



2016-  
2017

## Clubs & Coaches' Handbook



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**Disclaimer:**

***This handbook is issued as a planning guide for swimmers and coaches. Some of the contents may be subject to change. Such changes will be notified to clubs by email or by means of the Swim Ireland website. We apologise for any errors and/or omissions.***

We are delighted to introduce the Club & Coaches' Handbook for the 2016-2017 swimming season. This Handbook includes information relating to the National and International Competition Calendar and the relevant qualification standards for these events.

### **National Competitions**

All National Competitions are supported by the National Steering Group, the Officials' Committee, the National Performance Committee, the High Performance Team, Swim Ireland's Office Staff, and the Swim Ireland Competitions Officer. This large team comprises volunteers and staff who work closely together to deliver our events to a consistently high standard. We would like to extend our continued thanks and appreciation for the tireless work of our volunteers and officials throughout every competition in helping to make each event successful.

Our first National Event of the Season is the Irish Short Course Nationals in December and we look forward to returning to the Lagan Valley LeisurePlex in Lisburn this year. This competition is always one of the highlights of our events calendar, and we are excited to see some of our most promising Irish talent gather together to compete here.

After the Christmas break we head back to Bangor Aurora for the highly anticipated Dave McCullagh meet, run in conjunction with Swim Ulster. This meet is the first chance for most swimmers to post qualification times for the various international meets taking place next summer. This is followed by the Irish Open Swimming Championships which is the final chance in Irish water for swimmers to qualify for summer internationals.

The final two meets of the season are our Age Group meets, IAG Division 2 (in Limerick) and Irish Age Group Championships & Summer Open (in the NAC). There are some changes to the qualification procedures for these meets for 2017 which we hope will add to the extremely successful events that they are and give our younger swimmers the chance to swim personal best times.

The pathway of our competitions from club to national level is illustrated below:



As we are at the end of an Olympic cycle and with the changes in the High Performance Structure within Swim Ireland, a review of all competitions (from National Level down to Club Level) is about to get underway.. When this is completed it is intended that provisional dates and venues will be published for all National Competitions up to the 2020 Olympic Games. Competition formats may change as a result of the review but will then remain in place for the remainder of the cycle, with only minor tweaks, if required, made each season.

### **International Competitions**

This season, there are a number of major international competitions at both Junior and Senior Level, including World Championships, World Junior Championships, World University Games and European Junior Championship and European Youth Olympics Festival

The main focus for the senior athletes will be the World Championships taking place in Budapest, Hungary in July or the World University Games taking place in Chinese Taipei in August.

For our junior swimmers, there are opportunities to compete at the World Junior Championships, European Junior Championships, or European Youth Olympic Festival which in 2017 has the following new age groups;

- Boys born 2001, 2002
- Girls born 2002, 2003

The last Olympic cycle was our most successful ever with multiple Irish teams attaining medals and finals on the international stage. We plan to build on this success towards 2020 and beyond and are very excited for the prospects which lie ahead for Irish international swimming.

### **The National Squads Programme**

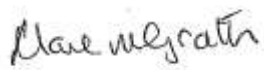
Over the last four years the National Squads Programme has been instrumental in establishing a pathway from youth to junior to senior level performance swimming and, as we enter a new cycle, this Programme will evolve under the direction of the new High Performance Team. In the interim, from September to December, those who earned their membership to a National Squad for the 2015-2016 season (between January 1st and August 31st 2015) will be retained on the Programme for the first four months of the 2016-2017 season.

Once the new High Performance Team is in place, they will look at the structure of the Programme and information will be forwarded to athletes and coaches.

The coaches, team managers and parents who volunteer their time regularly throughout the season are a critical part to the success of this programme, and we are sincerely thankful for their continued support and commitment to what we do.

Finally, we would like to wish all Irish athletes, coaches, officials, and volunteers the very best of luck for this new aquatic season. We look forward to an exciting year for Irish swimming

Yours in Sport



Clare McGrath, Chair



Sarah Keane, CEO



# General Event Regulations

## 1. Meet Host/Approval By

**1.1** Irish Amateur Swimming Association Ltd. / Swim Ireland

## 2. Conditions of Sanction

**2.1** Competitions are certified in accordance with the rules and regulations of Swim Ireland and FINA.

## 3. Equipment

**3.1** Electronic timing system with integrated Meet Management software.

## 4. Eligibility

**4.1** Open to all eligible, current Swim Ireland registered competitive members who achieve the qualification standards. Entry Standards must have been achieved in Open Competition in the preceding fifteen months (unless otherwise stated). Only times which appear on the national database will be accepted. Times will only be accepted for the National Database when Electronic Timing is in operation.

**4.2** Entries will also be accepted from members of other federations. Members of other federations may be required to verify their age by presenting their passports.

**4.3** There will be a maximum of 2 foreign swimmers permitted to swim in each final (A & B final where applicable) unless otherwise specified.

## 5. Disability Swimming

**5.1** Paralympic swimmers will be required to achieve specific standards for their classification in order to enter National Competitions. *These standards are published on page 25 of the Club & Coaches' Handbook.*

## 6. Seeding

**6.1** Unless otherwise stated, swimmers entered on non-conforming times will be seeded in the first heats.

**6.2** Seeding for lane placing will be based on entry times using the Meet Management software.

**6.3** In accordance with FINA regulations the following shall apply:

6.3.1 If one heat, it shall be seeded as a final and swum only during the final session.

6.3.2 When there are two or more heats in an event, there shall be a minimum of three swimmers seeded into any one preliminary heat, but subsequent scratches may reduce the number of swimmers in such heat to less than three.

**6.4B** Finals: There shall be no "B" finals in any events with less than 20 entrants. If following withdrawals there are less than 6 swimmers remaining in the "B" final, then the "B" final will not be swum.

**6.5** Semi-Finals: If there are less than 11 entrants in an event, then preliminary heats will be swum and the fastest 8/10 swimmers will advance to the final – there will be no semi-finals.

## 7. Entry Conditions

**7.1** It will be a condition of entry that all Irish swimmers must have a valid Swim Ireland Registration No. for the current season. Foreign swimmers are also required to provide proof of membership with their National Federation.

## 8. Team Leaders Meeting

**8.1** The Team Leaders Meeting will take place before the start of each competition (exact time and location will be advised for each competition in the meet conditions). Attendance at this meeting is mandatory. Each club must be represented by one or more delegates. A club (not a delegate)

attending the meeting may also represent a maximum of one additional club. Any such representation must be declared in writing at the meeting. The representative is authorised to make withdrawals. A fine of €100 will be issued to clubs who fail to attend or are not represented at this meeting.

## **9. Scratches**

**9.1** All withdrawals from heats or timed finals on the first day of competition must be made at the Team Leaders Meeting. If a club is not represented at the Team Leaders Meeting and has not previously advised the recorder of their scratches it will be deemed that all swimmers are competing in their entered events. Subsequent withdrawals from heats or timed finals or 'no show' on the first day of competition will be subject to a fine. Withdrawals from heats or finals on the second and subsequent days can be made on the previous day at a time to be advised at the Team Leaders Meeting.

Withdrawals from heats or timed finals or "no show" after the team leaders meeting or the specified time will be subject to a fine of €50.

**9.2** A swimmer who withdraws outside the specified time limits due to illness or injury will not be subject to a fine in the event that they produce a doctor's certificate to Swim Ireland within 72 hours after the end of the competition. Once a swimmer withdraws due to illness or injury they will not be eligible to compete in the remainder of the competition.

**9.3** Withdrawals from semi-finals or finals (including reserves) may be made up to 30 minutes from the announcement of the semi-final or final. Withdrawals after this time or "no show" (including reserves) will be subject to a fine of €50.

## **10. Relay Entries**

**10.1** Clubs are permitted to enter more than one relay team per event unless otherwise specified in the relevant meet conditions. 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 Recorder no later than 60 minutes (unless otherwise stated) before the start of the session in which the race takes place. Failure to do so will be subject to a fine of €50 and disqualification of the relay team.

**10.2** The swimmers may change between heats and finals, but all competing swimmers must be entered in the meet (names must appear on the list of athletes on hy-tek). 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.

