

**Munster LC Championships**

**MEET RULES AND CONDITIONS**

**UL Sports Arena**

**University of Limerick**

**V94 XT66**

**MEET CONDITIONS:**

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| **Meet Location:** | UL Sports Arena, University of Limerick, Castletroy, Limerick, V94 XT66 | |
| **Pool Specification:** | 10 lane 50m pool; anti-turbulence lane ropes; wedge starting blocks; backstroke ledges; |
| **Date:** | 5th, 6th & 7th May 2023 | |
| **Sessions:** | Friday 5th May 6.00pm Warm Up, Start 7.00pm. (Mixed).  Saturday 6th 8.15am Warm Up, Start 9.30am. (Female first).  Sunday 7th 8.15am Warm Up, 9.30am Start. (Male first).  Warm Up for Session 3 and Session 6 TBC. | |
| **Age Groups:** | 12 years, 13 – 14 years, 15 – 16 years, 17 years & over. | |
| **Age:** | Age as 31st December 2023 | |
| **Individual Events:** | 50m Freestyle – Heats & Finals  50m Backstroke, 50m Butterfly, 50m Breaststroke – Heats & Finals (15 & over)  100m Freestyle, 100m Backstroke, 100m Butterfly, 100m Breaststroke – Heats & Finals 200m Freestyle, 200m Backstroke, 200m Butterfly, 200m Breaststroke – Heats & Finals 200m Individual Medley – Heats & Finals  400m Freestyle / 800m Freestyle / 1500m Freestyle – HDW (13&over)  400m Individual Medley – HDW (13&over) | |
| **Relay Events:** | 12yrs - 4 x 50m Medley, 4 x 50m Freestyle  13-14yrs, 15&over – All Olympic Relay events | |
| **Entries:** | All swimmers entering the Munster Age Group & Senior Long Course Championships must be a member of a Swim Munster affiliated club or a club from outside Ireland registered with their National Federation.  A maximum of 2 swimmers from outside Ireland are permitted to swim in each final. | |
| **Entry Form:** | Closing date for **ALL** entries is **6pm on Friday 21/04/2023**   * **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:   **Example:**  Munster LC Championship – 5th, 6th & 7th of May 2023  ***Name:*** Swimmer’s own name  ***Event(s):*** (for example)  Female 100m Breaststroke  Female 50m Butterfly  Female 100m Backcrawl  ***Fee:*** total of € X enclosed  The envelope should be placed in the Post Box at the Pool Reception area (under the sign-in folder). | |
| **Qualification Criteria:** | Times may be achieved in both Short Course & Long Course from 1st January 2022.Qualification Times are used for the 50m, 100m, 200m and 400m events, Consideration Times for the 800/1500 freestyle.  Times must have been achieved in meets licensed at Level 3 or higher to be eligible to be used for entry into this meet. Short Course times used for entry will be converted to Long Course via the Meet Management System for seeding purposes and vice versa.  Athletes who achieve one Qualifying Time only may choose one additional event to enter; this event must be one which is most closely associated with the event in which they have achieved the Qualifying Time. | |
| **Seeding:** | The placing of competitors in the heats will be spearheaded and swum slowest to fastest. Clubs not submitting an entry time for relay teams will be seeded in the slowest heat. | |
| **Heats & Finals:** | All 50m,100m and 200m events will have heats and “A” finals. Relays, 400m, 800m and 1500m events will be HDW and will be swum with the heats. | |
| **Withdrawals:** | Withdrawals from day 1 must be notified to your Coach before 5pm on the day before the start of the meet, i.e. Thursday, 4th May 2023. Withdrawals for subsequent days 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 by 6pm for an event for the next day. | |
| **Entry Deadline:** | Closing date for entries is **6pm on Friday 21/04/2023** | |
| **Entry Fees:** | Individual entries cost €8 per event. Relay entries cost €20 per event.  No entry will be processed until the appropriate fee has been received.  ***Please note that all entry fees are payable and non-refundable once the final date for entry has passed.*** | |
| **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 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.  All competing swimmers must be entered in the meet (*even if they are not swimming in individual events*). 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:** | Medals are awarded for top 3 placings in each age group. | |
| **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](http://www.sportireland.ie/Anti-Doping/). | |
| **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 the programme and also the Swim Ireland Code of Practice for Safety (Swimming) on the Swim Ireland website. | |
| **Photography/Video Recording:** | **Photography is prohibited on the pool deck and changing area.**  A registration desk will be in place in the balcony area.  All devices, capable of taking an image, must be registered in advance.  All persons wishing to register a device must provide: name, address, contact number and photographic identification. In the case where photographic ID is not available Swim Ireland membership card will be accepted with the member’s ID number recorded.  Any person using the equipment must wear a tag that is clearly visible when using the equipment.  If this photographic rule is breached, members are subject to the Swim Ireland Complaints and Disciplinary Rules and Procedures.  Once registered, photographs are permitted from the balcony.  A Munster Backdrop will be in situ on the balcony from where photographs may be taken. | |

