



# **Munster SC Championships**

## **ENTRY CONDITIONS**

**Provisional Licence 9S-23/24-M009**

**University of Limerick**

**November 24<sup>th</sup> - 26<sup>th</sup>**

## Munster Short Course Championships 2023

|                            |   |
|----------------------------|---|
| <b>Venue:</b>              | UL Arena, University of Limerick  |
| <b>Date</b>                | <b>24<sup>th</sup> – 26<sup>th</sup> November 2023.</b>   |
| <b>Sessions :</b>          | Session times will be confirmed after receiving entries; provisional session times:<br>Friday – Saturday – Sunday:<br>Morning: Warm up 08.30- Start 09.30 Afternoon Warm up 15.00 – Start 16.00   |
| <b>Age:</b>                | Age as 31 <sup>st</sup> December 2023   |
| <b>Age Groups:</b>         | Minimum entry age 13 years<br>All events are Open – no Age Classification. Age Classification is in place for qualification as set out below<br><br>Age Groups for relays are: 13-16; 17+   |
| <b>Events:</b>             | 50m, 100m, 200m all four strokes – heats and finals<br>100, 200m Individual Medley – heats and finals<br>400m Freestyle, 400m Individual Medley – HDW<br>800m Freestyle, 1500m Freestyle HDW – these events will be swum as Mixed events<br><b>The fastest heats of 400 Free, 400IM, 800 Free &amp; 1500 Free events will be swum in the Finals Session</b><br>Male & Female Relays - 4 x 50m MTR, 4 x 50m FTR - swum as finals<br>Mixed Relays - 4 x 50m MTR, 4 x 50m FTR - swum as finals |
| <b>Seeding:</b>            | The placing of competitors in the heats will be spearheaded and swum <u>slowest to fastest</u> . Clubs not submitting an entry time for relay teams will be seeded in the slowest heat.   |
| <b>Heats &amp; Finals:</b> | All 50m, 100m and 200m events will have heats and “A” and “B” finals. Where there are less than 24 entrants in an event there will be an “A” final ONLY. Relays, 400m, 800m and 1500m events will be HDW and will be swum with the heats except the fastest individual heats will be swum in finals.  |
| <b>Withdrawal:</b>         | Withdrawals from day 1 must be emailed through your club to munsterentries@swimireland.ie before 5pm on the day before the start of the meet. There will be a €50 fine if swimmers are not withdrawn by 6pm for an event for the next day.<br>Signing in may be required for 400m and longer events.  |
| <b>Entries Deadline:</b>   | <b>Closing date for entries is November 1<sup>st</sup> at 5pm. Entries to be placed in the box at the pool reception with the following clearly marked:</b><br><br><b>Event : Short course championships UL</b><br><b>Name :</b><br><b>Swimmers events:</b><br><b>Fee Enclosed :</b>  |
| <b>Individual Entries:</b> | All swimmers entering the Munster Short Course Championships must be a member of a Swim Munster affiliated club, or be training at the National Centre Limerick.  |

|                       |  |
|-----------------------|--|
|                       | <p>Entries must be submitted electronically to <a href="mailto:munsterentries@swimireland.ie">munsterentries@swimireland.ie</a> using Hy-tek Team Manager.</p> <p>Long Course &amp; Short Course Qualifying and Consideration Times have been published for this event and must be achieved in a <b>Level 3 Licensed Meet</b> between January 1<sup>st</sup> 2022 and Sunday 12<sup>th</sup> November 2023.</p> <p>Long course times must be converted to short course – <b>unconverted long course times will not be accepted.</b></p> <p>Swimmers achieving consideration times will be accepted for entry unless the individual event is over-subscribed. If it is necessary to reject entries, this will be done based on entry time, slowest to fastest, excluding swimmers with an entry time equal to or faster than the Qualifying Times published, who will be guaranteed entry.</p> <p>Proof of times must be submitted with entries.</p>  |
| <b>Relay Entries:</b> | <p>Clubs may only enter one Senior and one Junior relay team per relay event.</p> <p>Clubs must enter up to 8 swimmers at the time of submitting entries and generate an entry time on Hy-tek. Clubs can use swimmers who have no individual events providing their names are on the team lists submitted with the entries. Please note that Clubs must adhere to the Club Transfer rule of 12 weeks when entering Relay Teams.</p> <p>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 <a href="mailto:munsterentries@swimireland.ie">munsterentries@swimireland.ie</a> or to the Swim Office Table no later than 18:00 on the day before the relay. 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> |
| <b>Awards:</b>        | Medals are awarded for top-3 placings overall – individual events and relays.  |
| <b>Anti-Doping:</b>   | 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 <a href="#">Anti-Doping section of the Sport Ireland website</a> .  |
| <b>Swimsuits:</b>     | All swimsuits must comply with FINA regulations and should bear the FINA approved stamp ( <a href="https://www.fina.org/sites/default/files/frsa.pdf">https://www.fina.org/sites/default/files/frsa.pdf</a> )  |
| <b>Photography</b>    | <p>It is a condition of attending a Swim Ireland event that swimmers accept they may be photographed or filmed as part of the occasion, either as an individual or as a member of a group. Swimmers may also appear in a photograph or video inadvertently. Parents and swimmers must accept this. All photography and/or filming must be in accordance with Swim Ireland Guidelines.</p> <p>Photographs cannot be taken at a Swim Ireland Munster event without first having registered the photographer and device at the administration desk.</p>   |
|                       | Please refer to the Health & Safety guidelines and also the Swim Ireland Code of Practice for Safety (Swimming) on the Swim Munster website -  |