## **11. Complaints & Protests**

**11.1** A Team leader or Club Coach may ask a referee to explain a decision involving a DQ or other matter. Such requests must be made only to the Referee and not to any other meet official. If the team leader or club coach is not satisfied with the explanation he/she may then protest the decision, subject to FINA Rules. Where a Protest is made concerning the outcome of a final then the awards for that event will be held until the Protest is heard. If conditions causing a potential protest are noted prior to the event any protest must be lodged before the signal to start is given. Protests involve a formal procedure and may be made in accordance with FINA Rule GR 9.2. Protests are made to the Referee in writing. A protest may be made:

11.1.1 If the officials have not observed the relevant FINA and Swim Ireland rules and regulations for the conduct of the competition or have misinterpreted such rules or regulations.

11.1.2 If conditions endanger the competitors or the competition

**11.2** A protest may be made against a decision of the referee; however, no protest shall be allowed against decisions of fact.

**11.3** The protest must be made within 30 minutes of the end of the event in which the matter giving rise to the protest took place. The protest must be made in writing to the referee, and accompanied by a fee of €50. The referee will either uphold or reject the protest and will give the decision in writing. If the protest is upheld, the fee will be returned and any DQ will be overturned. If the referee rejects the protest the fee is forfeit and any DQ will be confirmed. The

rejection or upholding of a protest by the referee may be appealed to a Jury of Appeal whose decision is final. Under FINA Rules the matter ends with the Jury of Appeal.

**11.4** In addition to FINA Rules the Swim Ireland Complaints and Disciplinary Rules shall apply. In all matters arising during the swim meet the responsible person named in the Swim Ireland Complaints and Disciplinary Rules shall be the Competition Manager. Please note exception No. 1.3. (b) "Breaches of any technical provisions of any Competition Rules (other than in respect of eligibility). Such breaches shall be dealt with in accordance with the provisions of such Competition Rules for Swimming, Water Polo and Diving. For the avoidance of doubt, this paragraph shall not cause matters outside any technical breaches of any Competition Rules (as may be determined by any Complaints and Disciplinary Body at its discretion) to be excluded from the provisions of these Rules and Procedures;"

11.4.1 Competition rules shall include FINA and Swim Ireland Rules.

## **12. Photography**

**12.1** 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.

## **13. Officials**

**13.1** All Irish clubs entering National meets may be expected to provide at least one meet official for every three swimmers entered in the session being rostered for. A roster will be issued to competing clubs in advance of the competition. Officials must check-in at least 45 minutes prior to the start of each session (this should be done at the Swim Ireland Information Point) and attend the officials briefing 30 minutes before the session commences. All officials should be qualified to at least Level 1 and should be dressed in white.

## **14. Accreditation**

**14.1** Accreditation will be provided for Swimmers, Coaches, Team Managers and Officials and must be worn for the duration of the competition.

## **15. Anti-Doping**

**15.1** 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 Irish Sports Council/WADA/FINA Anti-Doping rules. For further information visit the Anti-Doping section of the Irish Sports Council website.

## **16. Warm-up Schedule**

**16.1** Warm-up will be mixed unless otherwise published or advised at the Team Leaders Meeting.

**16.2** Morning Sessions: 90 minutes duration – if warm ups are not mixed this will be 45 minutes per gender

**16.3** Evening Sessions: 60 minutes duration

**Please note that the age groupings for all Swim Ireland National Competitions (including Masters) are based on a swimmer's year of birth with the exception of Schools Competitions.**



# Safety at Swim Meets

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

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

## 1. **General;**

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

## 2. **Starting;**

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

## 3. **Warm-Up;**

- i. Swimmers and coaches must ensure that they (and swimmers in their charge) take no action that would endanger themselves or others.
- ii. The instructions of those in authority must be obeyed immediately.
- iii. Swimmers 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.
- iv. Do not start sprinting in a sprint lane until non-sprinting swimmers have cleared it.
- v. On finishing a sprint immediately clear the way for the following swimmer(s).

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

- i. Swimmers are not permitted to enter dry areas without first having changed and put on footwear.
- ii. Swimmers will not be allowed up the stairs to the balcony unless they are dry.
- iii. Where there is a balcony or rail - swimmers are not permitted to climb over it.
- iv. Glass bottles are not permitted outside designated refreshment areas.

*In line with Swim Ireland rules no person may video, film or take photographs at any event without having received permission and registered their details with the main pool reception and event organiser (or similar responsible person)*





## Irish Open SC National Championships

Lagan Valley Leisureplex, Lisburn

2<sup>nd</sup> – 4<sup>th</sup> December, 2016

### **MEET CONDITIONS**

***Should be read in conjunction with the General Meet Regulations***

Pool Specifications:	25 metre, 8 lane, indoor competition pool with wave-breaker lane ropes. Warm-up/swim-down pool also available during the meet.
Meet Type:	Open National Championships, 25m Senior Meet. There will be A and B finals for all 50m; 100m; 200m and 400m individual events, subject to "Seeding" outlined in the General Meet Regulations.
Entry Limit:	There will be no entry limit for this event. There will be a maximum of 2 foreign swimmers permitted to swim in each final (A & B final where applicable).
Entry Form:	Electronic Hy-tek entries are accepted via Hy-tek to the <b>Swim Ireland Office</b> at <a href="mailto:entries@swimireland.ie">entries@swimireland.ie</a> Paper entries should be posted to the <b>Swim Ireland Office</b> at Irish Sport HQ, National Sports Campus, Blanchardstown, Dublin 15, Ireland marked "2016 IRISH SC NATIONALS". Paper entries are only required where Hy-tek is not used.
Entry Deadline:	Tuesday 1 <sup>st</sup> November, 2016 for ALL entries. Payment for entries must be received by Friday 4 <sup>th</sup> November
Entry Fees:	Individual entries cost €9.00/£7.50 Relay entries cost €20.00/£17.50  No entry will be processed until the appropriate fee has been received at the <b>Swim Ireland Office</b> . Payment options are detailed in the Entry Summary Sheet. <b><i>Please note that entries are non-refundable once the final date for payment has passed</i></b>
Distance Events:	800m & 1500m Freestyle events and all relay events will be Heat Declared Winner (HDW). The Men's 800m Freestyle and Women's 1500m Freestyle will have one heat only. Swimmers will enter in the usual manner and the fastest eight in each will swim.
Scoring:	Scoring for overall awards will be based on FINA points system.
Awards:	Medals are awarded for top-3 placings and top-3 Irish placings should these be different. All swimmers should be properly attired in a tracksuit or t-shirt and shorts for medal ceremonies. The "Swimmer of the Meet" will be based on FINA points and will be awarded to the Irish swimmer who attains the highest points in one swim.
Further Information:	Please direct all queries to <a href="mailto:entries@swimireland.ie">entries@swimireland.ie</a>

***\*Entry Standards must have been achieved in Open Competition since September 2<sup>nd</sup> 2015***

***Please note that all competition information (incl. qualifying standards and order of events) is subject to change until the final paperwork is published 8-10 weeks before the event.***



Irish Open SC National Championships  
Lagan Valley Leisureplex, Lisburn  
2<sup>nd</sup> – 4<sup>th</sup> December, 2016

