15 yrs; 16 yrs; 17/18 yrs; 19 yrs & Over) (Female: 15 yrs ; 16/17 yrs; 18 yrs & Over) Female Warm Up 0720 – 0800 Male Warm Up 0800 – 0840 Start 0845 | Session 7 Heats (Male: 15 yrs; 16 yrs; 17/18 yrs; 19 yrs & Over) (Female: 15 yrs ; 16/17 yrs; 18 yrs & Over) Male Warm Up 0720 – 0800 Female Warm Up 0800 – 0840 Start 0845 | Session 10 Heats (Male: 15 yrs; 16 yrs; 17/18 yrs; 19 yrs & Over) (Female: 15 yrs ; 16/17 yrs; 18 yrs & Over) Female Warm Up 0720 – 0800 Male Warm Up 0800 – 0840 Start 0845 | Session 13 Heats (Male: 15 yrs; 16 yrs; 17/18 yrs; 19 yrs & Over) (Female: 15 yrs ; 16/17 yrs; 18 yrs & Over) Female Warm Up 0720 – 0800 Male Warm Up 0800 – 0840 Start 0845 |
| Male 400m IM Female 200m Backstroke Male 200m Freestyle Female 200m Freestyle Male 100m Breaststroke Female 100m Breaststroke | Female 50m Freestyle Male 50m Freestyle Female 100m Butterfly Male 100m Butterfly Female 200m IM Male 200m Backstroke Female 1500m Freestyle HDW | Male 100m Freestyle Female 400m Freestyle Male 50m Backstroke Female 50m Backstroke Male 200m Breaststroke Female 200m Breaststroke Male 1500m Freestyle HDW | Female 100m Freestyle Male 400m Freestyle Female 200m Butterfly Male 200m Butterfly Female 50m Breaststroke Male 50m Breaststroke Female 100m Backstroke Male 100m Backstroke | Female 400m IM Male 200m IM Female 50m Butterfly Male 50m Butterfly Female 800m Freestyle HDW Male 800m Freestyle HDW |
| Day 1 - Wed 20 th July 2022 | Day 2 - Thu 21 st July 2022 | Day 3 - Fri 22 nd July 2022 | Day 4 - Sat 23 rd Jul 2022 | Day 5 - Sun 24 th Jul 2022 |
| Session 2 Heats (Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Male Warm Up 1115 – 1145 Female Warm Up 1145 – 1215 Start 1220 | Session 5 Heats (Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Female Warm Up 1115 – 1145 Male Warm Up 1145 – 1215 Start 1220 | Session 8 Heats (Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Male Warm Up 1115 – 1145 Female Warm Up 1145 – 1215 Start 1220 | Session 11 Heats (Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Female Warm Up 1115 – 1145 Male Warm Up 1145 – 1215 Start 1220 | Session 14 Heats (Male: 13 yrs; 14 yrs) (Female: 13 yrs; 14 yrs) Female Warm Up 1115 – 1145 Male Warm Up 1145 – 1215 Start 1220 |
| Male 400m IM (13 yrs HDW) Female 200m Backstroke Male 200m Freestyle Female 200m Freestyle Male 100m Breaststroke Female 100m Breaststroke Male 13/14 yrs 400m Freestyle Relay HDW Female 13/14 yrs 400m Freestyle Relay HDW | Female 50m Freestyle Male 50m Freestyle Female 100m Butterfly Male 100m Butterfly Female 200m IM Male 200m Backstroke Female 1500m Freestyle HDW Mixed 13/14 yrs 400m Mixed Medley Relay HDW | Male 100m Freestyle Female 400m Freestyle (13 yrs HDW) Male 200m Breaststroke Female 200m Breaststroke Male 1500m Freestyle HDW Male 13/14 yrs 400m Medley Relay HDW Female 13 yrs 800m Freestyle Relay HDW | Female 100m Freestyle Male 400m Freestyle (13 yrs HDW) Female 200m Butterfly Male 200m Butterfly Female 100m Backstroke Male 100m Backstroke Female 13/14 yrs 400m Medley Relay HDW Male 13/14 yrs 800m Freestyle Relay HDW | Female 400m IM (13 yrs HDW) Male 200m IM Female 800m Freestyle HDW Male 800m Freestyle HDW |

