



Munster Aspiring Champions
ENTRY RULES & FORMS
(Under Swim Ireland Rules)

MEET CONDITIONS

Meet Locations:	University of Limerick
Date	Saturday 8th & Sunday 9th October 2022
Sessions :	Saturday: 12 noon Warm up - 1pm Start Sunday: 9am Warm up - 10 am start
Age:	Age as 31 st December 2022
Qualification Criteria:	Swimmers must be at least 13 years of age by 31 st December 2022. Individual Age groups 13/14 years, 15/16 years, 17 & over. Relay Age Groups 13-16 and 17 & over
Heats & Finals:	All events will be HDW and will be Short Course There will be no finals
Withdrawals:	Withdrawals must be notified before 5pm on the day before event. There will be a €50 fine if swimmers are not withdrawn by 6pm for an event for the next day.
Entry Deadline:	<p>Closing date for ALL entries is 6pm on Sunday 18th of September</p> <ul style="list-style-type: none"> • Please discuss entries with your Coach prior to submission. • Late entries will not be accepted. • Please place the total fee in a sealed envelope and write the following details clearly on the outside: <p>Example: Munster Aspiring Champions – 8th and 9th October 2022</p> <p>Name: Swimmer's own name</p> <p>Event(s): (for example) 4. Female 100m Breaststroke 16. Female 50m Butterfly 25. Female 100m Backcrawl</p> <p>Fee: total of € enclosed</p> <ul style="list-style-type: none"> • The envelope should be placed in the Post Box at the Pool Reception area (under the sign-in folder).
Entry Fees:	Individual entries cost €6 per event. Relay entries cost €20 per event. No entry will be processed until the appropriate fee has been received.
Individual Entries :	Entries will be limited to 3 events per day if swimming both days or 4 events if only swimming one day. There are no qualifying times, but where a swimmer has a time this should be submitted.
Relay Entries:	Clubs are permitted to enter more than one relay team per event. 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 45 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. All competing relay swimmers must be entered in the meet. 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.
Awards:	Bands will be awarded to all swimmers for each event they swim. When all events have been completed by a swimmer they will be awarded certificates.
Anti-Doping:	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 Sport Ireland/WADA/FINA Anti-Doping rules. For further information visit the Anti-Doping section of the Sport Ireland website .
Swimsuits:	All swimsuits must comply with FINA regulations and should bear the FINA approved stamp (https://www.fina.org/sites/default/files/frsa.pdf)
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.

ORDER OF EVENTS

Session 1 Day 1		Session 3 Day 2	
1	Male 4x50m MTR	21	Female 4x50m MTR
2	Female 4x50m FTR	22	Male 4x50m FTR
3	Male 200m Freestyle	23	Female 200m Freestyle
4	Female 100m Breaststroke	24	Male 100m Breaststroke
5	Male 100m Backcrawl	25	Female 100m Backcrawl
6	Female 200m Butterfly	26	Male 200m Butterfly
30 minute Break		30 minute Break	
7	Male 50m Breaststroke	27	Female 50m Breaststroke
8	Female 50m Backcrawl	28	Male 50m Backcrawl
9	Male 200m IM	29	Female 200m IM
10	Female 100m Freestyle	30	Male 100m Freestyle
Session 2 Day 1		Session 4 Day 2	
11	Male 400m Freestyle	31	Female 400m Freestyle
12	Female 400m IM	32	Male 400m IM
13	Male 100m Butterfly	33	Female 100m Butterfly
14	Female 200m Backcrawl	34	Male 200m Backcrawl
30 minute Break		30 minute Break	
15	Male 50m Free	35	Female 50m Freestyle
16	Female 50m Butterfly	36	Male 50m Butterfly
17	Male 200m Breaststroke	37	Female 200m Breasestroke
18	Female 100m IM	38	Male 100m IM
19	Mixed 4x50m FTR	39	Mixed 4x50m MTR
20	Mixed 800m Freestyle	40	Mixed 1500m Freestyle

Competing clubs must provide at least one official for every six swimmers