



Munster LC Championships

ENTRY RULES & FORMS

**(Under SwimIreland Rules
Provisional Licence – Pending)**

UL Sports Arena

University of Limerick

V94 XT66

May 10th, 11th & 12th

MEET CONDITIONS:

Meet Location:	UL Sports Arena, University of Limerick, Castletroy, Limerick, V94 XT66
Date:	10 th , 11 th & 12 th May 2024
Sessions:	Morning Sessions 1, 4 & 7 – Warm-Up 8:15, Start 9:30 (boys first of Fri & Sat) Mid-day Sessions 2, 5 & 8 - *Warm-Up 12:15 Starts 13:30* (boys first Fri & Sat) * Times to be confirmed upon receipt and processing of entries* Finals Sessions 3, 6 & 9 – Times to be confirmed after processing of entries
Age Groups:	12 years; 13 – 14 years; 15 – 16 years; 17 years & over.
Age:	Age as 31 st December 2024
Individual Events:	50m Freestyle – Heats & Finals 50m Backstroke, 50m Butterfly, 50m Breaststroke – Heats & Finals (15 & over) 100m Freestyle, 100m Backstroke, 100m Butterfly, 100m Breaststroke – Heats & Finals 200m Freestyle, 200m Backstroke, 200m Butterfly, 200m Breaststroke – Heats & Finals 200m Individual Medley – Heats & Finals 400m Freestyle / 800m Freestyle / 1500m Freestyle – HDW (13&over) 400m Individual Medley – HDW (13&over) <i>Female athletes aged 12 years will be permitted to compete in the 12-14 years 400m Freestyle. The top 6 ranked female athletes in the 200m Freestyle will be invited to enter the 400m Freestyle provided their 200m entry time is faster than 02:45.00. This event is offered to female athletes aged 12 years to provide an opportunity to learn and develop racing skills in this event, separate medals will not be awarded.</i> <i>Subject to overall time constraints, 12 year old swimmers MAY be offered to swim in 12-14 events should there unused lanes, based upon the number of entries. Any such invite will be based upon the rankings on the Munster database. Again, if offered, this is to provide experience and a learning opportunity to younger swimmers.</i>
Relay Events:	12yrs – Mixed 4 x 50m Medley, Mixed 4 x 50m Freestyle 13-14yrs, 15&over – All Olympic Relay events
Entries:	Entries should be put in the box at Reception by 5pm on Wednesday April 17th. Entries should be clearly marked with the following: Gala Name: Swimmers Name: Events: Fee Enclosed:

Heats & Finals:	All 50m,100m and 200m events will have heats and “A” finals. Relays, 400m, 800m and 1500m events will be HDW and will be swum with the heats.
Withdrawals:	Withdrawals must be before 5pm on the day before the start of the meet, i.e. Thursday, 9 th May 2024.
Entry Fees:	Individual entries cost €8 per event. Relay entries cost €20 per event. <i>Please note that all entry fees are payable and non-refundable once the final date for payment (26th April 2024) has passed.</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 60 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. It would be appreciated if relay entries could be confirmed in advance of the gala for ease of administration. 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.
Awards:	Medals are awarded for top 3 placings in each age group.
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.
Swimsuits:	Athletes aged 12 years and (age as defined in the meet conditions) will not be permitted to compete at this meet in a tech suit.
Health & Safety:	Please refer to the Health & Safety guidelines at the back of the programme and also the Swim Ireland Code of Practice for Safety (Swimming) on the Swim Ireland website.
Photography/ Video Recording:	Photography is prohibited on the pool deck and changing area. A registration desk will be in place in the balcony area. All devices, capable of taking an image, must be registered in advance.

All competing clubs must provide at least one official per six swimmers per session up to a maximum of four officials per session.