

LIMERICK MASTERS SC

**IRISH OPEN LONG COURSE
MASTERS CHAMPIONSHIPS**

4th & 5th March 2016

The University Arena
University of Limerick

Dear Masters Swimmers,

Limerick Masters SC are proud to announce that the Irish Open Long Course Masters Championships 2016 will be held at the University Arena 50m Swimming Pool, on Friday 4th and Saturday 5th March 2016.

Again this year we are offering a full programme of events, with the 1,500M on Friday evening, followed with a full day of swimming on Saturday.

The closing date for the receipt of all entries is Sunday 31st January 2016.

Details of the post gala entertainment will be announced in the near future.

We hope to be able to offer all competitors the events they wish to enter but due to time constraints and entry numbers, we may have to limit the number of competitors and heats in some events.

I look forward to welcoming you all back to Limerick City for this the premier Masters Swimming event in 2016.

Harry Harbison
Chairman, Limerick Masters SC

CLOSING DEADLINE

Sunday 31st January 2016



SCHEDULE OF EVENTS

Session 1: Friday 4th March 7:15pm to 10:00pm

1. Mixed 1500m Freestyle.

Session 2: Saturday 5th March 9:00am to 1:00pm

2. Mixed 400m Freestyle
3. Mixed 50m butterfly
4. Mixed 200m Individual Medley
5. Mixed 50m Breaststroke
6. Mixed 200m Freestyle
7. Mixed 100m Breaststroke
8. Mixed 100m Backstroke
9. Men 4*100m Medley Relays
10. Women 4*100m Medley Relays
11. Mixed 4*100m Medley Relays
12. Mixed 800m Freestyle

Session 3: Saturday 5th March 2:00pm to 5:00pm

13. Mixed 100m Freestyle
14. Mixed 200m Butterfly
15. Mixed 50m Backstroke
16. Mixed 200m Breaststroke
17. Mixed 100m Butterfly
18. Mixed 200m Backstroke
19. Mixed 50m Freestyle
20. Men 4*100m Freestyle Relays
21. Women 4*100m Freestyle Relays
22. Mixed 4*100m Freestyle Relays

ENTRIES

There are a number of ways you may enter the gala;

1. **Team Entry through Meet Manager** – please contact galaorganiser@limerickmasters.com if you have this facility available. Only one cheque will be accepted.
2. **Individual online entry** and payment through <http://limerickmasters.com/>
3. **Postal entry** and payment through cheque or postal order:

Gala Organiser
Limerick Masters SC
20 The Oaks, Riverbank,
Annacotty,
Limerick
Tel No: 061-338081 (after 6pm)

Any queries, please email:
galaorganiser@limerickmasters.com

EVENT CONDITIONS

General Conditions

1. FINA and Swim Ireland Masters rules apply to all age groups.
2. This gala is open to any swimmer who is 19 years or over on the date of the competition, and is licensed with Swim Ireland or FINA affiliate.
3. Competitors may compete in as many individual gala events.
4. Competitors may only compete once in each of the team events listed.

Ages

5. Age as of the 31st of December 2016 determines your age group for this meet.
6. The age groups for men and women individual Masters events shall be UA=(19-24), A=(25-29), B=(30-34), C=(35-39), D=(40-44), E=(45-49), F=(50-54), G=(55-59), H=(60-64), I=(65-69), J=(70-74), K=(75-79), L=(80-84), M=(85-89), N=(90-94), O=95+
7. All team members in relay events must be 25 years of age in the year of the competition.
8. The age group categories offered for each relay event will be 100-119, 120-159, 160-199, 200-239, 240-279, 280-319 and in 40-year increments as high as necessary years.
9. The combined age of the team, in the year of the competition must fall within the age bands detailed in 8.

