

**SWIM
IRELAND**

An island
of swimmers

2024 Irish National Youth & Senior Championships (50M)

EVENT GUIDE

National Aquatic Centre,

Dublin, Ireland.

23rd – 27th July 2024



MEET CONDITIONS

VENUE INFORMATION

All training and competition will take place in the National Aquatic Centre, Dublin, Ireland.

The National Aquatic Centre is a 10 lane 50m pool. The competition pool has anti-turbulence lane ropes, wedge starting blocks and backstroke ledges.

The warm up/swim down pool is a 25m pool consisting of 7 lanes.

QUALIFICATION CRITERIA AND INFORMATION

Times may be achieved in Long Course format only in the Period 1st January 2024 – 9th June 2024.

Times must have been achieved in meets licenced at Level 3 or higher to be eligible to be used for entry into this meet.

Para-swimmers

Athletes who wish to enter a non-para event can only do so at the discretion of the Paralympics Ireland Performance Director. This will only be granted with clear performance rationale.

Athletes must have a National Classification with Paralympics Ireland to compete at National level competition. Please contact Paralympics Ireland directly for this information: [classification](#).

Qualification times for all athletes can be found further in this document.

ENTRIES

Entry Forms

Electronic Hy-tek entries are accepted via Hy-tek to the **Swim Ireland Office** at entries@swimireland.ie

Clubs who do not have hy-tek can download Hytek lite to complete the entry file

https://activenetwork.my.salesforce-sites.com/hytekswimming/articles/en_US/Article/Download-and-Install-TM-Lite

ALL entries must be accompanied by a proof of times report produced by hy-tek. If your club does not use hy-tek, you must provide proof of all entry times through links or official results links

Entry Deadlines

Closing date for entries is **5.00pm Wednesday 12th June 2024**.

Payment for ALL entries must be received by **5.00pm Friday 28th June 2024**

Relay Entries

Clubs are permitted to enter up to two relay teams 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.

Relay swimmers must be registered members of the club they are swimming for.

All competing swimmers must be entered in the meet (*even if they are not swimming in individual events*). Relay teams that swim in an order that is different from the declared order of swimming shall be disqualified in accordance with WA Rule SW 10.12.

Entry Fees

Individual entries cost €12/£11 per event.

Relay entries cost €27/£24 per event.

No entry will be processed until the appropriate fee has been received at the Swim Ireland Office.

*Please note that entries are non-refundable once the final date for payment has passed AND accreditations will not be approved/issued until full payment of entries and any outstanding fees have been received.

Payment Options

Please reference all payments as "Irish Youth/Seniors '24" and include club details.

Bank Transfer:

Euro

Bank: AIB

Sort Code: 932515

Account Number: 59772048

IBAN: IE03 AIBK 9325 1559 7720 48

BIC: AIBKIE2D

Cheque/Postal Order:

Made payable to Swim Ireland

Sterling

Bank: Danske Bank

Sort Code: 950111

Account Number: 51051490

IBAN: GB55 DABA 9501 1151 0514 90

BIC: DABAGB2B

SWIMMING COMPETITION FORMAT

The finals will consist of the following:

Full Olympic Programme plus 50m Form Strokes. Three 'Open' Olympic relay events per gender plus Mixed Medley Relay.

Heats

50m, 100m Events: Minimum of 4 of the fastest heats (regardless of age) swim in the first Heats Session each day; all remaining heats swim in the second Heats Session each day

200m Butterfly Events: Minimum of 2 of the fastest heats (regardless of age) swim in the first Heats Session each day; all remaining heats swim in the Second Heats Session each day

200m Events (Other): Minimum of 4 of the fastest heats (regardless of age) swim in the first Heats Session each day; all remaining heats swim in the Second Heats Session each day

400m Events: Minimum of 4 of the fastest heats (regardless of age) swims in the first Heats Session each day; all remaining heats swim in the Second Heats Session each day

800m & 1500m Events: All heats swim in the second Heats Session each day

Relay Events: All heats swim in the first Heats Session each day

Please note that the number of heats taking place in the Faster Heats Session is subject to change. This will be confirmed following the receipt of all entries

Finals

50m, 100m & 200m events have Super Finals and 'A' Finals

50m, 100m & 200m events have 'B' Finals in all age groups bar the Female 18 years & Over and the Male 19 years & Over age groups; 'B' Finals only take place in events where 21 or athletes within the respective age group compete in the heats within that age band.

400m events have Super Finals and 'A' Finals per age group only

800m/1500m events and Relay events are Heat Declared Winner (HDW)

Super Finals - maximum of three non-Irish competitors; Super Finals are composed of the Fastest 10 competitors from all age group following Heat swims. Competitors may not withdraw from the Super Final in an endeavour to compete in the 'A' Final within their age group

'A' Finals - maximum of three non-Irish competitors, other than the Female 18 years & Over and the Male 19 years & Over age groups Finals which are for Irish competitors only

'B' Finals – Irish competitors only

Ages

Olympic Individual Event Finals/HDW competed in age groups of

Male: 15 years ; 16 years ; 17/18 years ; 19 years & over

Female: 15 years ; 16/17 years ; 18 years & over

Non-Olympic Individual Event Finals competed in age group of

Male: 15 years & over

Female: 15 years & over

Awards

Medals awarded to top three Irish athletes as follows:

Olympic Individual Event Medals awarded in age groups of

- Male: 15 years ; 16 years ; 17 years ; 18 years ; 19 years & over
- Female: 15 years ; 16 years ; 17 years ; 18 years & over

Non-Olympic Individual Event Medals awarded in age groups of

- Male: 15 years & over
- Female: 15 years & over

Times achieved in Super Finals or in the heats of HDW events will be considered as a priority in the awarding of medals; times achieved in the 'A' Finals will be considered as a secondary priority in the awarding of medals (in events that are not declared as HDW)

Non-Irish athletes receive commemorative medals if achieved from Super Finals, 'A' Finals or HDW events

Gold/ Silver/ Bronze certificates awarded to the 'Highest Improvement inside entry time' (from the heats only) per age group per individual event

Top Club Award – Scoring rules TBC

Competition Rules

These Meet Conditions must be read in conjunction with the Swim Ireland General Event Rules available on the [SI website](#). Please note that the Swim Ireland [Eligibility Policy](#) will be enforced at this competition

COMPETITION INFORMATION

Key Dates and timings

Date	Time	Activity	Location
Sunday 21 st July	20.00	Team Leader Meeting	Online
Monday 22 nd July	TBC	Open Training Session	Competition Pool
Tuesday 23 rd July	09.00	Competition commences	Competition & Training Pool
Saturday 27 th July	20.30	Competition ends	Competition & Training Pool

Open Training Session

There will be limited pool availability for an open training session on Monday 22nd July from time TBC.

Team Leaders Meeting:

Technical briefing will take place on Sunday 21st July @ 20.00 via Zoom. Attendance at this meeting is advisable. If a club is not represented at this briefing, you are agreeing to any decisions made at the meeting and agree to abide by them at the meet.

Session Times

Session	Date	Warm Up Times	Competition Start
Session 1 – Heats	Tuesday 23 rd July	TBC (Split Genders)	TBC
Session 2 – Heats	Tuesday 23 rd July	TBC (Split Genders)	TBC
Session 3 - Finals	Tuesday 23 rd July	TBC (Mixed)	TBC
Session 4 – Heats	Wednesday 24 th July	TBC (Split Genders)	TBC
Session 5 – Heats	Wednesday 24 th July	TBC (Split Genders)	TBC
Session 6 – Finals	Wednesday 24 th July	TBC (Mixed)	TBC
Session 7 – Heats	Thursday 25 th July	TBC (Split Genders)	TBC
Session 8 – Heats	Thursday 25 th July	TBC (Split Genders)	TBC
Session 9 – Finals	Thursday 25 th July	TBC (Mixed)	TBC
Session 10 – Heats	Friday 26 th July	TBC (Split Genders)	TBC
Session 11 – Heats	Friday 26 th July	TBC (Split Genders)	TBC
Session 12 – Finals	Friday 26 th July	TBC (Mixed)	TBC
Session 13 – Heats	Saturday 27 th July	TBC (Split Genders)	TBC
Session 14 – Heats	Saturday 27 th July	TBC (Split Genders)	TBC
Session 15 – Finals	Saturday 27 th July	TBC (Mixed)	TBC

Withdrawals

All withdrawals must be submitted via the [online form](#).

Withdrawals from day 1 must be submit via the online form by 3pm on Monday 22nd July.

Withdrawals for days 2 and 3 must be submitted through the same online form by 6pm the previous day, i.e. for day 2, withdrawals must be submitted by 6pm on day 1.

There will be a €50 fine if swimmers are not withdrawn within 30 minutes of the announcement of the results of an event for the final that evening or by 6pm for an event for the next day.

Swimsuits

It is not a requirement for swimmers to be wearing WA approved swimwear in this competition.

[World Aquatic Approved Swim Wear Policy](#)

Anti-Doping

It is a condition of attending a Swim Ireland event that athletes may be required to be tested for prohibited substances in accordance with the Sport Ireland/WADA/World Aquatics Anti-Doping rules.

Further information can be found here [Sport Ireland Anti-Doping](#).

Health and Safety

Please refer to the Health & Safety guidelines at the back of this document and also the [Swim Ireland Code of Practice for Safety \(Swimming\)](#).

Accreditation

Accreditation will be produced through the Go-Membership system. Club administrators will need to apply for accreditation for athletes, team managers & coaches. Please ensure that team managers & coaches meet all of the requirements for accreditations, otherwise they will not be awarded.

Further information on accreditation can be found on the [Swim Ireland website](#).

Accreditation lanyards & pouches can be picked up at the accreditation desk at the venue from the morning of Day 1. We would encourage swimmers and clubs to reuse lanyards and pouches from previous competitions.

Officials

Where we do not have the required number of licenced officials available for a session, clubs will be assigned roles based on the ratio of 4:1 (4 Athletes to 1 Official)

*Please note that this will be based on clubs' original entry list.

As per Swim Ireland's new officials' uniform, officials are asked to wear black bottoms, t-shirts will be provided.

Further information

Please direct all queries to entries@swimireland.ie

Competition Schedule

Day 1 Tues 23 rd July 2024	Day 2 Wed 24 th July 2024	Day 3 Thurs 25 th July 2024	Day 4 Fri 26 th July 2024	Day 5 Sat 27 th July 2024
Session 1 Heats (Fastest) Male Warm Up TBC Female Warm Up TBC Start TBC	Session 4 Heats (Fastest) Female Warm Up TBC Male Warm Up TBC Start TBC	Session 7 Heats (Fastest) Male Warm Up TBC Female Warm Up TBC Start TBC	Session 10 Heats (Fastest) Male Warm Up TBC Female Warm Up TBC Start TBC	Session 13 Heats (Fastest) Female Warm Up TBC Male Warm Up TBC Start TBC
Male 400m IM Female 200m Butterfly Male 200m Freestyle Female 200m Freestyle Male 100m Breaststroke Female 100m Breaststroke Male 15 yrs & Over 400m Freestyle Relay HDW Female 15 yrs & Over 400m Freestyle Relay HDW	Female 50m Freestyle Male 200m Backstroke Female 100m Butterfly Male 50m Freestyle Female 200m IM Male 100m Butterfly Mixed 15 yrs & Over 400m Mixed Medley Relay HDW	Male 50m Backstroke Female 50m Backstroke Male 200m Breaststroke Female 200m Breaststroke Male 100m Freestyle Female 100m Freestyle Male 15 yrs & Over 800m Freestyle Relay HDW	Male 200m IM Female 200m Backstroke Male 400m Freestyle Female 400m Freestyle Male 200m Butterfly Female 15 yrs & Over 800m Freestyle Relay HDW	Female 100m Backstroke Male 100m Backstroke Female 400m IM Male 50m Butterfly Female 50m Butterfly Male 50m Breaststroke Female 50m Breaststroke Male 15 yrs & Over 400m Medley Relay HDW Female 15 yrs & Over 400m Medley Relay HDW
Session 2 Heats Male Warm Up TBC Female Warm Up TBC Start TBC	Session 5 Heats Female Warm Up TBC Male Warm Up TBC Start TBC	Session 8 Heats Male Warm Up TBC Female Warm Up TBC Start TBC	Session 11 Heats Male Warm Up TBC Female Warm Up TBC Start TBC	Session 14 Heats Female Warm Up TBC Male Warm Up TBC Start TBC
Male 400m IM Female 200m Butterfly Male 200m Freestyle Female 200m Freestyle Male 100m Breaststroke Female 100m Breaststroke Male 800m Freestyle HDW	Female 50m Freestyle Male 200m Backstroke Female 100m Butterfly Male 50m Freestyle Female 200m IM Male 100m Butterfly Female 1500m Freestyle HDW	Male 50m Backstroke Female 50m Backstroke Male 200m Breaststroke Female 200m Breaststroke Male 100m Freestyle Female 100m Freestyle Male 1500m Freestyle HDW	Male 200m IM Female 200m Backstroke Male 400m Freestyle Female 400m Freestyle Male 200m Butterfly	Female 100m Backstroke Male 100m Backstroke Female 400m IM Male 50m Butterfly Female 50m Butterfly Male 50m Breaststroke Female 50m Breaststroke Female 800m Freestyle HDW

Session 3 Heats Mixed Warm Up TBC Start TBC	Session 6 Heats Mixed Warm Up TBC Start TBC	Session 9 Heats Mixed Warm Up TBC Start TBC	Session 12 Heats Mixed Warm Up TBC Start TBC	Session 15 Heats Mixed Warm Up TBC Start TBC
<p>Female 15 yrs 200m Butterfly 'B' Female 15 yrs 200m Butterfly 'A' Female 16/17 yrs 200m Butterfly 'B' Female 16/17 yrs 200m Butterfly 'A' Female 18 yrs & Over 200m Butterfly 'A' Female 200m Butterfly Super Final Male 15 yrs 400m IM Male 16 yrs 400m IM Male 17/18 yrs 400m IM Male 19 yrs & Over 400m IM Male 400m IM Super Final Female 15 yrs 200m Freestyle 'B' Female 15 yrs 200m Freestyle 'A' Female 16/17 yrs 200m Freestyle 'B' Female 16/17 yrs 200m Freestyle 'A' Female 18 yrs & Over 200m Freestyle 'A' Female 200m Freestyle Super Final Male 15 yrs 200m Freestyle 'B' Male 15 yrs 200m Freestyle 'A' Male 16 yrs 200m Freestyle 'B' Male 16 yrs 200m Freestyle 'A' Male 17/18 yrs 200m Freestyle 'B' Male 17/18 yrs 200m Freestyle 'A' Male 19 yrs & Over 200m Freestyle 'A' Male 200m Freestyle Super Final Female 15 yrs 100m Breaststroke 'B' Female 15 yrs 100m Breaststroke 'A' Female 16/17 yrs 100m Breaststroke 'B' Female 16/17 yrs 100m Breaststroke 'A' Female 18 yrs & Over 100m Breaststroke 'A' Female 100m Breaststroke Super Final Male 15 yrs 100m Breaststroke 'B' Male 15 yrs 100m Breaststroke 'A' Male 16 yrs 100m Breaststroke 'B' Male 16 yrs 100m Breaststroke 'A' Male 17/18 yrs 100m Breaststroke 'B' Male 17/18 yrs 100m Breaststroke 'A' Male 19 yrs & Over 100m Breaststroke 'A' Male 100m Breaststroke Super Final</p>	<p>Male 15 yrs 200m Backstroke 'B' Male 15 yrs 200m Backstroke 'A' Male 16 yrs 200m Backstroke 'B' Male 16 yrs 200m Backstroke 'A' Male 17/18 yrs 200m Backstroke 'B' Male 17/18 yrs 200m Backstroke 'A' Male 19 yrs & Over 200m Backstroke 'A' Male 200m Backstroke Super Final Female 15 yrs 50m Freestyle 'B' Female 15 yrs 50m Freestyle 'A' Female 16/17 yrs 50m Freestyle 'B' Female 16/17 yrs 50m Freestyle 'A' Female 18 yrs & Over 50m Freestyle 'A' Female 50m Freestyle Super Final Male 15 yrs 50m Freestyle 'B' Male 15 yrs 50m Freestyle 'A' Male 16 yrs 50m Freestyle 'B' Male 16 yrs 50m Freestyle 'A' Male 17/18 yrs 50m Freestyle 'B' Male 17/18 yrs 50m Freestyle 'A' Male 19 yrs & Over 50m Freestyle 'A' Male 50m Freestyle Super Final Female 15 yrs 100m Butterfly 'B' Female 15 yrs 100m Butterfly 'A' Female 16/17 yrs 100m Butterfly 'B' Female 16/17 yrs 100m Butterfly 'A' Female 18 yrs & Over 100m Butterfly 'A' Female 100m Butterfly Super Final Male 15 yrs 100m Butterfly 'B' Male 15 yrs 100m Butterfly 'A' Male 16 yrs 100m Butterfly 'B' Male 16 yrs 100m Butterfly 'A' Male 17/18 yrs 100m Butterfly 'B' Male 17/18 yrs 100m Butterfly 'A' Male 19 yrs & Over 100m Butterfly 'A' Male 100m Butterfly Super Final Female 15 yrs 200m IM 'B' Female 15 yrs 200m IM 'A' Female 16/17 yrs 200m IM 'B' Female 16/17 yrs 200m IM 'A' Female 18 yrs & Over 200m IM 'A' Female 200m IM Super Final</p>	<p>Male 15 yrs & Over 50m Backstroke 'B' Male 15 yrs & Over 50m Backstroke 'A' Female 15 yrs & Over 50m Backstroke 'B' Female 15 yrs & Over 50m Backstroke 'A' Male 15 yrs 200m Breaststroke 'B' Male 15 yrs 200m Breaststroke 'A' Male 16 yrs 200m Breaststroke 'B' Male 16 yrs 200m Breaststroke 'A' Male 17/18 yrs 200m Breaststroke 'B' Male 17/18 yrs 200m Breaststroke 'A' Male 19 yrs & Over 200m Breaststroke 'A' Male 200m Breaststroke Super Final Female 15 yrs 200m Breaststroke 'B' Female 15 yrs 200m Breaststroke 'A' Female 16/17 yrs 200m Breaststroke 'B' Female 16/17 yrs 200m Breaststroke 'A' Female 18 yrs & Over 200m Breaststroke 'A' Female 200m Breaststroke Super Final Male 15 yrs 100m Freestyle 'B' Male 15 yrs 100m Freestyle 'A' Male 16 yrs 100m Freestyle 'B' Male 16 yrs 100m Freestyle 'A' Male 17/18 yrs 100m Freestyle 'B' Male 17/18 yrs 100m Freestyle 'A' Male 19 yrs & Over 100m Freestyle 'B' Male 100m Freestyle Super Final Female 15 yrs 100m Freestyle 'B' Female 15 yrs 100m Freestyle 'A' Female 16/17 yrs 100m Freestyle 'B' Female 16/17 yrs 100m Freestyle 'A' Female 18 yrs & Over 100m Freestyle 'B' Female 100m Freestyle Super Final</p>	<p>Male 15 yrs 200m IM 'B' Male 15 yrs 200m IM 'A' Male 16 yrs 200m IM 'B' Male 16 yrs 200m IM 'A' Male 17/18 yrs 200m IM 'B' Male 17/18 yrs 200m IM 'A' Male 19 yrs & Over 200m IM 'A' Male 200m IM Super Final Female 15 yrs 200m Backstroke 'B' Female 15 yrs 200m Backstroke 'A' Female 16/17 yrs 200m Backstroke 'B' Female 16/17 yrs 200m Backstroke 'A' Female 18 yrs & Over 200m Backstroke 'A' Female 200m Backstroke Super Final Male 15 yrs 400m Freestyle Male 16 yrs 400m Freestyle Male 17/18 yrs 400m Freestyle Male 19 yrs & Over 400m Freestyle Male 400m Freestyle Super Final Female 15 yrs 400m Freestyle Female 16/17 yrs 400m Freestyle Female 18 yrs & Over 400m Freestyle Female 400m Freestyle Super Final Male 15 yrs 200m Butterfly 'B' Male 15 yrs 200m Butterfly 'A' Male 16 yrs 200m 100m Butterfly 'B' Male 16 yrs 200m Butterfly 'A' Male 17/18 yrs 200m Butterfly 'B' Male 17/18 yrs 200m Butterfly 'A' Male 19 yrs & Over 200m Butterfly 'A' Male 200m Butterfly Super Final</p>	<p>Female 15 yrs 100m Backstroke 'B' Female 15 yrs 100m Backstroke 'A' Female 16/17 yrs 100m Backstroke 'B' Female 16/17 yrs 100m Backstroke 'A' Female 18 yrs & Over 100m Backstroke 'A' Female 100m Backstroke Super Final Male 15 yrs 100m Backstroke 'B' Male 15 yrs 100m Backstroke 'A' Male 16 yrs 100m Backstroke 'B' Male 16 yrs 100m Backstroke 'A' Male 17/18 yrs 100m Backstroke 'B' Male 17/18 yrs 100m Backstroke 'A' Male 19 yrs & Over 100m Backstroke 'A' Male 100m Backstroke Super Final Female 15 yrs 400m IM Female 16 yrs 400m IM Female 17/18 yrs 400m IM Female 19 yrs & Over 400m IM Female 400m IM Super Final Male 15 yrs & Over 50m Butterfly 'B' Male 15 yrs & Over 50m Butterfly 'A' Female 15 yrs & Over 50m Butterfly 'B' Female 15 yrs & Over 50m Butterfly 'A' Male 15 yrs & Over 50m Breaststroke 'B' Male 15 yrs & Over 50m Breaststroke 'A' Female 15 yrs & Over 50m Breaststroke 'B' Female 15 yrs & Over 50m Breaststroke 'A'</p>

2024 Irish National Youth & Senior Championships Standards

Achieved Long Course (50m Pool) in the Period 01 January 2024 – 09 June 2024

Event	MALE					
	Qualifying Time & Consideration Time	19 years & Over (Born 2005 or Earlier)	18 years (Born 2006)	17 years (Born 2007)	16 years (Born 2008)	15 years (Born 2009)
50m Freestyle	QT	25.41	26.17	26.19	26.59	26.94
	CT	26.17	26.96	27.24	27.65	28.02
100m Freestyle	QT	56.62	57.33	57.67	0:58.51	0:58.83
	CT	58.32	59.05	59.98	1:00.85	1:01.18
200m Freestyle	QT	2:08.68	2:09.63	2:09.75	2:10.95	2:11.17
	CT	2:12.54	2:13.52	2:14.94	2:16.19	2:16.42
400m Freestyle	QT	4:32.52	4:32.53	4:33.50	4:33.72	4:40.52
	CT	4:40.70	4:40.71	4:44.44	4:44.67	4:51.74
800m Freestyle	QT	9:24.78	9:24.79	9:26.72	9:26.73	9:28.92
	CT	9:41.72	9:41.73	9:49.39	9:49.40	9:51.68
1500m Freestyle	QT	18:23.99	18:24.00	18:43.25	19:10.30	19:29.40
	CT	18:57.11	18:57.12	19:28.18	19:56.31	20:16.18
50m Backstroke	QT	29.92	29.92	29.92	29.92	29.92
100m Backstroke	QT	1:07.22	1:07.77	1:08.09	1:08.16	1:11.20
	CT	1:09.24	1:09.80	1:10.81	1:10.89	1:14.05
200m Backstroke	QT	2:30.54	2:30.55	2:31.45	2:32.20	2:37.89
	CT	2:35.06	2:35.07	2:37.51	2:38.29	2:44.21
50m Breaststroke	QT	32.76	32.76	32.76	32.76	32.76
100m Breaststroke	QT	1:14.11	1:14.67	1:15.04	1:17.47	1:21.97
	CT	1:16.33	1:16.91	1:18.04	1:20.57	1:25.25
200m Breaststroke	QT	2:46.22	2:46.23	2:47.22	2:54.72	3:03.24
	CT	2:51.21	2:51.22	2:53.91	3:01.71	3:10.57
50m Butterfly	QT	27.36	27.36	27.36	27.36	27.36
100m Butterfly	QT	1:03.58	1:03.71	1:04.00	1:06.62	1:08.19
	CT	1:05.49	1:05.62	1:06.56	1:09.28	1:10.92
200m Butterfly	QT	2:30.76	2:32.79	2:35.54	2:42.24	2:45.01
	CT	2:35.28	2:37.37	2:41.76	2:48.73	2:51.61
200m IM	QT	2:27.22	2:27.23	2:28.02	2:28.11	2:33.12
	CT	2:31.64	2:31.65	2:33.94	2:34.03	2:39.24
400m IM	QT	5:13.88	5:14.97	5:20.51	5:25.42	5:35.88
	CT	5:23.30	5:24.42	5:33.33	5:38.44	5:49.32

Heats may be limited in order to manage session timelines.

2024 Irish National Youth & Senior Championships Standards

Achieved Long Course (50m Pool) in the Period 01 January 2024 – 09 June 2024

Event	FEMALE				
	Qualifying Time & Consideration Time	18 years & Over (Born 2006 or Earlier)	17 years (Born 2007)	16 years (Born 2008)	15 years (Born 2009)
50m Freestyle	QT	28.63	29.11	29.74	30.08
	CT	29.49	30.27	30.93	31.28
100m Freestyle	QT	1:02.71	1:03.93	1:05.11	1:05.80
	CT	1:04.59	1:06.49	1:07.71	1:08.43
200m Freestyle	QT	2:20.62	2:22.54	2:24.01	2:26.22
	CT	2:24.84	2:28.24	2:29.77	2:32.07
400m Freestyle	QT	4:55.17	4:57.23	4:59.07	5:02.44
	CT	5:04.03	5:09.12	5:11.03	5:14.54
800m Freestyle	QT	9:59.83	10:00.24	10:10.47	10:20.56
	CT	10:17.82	10:24.25	10:34.89	10:45.38
1500m Freestyle	QT	19:45.91	19:45.92	19:50.11	20:16.09
	CT	20:21.49	20:33.36	20:37.71	21:04.73
50m Backstroke	QT	33.33	33.33	33.33	33.33
100m Backstroke	QT	1:12.43	1:15.54	1:16.05	1:17.78
	CT	1:14.60	1:18.56	1:19.09	1:20.89
200m Backstroke	QT	2:41.91	2:44.01	2:44.41	2:49.72
	CT	2:46.77	2:50.57	2:50.99	2:56.51
50m Breaststroke	QT	36.97	36.97	36.97	36.97
100m Breaststroke	QT	1:23.08	1:24.16	1:25.80	1:28.11
	CT	1:25.57	1:27.53	1:29.23	1:31.63
200m Breaststroke	QT	3:05.80	3:07.83	3:08.46	3:13.96
	CT	3:11.37	3:15.34	3:16.00	3:21.72
50m Butterfly	QT	30.89	30.89	30.89	30.89
100m Butterfly	QT	1:14.17	1:17.60	1:17.97	1:19.76
	CT	1:16.40	1:20.70	1:21.09	1:22.95
200m Butterfly	QT	2:48.96	2:52.27	2:56.88	2:58.49
	CT	2:54.03	2:59.16	3:03.96	3:05.63
200m IM	QT	2:41.30	2:41.69	2:43.19	2:48.72
	CT	2:46.14	2:48.16	2:49.72	2:55.47
400m IM	QT	5:46.75	5:49.45	5:54.82	6:01.36
	CT	5:57.15	6:03.43	6:09.01	6:15.81

Heats may be limited in order to manage session timelines.

PARA SWIMMER QUALIFICATION STANDARDS

Men	Event	Women	Men	Event	Women	Men	Event	Women
01:24.38	50 m Freestyle - S1	01:25.11	01:30.85	50 m Backstroke - S1	01:28.86	00:52.09	50 m Butterfly - S4	00:58.34
01:11.83	50 m Freestyle - S2	01:18.60	01:14.56	50 m Backstroke - S2	01:21.88	00:44.91	50 m Butterfly - S5	00:57.46
00:55.14	50 m Freestyle - S3	01:03.33	01:04.13	50 m Backstroke - S3	01:12.93	00:41.19	50 m Butterfly - S6	00:47.61
00:47.63	50 m Freestyle - S4	00:48.54	00:58.70	50 m Backstroke - S4	01:05.54	01:27.72	100 m Butterfly - S7	01:39.01
00:40.65	50 m Freestyle - S5	00:47.42	00:50.55	50 m Backstroke - S5	00:59.05	01:13.92	100 m Butterfly - S8	01:28.39
00:37.52	50 m Freestyle - S6	00:43.54	02:51.20	100 m Backstroke - S1	02:55.66	01:12.69	100 m Butterfly - S9	01:24.84
00:35.96	50 m Freestyle - S7	00:42.43	02:21.24	100 m Backstroke - S2	02:42.45	01:09.84	100 m Butterfly - S10	01:22.52
00:34.15	50 m Freestyle - S8	00:40.14	02:06.03	100 m Backstroke - S3	02:44.40	01:14.34	100 m Butterfly - S11	01:34.37
00:32.74	50 m Freestyle - S9	00:37.93	01:58.60	100 m Backstroke - S4	02:15.54	01:07.99	100 m Butterfly - S12	01:20.51
00:31.00	50 m Freestyle - S10	00:36.42	01:49.36	100 m Backstroke - S5	01:58.12	01:08.04	100 m Butterfly - S13	01:20.14
00:32.91	50 m Freestyle - S11	00:38.47	01:34.67	100 m Backstroke - S6	01:45.25	01:10.80	100 m Butterfly - S14	01:24.73
00:30.12	50 m Freestyle - S12	00:34.71	01:29.17	100 m Backstroke - S7	01:43.09	03:46.13	150 m IM - SM3	04:21.39
00:30.24	50 m Freestyle - S13	00:35.00	01:24.96	100 m Backstroke - S8	01:39.03	03:15.56	150 m IM - SM4	03:55.70
02:58.15	100 m Freestyle - S1	03:02.16	01:19.99	100 m Backstroke - S9	01:31.92	03:43.01	200 m IM - SM5	04:07.63
02:37.49	100 m Freestyle - S2	02:50.76	01:16.80	100 m Backstroke - S10	01:26.39	03:19.28	200 m IM - SM6	03:40.83
02:03.05	100 m Freestyle - S3	02:00.23	01:23.77	100 m Backstroke - S11	01:36.97	03:08.18	200 m IM - SM7	03:37.72
01:43.31	100 m Freestyle - S4	01:46.76	01:13.05	100 m Backstroke - S12	01:25.02	02:56.21	200 m IM - SM8	03:22.51
01:29.38	100 m Freestyle - S5	01:41.20	01:11.78	100 m Backstroke - S13	01:23.67	02:48.30	200 m IM - SM9	03:11.68
01:23.12	100 m Freestyle - S6	01:34.72	01:17.63	100 m Backstroke - S14	01:26.52	02:41.83	200 m IM - SM10	03:02.39
01:18.60	100 m Freestyle - S7	01:31.46	01:50.81	50 m Breaststroke - SB1	02:05.81	02:55.83	200 m IM - SM11	03:23.88
01:13.88	100 m Freestyle - S8	01:26.62	01:07.42	50 m Breaststroke - SB2	01:33.51	02:37.52	200 m IM - SM12	03:01.31
01:10.71	100 m Freestyle - S9	01:22.02	01:01.72	50 m Breaststroke - SB3	01:14.51	02:37.90	200 m IM - SM13	03:00.40
01:07.38	100 m Freestyle - S10	01:18.13	00:56.67	50 m Breaststroke - SB4	01:04.22	02:42.65	200 m IM - SM14	03:03.59
01:12.83	100 m Freestyle - S11	01:24.72	00:55.26	50 m Breaststroke - SB5	01:00.91	02:41.83	200 m IM - SM10	03:02.39
01:05.64	100 m Freestyle - S12	01:14.91	01:45.58	100 m Breaststroke - SB6	02:06.28	06:13.00	400 m Freestyle - S6	06:33.58
01:05.61	100 m Freestyle - S13	01:15.86	01:43.79	100 m Breaststroke - SB7	02:00.62	05:48.97	400 m Freestyle - S7	06:21.31
06:08.70	200 m Freestyle - S1	06:14.90	01:34.02	100 m Breaststroke - SB8	01:47.76	05:28.34	400 m Freestyle - S8	06:00.43
05:14.58	200 m Freestyle - S2	06:16.29	01:29.40	100 m Breaststroke - SB9	01:43.84	05:14.43	400 m Freestyle - S9	05:48.93
04:10.38	200 m Freestyle - S3	04:34.94	01:37.72	100 m Breaststroke - SB11	01:52.28	05:00.55	400 m Freestyle - S10	05:35.39
03:44.34	200 m Freestyle - S4	03:47.75	01:27.08	100 m Breaststroke - SB12	01:40.57	05:35.66	400 m Freestyle - S11	06:10.15
03:17.27	200 m Freestyle - S5	03:36.92	01:25.81	100 m Breaststroke - SB13	01:41.03	05:04.70	400 m Freestyle - S12	05:30.27
02:29.63	200 m Freestyle - S14	02:49.34	01:29.33	100 m Breaststroke - SB14	01:43.79	04:57.82	400 m Freestyle - S13	05:27.25

Swim Ireland Safety Statement - Issues

Safety is the responsibility of every individual involved in the sport.

Risks identified must be reported to either a Club or Meet Official and formally reported to the facility operator.

All accidents must be formally reported.

General

- By Law all facilities are required to have a Safety Statement in operation. Clubs and Meet Organisers should satisfy themselves that this is the case.
- Any accidents, however minor, must be reported to Swim Ireland (standard Accident Report Form available).
- ALL volunteers who work/help at Swim Ireland events are advised to read the Swim Ireland Safety Statement which is available upon request from the Office.

Clubs

- All Clubs should obtain and read a copy of the Safety Statement of the pool they are hiring.
- It is recommended that clubs identify risks and formally report them in writing to the relevant personnel at the facility.

All Meets

(Club, Regional and National)

- Following a meet at which an incident/accident occurred, the Organiser and Race Referee must complete a Meet Accident Report Form and include their contact details.
- All who attend meets are urged to report any accidents to either the Meet Organiser who immediately reports to the Race Referee or to the Referee directly. Where an accident occurs, Swim Ireland must be informed as soon as possible with a full report presented.
- "Safety at Swim Meets" must be included in all Programmes for all Meets run under Swim Ireland rules. It must also be read out at the start of every session with emphasis placed on item 3 above.
- Officials should be advised by the Race Referee to report any concerns they have over possible risks at the facility and to ensure that reporting procedures are followed.
- Under FINA Law the Referee is in total control of all persons attending the meet and the Referee should take all reasonable steps to ensure their safety.

Safety at Swim Meets

All accidents, however minor must be reported, in writing, to Swim Ireland.

We would ask the co-operation of athletes, coaches, spectators and clubs in the application of the following safety measures. They are in place for everyone's safety.

General

- Everyone attending Meets must familiarise themselves with the locations and operation of emergency exits.
- Anyone observing anything they consider to be a safety hazard should report it to a Meet Official.
- All persons attending Meets must take all steps to ensure their own safety and the safety of others.
- All walkways must be kept clear of bags, equipment, etc.

Starting

- It is the responsibility of competitors, coaches and clubs to ensure that all athletes are sufficiently competent to dive start from competition starting blocks. Alternatively, athletes are reminded that they may start from the poolside.
- In the event of a false start, athletes should perform a safe entry and not fall into the water.

Warm-Up

- Athletes and coaches must ensure that they (and athletes in their charge) take no action that would endanger themselves or others.
- The instructions of those in authority must be obeyed immediately.
- Athletes are not permitted to dive or jump into lanes other than sprint lanes and then only when the area is sufficiently clear to make a safe entry.
- Do not start sprinting in a sprint lane until non-sprinting athletes have cleared it.
- On finishing a sprint immediately clear the way for the following athlete(s).

Around the Pool (e.g. spectator area, foyer area, etc.)

- Athletes are not permitted to enter dry areas without first having changed and put on footwear.
- Where there is a balcony or rail - athletes are not permitted to climb over it.
- Glass bottles are not permitted outside designated refreshment areas.

Thank you for your co-operation in making the Meets a safe experience for all.