**ORDER OF EVENTS**

| Munster Short Course Championships Order of Events   |   |
|--|---|
| Day 1  | Day 2   |
| Session 1: Combined Heats  | Session 3: Combined Heats   |
| 1. Female 200m Breaststroke<br>2. Male 200m Breaststroke<br>3. Female 400m Freestyle HDW<br>4. Male 400m Freestyle HDW<br>5. Female 50m Backstroke<br>6. Male 50m Backstroke<br>7. Female 200m IM<br>8. Male 200m IM<br>9. Female 100m Butterfly<br>10. Male 100m Butterfly<br>11. Female 50m Freestyle<br>12. Male 50m Freestyle<br>13. Female 200m Freestyle Relay HDW<br>14. Male 200m Freestyle Relay HDW  | 15. Mixed 200m Freestyle Relay HDW<br>16. Female 200m Freestyle<br>17. Male 200m Freestyle<br>18. Female 200m Backstroke<br>19. Male 200m Backstroke<br>20. Female 100m Breaststroke<br>21. Male 100m Breaststroke<br>22. Female 100m IM<br>23. Male 100m IM<br>24. Female 50m Butterfly<br>25. Male 50m Butterfly<br>26. Mixed 200m Medley Relay HDW<br>27. Mixed 800m Freestyle HDW   |
| Session 2: Finals & Presentations  | Session 4: Finals & Presentations   |
| Female 200m Breaststroke 'A' or 'A' & 'B' Finals<br>Male 200m Breaststroke 'A' or 'A' & 'B' Finals<br>Female 400m Freestyle HDW (Fastest Heat)<br>Male 400m Freestyle HDW (Fastest Heat)<br>Female 50m Backstroke 'A' or 'A' & 'B' Finals<br>Male 50m Backstroke 'A' or 'A' & 'B' Finals<br>Female 200m IM 'A' or 'A' & 'B' Finals<br>Male 200m IM 'A' or 'A' & 'B' Finals<br>Female 100m Butterfly 'A' or 'A' & 'B' Finals<br>Male 100m Butterfly 'A' or 'A' & 'B' Finals<br>Female 50m Freestyle 'A' or 'A' & 'B' Finals<br>Male 50m Freestyle 'A' or 'A' & 'B' Finals | Female 200m Freestyle 'A' or 'A' & 'B' Finals<br>Male 200m Freestyle 'A' or 'A' & 'B' Finals<br>Female 200m Backstroke 'A' or 'A' & 'B' Finals<br>Male 200m Backstroke 'A' or 'A' & 'B' Finals<br>Female 100m Breaststroke 'A' or 'A' & 'B' Finals<br>Male 100m Breaststroke 'A' or 'A' & 'B' Finals<br>Female 100m IM 'A' or 'A' & 'B' Finals<br>Male 100m IM 'A' or 'A' & 'B' Finals<br>Female 50m Butterfly 'A' or 'A' & 'B' Finals<br>Male 50m Butterfly 'A' or 'A' & 'B' Finals<br>Mixed 800m Freestyle HDW (Fastest Heat) |

