



2023
Irish Age Group Championships
(50M)

ENTRY RULES & FORMS

University of Limerick, Limerick
Wednesday 6th – Sunday 9th July 2023



SPÓRT ÉIREANN
SPORT IRELAND



Irish Age Groups Championships

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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:	University of Limerick, Limerick	
Pool Specification:	10 lane 50m pool; anti-turbulence lane ropes; wedge starting blocks; backstroke ledges; NO separate warmup/swim down pool available	
Meet Type:	<p>National Age Group 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>Female: 12 (2011); 13 (2010); 14 (2009)</p> <p>Male: 12 (2011); 13 (2010); 14 (2009)</p>	
Session Times:	<p>Session 1: Thursday 6th July Warm-up 0730; Competition 0900</p> <p>Session 2: Thursday 6th July Warm-up 1115; Competition 1220 (TBC)</p> <p>Session 3: Thursday 6th July Warm-up 1545; Competition 1700</p> <p>Session 4: Friday 7th July Warm-up 0730; Competition 0900</p> <p>Session 5: Friday 7th July Warm-up 1115; Competition 1220 (TBC)</p> <p>Session 6: Friday 7th July Warm-up 1545; Competition 1700</p>	<p>Session 7: Saturday 8th July Warm-up 0730; Competition 0900</p> <p>Session 8: Saturday 8th July Warm-up 1115; Competition 1220 (TBC)</p> <p>Session 9: Saturday 8th July Warm-up 1545; Competition 1700</p> <p>Session 10: Sunday 9th July Warm-up 0730; Competition 0900</p> <p>Session 11: Sunday 9th July Warm-up 1115; Competition 1220 (TBC)</p> <p>Session 12: Sunday 9th July Warm-up 1545; Competition 1700</p> <p>SESSION TIMES MAY CHANGE, DEPENDING ON ENTRIES RECEIVED</p> <p>HEATS WARM UP MAY BE SPLIT, DEPENDING ON ENTRIES RECEIVED</p>
Notes:	<ol style="list-style-type: none"> Qualification Times from long course (50m) competitions and Consideration Times from short course (25m) pool events with SC entries and LC entries separated in the heats (SC times seeded first and LC times seeded second per event) 'A' Finals - maximum of three non-Irish competitors 'B' Finals – Irish competitors only 50m, 100m & 200m Individual Event Finals competed in age groups of Male: 12 years; 13 years; 14 years. Female: 12 years; 13 years; 14 years 50m, 100m & 200m Individual Event Medals awarded in age groups of Male: 12 years; 13 years; 14 years. Female: 12 years; 13 years; 14 years 400m, 800m & 1500m Individual Event Finals competed in age groups of Male: 13 years; 14 years. Female: 13 years; 14 years 400m, 800m & 1500m Individual Event Medals awarded in age groups of Male: 13 years; 14 years. Female: 13 years; 14 years Non-Irish athletes receive commemorative medals if achieved from 'A' Finals or HDW events. 50m, 100m & 200m events have 'A' and 'B' Finals; 'B' Finals only take place in events where more 21 or more athletes compete in the heats within that age band. 400m events have 'A' Finals only. 800m/1500m events and Relay events are Heat Declared Winner (HDW) A maximum of two relay teams ('A' and 'B') can be entered per club per relay event. Gold/Silver/Bronze Certificates Awarded to 'Highest Improvement Inside Entry Time' (from the Heats) per age group per individual event. 	

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	14. Top Club Award from Hy-Tek Quality Club Scoring System – each club to have four scoring athletes per individual event per age band and one scoring relay per relay event.
Open Training Session	There will be an open training session at the venue on Wednesday 5 th July between 5pm & 7pm.
Entry Limit:	There will be no entry limit for this event however there will be a maximum of 3 foreign swimmers permitted to swim in each final. 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.
Team Leaders Meeting:	A technical briefing will take place on Tuesday 4 th 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: https://us06web.zoom.us/j/88600289633?pwd=cFNKNUJ2QXhZa0Q3dmFjQ1d6ZGpTQT09
Entry Deadline:	Wednesday 31 st May for Hy-tek. Only entries from competitions up to Sunday 11 th June can be submitted after this date and must be sent in by 5.00pm Monday 12 th June. Payment should be received by Friday 23 rd June
Entry Form:	Electronic Hy-tek entries are accepted via Hy-tek to the Swim Ireland Office at entries@swimireland.ie Entries will only be accepted from the club that the swimmer is attached to Clubs must submit “Proof of entry report” when sending in their entries