Entries may be limited to ensure compliance with SI licence rules. Where entries have been limited clubs will be informed when all entries have been processed.

All competing clubs must provide at least one official per six swimmers per session up to a maximum of four officials per session.

These Meet Conditions must be read in conjunction with the Swim Ireland General Event Rules

available on the Swim Ireland website at <http://www.swimireland.ie/competitions->

events/regulations-and -safety

**Order of Events**

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| **Day 1 Friday 5th of May** | **Day 2 Saturday 6th of May** | **Day 3 Sunday 7th of May** |
|  | **Session 2: Combined Heats** | **Session 4: Combined Heats** |
| Female 15&over 400m Freestyle HDW  Male 15&over 50m Freestyle  Female 15&over 200m Backstroke  Male 15&over 200m Breaststroke  Female 15&over 100m Breaststroke  Male 15&over 100m Backstroke  Female 15&over 200m IM  Male 15&over 200m Freestyle  Female 15&over 200m Butterfly  Male 15&over 100m Butterfly  Female 15&over 100m Freestyle  Male 15&over 50m Breaststroke  Female 15&over 50m Backstroke  Male 15&over 800m Freestyle HDW  Female 15&over 50m Butterfly | Male 15&over 400m Freestyle HDW  Female 15&over 50m Freestyle  Male 15&over 200m Backstroke  Female 15&over 200m Breaststroke  Male 15&over 100m Breaststroke  Female 15&over 100m Backstroke  Male 15&over 200m IM  Female 15&over 200m Freestyle  Male 15&over 200m Butterfly  Female 15&over 100m Butterfly  Male 15&over 100m Freestyle  Female 15&over 50m Breaststroke  Male 15&over 50m Backstroke  Female 15&over 800m Freestyle HDW  Male 15&over 50m Butterfly |
| **Session 3: Combined Heats** | **Session 5: Combined Heats** |
| Female 13-14yrs 400m Freestyle HDW  Male 12-14yrs 50m Freestyle  Female 12-14yrs 200m Backstroke  Male 12-14yrs 200m Breaststroke  Female 12-14yrs 100m Breaststroke  Male 12-14yrs 100m Backstroke  Female 12-14yrs 200m IM  Male 12-14yrs 200m Freestyle  Female 12-14yrs 200m Butterfly  Male 12-14yrs 100m Butterfly  Female 12-14yrs 100m Freestyle  Male 13-14yrs 800m Freestyle HDW  Mixed 12yrs 200m Freestyle Relay HDW | Male 13-14yrs 400m Freestyle HDW  Female 12-14yrs 50m Freestyle  Male 12-14yrs 200m Backstroke  Female 12-14yrs 200m Breaststroke  Male 12-14yrs 100m Breaststroke  Female 12-14yrs 100m Backstroke  Male 12-14yrs 200m IM  Female 12-14yrs 200m Freestyle  Male 12-14yrs 200m Butterfly  Female 12-14yrs 100m Butterfly  Male 12-14yrs 100m Freestyle  Female 13-14yrs 800m Freestyle HDW  Mixed 12yrs 200m Medley Relay HDW |
| **Day 1 Friday 5th of May** | **Day 2 Saturday 6th of May** | **Day 3 Sunday 7th of May** |
| **Session 1 – Timed Finals & Presentations** | **Session 3: Finals & Presentations** | **Session 6: Finals & Presentations** |
