

A photograph of a swimmer in a pool, captured mid-stroke. The swimmer is wearing a black cap and is positioned between two lane lines. The lane lines are made of plastic floats in red, white, and blue. The water is a clear, bright blue. The swimmer's arms are extended forward, and their head is above water. The overall scene is dynamic and focused on the swimmer's movement.

Munster Swim Festival 2024

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INTRODUCTION

The Munster Swim Festival is targeted at those swimmers who have not qualified for the Summer Nationals and swimmers in the first few years of their swimming careers. The ethos of the gala is about fun, inclusion, and enjoyment. We have races that will be suitable to all age groups and abilities, and we hope everyone enjoys the event.

Meet Location:	UL Sports Arena, University of Limerick, Castletroy, Limerick, V94 XT66
Pool Specification:	10 lane 25m pool; anti-turbulence lane ropes; wedge starting blocks; backstroke ledges .
Date:	23 rd June 2024
Sessions:	Sunday 23 rd June for 12&Under Warm Up, Mixed: 08:45 – Competition Start 09:30 Sunday 23 rd June for 13&Over Warm Up, Mixed: 14:30 – Competition Start 15:30. Times may vary slightly upon processing of entries.
Age Groups:	10, 11 and 12 years old; 13-14 years old, 15&over
Age:	Age as 31 st December 2024
Individual Events:	10-11-12 years old: [each swimmer can enter one event per stroke] 13/14 and 15&O: [there is no limit on the number of events an athlete can enter]
Relay Events:	12&Under - 4x25 mixed freestyle (minimum one athlete per gender, no restriction on age group) 13 -14yrs, 15&over – 4x25 mixed freestyle (2 boys and 2 girls)
Entries:	All swimmers entering the Munster Swim Festival must be a member of a Swim Munster affiliated club. Swim Munster reserves the right to limit entries if the meet is oversubscribed. If the meet is oversubscribed the number of swims per swimmer will be limited and any rejected entries will be refunded as a single payment to the club in question.

Eligibility	<p>All the swimmers who have not obtained a Consideration Time for the Irish Summer Age groups, Youth and Senior Championship are eligible to compete.</p> <p>Any swimmer who has a Summer Nationals Consideration Time is ineligible, regardless of whether that swimmer entered the Summer Nationals or not.</p> <p>It is the responsibility of the club to ensure that all entered swimmers are eligible to compete.</p>
Seeding:	The placing of competitors in the heats will be spearheaded from slowest to fastest
Heats & Finals:	All the individual events and relays will be swum as HDW.

Withdrawals:	Withdrawals must be made before 5pm on the day before the start of the meet Saturday 22 nd June 2024.
Entry Deadline:	Closing date for entries is 6th of June 2024.
Entry Fees:	<p>€30 per swimmer, covering all the individual events, relay participation and final.</p> <p><i>Please note that all entry fees are non-refundable once the final date for payment (14th June 2024) has passed.</i></p>
Awards:	Medals are awarded for top 3 placings in each age group for each individual event; All the swimmers qualified for the “Super Final” and the “Medley Skin Race” will be awarded special awards
Relay Entries:	<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 60 minutes before the start of the session in which the race takes place. To reduce administration, relay entries will be very welcome in the days before the event.</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> <p>Swimmers can compete in their respective age group only. Swimmers aged 10 to 12 are not allowed to “swim up” in the 13&O age group in relays</p>
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 AntiDoping rules. For further information visit the <u>Anti-Doping section of the Sport Ireland website</u> .

Swimsuits:	<p>Athletes aged 12 years and younger will not be permitted to compete at this meet in a tech suit. Athletes aged 12 years and under will be disqualified if officials observe such an athlete competing in a tech suit.</p> <p>Athletes over 12 may compete in a TechSuit but it must comply with FINA regulations and should bear the FINA approved stamp</p>
Health & Safety:	<p>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.</p>

Photography

<p>Video Recording:</p>	<p>Photography is prohibited on the pool deck and changing area.</p> <p>A registration desk will be in place in the balcony area. All devices, capable of taking an image, must be registered in advance.</p> <p>All persons wishing to register a device must provide: name, address, contact number and photographic identification. In the case where photographic ID is not available Swim Ireland membership card will be accepted with the member's ID number recorded.</p> <p>Once registered, photographs are permitted from the balcony.</p> <p>All competing clubs must provide at least one official per six swimmers per session up to a maximum of four officials per session.</p>
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Order of Events

Morning session

50m butterfly (10-11-12 years old combined heats)	Boys - Girls
50m backstroke (10-11-12 years old combined heats)	Boys - Girls
100m backstroke (10-11-12 years old combined heats)	Boys - Girls
50m breaststroke (10-11-12 years old combined heats)	Boys - Girls
100m breaststroke (10-11-12 years old combined heats)	Boys - Girls
50m freestyle (10-11-12 years old combined heats)	Boys - Girls
100m freestyle (10-11-12 years old combined heats)	Boys - Girls

4x25 freestyle	mixed
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100m IM super-final - 11 years old	Boys
100m IM super-final - 11 years old	Girls
100m IM super-final - 12 years old	Boys
100m IM super-final - 12 years old	Girls

Super-final: the top 10 swimmers combined points across all the individual events (max 4) swam by each swimmer will compete for the 100 im superfinal (one final for each gender and age group). Points are calculated by the Meet Manager software based on the placing of the swimmer in each event.

In the event of a tie for 10th place , a swim off will take place between the relevant swimmers over 50m Freestyle heat until a winner is declared.

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Afternoon session

200m freestyle (13-14 and 15&O years old combined heats)	Boys - Girls
50m butterfly (13-14 and 15&O years old combined heats)	Boys - Girls
100m backstroke (13-14 and 15&O years old combined heats)	Boys - Girls
100m breaststroke (13-14 and 15&O years old combined heats)	Boys - Girls
100m freestyle (13-14 and 15&O years old combined heats)	Boys - Girls

4x25/50/75/100m freestyle	Mixed
medley skin race 13-14 years old	Boys
medley skin race 13-14 years old	Girls
medley skin race 15&O	Boys
medley skin race 15&O	Girls

The skin race stages alternate between boys and girls per each age group as follows

Stage 1: all the swimmers qualified are competing. The distance is 50 meters and the stroke is drawn by the competition manager; the first 8 proceed to stage 2. Boys race and Girls race.

Stage 2: the remaining 8 swimmers are competing. The distance is 50 meters and the stroke is drawn by the competition manager (among the 3 remaining); the first 6 proceed to stage 3. Boys race and Girls race.

Stage 3: the remaining 6 swimmers are competing. The distance is 50 meters and the stroke is drawn by the competition manager (among the 2 remaining); the first 4 proceed to stage 4. Boys race and Girls race.

Stage 4: the remaining 4 swimmers are competing. The distance is 50 meters and the stroke is the last remaining not previously swum in stage 1-2-3; the first 2 proceed to stage 5. Boys race and Girls race.

Stage 5: the remaining 2 swimmers are competing. The distance is 50 meters and the is drawn by the competition manager (among all the 4 strokes); the winner is the overall winner of the event.

4x25/50/75/100m Freestyle Mixed Relay: Each Team must have 2 boys and 2 girls (13&Over); each team swims the 4 distances in the specific order: one 25 – one 50 – one 75 – one 100. The order of the swimmers (boys or girls first) is open to each team.