Entry Fees:	Individual entries cost €10.00/£9.00 Relay entries cost €25.00/£21.50 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. No entries will be accepted if there are outstanding fees due to Swim Ireland. <i>Please note that entries are non-refundable once the final date for payment has passed</i>
Withdrawals	Withdrawals from Day 1 can be done via JotForm between 01/07/2023 & 15:00 on 05/07/2023. 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 19/05/202. 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.
Relay Entries:	Relay Events: 12 yrs, 4x50 MTR, 4x50 FTR, 4x50 MTR – Mixed - Male; Female 13-14 – 4x100 MTR, 4x100 FTR, 4x200 FTR – Male; Female 13-14 – 4x100 MTR – Mixed ALL relays will be HDW. Please include entry times for relays. 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”. 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

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	<p>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>Please note that non-tech swimsuits may be worn and do not need to be FINA-approved. Swimmers in the 13yrs & 14yrs age groups have a choice between wearing non-tech swimsuits or FINA-approved tech swimsuits. As per Swim Ireland Tech Suit policy 12yrs are not permitted to wear tech suits.</p> <p>https://www.swimireland.ie/news/swim-ireland-tech-suit-policy-2020</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 – Thu 6 th July 2023	Day 2 – Fri 7 th July 2023	Day 3 – Sat 8 th July 2023	Day 4 – Sun 9 th Jul 2023
Session 1 Heats Female Warm Up 0730 Male Warm Up 0810 Start 0900	Session 4 Heats Male Warm Up 0730 Female Warm Up 0810 Start 0900	Session 7 Heats Male Warm Up 0730 Female Warm Up 0810 Start 0900	Session 10 Heats Female Warm Up 0730 Male Warm Up 0810 Start 0900
<ul style="list-style-type: none"> Female 100m Breaststroke Male 13-14 yrs 400m IM Female 200m Freestyle Male 200m Freestyle Female 12 yrs 200m Freestyle Relay HDW Male 12 yrs 200m Freestyle Relay HDW Female 13/14 yrs 400m Freestyle Relay HDW Male 13/14 yrs 400m Freestyle Relay HDW 	<ul style="list-style-type: none"> Male 200m Backstroke Female 50m Freestyle Male 50m Freestyle Female 100m Butterfly Mixed 12 yrs 200m Mixed Medley Relay HDW Mixed 13/14 yrs 400m Mixed Medley Relay HDW 	<ul style="list-style-type: none"> Male 100m Freestyle Female 13-14 yrs 400m Freestyle Male 200m Breaststroke Female 100m Backstroke Mixed 12 yrs 200m Mixed Freestyle Relay HDW Mixed 13/14 yrs 400m Freestyle Relay HDW 	<ul style="list-style-type: none"> Female 100m Freestyle Male 13-14 yrs 400m Freestyle Female 13-14 years 400m IM Male 200m Butterfly Female 12 yrs 200m Medley Relay HDW Male 12 yrs 200m Medley Relay HDW Female 13/14 yrs 400m Medley Relay HDW Male 13/14 yrs 400m Medley Relay HDW