## ORDER OF EVENTS

<b>Session 1: Friday 4<sup>th</sup> December</b>			<b>Session 3: Saturday 5<sup>th</sup> December</b>			<b>Session 5: Sunday 6<sup>th</sup> December</b>		
1	M	50m Freestyle	15	W	50m Freestyle	29	W	400m Ind. Medley
2	W	100m Breaststroke	16	M	100m Breaststroke	30	M	400m Ind. Medley
3	M	200m Backstroke	17	W	200m Backstroke	31	W	50m Butterfly
4	W	200m Butterfly	18	M	200m Butterfly	32	M	50m Butterfly
5	M	100m Butterfly	19	W	100m Butterfly	33	W	200m Freestyle
6	W	50m Backstroke	20	M	50m Backstroke	34	M	200m Freestyle
7	M	50m Breaststroke	21	W	50m Breaststroke	35	W	100m Backstroke
8	W	200m Ind. Medley	22	M	200m Ind. Medley	36	M	100m Backstroke
9	M	400m Freestyle	23	W	400m Freestyle	37	W	200m Breaststroke
10	W	100m Freestyle	24	M	100m Freestyle	38	M	200m Breaststroke
11	M	100m Ind. Medley	25	W	100m Ind. Medley	39	W	4x50m MTR (HDW)
12	W	800m Freestyle (HDW)	26	M	1500m Freestyle (HDW)	40	M	4x50m MTR (HDW)
<b>Session 2: Friday 4<sup>th</sup> December</b>			<b>Session 4: Saturday 5<sup>th</sup> December</b>			<b>Session 6: Saturday 6<sup>th</sup> December</b>		
12	W	800m Free (Fastest Heat)	26	M	1500m Free (Fastest Heat)	43	W	1500m Free (1 Heat)
1	M	50m Freestyle	15	W	50m Freestyle	44	M	800m Free (1 Heat)
2	W	100m Breaststroke	16	M	100m Breaststroke	29	W	400m Ind. Medley
3	M	200m Backstroke	17	W	200m Backstroke	30	M	400m Ind. Medley
4	W	200m Butterfly	18	M	200m Butterfly	31	W	50m Butterfly
5	M	100m Butterfly	19	W	100m Butterfly	32	M	50m Butterfly
6	W	50m Backstroke	20	M	50m Backstroke	33	W	200m Freestyle
7	M	50m Breaststroke	21	W	50m Breaststroke	34	M	200m Freestyle
8	W	200m Ind. Medley	22	M	200m Ind. Medley	35	W	100m Backstroke
9	M	400m Freestyle	23	W	400m Freestyle	36	M	100m Backstroke
10	W	100m Freestyle	24	M	100m Freestyle	37	W	200m Breaststroke
11	M	100m Ind. Medley	25	W	100m Ind. Medley	38	M	200m Breaststroke
13	W	4x100m MTR (HDW)	27	M	4x100m FTR (HDW)	41	W	4x50m FTR (HDW)
14	M	4x100m MTR (HDW)	28	W	4x100m FTR (HDW)	42	M	4x50m FTR (HDW)



Irish Open SC National Championships  
Lagan Valley Leisureplex, Lisburn  
2<sup>nd</sup> – 4<sup>th</sup> December, 2016

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### **QUALIFICATION STANDARDS**

Male		Event	Female	
SC	LC		LC	SC
26.28	26.81	50 Freestyle	30.39	29.79
57.02	58.16	100 Freestyle	1.05.07	1.03.79
2.06.27	2.08.80	200 Freestyle	2.21.48	2.18.71
4.37.10	4.42.64	400 Freestyle	5.01.03	4.55.13
		800 Freestyle	10.07.99	9.56.07
18.00.47	18.22.08	1500 Freestyle		
30.32	30.93	50 Backstroke	35.17	34.48
1.07.11	1.08.45	100 Backstroke	1.14.00	1.12.55
2.25.66	2.28.57	200 Backstroke	2.39.36	2.36.24
32.38	33.03	50 Breaststroke	39.30	38.53
1.14.43	1.15.83	100 Breaststroke	1.24.90	1.23.24
2.48.22	2.51.58	200 Breaststroke	3.04.57	3.00.95
27.65	28.20	50 Butterfly	31.87	31.25
1.02.89	1.04.15	100 Butterfly	1.12.01	1.10.60
2.26.73	2.29.66	200 Butterfly	2.39.88	2.36.75
1.06.69	-	100 I.M.	-	1.13.11
2.22.36	2.25.21	200 I.M.	2.37.92	2.34.82
5.04.16	5.10.24	400 I.M.	5.39.47	5.32.81



SU International/Dave McCullagh Memorial Meet  
Aurora Leisure Centre, Bangor  
3<sup>rd</sup> – 5<sup>th</sup> February, 2017

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**MEET CONDITIONS**

***Should be read in conjunction with the General Meet Regulations***

Pool Specifications:	50 metre, 10 lane, indoor competition pool with wave-breaker lane ropes. 25 metre warm-up/swim-down pool also available during the meet.
Meet Type:	There will be A and B finals for all 50m; 100m; 200m and 400m individual events, subject to "Seeding" outlined in the General Meet Regulations.
Entry Limit:	There will be no entry limit for this event.
Entry Deadline:	Thursday 22 <sup>nd</sup> December, 2016 for both Hy-tek and Paper entries. Payment should be received by Friday 6 <sup>th</sup> January, 2017
Entry Form:	Electronic Hy-tek entries are accepted via Hy-tek to the <b>Swim Ireland Office</b> at <a href="mailto:entries@swimireland.ie">entries@swimireland.ie</a> Paper entries should be posted to the <b>Swim Ireland Office</b> at Irish Sport HQ, National Sports Campus, Blanchardstown, Dublin 15, Ireland marked "2017 SU Dave McCullagh". Paper entries are only required where Hy-tek is not used.
Entry Fees:	Individual entries cost TBC Relay entries cost TBC  No entry will be processed until the appropriate fee has been received at the <b>Swim Ireland Office</b> . Payment options are detailed in the Entry Summary Sheet. <b><i>Please note that entries are non-refundable once the final date for payment has passed</i></b>
Distance Events:	800m & 1500m Freestyle events will be Timed Finals, with the fastest heat taking place during the final's session.
Scoring:	Top 10 swimmers in each event receive points (10-1) based on final results. The Irish club team with the highest cumulative points are awarded the Dave McCullagh Memorial Trophy.
Further Info:	Please direct all queries to <a href="mailto:entries@swimireland.ie">entries@swimireland.ie</a> or +353-1-6251142.

***\*Entry Standards must have been achieved in Open Competition since November 3<sup>rd</sup> 2015***

***Please note that all competition information (incl. qualifying standards and order of events) is subject to change until the final paperwork is published 8-10 weeks before the event***



## SU International/Dave McCullagh Memorial Meet

Aurora Leisure Centre, Bangor

3<sup>rd</sup> - 5<sup>th</sup> February, 2017

### ORDER OF EVENTS

<b>Session 1: Friday 4<sup>th</sup> March</b>			<b>Session 3: Saturday 5<sup>th</sup> March</b>			<b>Session 5: Sunday 6<sup>th</sup> March</b>		
1	M	50m Backstroke	13	M	50m Butterfly	25	M	50m Freestyle
2	W	50m Backstroke	14	W	50m Butterfly	26	W	50m Freestyle
3	M	100m Freestyle	15	M	200m Freestyle	27	M	50m Breaststroke
4	W	100m Freestyle	16	W	200m Freestyle	28	W	50m Breaststroke
5	M	200m Butterfly	17	M	100m Backstroke	29	M	200m Backstroke
6	W	200m Butterfly	18	W	100m Backstroke	30	W	200m Backstroke
7	M	100m Breaststroke	19	M	200m Breaststroke	31	M	100m Butterfly
8	W	100m Breaststroke	20	W	200m Breaststroke	32	W	100m Butterfly
9	W	400m Ind. Medley	21	M	400m Ind. Medley	33	M	200m Ind. Medley
10	M	4x100m FTR	22	M	4x200m FTR	34	W	200m Ind. Medley
11	W	4x200m FTR	23	W	4x100m FTR	35	M	400m Freestyle
12	M	1500m Freestyle (HDW)	24	W	800m Freestyle (HDW)	36	W	400m Freestyle
						37	M	4x100m MTR
						38	W	4x100m MTR
<b>Session 2: Friday 4<sup>th</sup> March</b>			<b>Session 4: Saturday 5<sup>th</sup> March</b>			<b>Session 6: Sunday 6<sup>th</sup> March</b>		
1	M	50m Backstroke	13	M	50m Butterfly	25	M	50m Freestyle
2	W	50m Backstroke	14	W	50m Butterfly	26	W	50m Freestyle
3	M	100m Freestyle	15	M	200m Freestyle	27	M	50m Breaststroke
4	W	100m Freestyle	16	W	200m Freestyle	28	W	50m Breaststroke
5	M	200m Butterfly	17	M	100m Backstroke	29	M	200m Backstroke
6	W	200m Butterfly	18	W	100m Backstroke	30	W	200m Backstroke
7	M	100m Breaststroke	19	M	200m Breaststroke	31	M	100m Butterfly
8	W	100m Breaststroke	20	W	200m Breaststroke	32	W	100m Butterfly
12	M	1500m Free (Fastest Heat)	21	M	400m Ind. Medley	33	M	200m Ind. Medley
9	W	400m Ind. Medley	24	W	800m Free (Fastest Heat)	34	W	200m Ind. Medley
10	M	4x100m FTR	22	M	4x200m FTR	35	M	400m Freestyle
11	W	4x200m FTR	23	W	4x100m FTR	36	W	400m Freestyle
						37	M	4x100m MTR
						38	W	4x100m MTR