| Mixed 13 & over 1500m Freestyle HDW  Mixed 13-14yrs 400m Medley Relay HDW  Mixed 15 & over 400m Medley Relay HDW  Male 13 & over 400m IM HDW  Female 13 & over 400m IM HDW | Female 15/16yrs 50m Butterfly  Female 17&over 50m Butterfly  Male 12yrs 50m Freestyle  Male 13/14yrs 50m Freestyle  Male 15/16yrs 50m Freestyle  Male 17&over 50m Freestyle  Female 12yrs 200m Backstroke  Female 13/14yrs 200m Backstroke  Female 15/16yrs 200m Backstroke  Female 17&over 200m Backstroke  Male 12yrs 200m Breaststroke  Male 13/14yrs 200m Breaststroke  Male 15/16yrs 200m Breaststroke  Male 17&over 200m Breaststroke  Female 12yrs 100m Breaststroke  Female 13/14yrs 100m Breaststroke  Female 15/16yrs 100m Breaststroke  Female 17&over 100m Breaststroke  Male 12yrs 100m Backstroke  Male 13/14yrs 100m Backstroke  Male 15/16yrs 100m Backstroke  Male 17&over 100m Backstroke  Female 12yrs 200m IM  Female 13/14yrs 200m IM  Female 15/16yrs 200m IM  Female 17&over 200m IM  Male 12yrs 200m Freestyle  Male 13/14yrs 200m Freestyle  Male 15/16yrs 200m Freestyle  Male 17&over 200m Freestyle  Female 12yrs 200m Butterfly  Female 13/14yrs 200m Butterfly  Female 15/16yrs 200m Butterfly  Female 17&over 200m Butterfly  Male 12yrs 100m Butterfly  Male 13/14yrs 100m Butterfly  Male 15/16yrs 100m Butterfly  Male 17&over 100m Butterfly  Female 12yrs 100m Freestyle  Female 13/14yrs 100m Freestyle  Female 15/16yrs 100m Freestyle  Female 17&over 100m Freestyle  Male 15/16yrs 50m Breaststroke  Male 17&over 50m Breaststroke  Female 15/16yrs 50m Backstroke  Female 17&over 50m Backstroke  Male 13-14yrs 400m Freestyle Relay HDW  Male 15 & over 400m Freestyle Relay HDW  Female 13-14yrs 400m Medley Relay HDW  Female 15 & over 400m Medley Relay HDW  Female 13-14yrs 800m Freestyle Relay HDW  Female 15 & over 800m Freestyle Relay HDW | Male 15/16yrs 50m Butterfly  Male 17&over 50m Butterfly  Female 12yrs 50m Freestyle  Female 13/14yrs 50m Freestyle  Female 15/16yrs 50m Freestyle  Female 17&over 50m Freestyle  Male 12yrs 200m Backstroke  Male 13/14yrs 200m Backstroke  Male 15/16yrs 200m Backstroke  Male 17&over 200m Backstroke  Female 12yrs 200m Breaststroke  Female 13/14yrs 200m Breaststroke  Female 15/16yrs 200m Breaststroke  Female 17&over 200m Breaststroke  Male 12yrs 100m Breaststroke  Male 13/14yrs 100m Breaststroke  Male 15/16yrs 100m Breaststroke  Male 17&over 100m Breaststroke  Female 12yrs 100m Backstroke  Female 13/14yrs 100m Backstroke  Female 15/16yrs 100m Backstroke  Female 17&over 100m Backstroke  Male 12yrs 200m IM  Male 13/14yrs 200m IM  Male 15/16yrs 200m IM  Male 17&over 200m IM  Female 12yrs 200m Freestyle  Female 13/14yrs 200m Freestyle  Female 15/16yrs 200m Freestyle  Female 17&over 200m Freestyle  Male 12yrs 200m Butterfly  Male 13/14yrs 200m Butterfly  Male 15/16yrs 200m Butterfly  Male 17&over 200m Butterfly  Female 12yrs 100m Butterfly  Female 13/14yrs 100m Butterfly  Female 15/16yrs 100m Butterfly  Female 17&over 100m Butterfly  Male 12yrs 100m Freestyle  Male 13/14yrs 100m Freestyle  Male 15/16yrs 100m Freestyle  Male 17&over 100m Freestyle  Female 15/16yrs 50m Breaststroke  Female 17&over 50m Breaststroke  Male 15/16yrs 50m Backstroke  Male 17&over 50m Backstroke  Female 13-14yrs 400m Free Relay HDW  Female 15 & Over 400m Free Relay HDW  Male 13-14yrs 400m Medley Relay HDW  Male 15 & over 400m Medley Relay HDW  Male 13-14yrs 800m Freestyle Relay HDW  Male 15 & over 800m Freestyle Relay HDW |