Session 2 Heats Warm Up 1115 (TBC) Start 1220 (TBC)	Session 5 Heats Warm Up 1115 (TBC) Start 1220 (TBC)	Session 8 Heats Warm Up 1115 (TBC) Start 1220 (TBC)	Session 11 Heats Warm Up 1115 (TBC) Start 1220 (TBC)
<ul style="list-style-type: none"> Male 100m Breaststroke Female 200m Backstroke Male 13-14 yrs 1500m Freestyle HDW 	<ul style="list-style-type: none"> Female 200m IM Male 100m Butterfly Female 13-14 yrs 800m Freestyle HDW 	<ul style="list-style-type: none"> Male 100m Backstroke Female 200m Breaststroke Male 13-14 yrs 800m Freestyle HDW 	<ul style="list-style-type: none"> Female 200m Butterfly Male 200m IM Female 13-14 yrs 1500m Freestyle
Session 3 Finals Warm Up 1545 Start 1700	Session 6 Finals Warm Up 1545 Start 1700	Session 9 Finals Warm Up 1545 Start 1700	Session 12 Finals Warm Up 1545 Start 1700
1. Female 12 yrs 100m Breaststroke 'B' 2. Female 12 yrs 100m Breaststroke 'A' 3. Female 13 yrs 100m Breaststroke 'B' 4. Female 13 yrs 100m Breaststroke 'A' 5. Female 14 yrs 100m Breaststroke 'B' 6. Female 14 yrs 100m Breaststroke 'A' 7. Male 13 yrs 400m IM 8. Male 14 yrs 400m IM 9. Female 12 yrs 200m Freestyle 'B' 10. Female 12 yrs 200m Freestyle 'A' 11. Female 13 yrs 200m Freestyle 'B' 12. Female 13 yrs 200m Freestyle 'A' 13. Female 14 yrs 200m Freestyle 'B' 14. Female 14 yrs 200m Freestyle 'A'	33. Male 12 yrs 200m Backstroke 'B' 34. Male 12 yrs 200m Backstroke 'A' 35. Male 13 yrs 200m Backstroke 'B' 36. Male 13 yrs 200m Backstroke 'A' 37. Male 14 yrs 200m Backstroke 'B' 38. Male 14 yrs 200m Backstroke 'A' 39. Female 12 yrs 50m Freestyle 'B' 40. Female 12 yrs 50m Freestyle 'A' 41. Female 13 yrs 50m Freestyle 'B' 42. Female 13 yrs 50m Freestyle 'A' 43. Female 14 yrs 50m Freestyle 'B' 44. Female 14 yrs 50m Freestyle 'A' 45. Male 12 yrs 50m Freestyle 'B' 46. Male 12 yrs 50m Freestyle 'A'	71. Male 12 yrs 100m Freestyle 'B' 72. Male 12 yrs 100m Freestyle 'A' 73. Male 13 yrs 100m Freestyle 'B' 74. Male 13 yrs 100m Freestyle 'A' 75. Male 14 yrs 100m Freestyle 'B' 76. Male 14 yrs 100m Freestyle 'A' 77. Female 13 yrs 400m Freestyle 78. Female 14 yrs 400m Freestyle 79. Male 12 yrs 200m Breaststroke 'B' 80. Male 12 yrs 200m Breaststroke 'A' 81. Male 13 yrs 200m Breaststroke 'B' 82. Male 13 yrs 200m Breaststroke 'A' 83. Male 14 yrs 200m Breaststroke 'B' 84. Male 14 yrs 200m Breaststroke 'A'	103. Female 12 yrs 100m Freestyle 'B' 104. Female 12 yrs 100m Freestyle 'A' 105. Female 13 yrs 100m Freestyle 'B' 106. Female 13 yrs 100m Freestyle 'A' 107. Female 14 yrs 100m Freestyle 'B' 108. Female 14 yrs 100m Freestyle 'A' 109. Male 13 yrs 400m Freestyle 110. Male 14 yrs 400m Freestyle 111. Female 13 yrs 400m IM 112. Female 14 yrs 400m IM 113. Male 12 yrs 200m Butterfly 'B' 114. Male 12 yrs 200m Butterfly 'A' 115. Male 13 yrs 200m Butterfly 'B' 116. Male 13 yrs 200m Butterfly 'A'

