



**Munster Aspiring Champions**  
**ENTRY RULES & FORMS**

## MEET CONDITIONS

<b>Meet Locations:</b>	<b>University of Limerick</b>
<b>Dates</b>	<b>Meet 1</b> Saturday 11 <sup>th</sup> <b>Meet 2</b> Saturday 25 <sup>th</sup> March
<b>Sessions :</b>	Meet 1                      12 noon warm up 1 pm start Meet 2                      12 noon warm up 1pm start
<b>Age:</b>	Age as 31 <sup>st</sup> December 2023
<b>Qualification Criteria:</b>	Swimmers must be at least 13 years of age by 31 <sup>st</sup> December 2023. Age groups 13/14 years, 15/16 years, 17 & over.
<b>Heats &amp; Finals:</b>	All events will be HDW. There will be no finals
<b>Withdrawals:</b>	Withdrawals must be notified before 5pm on the day before meet. There will be a €50 fine if swimmers are not withdrawn by 6pm for an event for the next day.
<b>Entry Deadline:</b>	<p><b>Closing date for ALL entries is 7pm on Sunday February 19<sup>th</sup> for both meets.</b></p> <ul style="list-style-type: none"> <li>• <b>Please discuss entries with your Coach prior to submission.</b></li> <li>• Late entries will not be accepted.</li> <li>• Please place the total fee in a sealed envelope and write the following details clearly on the outside:</li> </ul> <p><b>Example:</b> Munster Aspiring Championship – 11<sup>th</sup> and 25<sup>th</sup> March 2023.</p> <p><i>Name:</i>                      Swimmer's name</p> <p><i>Event(s):</i> (for example)                                              2. Female 100m Breaststroke                                              14. Female 50m Butterfly                                              31. Female 200m Breaststroke</p> <p><i>Fee:</i>                      total of € xx    enclosed</p> <p>The envelope should be placed in the Post Box at the Pool Reception area (under the sign-in folder).</p>
<b>Entry Fees:</b>	<p>Individual entries cost €6 per event. Relay entries cost €20 per event.</p> <p>No entry will be processed until the appropriate fee has been received.</p> <p><b><i>Please note that entries are non-refundable once the final date for payment has passed</i></b></p>
<b>Individual Entries :</b>	Entries will be limited to 4 events per day. There are no qualifying times, but where a swimmer has a time this should be submitted.
<b>Relay Entries:</b>	<p>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.</p> <p>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.</p>
<b>Awards:</b>	Bands will be awarded to all swimmers who achieve the target time for each event they swim.
<b>Anti-Doping:</b>	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 <a href="#">Anti-Doping section of the Sport Ireland website</a> .

<b>Swimsuits:</b>	All swimsuits must comply with FINA regulations and should 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> )
<b>Health &amp; Safety:</b>	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

	<b>Meet 1</b>		<b>Meet 2</b>
1	Male 200m Freestyle	17	Female 200m Freestyle
2	Female 100m Breaststroke	18	Male 100m Breaststroke
3	Male 100m Backcrawl	19	Female 100m Backcrawl
4	Female 200m Butterfly	20	Male 200m Butterfly
	<b>30 minute Break</b>		<b>30 minute Break</b>
5	Male 50m Breaststroke	21	Female 50m Breaststroke
6	Female 50m Backcrawl	22	Male 50m Backcrawl
7	Male 200m IM	23	Female 200m IM
8	Female 100m Freestyle	24	Male 100m Freestyle
	<b>Session 2 Day 1</b>		<b>Session 4 Day 2</b>
9	Male 400m Freestyle	25	Female 400m Freestyle
10	Female 400m IM	26	Male 400m IM
11	Male 100m Butterfly	27	Female 100m Butterfly
12	Female 200m Backcrawl	28	Male 200m Backcrawl
	<b>30 minute Break</b>		<b>30 minute Break</b>
13	Male 50m Free	29	Female 50m Freestyle
14	Female 50m Butterfly	30	Male 50m Butterfly
15	Male 200m Breaststroke	31	Female 200m Breaststroke
16	Mixed 800m Freestyle	32	Mixed 1500m Freestyle