



Munster Aspiring Champions

ENTRY RULES & FORMS

(Under Swim Ireland Rules)

Licence 4S-23/24-M004

MEET CONDITIONS

Meet Location:	University of Limerick
Date	Saturday 21 st & Sunday 22 nd October 2023
Sessions :	Saturday 12 noon Warm up 1pm Start Sunday 9am Warm up 10 am start
Age:	Age as 31 st December 2023
Qualification Criteria:	Swimmers must be at least 13 years of age by 31 st December 2023. 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 from day 1 must be notified to your Coach before 5pm on the day before the start of the meet, Friday 20 th October. 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 There will be a €50 fine if swimmers are not withdrawn by 6pm for an event for the next day.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:	<p>Closing date for ALL entries is 6pm on Sunday 1st of October</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 – 21st & 22nd of October 2023</p> <p>Name: Swimmer's name</p> <p>Event(s): (for example) 3. Female 100m Breaststroke 12. Female 100m Freestyle 32. Female 200m Freestyle</p> <p>Fee: 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>
Entry Fees:	Individual entries cost €7 per event. Relay entries cost €20 per event. Please note that entries are non-refundable once the final date for payment has passed
Individual Entries :	Entries will be limited to 3 events per day. There are no qualifying times, but where a swimmer has a time this should be submitted. <i>SwimMunster reserve the right to limit the number of swims per swimmer at the meet to ensure that the meet is within permitted time restrictions. SwimMunster reserves the right to limit the number of entries in the 400/800/1500m events. This will be assessed upon receipt of all entries.</i>
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

	<p>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>
Awards:	<p>Bands will be awarded to all swimmers for each event where they meet the time standard.</p> <p>The times to be achieved to receive bands are available at https://www.swimmunster.ie/team/munsterswimming/page/competitions/standards-2023-24</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 Sport Ireland/WADA/FINA Anti-Doping rules. For further information visit the Anti-Doping section of the Sport 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>
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>

ORDER OF EVENTS

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

Note: We have departed from the Order of Events as recommended by SwimIreland and included in the handbook. As the pool is not available on Saturday morning, three events have been moved to Sunday. Based upon entry numbers from last year, this should result in Saturday at a more reasonable time.

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