



Munster Future Challenger
ENTRY RULES & FORMS
(Under Swim Ireland Rules)

Mallow

7th October 2023

Table 1 Meet Conditions Round 1 Meet 1

Meet Locations:	Mallow & Douglas
Date:	Mallow Saturday 07 October 2023.
License:	Mallow <i>Provisional Licence Number = 1S-23/24-M001</i>
Sessions:	<p>Mallow 9am warm up, 10 am start</p> <p>Clubs: Askeaton, Ballybunion, Carrick, Celtic Waves, Clonmel, Ennis, Fermoy, Kenmare , Killarney, Kingdom, Mallow, Nenagh, Seaworld, Tiger Sharks.</p> <p>Note: Clubs must provide at least one official for every six swimmers entered</p>
Age:	Age as 31 st December 2023
Qualification Criteria:	<p>Swimmers must be at least 10 years of age by 31st December 2023.</p> <p>Individual Age groups 10 years, 11 years, 12 years and 13/14 years</p> <p>Relay Age Groups 10-12. There must be at least 1 male and 1 female and a maximum of one 12 year old on the team. Clubs may collaborate to enter relays. Clubs can enter multiple relay teams.</p> <p>All competing relay swimmers must be entered in the meet.</p>
Heats & Finals:	All events will be HDW. There will be no finals.
Withdrawals:	Must be made at least 45 minutes before the start of the meet
Entry Deadline:	<p>Closing date for ALL entries is 6pm on Wednesday 20th 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 <u>clearly</u> on the outside: <p>Example: Munster Future Challenger – 7th October 2023</p> <p>Name: Swimmer's name</p> <p>Event(s): (for example) 1. Girls 100m IM 3. Girls 100m Freestyle 7. Girls 50m Breaststroke</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:	<p>Individual entries cost €7 per event. Relay entries cost €20 per event.</p> <p><i>Please note that entries are non-refundable once the final date for payment has passed</i></p>
Individual Entries:	<p>Athletes are limited to 1 distance per stroke per meet.</p> <p>There are no qualifying times for this meet, but swimmers who enter the meet cannot enter the Aspiring Challenger meet until January 1st 2024.</p>
Relay Entries:	<p>Mixed 4 x 25m Freestyle & Medley Team Relay 10-12yrs – must be at least 1 male and 1 female and a maximum of one 12-year-old on the team.</p> <p>Clubs may collaborate to enter relays</p> <p>Swimmers for legs 2 & 4 in the Relay events must start in the water.</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. 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:	Wristbands will be awarded to swimmers that achieve the graded time standard outlined in Table 3 below.
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:	Swimmers in this meet regardless of age are NOT permitted to wear SKINS
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.

The Upper Age Group in this meet has been extended to 13/14 years to accommodate the later developing athletes – coaches can decide to enter these athletes in the Future Challenger Series or the Aspiring Champions Series, but they cannot swim in both during the cycle i.e. if they compete in the Future Challenger Series Round 1 they will not be eligible to compete in the Aspiring Champions during the Short Course season, and those competing in the Future Challenger Series Round 2 will not be eligible to compete in the Aspiring Champions Series in the long course season.

Table 2 Order of Events Round 1 Meet 1

	SESSION 1
1	Girls 10-14 100m IM
2	Boys 11-12 200m Freestyle
3	Girls 10-14 100m Freestyle
4	Boys 10-14 50m Freestyle
5	Girls 12 Year Olds 400 Freestyle
6	Boys 11-14 100m Breaststroke
7	Girls 10-14 50m Breaststroke
8	Boys 11-14 200m IM
9	Mixed 10-12 4x25m Medley Relay
	SESSION 2
10	Mixed 10-12 4x25m Free Relay
11	Boys 10-14 100m IM
12	Girls 11-12 200m Freestyle
13	Boys 10-14 100m Freestyle
14	Girls 10-14 50m Freestyle
15	Boys 12 Year Olds 400 Freestyle
16	Girls 11-14 100m Breaststroke
17	Boys 10-14 50m Breaststroke
18	Girls 11-14 200m IM

Note: Athletes are limited to 1 distance per stroke per meet.