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15. Male 12 yrs 200m Freestyle 'B'	47. Male 13 yrs 50m Freestyle 'B'	85. Female 12 yrs 100m Backstroke 'B'	117. Male 14 yrs 200m Butterfly 'B'
16. Male 12 yrs 200m Freestyle 'A'	48. Male 13 yrs 50m Freestyle 'A'	86. Female 12 yrs 100m Backstroke 'A'	118. Male 14 yrs 200m Butterfly 'A'
17. Male 13 yrs 200m Freestyle 'B'	49. Male 14 yrs 50m Freestyle 'B'	87. Female 13 yrs 100m Backstroke 'B'	119. Female 12 yrs 200m Butterfly 'B'
18. Male 13 yrs 200m Freestyle 'A'	50. Male 14 yrs 50m Freestyle 'A'	88. Female 13 yrs 100m Backstroke 'A'	120. Female 12 yrs 200m Butterfly 'A'
19. Male 14 yrs 200m Freestyle 'B'	51. Female 12 yrs 100m Butterfly 'B'	89. Female 14 yrs 100m Backstroke 'B'	121. Female 13 yrs 200m Butterfly 'B'
20. Male 14 yrs 200m Freestyle 'A'	52. Female 12 yrs 100m Butterfly 'A'	90. Female 14 yrs 100m Backstroke 'A'	122. Female 13 yrs 200m Butterfly 'A'
21. Female 12 yrs 200m Backstroke 'B'	53. Female 13 yrs 100m Butterfly 'B'	91. Male 12 yrs 100m Backstroke 'B'	123. Female 14 yrs 200m Butterfly 'B'
22. Female 12 yrs 200m Backstroke 'A'	54. Female 13 yrs 100m Butterfly 'A'	92. Male 12 yrs 100m Backstroke 'A'	124. Female 14 yrs 200m Butterfly 'A'
23. Female 13 yrs 200m Backstroke 'B'	55. Female 14 yrs 100m Butterfly 'B'	93. Male 13 yrs 100m Backstroke 'B'	125. Male 12 yrs 200m IM 'B'
24. Female 13 yrs 200m Backstroke 'A'	56. Female 14 yrs 100m Butterfly 'A'	94. Male 13 yrs 100m Backstroke 'A'	126. Male 12 yrs 200m IM 'A'
25. Female 14 yrs 200m Backstroke 'B'	57. Male 12 yrs 100m Butterfly 'B'	95. Male 14 yrs 100m Backstroke 'B'	127. Male 13 yrs 200m IM 'B'
26. Female 14 yrs 200m Backstroke 'A'	58. Male 12 yrs 100m Butterfly 'A'	96. Male 14 yrs 100m Backstroke 'A'	128. Male 13 yrs 200m IM 'A'
27. Male 12 yrs 100m Breaststroke 'B'	59. Male 13 yrs 100m Butterfly 'B'	97. Female 12 yrs 200m Breaststroke 'B'	129. Male 14 yrs 200m IM 'B'
28. Male 12 yrs 100m Breaststroke 'A'	60. Male 13 yrs 100m Butterfly 'A'	98. Female 12 yrs 200m Breaststroke 'A'	130. Male 14 yrs 200m IM 'A'
29. Male 13 yrs 100m Breaststroke 'B'	61. Male 14 yrs 100m Butterfly 'B'	99. Female 13 yrs 200m Breaststroke 'B'	
30. Male 13 yrs 100m Breaststroke 'A'	62. Male 14 yrs 100m Butterfly 'A'	100. Female 13 yrs 200m Breaststroke 'A'	
31. Male 14 yrs 100m Breaststroke 'B'	63. Male 14 yrs 100m Butterfly 'B'	101. Female 14 yrs 200m Breaststroke 'B'	
32. Male 14 yrs 100m Breaststroke 'A'	64. Male 14 yrs 100m Butterfly 'A'	102. Female 14 yrs 200m Breaststroke 'A'	
	65. Female 12 yrs 200m IM 'B'		
	66. Female 12 yrs 200m IM 'A'		
	67. Female 13 yrs 200m IM 'B'		
	68. Female 13 yrs 200m IM 'A'		
	69. Female 14 yrs 200m IM 'B'		
	70. Female 14 yrs 200m IM 'A'		

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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Long Course (50m Pool) Qualifying & Consideration Times Achieved Long Course (50m Pool) Only in the Period 01 January 2023 – 11 June 2023

