



## **Munster Future Challenger**

### **ENTRY RULES & FORMS**

**( Under Swim Ireland Rules**

**Provisional Licence 2S - 23/24 - M023)**

**UL Arena, Limerick**

**Sunday 7<sup>th</sup> April 2024**

<b>Meet Locations:</b>	<b>UL Arena, Limerick</b>
<b>Date:</b>	<b>Sunday 7<sup>th</sup> April</b>
<b>Sessions:</b>	<p><b>Afternoon Gala Warm-up 13:30*; start time 14:30* Clubs:</b> Askeaton, Ballybunion, Celtic Waves, Clonmel, Ennis, Fermoy, Limerick, Mallow, Nenagh, Seaworld, Tiger Sharks.</p> <ul style="list-style-type: none"> <li>Start times are provisional. Final time will be advised upon receipt of entries.</li> </ul> <p><b>Note: Clubs must provide at least one official for every six swimmers entered upto a maximum of 4</b></p>
<b>Age:</b>	Age as 31 <sup>st</sup> December 2024
<b>Qualification Criteria:</b>	<p>Swimmers must be at least 10 years of age by 31<sup>st</sup> December 2024.</p> <p><b>Individual Age groups</b> 10 years, 11 years, 12 years and 13/14 years</p> <p><b>Relay Age Groups 10-12.</b> There must be at least 1 male and 1 female. Clubs may collaborate to enter relays. Clubs can enter multiple relay teams.</p> <p><b>All competing relay swimmers must be entered in the meet.</b></p>
<b>Heats &amp; Finals:</b>	All events will be HDW. There will be no finals. All events will be held in 25m pool.
<b>Withdrawals:</b>	Must be made at least 45 minutes before the start of the meet
<b>Entry Deadline:</b>	<p>Entries must be received on or <b>before 5PM Thursday 14<sup>th</sup> March, 2024</b></p> <p><b>Please post the entries in the box at reception with the following information:</b></p> <p><b>Gala:</b></p> <p><b>Name of Swimmer:</b></p> <p><b>Event :</b></p> <p><b>Fee Enclosed:</b></p>
<b>Entry Fees:</b>	<b>Individual entries cost €7 per event.</b> Relay entries cost €20 per event.
<b>Awards:</b>	Wristbands will be awarded to swimmers that achieve the graded time standard.
<b>Individual Entries:</b>	<p><b>Athletes are limited to 1 distance per stroke per meet.</b></p> <p><b>Athletes should only enter events on the recommendation from their coach.</b></p>
<b>Relay Entries:</b>	<p>Mixed 4 x 25m Freestyle Team Relay 10-12yrs – must be at least 1 male and 1 female. Clubs may collaborate to enter relays</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.</p>

<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>	<b>Swimmers in this meet regardless of age are NOT permitted to wear SKINS</b>
<b>Health &amp; Safety:</b>	Please refer to the Health & Safety guidelines on SwimIreland Munster website at: <a href="https://www.swimmunster.ie/team/munsterswimming/page/policies-and-procedures">https://www.swimmunster.ie/team/munsterswimming/page/policies-and-procedures</a> See 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.

#### Order of Events Round 4

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

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