Note: There will be a **5 minute break after both the Boys and Girls 200m Freestyle** events.

Table 3 Band Award Time Standards

Munster Aspiring Championship and Future Challengers Band Award Times 2023/2024 Short Course																
MALE									FEMALE							
10yr	11yr	12yr	13yr	14yr	15yr	16yr	17+	Event	10yr	11yr	12yr	13yr	14yr	15yr	16yr	17+
50.17	45.63	41.49	40.68	38.70	36.89	35.14	33.47	50 Back	52.30	47.55	43.23	42.39	40.32	38.45	37.70	36.96
57.35	52.14	47.40	46.47	44.20	40.86	38.30	35.92	50 Breast	58.46	53.15	48.32	47.37	45.06	42.65	41.81	41.00
55.39	50.36	45.79	44.89	42.69	38.38	34.36	30.27	50 Fly	59.42	54.02	49.11	48.15	45.80	41.02	38.56	35.05
44.77	40.70	37.00	36.32	33.10	32.24	30.85	29.79	50 Free	45.81	41.65	37.87	37.19	35.22	34.21	33.53	32.96
1.36.52	1.27.75	1.19.78	1.18.33	1.11.61	1.09.37	1.07.13	1.05.16	100 free	1.40.27	1.31.16	1.22.88	1.20.97	1.15.31	1.13.50	1.12.73	1.11.94
1.57.37	1.46.70	1.37.00	1.35.00	1.27.89				100 IM	2.00.85	1.49.87	1.39.89	1.37.97	1.32.31			
1.53.58	1.43.26	1.33.88	1.32.18	1.25.36	1.22.19	1.19.22	1.18.43	100 Back	1.54.00	1.43.50	1.35.96	1.33.91	1.28.27	1.25.69	1.25.10	1.24.03
1.56.59	1.45.79	1.36.18	1.33.43	1.25.93	1.21.45	1.17.40	1.14.25	100 Fly	1.59.66	1.48.71	1.38.83	1.37.04	1.30.23	1.25.59	1.22.50	1.21.46
2.10.40	1.58.55	1.47.78	1.45.82	1.36.53	1.32.70	1.29.96	1.29.74	100 Breast	2.11.96	1.59.97	1.49.07	1.46.09	1.40.69	1.38.26	1.37.44	1.36.18
3.32.45	3.13.14	2.55.59	2.52.40	2.38.05	2.32.98	2.27.57	2.25.91	200 Free	3.36.73	3.17.03	2.59.12	2.55.87	2.45.56	2.41.95	2.37.97	2.37.97
4.04.42	3.42.20	3.22.00	3.18.00	3.03.53	2.55.31	2.53.28	2.49.02	200IM	4.11.41	3.48.56	3.27.79	3.23.94	3.12.39	3.05.05	2.59.65	2.57.99
		3.21.91	3.18.19	3.04.50	2.57.77	2.54.36	2.51.86	200 Back			3.25.34	3.21.57	3.10.79	3.06.50	3.02.46	3.01.62
		3.31.50	3.27.59	3.09.69	3.02.05	2.53.79	2.49.73	200 Fly			3.36.67	3.32.68	3.21.83	3.18.58	3.11.92	3.07.90
		3.53.92	3.48.62	3.32.12	3.27.08	3.17.72	3.17.27	200 Breast			3.56.22	3.51.85	3.42.52	3.31.49	3.29.31	3.29.31
		6.17.93	6.10.94	5.44.37	5.31.12	5.22.61	5.16.43	400 Free			6.23.62	6.16.51	5.55.33	5.45.62	5.41.46	5.36.43
			7.12.11	6.45.20	6.16.94	6.04.99	5.56.80	400 IM				7.19.74	6.50.93	6.42.05	6.38.59	6.28.58
			12.29.89	11.36.18	11.16.10	10.52.07	10.41.02	800 Free				12.45.56	12.04.91	11.49.27	11.37.70	11.32.61
			24.33.84	22.39.97	22.02.00	21.37.58	21.12.59	1500 Free				24.11.13	22.53.87	22.37.49	22.13.51	21.58.00