Individual Events

10. All events will be run as mixed individual events.
11. All events will be conducted on a timed final basis.
12. All individual events are heat declared winner in age and gender classification.
13. Individual competitors will be seeded according to their entry time and will compete against those with similar times.
14. Where no entry times (NT) have been submitted, swimmers will be placed in the first heat of the particular event.

Team Events

15. Mixed teams shall consist of two competitors of each sex swimming in any order.
16. All team events are heat declared winner in age classification.
17. A swimmer entered in the name of one club in the individual events may not compete in the name of another club in the team event.
18. The names of swimmers in relay teams and the order of swimming must be reported to the Relay Coordinator by 10am for Medley events and by 2pm for Freestyle events.

Registration

19. All competitors must be a member of Swim Ireland or equivalent prior to the day of the competition. Your registration number must be supplied with your entry.
20. Competitors who are not members of Swim Ireland or FINA affiliate, there is the opportunity to take out a Swim Ireland Special Membership, which allows individuals the opportunity to become a Swim Ireland member and compete in specific events previously only open to club members. Please contact Swim Ireland at www.swimireland.ie

Entries

21. All entries must be received by the Gala Organiser by the gala published closing date.
22. Late, incomplete, incorrect or unsigned entries will not be accepted.
23. Entries cannot be accepted without accompanying cheque or postal order and must be made payable to Limerick Masters SC.
24. Entry confirmations will not be sent out.
25. The Gala Organiser reserves the right to accept late entries.
26. Entry fees are non-refundable.

Competitors with a Disability

27. A competitor who has a permanent disability shall not be disqualified in a case where his disability prevents him from complying with the rules of a particular stroke, provided that the disability has been notified to the gala referee by the competitor or his representative before the event takes place.
28. Notification shall be by a medical certificate issued by Swim Ireland approved Medical Officer.

Safety

29. All competitors are required to ensure that they observe all safety announcements and conduct themselves with safety in mind at all times.

Awards

30. Medals shall be awarded to the first three placed swimmers and teams in each event in each age group.
31. The Limerick 1500 Trophy will be awarded to the 1500m Freestyle competitor who achieves the closest time to the current world record time in his or her age category.
32. The Limerick 50 Trophy will be awarded to the 50m competitor who achieves the closest time to the current world record time in his or her age category.
33. Awards to The Best Overseas Women Competitor, Best Overseas Man Competitor, Best Irish Women Competitor, Best Irish Man Competitor will be based on the cumulative points scored throughout the gala.
34. The Best Team Award will be awarded based on the cumulative team points scored throughout the gala.

35. The Best Overseas Team Award will be awarded based on the cumulative team points scored throughout the gala.

Special Arrangements

36. Qualifying Times: Age and gender based qualifying times may need to be applied in the 400M, 800M and 1500M Free Style events. Qualifying times will be posted on the Limerick Masters web site.
37. The 1500m will be limited and will be on a first come first served basis.
38. All competitors in the 1500m will receive confirmation of their entry two days prior to the event.
39. All competitors in the 1500m Freestyle event must register with the Gala Organiser on the pool deck on or before 6.30pm on the day of the event. If you are not registered by 6.30pm, your place may be given to a swimmer on the waiting list.
40. For the 1500m Freestyle event, the Gala Organiser reserves the right to hold a list of possible late entries and should competitors not register before the deadline, the gala organiser reserves the right to deck seed the event and slot in the swimmers from the late entry list.
41. The 1500m event will run in the order of slowest to fastest heats but the Gala Organiser reserves the right to run in the order of fastest to slowest heats.
42. 800m & 400m Deck Seeding: The gala organiser reserves the right to deck seed these events.
43. No team entries will be accepted on the day of the gala.
44. Each team event is restricted to 10 teams and entry confirmation be allocated on a first come first served basis.
45. A detailed gala program will be available at www.limerickmasters.com two days in advance of the Championships.

EVENT INFORMATION

Venue

University Arena
National 50m Pool
University of Limerick
Tel No: +353-(0)61-213519

Hotels

View a full list of Limerick hotels at booking.com

<http://www.booking.com/>

Things to do in Limerick

Check the following links.....