**Males - Qualification and Consideration Times**

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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Qualification Times** | | **17 years (Born 2006 and older)** | **16 years (Born 2007)** | **15 years (Born 2008)** | **14 years (Born 2009)** | **13 years (Born 2010)** | **12 years (Born 2011)** |
| 50m | Freestyle | 29.95 | 31.21 | 32.56 | 33.55 | 35.71 | 36.37 |
| 100m | Freestyle | 01:05.09 | 01:07.74 | 01:09.94 | 01:12.57 | 01:17.01 | 01:18.44 |
| 200m | Freestyle | 02:24.74 | 02:30.55 | 02:33.91 | 02:40.20 | 02:48.55 | 02:51.56 |
| 400m | Freestyle | 05:11.87 | 05:21.04 | 05:29.40 | 05:42.32 | 05:57.36 |  |
| 50m | Backcrawl | 35.53 | 35.53 | 35.53 |  |  |  |
| 100m | Backcrawl | 01:17.48 | 01:18.47 | 01:21.37 | 01:25.14 | 01:29.75 | 01:31.42 |
| 200m | Backcrawl | 02:49.31 | 02:52.45 | 02:55.77 | 03:02.33 | 03:09.88 | 03:13.40 |
| 50m | Breaststroke | 38.53 | 38.53 | 38.53 |  |  |  |
| 100m | Breaststroke | 01:27.46 | 01:30.64 | 01:34.29 | 01:38.44 | 01:44.67 | 01:46.62 |
| 200m | Breaststroke | 03:13.27 | 03:18.76 | 03:27.98 | 03:32.94 | 03:43.38 | 03:47.50 |
| 50m | Butterfly | 32.30 | 32.30 | 32.30 |  |  |  |
| 100m | Butterfly | 01:12.89 | 01:17.65 | 01:21.63 | 01:26.55 | 01:31.23 | 01:32.93 |
| 200m | Butterfly | 02:48.32 | 02:53.97 | 03:02.10 | 03:09.61 | 03:21.11 | 03:24.83 |
| 200m | IM | 02:47.47 | 02:53.88 | 02:55.88 | 03:03.01 | 03:11.35 | 03:19.90 |
| 400m | IM | 05:54.66 | 06:05.89 | 06:17.65 | 06:45.50 | 06:59.19 |  |
|  |  |  |  |  |  |  |  |
| **Consideration Times** | | **17 years (Born 2006 and older)** | **16 years (Born 2007)** | **15 years (Born 2008)** | **14 years (Born 2009)** | **13 years (Born 2010)** | **12 years (Born 2011)** |
| 800m | Freestyle | 10:38.21 | 10:48.88 | 11:12.31 | 11:31.88 | 12:02.30 |  |
| 1500m | Freestyle | 20:28.27 | 21:04.75 | 21:57.79 | 22:30.53 | 23:19.51 |  |