| MUNSTER SHORT COURSE QUALIFICATION & CONSIDERATION TIMES |                   |                |                        |                |             |                           |
|--|-------------------|----------------|------------------------|----------------|-------------|---------------------------|
| Male   |                   |                | QUALIFICATION<br>TIMES | Female         |             | Born<br>2007<br>-<br>2010 |
| Born   | Born              | Born           |                        | Born           | Born        |                           |
| 2007 - 2010  | 2005<br>&<br>2006 | 2004 & Earlier |                        | 2004 & Earlier | 2005 & 2006 |                           |
| 31.23  | 30.22             | 29.93          | 50m Freestyle          | 34.21          | 34.42       | 34.70                     |
| 1:08.03  | 1:06.54           | 1:05.82        | 100m Freestyle         | 1:14.05        | 1:14.11     | 1:15.07                   |
| 2:32.56  | 2:29.89           | 2:27.96        | 200m Freestyle         | 2:42.61        | 2:43.48     | 2:43.61                   |
| 5:25.99  | 5:17.82           | 5:15.64        | 400m Freestyle         | 5:42.86        | 5:49.73     | 5:50.28                   |
| 11:25.98   | 11:22.77          | 11:16.93       | 800m Freestyle         | 11:51.87       | 11:56.98    | 12:00.03                  |
| 21:55.21   | 21:44.83          | 21:23.63       | 1500m Freestyle        | 23:01.40       | 23:26.23    | 23:26.25                  |
| 37.22  | 35.01             | 34.96          | 50m Backstroke         | 39.03          | 39.47       | 40.07                     |
| 1:19.81  | 1:15.98           | 1:15.96        | 100m Backstroke        | 1:23.82        | 1:25.07     | 1:25.42                   |
| 2:56.53  | 2:50.64           | 2:50.63        | 200m Backstroke        | 3:02.43        | 3:02.45     | 3:04.13                   |
| 41.34  | 39.22             | 39.09          | 50m Breaststroke       | 44.58          | 45.05       | 45.08                     |
| 1:30.44  | 1:25.92           | 1:25.90        | 100m Breaststroke      | 1:36.33        | 1:38.26     | 1:38.28                   |
| 3:17.91  | 3:12.62           | 3:12.50        | 200m Breaststroke      | 3:30.45        | 3:35.31     | 3:35.32                   |
| 34.22  | 32.75             | 32.35          | 50m Butterfly          | 37.32          | 37.33       | 37.48                     |
| 1:17.13  | 1:14.54           | 1:14.07        | 100m Butterfly         | 1:24.35        | 1:24.38     | 1:25.31                   |
| 2:56.31  | 2:53.10           | 2:52.22        | 200m Butterfly         | 3:20.80        | 3:21.78     | 3:21.79                   |
| 1:21.56  | 1:17.59           | 1:17.49        | 100m IM                | 1:25.72        | 1:26.63     | 1:26.68                   |
| 2:53.48  | 2:50.34           | 2:48.13        | 200m IM                | 3:05.47        | 3:08.12     | 3:08.13                   |
| 6:13.85  | 6:05.85           | 6:03.32        | 400m IM                | 6:43.88        | 6:46.74     | 6:46.75                   |

| Male        |             |                | CONSIDERATION<br>TIMES | Female         |             |
|-------------|-------------|----------------|------------------------|----------------|-------------|
| Born        | Born        | Born           |                        | Born           | Born        |
| 2007 - 2010 | 2005 & 2006 | 2004 & Earlier |                        | 2004 & Earlier | 2005 & 2006 |
| 32.50       | 31.45       | 31.14          | 50m Freestyle          | 35.60          | 35.81       |
| 1:10.80     | 1:09.25     | 1:08.49        | 100m Freestyle         | 1:17.06        | 1:17.12     |
| 2:38.76     | 2:35.98     | 2:33.97        | 200m Freestyle         | 2:49.22        | 2:50.12     |
| 5:39.24     | 5:30.74     | 5:28.47        | 400m Freestyle         | 5:56.80        | 6:03.94     |
| 12:05.02    | 12:01.63    | 11:55.45       | 800m Freestyle         | 12:32.39       | 12:37.78    |
| 23:10.06    | 22:59.09    | 22:36.68       | 1500m Freestyle        | 24:20.02       | 24:46.26    |
| 38.73       | 36.43       | 36.38          | 50m Backstroke         | 40.61          | 41.08       |

|         |         |         |                   |         |         |
|---------|---------|---------|-------------------|---------|---------|
| 1:23.06 | 1:19.07 | 1:19.05 | 100m Backstroke   | 1:27.23 | 1:28.52 |
| 3:03.71 | 2:57.57 | 2:57.56 | 200m Backstroke   | 3:09.85 | 3:09.86 |
| 43.02   | 40.82   | 40.68   | 50m Breaststroke  | 46.39   | 46.89   |
| 1:34.12 | 1:29.41 | 1:29.40 | 100m Breaststroke | 1:40.25 | 1:42.26 |
| 3:25.95 | 3:20.45 | 3:20.32 | 200m Breaststroke | 3:39.01 | 3:44.06 |
| 35.61   | 34.09   | 33.66   | 50m Butterfly     | 38.84   | 38.85   |
| 1:20.27 | 1:17.57 | 1:17.08 | 100m Butterfly    | 1:27.78 | 1:27.81 |
| 3:06.34 | 3:02.95 | 3:02.03 | 200m Butterfly    | 3:32.23 | 3:33.27 |
| 1:24.88 | 1:20.74 | 1:20.64 | 100m IM           | 1:29.20 | 1:30.15 |
| 3:00.53 | 2:57.27 | 2:54.96 | 200m IM           | 3:13.01 | 3:15.76 |
| 6:35.12 | 6:26.67 | 6:23.99 | 400m IM           | 7:06.87 | 7:09.88 |