SU International/Dave McCullagh Memorial Meet  
Aurora Leisure Centre, Bangor  
3<sup>rd</sup> – 5<sup>th</sup> February, 2017

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**QUALIFICATION STANDARDS**

Male		Event	Female	
SC	LC		LC	SC
25.45	25.96	50 Freestyle	28.61	28.05
56.53	57.66	100 Freestyle	1.01.91	1.00.70
2.03.84	2.06.32	200 Freestyle	2.16.76	2.14.08
4.27.16	4.32.50	400 Freestyle	4.52.03	4.46.30
-	-	800 Freestyle	9.54.41	9.42.75
18.22.08	18.00.47	1500 Freestyle	-	-
30.93	30.32	50 Backstroke	33.76	33.10
1.05.87	1.07.19	100 Backstroke	1.11.23	1.09.83
2.22.16	2.25.00	200 Backstroke	2.35.41	2.32.36
33.03	32.38	50 Breaststroke	37.73	36.99
1.14.43	1.15.83	100 Breaststroke	1.20.50	1.18.92
2.48.22	2.51.58	200 Breaststroke	3.00.00	2.56.47
28.20	27.65	50 Butterfly	30.60	30.00
1.02.89	1.04.15	100 Butterfly	1.11.00	1.09.61
2.21.18	2.24.00	200 Butterfly	2.39.88	2.36.75
2.22.36	2.25.21	200 I.M.	2.36.00	2.32.94
5.04.16	5.10.24	400 I.M.	5.39.47	5.32.81



Irish Open Swimming Championships  
National Aquatic Centre, Dublin  
6<sup>th</sup> – 9<sup>th</sup> April, 2017

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## **MEET CONDITIONS**

***Should be read in conjunction with the General Meet Regulations***

Pool Specifications:	50 metre, 10 lane, indoor competition pool with wave-breaker lane ropes. 25 metre warm-up/swim-down pool also available during the meet.
Meet Type:	Open National Championships, 50m Senior Meet. There will be semi-finals for all 50m and 100m; A and B finals for 200m and 400m individual events subject to "Seeding" outlined in the General Meet Regulations. The 800m and 1500m events will be Timed Finals with the fastest heat swimming in the finals session.
Entry Limit:	There will be no entry limit for this event however there will be a maximum of 2 foreign swimmers permitted to swim in each final (A & B final where applicable).
Entry Deadline:	Wednesday 1 <sup>st</sup> March, 2017 for ALL entries. Payment for entries must be received by Friday 3 <sup>rd</sup> March
Entry Form:	Electronic Hy-tek entries are accepted via Hy-tek to the Swim Ireland Office at <a href="mailto:entries@swimireland.ie">entries@swimireland.ie</a> Paper entries should be posted to the Swim Ireland Office at Irish Sport HQ, National Sports Campus, Blanchardstown, Dublin 15, Ireland marked "2017 Irish Open Swimming Championships" Paper entries are only required where Hy-tek is not used.
Entry Fees:	Individual entries cost TBC Relay entries cost TBC  No entry will be processed until the appropriate fee has been received at the <b>Swim Ireland Office</b> . Payment options are detailed in the Entry Summary Sheet. <b><i>Please note that entries are non-refundable once the final date for payment has passed</i></b>
Distance Events:	800m & 1500m Freestyle events will be Timed Finals with the fastest heat taking place during the finals session
Further Info:	Please direct all queries to <a href="mailto:entries@swimireland.ie">entries@swimireland.ie</a> or +353-1-6251142.

***\*Entry Standards must have been achieved in Open Competition since January 1<sup>st</sup> 2016***

***Please note that all competition information (incl. qualifying standards and order of events) is subject to change until the final paperwork is published 8-10 weeks before the event***



Irish Open Swimming Championships  
National Aquatic Centre, Dublin  
6<sup>th</sup> – 9<sup>th</sup> April, 2017

## ORDER OF EVENTS

Session 1: Thursday 28 <sup>th</sup> April			Session 3: Friday 29 <sup>th</sup> April			Session 5: Saturday 30 <sup>th</sup> April			Session 7: Sunday 1 <sup>st</sup> May		
1	M	50m Breaststroke	13	M	100m Freestyle	23	W	400m Freestyle	31	W	200m Individual Medley
2	W	50m Breaststroke	14	W	100m Freestyle	24	M	400m Freestyle	32	M	200m Individual Medley
3	M	200m Freestyle	15	M	100m Breaststroke	25	W	100m Butterfly	33	W	50m Backstroke
4	W	200m Freestyle	16	W	100m Breaststroke	26	M	100m Butterfly	34	M	50m Backstroke
5	M	100m Backstroke	17	M	400m Individual Medley	27	W	200m Backstroke	35	W	50m Freestyle
6	W	100m Backstroke	18	W	400m Individual Medley	28	M	200m Backstroke	36	M	50m Freestyle
7	M	200m Butterfly	19	M	50m Butterfly	29	W	4x100m MTR	37	W	200m Breaststroke
8	W	200m Butterfly	20	W	50m Butterfly	30	M	4x100m MTR	38	M	200m Breaststroke
9	M	4x100m FTR	21	M	4x200m FTR				39	W	1500m Freestyle (Slower heats)
10	W	4x100m FTR	22	W	4x200m FTR				40	M	800m Freestyle (Slower heats)
11	M	1500m Freestyle (Slower heats)									
12	W	800m Freestyle (Slower heats)									
Session 2: Thursday 28 <sup>th</sup> April			Session 4: Friday 29 <sup>th</sup> April			Session 6: Saturday 30 <sup>th</sup> April			Session 8: Sunday 1 <sup>st</sup> May		
11	M	1500m Freestyle (Fastest Heat)	19	M	Semi-Finals 50m Butterfly	14	W	Final 100m Freestyle	33	W	Semi-Finals 50m Backstroke
12	W	800m Freestyle (Fastest Heat)	20	W	Semi-Finals 50m Butterfly	13	M	Final 100m Freestyle	34	M	Semi-Finals 50m Backstroke
1	M	Semi-Finals 50m Breaststroke	13	M	Semi-Finals 100m Freestyle	16	W	Final 100m Breaststroke	39	W	1500m Freestyle (Fastest Heat)
2	W	Semi-Finals 50m Breaststroke	14	W	Semi-Finals 100m Freestyle	15	M	Final 100m Breaststroke	37	W	Semi-Finals 50m Freestyle
5	M	Semi-Finals 100m Backstroke	15	M	Semi-Finals 100m Breaststroke	23	W	B & A Final 400m Freestyle	38	M	Semi-Finals 50m Freestyle
6	W	Semi-Finals 100m Backstroke	16	W	Semi-Finals 100m Breaststroke	24	M	B & A Final 400m Freestyle	40	M	800m Freestyle (Fastest Heat)
3	M	B & A Final 200m Freestyle	17	M	B & A Final 400m Individual Medley	25	W	Semi-Finals 100m Butterfly	31	W	B & A Final 200m Individual Medley
4	W	B & A Final 200m Freestyle	18	W	B & A Final 400m Individual Medley	26	M	Semi-Finals 100m Butterfly	32	M	B & A Final 200m Individual Medley
7	M	B & A Final 200m Butterfly	5	M	Final 100m Backstroke	27	W	B & A Final 200m Backstroke	37	W	B & A Final 200m Breaststroke
8	W	B & A Final 200m Butterfly	6	W	Final 100m Backstroke	28	M	B & A Final 200m Backstroke	38	M	B & A Final 200m Breaststroke
1	M	Final 50m Breaststroke	19	M	Final 50m Butterfly	29	W	Final 4x100m MTR	33	W	Final 50m Backstroke
2	W	Final 50m Breaststroke	20	W	Final 50m Butterfly	30	M	Final 4x100m MTR	34	M	Final 50m Backstroke
9	M	4x100m FTR	21	M	Final 4x200m FTR				25	W	Final 100m Butterfly
10	W	4x100m FTR	22	W	Final 4x200m FTR				26	M	Final 100m Butterfly
									35	W	Final 50m Freestyle
									36	M	Final 50m Freestyle





Irish Open Swimming Championships  
National Aquatic Centre, Dublin  
6<sup>th</sup> – 9<sup>th</sup> April, 2017

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**QUALIFICATION STANDARDS**

Male		Event	Female	
SC	LC		LC	SC
25.45	25.96	50 Freestyle	28.61	28.05
56.53	57.66	100 Freestyle	1.01.91	1.00.70
2.03.84	2.06.32	200 Freestyle	2.16.76	2.14.08
4.27.16	4.32.50	400 Freestyle	4.52.03	4.46.30
9.30.54	9.41.95	800 Freestyle	9.54.41	9.42.75
18.22.08	18.00.47	1500 Freestyle	19.25.01	19.15.00
30.93	30.32	50 Backstroke	33.76	33.10
1.05.87	1.07.19	100 Backstroke	1.11.23	1.09.83
2.22.16	2.25.00	200 Backstroke	2.35.41	2.32.36
33.03	32.38	50 Breaststroke	37.73	36.99
1.14.43	1.15.83	100 Breaststroke	1.20.50	1.18.92
2.48.22	2.51.58	200 Breaststroke	3.00.00	2.56.47
28.20	27.65	50 Butterfly	30.60	30.00
1.02.89	1.04.15	100 Butterfly	1.11.00	1.09.61
2.21.18	2.24.00	200 Butterfly	2.39.88	2.36.75
2.22.36	2.25.21	200 I.M.	2.36.00	2.32.94
5.04.16	5.10.24	400 I.M.	5.39.47	5.32.81



## Irish Age Groups Division 2

UL Arena, Limerick  
29<sup>th</sup> June – 2<sup>nd</sup> July, 2017

### **MEET CONDITIONS**

#### ***Should be read in conjunction with the General Meet Regulations***

Meet Type:	<p>National Age Group Meet. <b>Please note that the age groups this competition are based on a swimmer's Year of Birth</b></p> <p>Individual Age Groups: Girls: 10&amp;U(2007+); 11/12(2006/2005); 13/14(2004/2003); 15-18(2002-1999); Boys: 11&amp;U(2006+); 12/13(2005/2004); 14/15(2003/2002); 16-18(2001-1999)</p> <p>Relay Age Groups:      Girls: 14&amp;U(2003+), 15-18(2002-1999);                                          Boys: 15&amp;U(20012), 16-18(2001-1999)</p> <p>There will be one final per age group for all 100m and 200m events. All 400m, 800m and 1500m events will be Timed Finals with all heats swum in the morning session</p>
Eligibility:	<p>A swimmer who has achieved an Irish Age Groups Championships &amp; Summer Open time in <b>ANY</b> event in the fifteen months prior to that year's Division 2 competition <b>IS NOT</b> permitted to enter Division 2. <i>Should a swimmer enter Division 2 and subsequently achieve an Irish Age Groups Championships &amp; Summer Open time before the start date of Division 2, their entry for Division 2 will be returned.</i> Entry fees can be refunded, or carried forward to the Irish Age Groups Championships.</p> <p>Swimmers may only enter events in which they have qualified</p> <p>If a club is found to have entered a swimmer in Division 2 who has achieved an Irish Age Group Championships &amp; Summer Open qualifying time then the club will be levied with a fine of €500.</p>
Entry Deadline:	<p>Tuesday 6th June, 2017 for Hy-tek and Paper entries. Payment should be received by Friday 9th June, 2017</p>
Entry Form:	<p>Electronic Hy-tek entries are accepted via Hy-tek to the Swim Ireland Office at <a href="mailto:entries@swimireland.ie">entries@swimireland.ie</a></p> <p>Paper entries should be posted to the Swim Ireland Office at Irish Sport HQ, National Sports Campus, Blanchardstown, Dublin 15, Ireland marked "2017 IAG Division 2"</p> <p>Paper entries are only required where Hy-tek is not used.</p>
Entry Fees:	<p>Individual entries cost TBC Relay entries cost TBC</p> <p>No entry will be processed until the appropriate fee has been received at the <b>Swim Ireland Office</b>. Payment options are detailed in the Entry Summary Sheet. <b>Please note that entries are non-refundable once the final date for payment has passed with the exception of swimmers qualifying for IAG Championships &amp; becoming ineligible for Division 2</b></p>
Relay Entries:	<p>Any relay found to have swum IAG Championship level swimmers will forfeit relay medals which will be awarded to the next eligible relay.</p>
Awards:	<p>Any swimmer found to have entered Division 2 on times slower than they have achieved in the preceding fifteen months will be fined €50 and will forfeit their medal which will be awarded to the next placed swimmer.</p>
Further Info:	<p>Please direct all queries to <a href="mailto:entries@swimireland.ie">entries@swimireland.ie</a></p>

**\*Entry Standards must have been achieved in Open Competition since January 1<sup>st</sup> 2017**

*Please note that swimmers who achieve IAG Championships & Summer Open qualification standards at Division 2 are **NOT** eligible to enter IAG Championships.*

***Please note that all competition information (incl. qualifying standards and order of events) is subject to change until the final paperwork is published 8-10 weeks before the event***



Irish Age Groups Division 2  
UL Arena, Limerick  
29<sup>th</sup> June – 2<sup>nd</sup> July, 2017

## ORDER OF EVENTS

<b>Session 1: Thursday 29<sup>th</sup> June</b>								
1			G		800m Freestyle (HDW)			
2			B		1500m Freestyle (HDW)			
<b>Session 2: Friday 30<sup>th</sup> June</b>			<b>Session 4: Saturday 1<sup>st</sup> July</b>			<b>Session 6: Sunday 2<sup>nd</sup> July</b>		
1	G	400m Ind. Medley (HDW)	13	B	400m Freestyle (HDW)	20	G	400m Freestyle (HDW)
2	B	400m Ind. Medley (HDW)	14	G	100m Butterfly	21	B	200m Breaststroke
3	G	100m Backstroke	15	B	100m Butterfly	22	G	200m Breaststroke
4	B	100m Backstroke	16	G	200m Backstroke	23	B	200m Butterfly
5	G	200m Freestyle	17	B	200m Backstroke	24	G	200m Butterfly
6	B	200m Freestyle	18	G	200m Ind. Medley	25	B	100m Freestyle
7	G	100m Breaststroke	19	B	200m Ind. Medley	26	G	100m Freestyle
8	B	100m Breaststroke						
<b>Session 3: Friday 30<sup>th</sup> June</b>			<b>Session 5: Saturday 1<sup>st</sup> July</b>			<b>Session 7: Sunday 2<sup>nd</sup> July</b>		
3	G	100m Backstroke	14	G	100m Butterfly	21	B	200m Breaststroke
4	B	100m Backstroke	15	B	100m Butterfly	22	G	200m Breaststroke
5	G	200m Freestyle	16	G	200m Backstroke	23	B	200m Butterfly
6	B	200m Freestyle	17	B	200m Backstroke	24	G	200m Butterfly
7	G	100m Breaststroke	18	G	200m Ind. Medley	25	B	100m Freestyle
8	B	100m Breaststroke	19	B	200m Ind. Medley	26	G	100m Freestyle
9	G	14&U 4x50m MTR (HDW)				27	G	14&U 4x50m FTR (HDW)
10	B	15&U 4x50m MTR (HDW)				28	B	15&U 4x50m FTR (HDW)
11	G	15&O 4x50m MTR (HDW)				29	G	15&O 4x50m FTR (HDW)
12	B	16&O 4x50m MTR (HDW)				30	B	16&O 4x50m FTR (HDW)

*Session times will be confirmed in complete event paperwork*



Irish Age Groups Division 2  
UL Arena, Limerick  
29<sup>th</sup> June – 2<sup>nd</sup> July, 2017

## QUALIFICATION STANDARDS

FEMALE								
Event	2007 & younger		2006 & 2005		2004 & 2003		2002 - 1999	
	LC	SC	LC	SC	LC	SC	LC	SC
<b>100 FC</b>	1.19.96	1.18.39	1.16.36	1.14.86	1.12.03	1.10.62	1.10.46	1.09.08
<b>200 FC</b>	2.54.48	2.51.06	2.43.79	2.40.58	2.34.09	2.31.07	2.32.70	2.29.71
<b>400 FC</b>	6.14.99	6.07.64	5.53.45	5.46.52	5.29.84	5.23.37	5.23.58	5.17.24
<b>800 FC</b>	13.27.68	13.11.84	12.31.17	12.16.44	11.32.02	11.18.45	11.09.43	10.56.30
<b>100 BC</b>	1.33.31	1.31.48	1.29.10	1.27.35	1.23.87	1.22.23	1.21.57	1.19.97
<b>200 BC</b>	3.15.66	3.11.82	3.04.17	3.00.56	2.57.10	2.53.63	2.54.90	2.51.47
<b>100 BRS</b>	1.47.01	1.44.91	1.41.22	1.39.24	1.36.61	1.34.72	1.34.93	1.33.07
<b>200 BRS</b>	3.45.07	3.40.66	3.34.93	3.30.72	3.25.12	3.21.10	3.18.01	3.14.13
<b>100 FLY</b>	1.33.98	1.32.14	1.29.75	1.27.99	1.22.90	1.21.27	1.20.19	1.18.62
<b>200 FLY</b>	3.34.99	3.30.77	3.25.30	3.21.27	3.04.97	3.01.34	2.54.45	2.51.03
<b>200 IM</b>	3.23.16	3.19.18	3.10.08	3.06.35	2.58.68	2.55.18	2.54.76	2.51.33
<b>400 IM</b>	7.07.57	6.59.19	6.48.32	6.40.31	6.30.38	6.22.73	6.11.60	6.04.31

MALE								
Event	2006 & younger		2005 & 2004		2003 & 2002		2001 - 1999	
	LC	SC	LC	SC	LC	SC	LC	SC
<b>100 FC</b>	1.17.37	1.15.85	1.13.88	1.12.43	1.08.47	1.07.13	1.04.48	1.03.22
<b>200 FC</b>	2.50.48	2.47.14	2.39.71	2.36.58	2.25.47	2.22.62	2.20.35	2.17.60
<b>400 FC</b>	6.00.99	5.53.91	5.39.38	5.32.73	5.15.38	5.09.20	5.03.30	4.57.35
<b>1500 FC</b>	24.30.30	24.01.47	22.53.09	22.26.17	20.48.96	20.24.47	20.12.68	19.48.90
<b>100 BC</b>	1.29.10	1.27.35	1.25.08	1.23.41	1.19.12	1.17.57	1.17.53	1.16.01
<b>200 BC</b>	3.08.33	3.04.64	2.58.55	2.55.05	2.44.73	2.41.50	2.41.35	2.38.19
<b>100 BRS</b>	1.44.96	1.42.90	1.39.28	1.37.33	1.30.54	1.28.76	1.27.58	1.25.86
<b>200 BRS</b>	3.41.50	3.37.16	3.30.31	3.26.19	3.10.76	3.07.02	3.06.28	3.02.63
<b>100 FLY</b>	1.32.24	1.30.43	1.28.09	1.26.36	1.17.16	1.15.65	1.12.50	1.11.08
<b>200 FLY</b>	3.21.97	3.18.01	3.12.87	3.09.09	2.54.18	2.50.76	2.41.81	2.38.64
<b>200 IM</b>	3.11.74	3.07.98	3.03.10	2.59.51	2.46.78	2.43.51	2.41.90	2.38.73
<b>400 IM</b>	6.44.12	6.36.20	6.25.93	6.18.36	5.54.84	5.47.88	5.37.27	5.30.66



Irish Age Group Championships & Summer Open  
National Aquatic Centre  
19<sup>th</sup> – 23<sup>rd</sup> July, 2017

**MEET CONDITIONS**

***Should be read in conjunction with the General Meet Regulations***

Meet Type:	<p>National Age Groups and Open National Championships, 50m Meet. <b>Please note that the age groups this competition are based on a swimmer's Year of Birth</b></p> <p>Individual Age Groups: Girls: 12&amp;U(2005+); 13/14(2003/2002); 15-16(2001/2000); 17&amp;O(1999+) Boys: 13&amp;U(2003+); 14/15(2002/2001); 16-17(2000/1999); 18&amp;O(1998+)</p> <p>Heats will be run in 10 lane format with all age groups together. The 50 freestyle is Open and will have one final</p> <p>There will be <b>one</b> final in each age group in 100m and 200m events.</p> <p>The 800m and 1500m events will be Timed Finals. Medals will be presented in each age category.</p> <p>The 400m Freestyle and 400m IM will be Timed Finals. Medals will be presented in each age category following the morning heats.</p>
Eligibility:	<p>There will be a maximum of 2 foreign swimmers permitted to swim in each final.</p> <p>Swimmers may only enter events in which they have qualified</p>
Entry Deadline:	<p>Tuesday 21<sup>st</sup> June, 2017 for Hy-tek and Paper entries. Payment should be received by Friday 24<sup>th</sup> June, 2017</p>
Entry Form:	<p>Electronic Hy-tek entries are accepted via Hy-tek to the Swim Ireland Office at <a href="mailto:entries@swimireland.ie">entries@swimireland.ie</a></p> <p>Paper entries should be posted to the Swim Ireland Office at Irish Sport HQ, National Sports Campus, Blanchardstown, Dublin 15, Ireland marked "2017 Irish Age Group Championships" Paper entries are only required where Hy-tek is not used.</p>
Entry Fees:	<p>Individual entries cost TBC Relay entries cost TBC</p> <p>No entry will be processed until the appropriate fee has been received at the <b>Swim Ireland Office</b>. Payment options are detailed in the Entry Summary Sheet. <b>Please note that entries are non-refundable once the final date for payment has passed</b></p>
Relay Entries:	<p>Relay Events: Boys 15&amp;U(2001+); Girls 14&amp;U(2002+) – 4x50 MTR, 4x50 FTR, 4x100 MTR, 4x100 FTR Boys Open, Girls Open – 4x50 MTR, 4x50 FTR, 4x100 MTR, 4x100 FTR Mixed Open – 4x50 MTR ALL relays will be HDW</p>
Further Info:	<p>Please direct all queries to <a href="mailto:entries@swimireland.ie">entries@swimireland.ie</a></p>

***\*Entry Standards must have been achieved in Open Competition since January 1<sup>st</sup> 2017***

***Please note that all competition information (incl. qualifying standards and order of events) is subject to change until the final paperwork is published 8-10 weeks before the event***



Irish Age Group Championships & Summer Open  
National Aquatic Centre  
19<sup>th</sup> – 23<sup>rd</sup> July, 2017

## ORDER OF EVENTS

Session 1: Wednesday 20th July			Session 3: Thursday 21 <sup>st</sup> July			Session 6: Friday 22 <sup>nd</sup> July			Session 9: Saturday 23 <sup>rd</sup> July			Session 11: Sunday 24th July		
1	B	400 Freestyle (HDW)	10	G	200 IM	17	G	100 Butterfly	27	B	200 Backstroke	36	B	50 Freestyle
2	G	50 Freestyle	11	B	100 Freestyle	18	B	200 Freestyle	28	G	200 Freestyle	37	G	100 Freestyle
3	B	200 Breaststroke	12	G	400 Freestyle (HDW)	19	G	100 Breaststroke	29	B	100 Butterfly	38	B	200 IM
4	G	200 Butterfly	13	B	200 Butterfly	20	B	400 IM (HDW)	30	G	200 Breaststroke	39	G	400 IM (HDW)
5	B	100 Backstroke	14	G	100 Backstroke	21	G	200 Backstroke	31	B	100 Breaststroke	40	B	U15 4x50 FTR
6	G	U14 4x100 FTR (HDW)				22	B	U15 4x50 MTR (HDW)	32	G	U14 4x100 MTR (HDW)	41	G	U14 4x50 MTR (HDW)
7	B	U15 4x100 MTR (HDW)				23	G	U14 4x50 FTR (HDW)	33	B	U15 4x100 FTR (HDW)			
			Session 4: Thursday 21 <sup>st</sup> July			Session 7: Friday 22 <sup>nd</sup> July						Session 12: Sunday 24th July		
			15	B	800 Freestyle (HDW)	24	G	800 Freestyle (HDW)				42	B	1500 Freestyle (HDW)
												43	G	1500 Freestyle (HDW)
Session 2: Wednesday 20th July			Session 5: Thursday 21 <sup>st</sup> July			Session 8: Friday 22 <sup>nd</sup> July			Session 10: Saturday 23 <sup>rd</sup> July			Session 13: Sunday 24th July		
1	B	400 Freestyle (open final)	10	G	200 IM	17	G	100 Butterfly	27	B	200 Backstroke	36	B	50 Freestyle
2	G	50 Freestyle	11	B	100 Freestyle	18	B	200 Freestyle	28	G	200 Freestyle	37	G	100 Freestyle
3	B	200 Breaststroke	12	G	400 Freestyle (open final)	19	G	100 Breaststroke	29	B	100 Butterfly	38	B	200 IM
4	G	200 Butterfly	13	B	200 Butterfly	20	B	400 IM (open final)	30	G	200 Breaststroke	39	G	400 IM (open final)
5	B	100 Backstroke	14	G	100 Backstroke	21	G	200 Backstroke	31	B	100 Breaststroke	44	B	Open 4x100 MTR (HDW)
8	G	Open 4x100 FTR (HDW)	16	M	Open 4x50 FTR (HDW)	25	B	Open 4x100 FTR (HDW)	34	G	Open 4x50 FTR (HDW)	45	G	Open 4x100 MTR (HDW)
9	B	Open 4x50 MTR (HDW)				26	G	Open 4x50 MTR (HDW)	35	B	Open 4x50 FTR (HDW)			



Irish Age Group Championships & Summer Open  
National Aquatic Centre  
19<sup>th</sup> – 23<sup>rd</sup> July, 2017

## QUALIFICATION STANDARDS

FEMALE								
Event	2005 & younger		2004 & 2003		2002 & 2001		2000 & older	
	LC	SC	LC	SC	LC	SC	LC	SC
100 FC	1.10.62	1.09.24	1.04.98	1.03.71	1.03.48	1.02.24	1.01.91	1.00.70
200 FC	2.32.36	2.29.37	2.21.99	2.19.21	2.18.15	2.15.78	2.16.76	2.14.08
400 FC	5.28.43	5.21.99	5.06.83	5.00.81	4.58.62	4.52.76	4.52.03	4.46.30
800 FC	11.24.90	11.11.47	10.22.04	10.09.84	10.05.22	9.53.35	9.54.41	9.42.75
1500 FC	22.31.27	22.04.78	20.22.34	19.58.37	19.55.30	19.31.86	19.55.30	19.31.86
100 BC	1.21.16	1.19.57	1.15.50	1.14.02	1.14.29	1.12.83	1.11.23	1.09.83
200 BC	2.51.32	2.47.96	2.40.26	2.37.12	2.38.50	2.35.39	2.35.41	2.32.36
100 BRS	1.34.51	1.32.66	1.25.68	1.24.00	1.24.58	1.22.92	1.20.50	1.18.92
200 BRS	3.18.79	3.14.89	3.07.04	3.03.37	3.04.57	3.00.95	3.00.00	2.56.47
100 FLY	1.23.01	1.21.38	1.14.21	1.12.75	1.13.38	1.11.94	1.11.00	1.09.61
200 FLY	3.09.88	3.06.16	2.44.82	2.41.59	2.41.35	2.38.19	2.39.88	2.36.75
200 IM	2.55.16	2.51.73	2.41.26	2.38.10	2.37.61	2.34.52	2.36.00	2.32.94
400 IM	6.17.65	6.10.25	5.58.31	5.51.28	5.43.69	5.36.95	5.39.47	5.32.81

MALE								
Event	2004 & younger		2003 & 2002		2001 & 2000		1999 & older	
	LC	SC	LC	SC	LC	SC	LC	SC
100 FC	1.07.29	1.05.97	1.02.50	1.01.27	58.50	57.35	57.66	56.53
200 FC	2.25.23	2.22.38	2.15.32	2.12.67	2.08.80	2.06.27	2.06.32	2.03.84
400 FC	5.08.69	5.02.64	4.49.26	4.43.59	4.38.00	4.32.55	4.32.50	4.27.16
800 FC	10.58.82	10.45.61	10.00.66	9.48.88	9.41.95	9.30.54	9.41.95	9.30.54
1500 FC	21.17.21	20.52.17	19.15.16	18.52.51	18.41.60	18.19.61	18.22.08	18.00.47
100 BC	1.18.42	1.16.88	1.11.33	1.09.93	1.08.48	1.07.14	1.07.19	1.05.87
200 BC	2.44.76	2.41.53	2.33.24	2.30.24	2.28.16	2.25.25	2.25.00	2.22.16
100 BRS	1.30.89	1.29.11	1.22.00	1.20.39	1.18.15	1.16.62	1.15.83	1.14.43
200 BRS	3.15.64	3.11.80	2.55.13	2.51.70	2.51.73	2.48.36	2.51.58	2.48.22
100 FLY	1.21.47	1.19.87	1.09.86	1.08.49	1.07.06	1.05.75	1.04.15	1.02.89
200 FLY	2.58.39	2.54.89	2.41.09	2.37.93	2.27.31	2.24.42	2.24.00	2.21.18
200 IM	2.49.35	2.46.03	2.33.11	2.30.11	2.28.42	2.25.51	2.25.21	2.22.36
400 IM	5.56.94	5.49.94	5.18.49	5.12.25	5.11.94	5.05.82	5.10.24	5.04.16

50 Free		
	LC	SC
FEMALE	28.61	28.05
MALE	25.96	25.45



## Disability Swimming Qualification Standards

**Swimmers looking to compete in Irish SC Championships, SU Dave McCullagh Memorial, Irish Open Championships and Irish Age Group Championships & Summer Open must:**

- a) Have a National/International Classification
- b) Achieve the time standards below (within the qualification period for the relevant competition)

**Swimmers looking to compete in Irish Age Groups – Division 2 must:**

- a) Have a National Classification
- b) Be slower than the time standards below

FEMALE															
	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	
<b>50 free</b>				59.20	50.91	49.34	44.90	42.97	41.21	39.42	43.90	38.17	38.85		<b>50 free</b>
<b>100 free</b>			2.18.46	2.11.14	1.48.77	1.44.05	1.36.53	1.33.13	1.26.67	1.25.35	1.35.48		1.23.54		<b>100 free</b>
<b>200 free</b>				4.35.13	3.53.58									3.04.30	<b>200 free</b>
<b>400 free</b>						7.32.90	7.04.30	6.40.55	6.14.81	6.27.08	7.20.98		6.21.20		<b>400 free</b>
<b>50 back</b>		1.29.40	1.20.34	1.08.81	54.89										<b>50 back</b>
<b>100 back</b>		4.08.59				2.00.20	1.55.75	1.45.52	1.38.34	1.33.51	1.51.52	1.36.48	1.34.66	1.34.65	<b>100 back</b>
<b>50 breast</b>			1.16.92												<b>50 breast</b>
<b>100 breast</b>				2.27.56	2.13.17	2.15.53	2.05.62	1.49.50	1.49.16		2.03.98		1.49.05	1.49.05	<b>100 breast</b>
<b>50 fly</b>				1.19.57	57.48	51.15	47.98								<b>50 fly</b>
<b>100 fly</b>								1.39.03	1.34.70	1.30.74			1.33.58		<b>100 fly</b>
<b>200 IM</b>			4.50.99		4.34.47	4.21.67	3.59.00	3.41.36	3.29.77	3.26.67	3.56.84		3.29.50	3.33.84	<b>200 IM</b>

MALE															
	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	
<b>50 free</b>			1.00.45	53.27	45.48	40.54	39.26	36.62	35.66	32.86	35.86	32.62	33.70		<b>50 free</b>
<b>100 free</b>			2.13.41	1.56.97	1.37.04	1.32.87	1.25.62	1.20.14	1.18.47	1.12.18	1.20.41		1.12.44		<b>100 free</b>
<b>200 free</b>		6.29.35	4.38.76	4.09.47	3.48.68									2.28.04	<b>200 free</b>
<b>400 free</b>						6.48.31	6.36.10	6.17.57	5.54.65	5.46.52	6.10.11		5.34.26		<b>400 free</b>
<b>50 back</b>	1.31.23	1.24.32	59.90	1.00.60	49.65										<b>50 back</b>
<b>100 back</b>	4.38.82	3.19.84				1.44.38	1.38.65	1.29.85	1.27.62	1.25.15	1.36.12	1.24.22	1.20.84	1.26.50	<b>100 back</b>
<b>50 breast</b>		1.19.85	1.08.81	2.10.93											<b>50 breast</b>
<b>100 breast</b>					2.09.84	1.53.76	1.50.44	1.35.09	1.30.84		1.39.48		1.30.22	1.34.63	<b>100 breast</b>
<b>50 fly</b>				57.44	48.46	42.43	41.85								<b>50 fly</b>
<b>100 fly</b>								1.25.78	1.24.05	1.19.45	1.26.73		1.17.93		<b>100 fly</b>
<b>200 IM</b>			3.52.32			3.45.08	3.37.29	3.19.96	3.09.58	3.04.48	3.22.06		2.55.66	3.07.83	<b>200 IM</b>