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| **1500 freestyle: max 3 heats** |  |  |  |  |  |
| **800 freestyle: max 10 entries per age group (13/14, 15/16, 17&O)** | | | | |  |
| If all lanes are not filled swimmers will be offered a lane based on rankings irrespective of age.  All times must have been achieved in a Level 3 meet since January 1st 2022. | | | | | |

**Females - Qualification and Consideration Times**

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| **Qualification Times** | | **17 + years (Born 2006 and older)** | **16 years (Born 2007)** | **15 years (Born 2008)** | **14 years (Born 2009)** | **13 years (Born 2010)** | **12 years (Born 2011)** |
| 50m | Freestyle | 32.99 | 33.84 | 34.50 | 35.30 | 36.15 | 36.81 |
| 100m | Freestyle | 01:11.75 | 01:13.25 | 01:14.01 | 01:15.46 | 01:18.71 | 01:20.17 |
| 200m | Freestyle | 02:36.43 | 02:38.81 | 02:42.73 | 02:44.90 | 02:49.92 | 02:53.06 |
| 400m | Freestyle | 05:36.54 | 05:42.74 | 05:46.83 | 05:56.38 | 06:06.12 |  |
| 50m | Backcrawl | 41.23 | 41.23 | 41.23 |  |  |  |
| 100m | Backcrawl | 01:22.80 | 01:25.02 | 01:25.59 | 01:27.91 | 01:30.74 | 01:32.42 |
| 200m | Backcrawl | 02:58.78 | 03:02.07 | 03:06.06 | 03:10.27 | 03:14.93 | 03:18.54 |
| 50m | Breaststroke | 43.80 | 43.80 | 43.80 |  |  |  |
| 100m | Breaststroke | 01:35.05 | 01:38.00 | 01:38.79 | 01:42.05 | 01:45.28 | 01:47.23 |
| 200m | Breaststroke | 03:28.76 | 03:30.19 | 03:32.32 | 03:43.18 | 03:45.52 | 03:49.70 |
| 50m | Butterfly | 36.50 | 36.50 | 36.50 |  |  |  |
| 100m | Butterfly | 01:20.28 | 01:22.67 | 01:25.70 | 01:29.43 | 01:33.28 | 01:35.00 |
| 200m | Butterfly | 03:06.28 | 03:11.81 | 03:18.92 | 03:21.57 | 03:25.97 | 03:29.78 |
| 200m | IM | 02:56.51 | 03:00.15 | 03:05.47 | 03:11.64 | 03:16.92 | 03:25.56 |
| 400m | IM | 06:27.60 | 06:38.96 | 06:42.36 | 06:51.11 | 07:06.48 |  |
|  |  |  |  |  |  |  |  |
| **Consideration Times** | | **17 + years (Born 2006 and older)** | **16 years (Born 2007)** | **15 years (Born 2008)** | **14 years (Born 2009)** | **13 years (Born 2010)** | **12 years (Born 2011)** |
| 800m | Freestyle | 11:28.49 | 11:40.02 | 11:51.31 | 12:06.80 | 12:24.31 |  |
| 1500m | Freestyle | 22:02.20 | 22:19.46 | 22:41.06 | 22:57.19 | 23:30.37 |  |

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| **1500 freestyle: max 3 heats** |  |  |  |  |  |
| **800 freestyle: max 10 entries per age group (13/14, 15/16, 17&O)** | | | | |  |
| If all lanes are not filled swimmers will be offered a lane based on rankings irrespective of age.  All times must have been achieved in a Level 3 meet since January 1st 2022. | | | | | |