



Munster Future Challenger

ENTRY RULES & FORMS

(Under Swim Ireland Rules)

Douglas

3rd December 2023

Meet Locations:	Douglas
Date:	Sunday 3rd December 2023 – start and warm-up times to be confirmed
License:	<i>Douglas Provisional Licence Number = 11S-23/24-M011</i>
Sessions:	<p>Douglas Warm-up 09:00; start time 10:00 Clubs: Blackrock, Carrick, Clonakilty, Clonmel, Dolphin, Dungarvan Barracudas, Fermoy, Kingfisher, Splashworld, Streamline, Sundays Well, Tiger Sharks, Waterford, West Cork Orcas</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:	Entries must be received on or before 10th November 2023.
Entry Fees:	<p>Individual entries cost €7 per event. Relay entries cost €20 per event.</p> <p>Entries should be placed in the box at the pool reception. Envelopes should be clearly marked with the following details:</p> <p>Event : Future Challenger Douglas</p> <p>Name of swimmer:</p> <p>Events:</p> <p>Fee enclosed:</p>

	<i>Please note that entries are non-refundable once the final date for payment has passed</i>
Individual Entries:	<p>Athletes are limited to 1 distance per stroke per meet. Swimmers who enter the meet cannot enter the Aspiring Challenger meet until after January 1st 2024.</p> <p>No consideration standards will be published for athletes to swim up events however we do provide the following guidance to support entry decisions:</p> <ol style="list-style-type: none"> 1. Athletes should be capable of executing the stroke legally, 2. Athletes should be capable of executing good turns and good streamlining, 3. 12-year-old athletes entering the 400m Freestyle should be capable of even pacing a 200m Freestyle within the 12-year-old consideration standard published for the Regional Age Group & Senior LC Championships <p>Athletes should only enter events on the recommendation from their coach.</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> <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.</p>
Awards:	<p>Wristbands will be awarded to swimmers that achieve the graded time standard outlined in Table available at:</p> <p>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:	Swimmers in this meet regardless of age are NOT permitted to wear SKINS
Eligibility:	Only swimmers registered with Swim Ireland or equivalent national swimming association are eligible to enter this meet.

Health & Safety:	<p>Please refer to the Health & Safety guidelines on SwimIreland Munster website at:</p> <p>https://www.swimmunster.ie/team/munsterswimming/page/policies-and-procedures</p> <p>See also the Swim Ireland Code of Practice for Safety (Swimming) on the Swim Ireland website.</p>
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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.

Order of Events Round 1 Meet 2

	SESSION 1
1	Girls 10-14 100m IM
2	Boys 10-14 200m IM
3	Girls 10-14 100m Backstroke
4	Boys 10-14 50m Backstroke
5	Girls 11- 12 200m Backstroke
6	Boys 12-14 100m Butterfly
7	Girls 10-14 50m Butterfly
8	Mixed 10-12 4x25m Free Relay
	SESSION 2
9	Boys 10-14 100m IM
10	Girls 10-14 200m IM
11	Boys 10-14 100m Backstroke
12	Girls 10-14 50m Backstroke
13	Boys 11- 12 200m Backstroke
14	Girls 12-14 100m Butterfly

15	Boys 10-14 50m Butterfly
16	Mixed 10-12 4x25m Medley Relay

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