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|---|---|---|---|---|
| Session 3 Finals Mixed Warm Up 1545 – 1645 Start 1700 | Session 6 Finals Mixed Warm Up 1545 – 1645 Start 1700 | Session 9 Finals Mixed Warm Up 1545 – 1645 Start 1700 | Session 12 Finals Mixed Warm Up 1545 – 1645 Start 1700 | Session 15 Finals Mixed Warm Up 1545 – 1645 Start 1700 |
| Male 400m IM (14 yrs; 15 yrs; 16 yrs; 17/18 yrs; 19 yrs & Over) | Female 50m Freestyle (13 yrs; 14 yrs; 15 yrs; 16/17 yrs; 18 yrs & Over) | Male 100m Freestyle (13 yrs; 14 yrs; 15 yrs; 16 yrs; 17/18 yrs; 19 yrs & Over) | Female 100m Freestyle (13 yrs; 14 yrs; 15 yrs; 16/17 yrs; 18 yrs & Over) | Male 200m IM (13 yrs; 14 yrs; 15 yrs; 16 yrs; 17/18 yrs; 19 yrs & Over) |
| Female 200m Backstroke (13 yrs; 14 yrs; 15 yrs; 16/17 yrs; 18 yrs & Over) | Male 50m Freestyle (13 yrs; 14 yrs; 15 yrs; 16 yrs; 17/18 yrs; 19 yrs & Over) | Female 400m Freestyle (14 yrs; 15 yrs; 16/17 yrs; 18 yrs & Over) | Male 400m Freestyle (14 yrs; 15 yrs; 16 yrs; 17/18 yrs; 19 yrs & Over) | Female 400m IM (14 yrs; 15 yrs; 16/17 yrs; 18 yrs & Over) |
| Male 200m Freestyle (13 yrs; 14 yrs; 15 yrs; 16 yrs; 17/18 yrs; 19 yrs & Over) | Female 100m Butterfly (13 yrs; 14 yrs; 15 yrs; 16/17 yrs; 18 yrs & Over) | Male 50m Backstroke (15 yrs & Over) | Female 200m Butterfly (13 yrs; 14 yrs; 15 yrs; 16/17 yrs; 18 yrs & Over) | Male 50m Butterfly (15 yrs & Over) |
| Female 200m Freestyle (13 yrs; 14 yrs; 15 yrs; 16/17 yrs; 18 yrs & Over) | Male 100m Butterfly (13 yrs; 14 yrs; 15 yrs; 16 yrs; 17/18 yrs; 19 yrs & Over) | Female 50m Backstroke (15 yrs & Over) | Male 200m Butterfly (13 yrs; 14 yrs; 15 yrs; 16 yrs; 17/18 yrs; 19 yrs & Over) | Female 50m Butterfly (15 yrs & Over) |
| Male 100m Breaststroke (13 yrs; 14 yrs; 15 yrs; 16 yrs; 17/18 yrs; 19 yrs & Over) | Female 200m IM (13 yrs; 14 yrs; 15 yrs; 16/17 yrs; 18 yrs & Over) | Male 200m Breaststroke (13 yrs; 14 yrs; 15 yrs; 16 yrs; 17/18 yrs; 19 yrs & Over) | Female 50m Breaststroke (15 yrs & Over) | Male 15 yrs & Over 400m Medley Relay HDW |
| Female 100m Breaststroke (13 yrs; 14 yrs; 15 yrs; 16/17 yrs; 18 yrs & Over) | Male 200m Backstroke (13 yrs; 14 yrs; 15 yrs; 16 yrs; 17/18 yrs; 19 yrs & Over) | Female 200m Breaststroke (13 yrs; 14 yrs; 15 yrs; 16/17 yrs; 18 yrs & Over) | Male 50m Breaststroke (15 yrs & Over) | Female 15 yrs & Over 400m Medley Relay HDW |
| Male 15 yrs & Over 400m Freestyle Relay HDW | Mixed 15 yrs & Over 400m Mixed Medley Relay HDW | Male 15 yrs & Over 800m Freestyle Relay HDW | Female 100m Backstroke ((13 yrs; 14 yrs; 15 yrs; 16/17 yrs; 18 yrs & Over) | |
| Female 15 yrs & Over 400m Freestyle Relay HDW | | | Male 100m Backstroke (13 yrs; 14 yrs; 15 yrs; 16 yrs; 17/18 yrs; 19 yrs & Over) | |
| | | | Female 15 yrs & 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 1st January 2022 – 13th June 2022)