Swimmers must qualify in one event and then may enter all events open to their classification as outlined above. Swimmers who wish to enter an event other than those listed for their classification must achieve the open qualification standard unless otherwise approved by the Paralympics Ireland Para Swimming Operations Manager. **Swimmers must have achieved official times within the qualification period for the relevant competition in all events they wish to enter.**





# **INTERNATIONAL QUALIFICATION STANDARDS 2017**

**European Junior Championships**  
**Herzliya , Israel | 28 June – 2 July 2017**  
**Boys Born: 1999, 2000, 2001, 2002 | Girls Born: 2000, 2001, 2002, 2003**

<b>Boys</b>	<b>Events</b>	<b>Girls</b>
00:23.46	<b>50m Freestyle</b>	00:26.71
00:51.20	<b>100m Freestyle</b>	00:57.39
01:52.11	<b>200m Freestyle</b>	02:04.61
03:57.17	<b>400m Freestyle</b>	04:21.66
08:20.50	<b>800m Freestyle</b>	09:06.23
16:07.38	<b>1500m Freestyle</b>	17:32.72
00:57.04	<b>100m Backstroke</b>	01:04.59
02:04.48	<b>200m Backstroke</b>	02:19.07
01:03.72	<b>100m Breaststroke</b>	01:12.06
02:18.35	<b>200m Breaststroke</b>	02:36.29
00:55.01	<b>100m Butterfly</b>	01:02.40
02:03.87	<b>200m Butterfly</b>	02:18.80
02:05.99	<b>200m Individual Medley</b>	02:21.63
04:29.41	<b>400m Individual Medley</b>	05:02.99

**European Youth Olympic Festival**  
**Gyor, Hungary | 22 – 30 July 2017**  
**Boys Born: 2001, 2002 | Girls Born: 2002, 2003**

<b>Boys</b>	<b>Events</b>	<b>Girls</b>
00:24.34	<b>50m Freestyle</b>	00:27.57
00:52.91	<b>100m Freestyle</b>	00:59.38
01:55.53	<b>200m Freestyle</b>	02:09.19
04:05.11	<b>400m Freestyle</b>	04:32.04
-	<b>800m Freestyle</b>	09:20.34
16:17.77	<b>1500m Freestyle</b>	-
00:59.17	<b>100m Backstroke</b>	01:06.99
02:09.72	<b>200m Backstroke</b>	02:24.52
01:06.29	<b>100m Breaststroke</b>	01:15.47
02:24.49	<b>200m Breaststroke</b>	02:42.72
00:57.45	<b>100m Butterfly</b>	01:05.01
02:09.28	<b>200m Butterfly</b>	02:29.18
02:10.37	<b>200m Individual Medley</b>	02:26.39
04:38.98	<b>400m Individual Medley</b>	05:11.71

Please refer to the Swim Ireland website for the full selection criteria for the above competitions: <http://www.swimireland.ie/high-performance-swimming/qualifications-standards/international-competitions/>



### World Junior Championships

Indianapolis. USA | Dates TBC

Boys Born: 1999, 2000, 2001, 2002 | Girls Born: 2000, 2001, 2002, 2003

Men	Events	Women
00:23.19	<b>50m Freestyle</b>	00:26.34
00:50.76	<b>100m Freestyle</b>	00:56.64
01:51.45	<b>200m Freestyle</b>	02:02.95
03:56.74	<b>400m Freestyle</b>	04:17.93
08:12.42	<b>800m Freestyle</b>	08.49.34
15:42.69	<b>1500m Freestyle</b>	17:03.13
00:56.13	<b>100m Backstroke</b>	01:03.02
02:03.06	<b>200m Backstroke</b>	02:15.22
01:03.55	<b>100m Breaststroke</b>	01:11.53
02:17.93	<b>200m Breaststroke</b>	02:33.21
00:54.65	<b>100m Butterfly</b>	01:00.71
02:01.93	<b>200m Butterfly</b>	02:17.33
02:04.16	<b>200m Individual Medley</b>	02:17.48
04:28.47	<b>400m Individual Medley</b>	04.56.79

### World Long Course Championships

Budapest, Hungary | 23rd-30th July 2017

Men	Events	Women
00:22.47	<b>50m Freestyle</b>	00:25.18
00:48.93	<b>100m Freestyle</b>	00:54.90
01:47.73	<b>200m Freestyle</b>	01:58.68
03:48.15	<b>400m Freestyle</b>	04:10.57
07:54.31	<b>800m Freestyle</b>	08:38.56
15:12.79	<b>1500m Freestyle</b>	16:32.04
00:25.29	<b>50m Backstroke</b>	00:28.52
00:54.06	<b>100m Backstroke</b>	01:00.61
01:58.55	<b>200m Backstroke</b>	02:11.53
00:27.51	<b>50m Breaststroke</b>	00:31.22
01:00.35	<b>100m Breaststroke</b>	01:07.58
02:11.11	<b>200m Breaststroke</b>	02:25.91
00:23.67	<b>50m Butterfly</b>	00:26.49
00:52.29	<b>100m Butterfly</b>	00:58.48
01:57.28	<b>200m Butterfly</b>	02:09.77
02:00.22	<b>200m Individual Medley</b>	02:13.41
04:17.90	<b>400m Individual Medley</b>	04:43.06

Please refer to the Swim Ireland website for the full selection criteria for the above competitions: <http://www.swimireland.ie/high-performance-swimming/qualifications-standards/international-competitions/>



## World University Games

Taipei, Chinese Taipei | 19th-30th August 2017

<b>Men</b>	<b>Events</b>	<b>Women</b>
Automatic Times Only		Automatic Times Only
00:22.70	<b>50m Freestyle</b>	00:25.61
00:50.01	<b>100m Freestyle</b>	00:55.92
01:49.96	<b>200m Freestyle</b>	02:01.06
03:53.84	<b>400m Freestyle</b>	04:16.11
08:04.00	<b>800m Freestyle</b>	08:46.35
15:25.30	<b>1500m Freestyle</b>	16:49.05
00:26.49	<b>50m Backstroke</b>	00:29.04
00:55.35	<b>100m Backstroke</b>	01:01.91
02:00.56	<b>200m Backstroke</b>	02:13.62
00:28.04	<b>50m Breaststroke</b>	00:31.90
01:01.68	<b>100m Breaststroke</b>	01:09.30
02:13.62	<b>200m Breaststroke</b>	02:29.50
00:24.19	<b>50m Butterfly</b>	00:27.04
00:53.16	<b>100m Butterfly</b>	00:59.97
01:58.52	<b>200m Butterfly</b>	02:13.48
02:02.35	<b>200m Individual Medley</b>	02:15.99
04:22.40	<b>400m Individual Medley</b>	04:47.99
03:22.34	<b>4x100m Freestyle Relay</b>	03:46.06
07:29.15	<b>4x200m Freestyle Relay</b>	08:21.44
3:41.23	<b>4x100m Medley Relay</b>	04:09.18

Please refer to the Student Sport website ([www.studentsport.ie](http://www.studentsport.ie)) for information on eligibility for the above competition and please refer to the Swim Ireland website for the full selection criteria for the above competition: <http://www.swimireland.ie/high-performance-swimming/qualifications-standards/international-competitions/>



# **NATIONAL SQUAD INFORMATION 2016-17**

Over the last four years the National Squads Programme has been instrumental in establishing a pathway from youth to junior to senior level performance swimming and, as we enter a new cycle, this Programme will evolve under the direction of the new High Performance Team. In the interim, from September to December, those who earned their membership to a National Squad for the 2015-2016 season (between January 1<sup>st</sup> and August 31<sup>st</sup> 2015) will be retained on the Programme for the first four months of the 2016-2017 season.

Once the new High Performance Team is in place, they will look at the structure of the Programme and information will be forwarded to athletes and coaches.

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