Event	Qualifying Time & Consideration Time	MALE			FEMALE		
		14 years (Born 2009)	13 years (Born 2010)	12 years (Born 2011)	14 years (Born 2009)	13 years (Born 2010)	12 years (Born 2011)
50m Freestyle	QT	31.00	32.36	32.96	31.99	33.07	33.69
	CT	31.95	34.01	34.64	33.62	34.43	35.06
100m Freestyle	QT	1:06.40	1:09.78	1:11.07	1:08.38	1:12.02	1:13.36
	CT	1:09.11	1:13.34	1:14.70	1:11.87	1:14.96	1:16.35
200m Freestyle	QT	2:25.16	2:32.63	2:35.46	2:29.42	2:35.48	2:38.36
	CT	2:32.57	2:40.52	2:43.39	2:37.05	2:41.83	2:44.82
400m Freestyle	QT	5:07.37	5:20.88		5:20.07	5:25.62	
	CT	5:29.15	5:43.62		5:39.41	5:48.69	
800m Freestyle	QT	10:21.25	10:48.56		10:46.40	11:01.96	
	CT	11:05.27	11:34.52		11:32.19	11:48.87	
1500m Freestyle	QT	20:12.67	20:56.64		20:24.82	20:54.34	
	CT	21:38.59	22:25.68		21:51.61	22:23.21	
100m Backstroke	QT	1:18.66	1:22.11	1:23.63	1:19.65	1:23.04	1:24.56
	CT	1:21.87	1:26.30	1:27.90	1:23.72	1:26.42	1:28.02
200m Backstroke	QT	2:48.44	2:53.71	2:56.93	2:52.41	2:58.37	3:01.67
	CT	2:55.32	3:02.58	3:05.96	3:01.21	3:05.65	3:09.09
100m Breaststroke	QT	1:30.07	1:34.85	1:36.61	1:33.38	1:37.28	1:39.09
	CT	1:33.75	1:39.69	1:41.54	1:37.19	1:40.27	1:42.12
200m Breaststroke	QT	3:14.85	3:22.41	3:26.15	3:24.22	3:26.36	3:30.18
	CT	3:22.80	3:32.74	3:36.67	3:32.55	3:34.78	3:38.76
100m Butterfly	QT	1:18.43	1:22.67	1:24.20	1:21.03	1:24.53	1:26.09
	CT	1:22.43	1:26.89	1:28.50	1:25.17	1:28.84	1:30.48
200m Butterfly	QT	2:51.81	3:02.23	3:05.61	3:02.65	3:06.64	3:10.09
	CT	3:00.58	3:11.53	3:15.08	3:11.97	3:16.16	3:19.79
200m IM	QT	2:47.46	2:53.40	2:56.61	2:53.66	2:58.44	3:01.74
	CT	2:54.30	3:02.24	3:05.62	3:02.51	3:07.54	3:11.01
400m IM	QT	6:00.64	6:12.81		6:09.22	6:19.30	
	CT	6:26.19	6:39.23		6:31.53	6:46.17	

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Short Course (25m Pool) Consideration Times

Achieved Short Course (25m Pool) Only in the Period 01 January 2023 – 11 June 2023

Event	MALE			FEMALE		
	14 years (Born 2009)	13 years (Born 2010)	12 years (Born 2011)	14 years (Born 2009)	13 years (Born 2010)	12 years (Born 2011)
50m Freestyle	31.02	33.02	33.64	33.01	33.81	34.43
100m Freestyle	1:07.11	1:11.21	1:12.53	1:10.58	1:13.61	1:14.98
200m Freestyle	2:29.06	2:36.73	2:39.63	2:35.17	2:39.89	2:42.84
400m Freestyle	5:23.23	5:37.43		5:37.03	5:46.25	
800m Freestyle	10:56.50	11:26.10		11:23.80	11:40.70	
1500m Freestyle	21:14.58	22:01.68		21:27.61	21:59.21	
100m Backstroke	1:19.50	1:23.80	1:25.35	1:22.72	1:25.38	1:27.24
200m Backstroke	2:50.24	2:57.29	3:00.57	2:59.04	3:03.42	3:06.82
100m Breaststroke	1:30.47	1:36.20	1:37.99	1:34.37	1:37.36	1:39.16
200m Breaststroke	3:15.70	3:25.29	3:28.80	3:28.72	3:30.91	3:34.82
100m Butterfly	1:21.44	1:25.85	1:27.44	1:24.57	1:28.22	1:29.85
200m Butterfly	2:57.33	3:08.08	3:11.57	3:10.63	3:14.79	3:18.39
200m IM	2:52.00	3:00.00	3:03.50	3:00.30	3:05.40	3:08.90
400m IM	6:15.57	6:25.26		6:24.48	6:38.86	

Payment Options:

Please reference all payments as "2023 Irish Age Groups" 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

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.