| MALE | | | | | | | |
|-------------------|-----------------------------|------------------|------------------|------------------|------------------|------------------|------------------|
| | 19 & Over 2003 & Earlier | 18 years 2004 | 17 years 2005 | 16 years 2006 | 15 years 2007 | 14 years 2008 | 13 years 2009 |
| 50m Freestyle | 26.03 | 26.59 | 26.60 | 27.52 | 28.71 | 29.58 | 31.49 |
| 100m Freestyle | 56.14 | 58.02 | 58.03 | 59.73 | 1:01.95 | 1:03.99 | 1:07.91 |
| 200m Freestyle | 2:04.98 | 2:08.34 | 2:09.58 | 2:12.76 | 2:15.72 | 2:21.26 | 2:28.54 |
| 400m Freestyle | 4:31.65 | 4:38.22 | 4:40.52 | 4:45.83 | 4:53.27 | 5:04.77 | 5:18.17 |
| 800m Freestyle | 9:22.98 | 9:28.11 | 9:28.12 | 9:37.71 | 9:58.56 | 10:15.99 | 10:43.07 |
| 1500m Freestyle | 17:48.74 | 18:17.22 | 18:24.38 | 18:46.03 | 19:33.25 | 20:02.40 | 20:46.00 |
| 50m Backstroke | 29.61 | 29.61 | 29.61 | 29.61 | 29.61 | | |
| 100m Backstroke | 1:07.94 | 1:09.16 | 1:09.17 | 1:09.86 | 1:12.45 | 1:15.81 | 1:19.91 |
| 200m Backstroke | 2:28.82 | 2:30.59 | 2:31.37 | 2:33.54 | 2:36.49 | 2:42.33 | 2:49.05 |
| 50m Breaststroke | 32.11 | 32.11 | 32.11 | 32.11 | 32.11 | | |
| 100m Breaststroke | 1:14.27 | 1:17.47 | 1:19.64 | 1:19.93 | 1:23.15 | 1:26.80 | 1:32.31 |
| 200m Breaststroke | 2:45.31 | 2:51.07 | 2:54.90 | 2:55.28 | 3:03.41 | 3:07.78 | 3:16.98 |
| 50m Butterfly | 26.92 | 26.92 | 26.92 | 26.92 | 26.92 | | |
| 100m Butterfly | 1:02.42 | 1:04.68 | 1:05.74 | 1:08.47 | 1:11.98 | 1:16.32 | 1:20.45 |
| 200m Butterfly | 2:26.71 | 2:28.69 | 2:29.89 | 2:33.42 | 2:40.59 | 2:47.20 | 2:57.35 |
| 200m IM | 2:23.81 | 2:29.61 | 2:29.63 | 2:33.34 | 2:35.10 | 2:41.38 | 2:48.74 |
| 400m IM | 5:11.22 | 5:12.31 | 5:14.71 | 5:22.66 | 5:33.03 | 5:57.59 | 6:09.66 |

| FEMALE | | | | | | |
|-------------------|-----------------------------|------------------|------------------|------------------|------------------|------------------|
| | 18 & Over 2004 & Earlier | 17 years 2005 | 16 years 2006 | 15 years 2007 | 14 years 2008 | 13 years 2009 |
| 50m Freestyle | 28.83 | 29.36 | 29.84 | 30.43 | 31.13 | 31.88 |
| 100m Freestyle | 1:02.63 | 1:03.90 | 1:04.60 | 1:05.27 | 1:06.55 | 1:09.41 |
| 200m Freestyle | 2:16.71 | 2:19.17 | 2:20.05 | 2:23.50 | 2:25.42 | 2:29.84 |
| 400m Freestyle | 4:55.67 | 4:57.87 | 5:02.24 | 5:05.85 | 5:14.27 | 5:22.86 |
| 800m Freestyle | 10:01.37 | 10:12.89 | 10:17.30 | 10:27.26 | 10:40.92 | 10:56.36 |
| 1500m Freestyle | 19:25.95 | 19:25.96 | 19:41.18 | 20:00.23 | 20:14.45 | 20:43.71 |
| 50m Backstroke | 32.64 | 32.64 | 32.64 | 32.64 | | |
| 100m Backstroke | 1:12.00 | 1:14.03 | 1:14.97 | 1:15.47 | 1:17.52 | 1:20.02 |
| 200m Backstroke | 2:35.49 | 2:39.83 | 2:40.56 | 2:44.08 | 2:47.79 | 2:51.90 |
| 50m Breaststroke | 36.50 | 36.50 | 36.50 | 36.50 | | |
| 100m Breaststroke | 1:22.32 | 1:25.31 | 1:26.41 | 1:27.12 | 1:29.99 | 1:32.84 |
| 200m Breaststroke | 3:02.83 | 3:05.34 | 3:05.35 | 3:07.23 | 3:16.81 | 3:18.87 |
| 50m Butterfly | 30.42 | 30.42 | 30.42 | 30.42 | | |
| 100m Butterfly | 1:09.58 | 1:12.00 | 1:12.90 | 1:15.57 | 1:18.86 | 1:22.26 |
| 200m Butterfly | 2:42.87 | 2:45.65 | 2:49.15 | 2:55.42 | 2:57.75 | 3:01.63 |
| 200m IM | 2:33.89 | 2:37.41 | 2:38.86 | 2:43.56 | 2:48.99 | 2:53.65 |
| 400m IM | 5:40.48 | 5:43.13 | 5:51.82 | 5:54.82 | 6:02.53 | 6:16.08 |

17/18 years Males and 16/17 years Females will compete in a combined age group but have separate qualifying times

Payment Options:

Please reference all payments as "2022 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

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.