<http://www.limerick.ie/>

<http://www.tripadvisor.ie/>

INDIVIDUAL ENTRY FORM

Competitor Contact Details					
Last Name		First Name			
Male / Female		Reg. ID#			
Date of Birth		Age			
Team / Club					
Address					
Email:					
Tel No.		Mobile No.			
Competitor Entry Details					
Session	Event	Event Detail	Entry Fee	Event	Entry Time
1	1	Mixed 1500m Freestyle	€25	1	
2	2	Mixed 400m Freestyle	€8	2	
	3	Mixed 50m Butterfly	€8	3	
	4	Mixed 200m Individual Medley	€8	4	
	5	Mixed 50m Breaststroke	€8	5	
	6	Mixed 200m Freestyle	€8	6	
	7	Mixed 100m Breaststroke	€8	7	
	8	Mixed 100m Backstroke	€8	8	
		12	Mixed 800m Freestyle	€15	12
3	13	Mixed 100m Freestyle	€8	13	
	14	Mixed 200m Butterfly	€8	14	
	15	Mixed 50m Backstroke	€8	15	
	16	Mixed 200m Breaststroke	€8	16	
	17	Mixed 100m Butterfly	€8	17	
	18	Mixed 200m Backstroke	€8	18	
	19	Mixed 50m Freestyle	€8	19	
Entry Fee Details					
Entry Fee	Events	No	Fee	Total	
	1. Number of Events at.....	1	€25		
	2. Number of Events at.....	1	€15		
	3. Number of Events at.....		€8 ea.		
	4. Total Gala Entry Fee.....				

- I am aware of the need to seek appropriate medical advice if I have any concerns as to the state of my health. I have not been informed by any medical practitioner and I do not have any knowledge of any medical condition which would make it inadvisable for me to participate in Masters swimming events or any other associated activities. Accordingly I hereby certify that I am physically fit and well to participate in any such training and events.
- I am aware of and appreciate the inherent risks involved in such training and competition including the possibilities of injury and accident. I undertake to conduct myself in a responsible and professional manner.
- I undertake at all times to use my best endeavours to train and compete in a safe and proper manner and not to do anything which would expose me or a fellow swimmer to unnecessary risk or injury.
- I further undertake at all times to take all reasonable safety measures for the protection of myself and fellow swimmers and to inform the Referee of any concern I may have as regards safety.
- I acknowledge that Limerick Masters, Swim Ireland or anybody affiliated thereto, cannot be held responsible for any loss or damages to personal belongings and that I must take all reasonable steps against any such loss or damage.
- I hereby agree to abide by and be governed by the rules of Swim Ireland and all other laws and regulations.

I have read and understand the above provisions and agree to abide by them.

Signed: Date:

RELAY TEAM ENTRY & DECLARATION FORM

(Only One Team Entry / Sheet)

Team Details											
Club											
Team Manager											
Team		Men			Women			Mixed			
Age Group & Event (Please Tick Only One)											
Session	Event	Event Detail	Entry Fee	100-119 Yrs	120-159 Yrs	160-199 Yrs	200-239 Yrs	240-279 Yrs	280-319 Yrs	320-359 Yrs	360--399 Yrs
2	9	Men 4*100m Medley Relay	€25								
	10	Women 4*100m Medley Relay	€25								
	11	Mixed 4*100m Medley Relay	€25								
3	20	Men 4*100m Freestyle Relay	€25								
	21	Women 4*100m Freestyle Relay	€25								
	22	Mixed 4*100m Freestyle Relay	€25								
Names of Swimmers in Swim Order											
Names of swimmers must be in swim order.	No.	First Name	Surname				DOB	Age			
	1										
	2										
	3										
	4										
										Total Age of Team --->	

Team Manager / Coach Name (Please Print)

Signed:

Date: