

SWIM IRELAND

2019

Irish Open Swimming Championships



ENTRY RULES & FORMS

National Aquatic Centre, Dublin
Wednesday 27th – Sunday 31st March 2019



SPÓRT ÉIREANN
SPORT IRELAND



MEET CONDITIONS

These Meet Conditions must be read in conjunction with the Swim Ireland General Event Rules available on the SI website at: <http://www.swimireland.ie/competitions-events/regulations-and-safety>

Meet Type:	Junior and Open Finals for all individual events (except the 800/1500 freestyle); Timed Finals for 800m and 1500m events with the fastest heat swimming in the Finals session;	
Session Times:	Session 1: Wednesday 27 th March Warm-up 0730; Competition 0900 Session 2: Wednesday 27 th March Warm-up 1530; Competition 1700 Session 3: Thursday 28 th March Warm-up 0730; Competition 0900 Session 4: Thursday 28 th March Warm-up 1530; Competition 1700 Session 5: Friday 29 th March Warm-up 0730; Competition 0900	Session 6: Friday 29 th March Warm-up 1530; Competition 1700 Session 7: Saturday 30 th March Warm-up 0730; Competition 0900 Session 8: Saturday 30 th March Warm-up 1530; Competition 1700 Session 9: Sunday 31st March Warm-up 0830; Competition 1000 Session 10: Sunday 31st March Warm-up 1530; Competition 1700
Age:	Junior Qualifying Times will be for male competitors born 2001 or 2002 and female competitors born 2002 or 2003 Youth Qualifying Times will be for male competitors born 2003 - 2006 and female competitors born 2004 - 2006 Junior Finals shall be relevant for male competitors born 2001 or later and female competitors born 2002 or later	
Finals:	The fastest ten competitors from the heats irrespective of age shall be allocated places in the Open Final, plus two reserves The next fastest ten age-eligible competitors shall be allocated places in the Junior Final. A competitor in the Junior Final may also be a reserve for the Open Final and will be moved to the Open Final as necessary. There will be a maximum of four foreign swimmers permitted to swim in the Open Final. The Junior Final is for Irish swimmers only. The 100m and 200m Freestyle events will have an Open B Final (for the next 10 fastest swimmers not in the Junior Final). This B Final is for Irish Swimmers only.	
Team Leaders Meeting:	Technical meeting will take place on Tuesday 26 th March, at 7.30pm in the Campus Conference Centre, National Sports Campus. 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.	

Accreditation:	<p>Accreditation will be produced through the Go-Membership system. Club admins will need to apply for accreditation for swimmers, team managers & coaches. Please ensure that team managers & coaches meet all of the requirements for accreditations, otherwise they will not be awarded.</p> <ul style="list-style-type: none"> ○ Further information on accreditation will be circulated to clubs in the next few weeks. ○ For overseas clubs' email patdaly@swimireland.ie for information on applying for accreditation.
Entry Form:	<p>Electronic Hy-tek entries are accepted via Hy-tek to the Swim Ireland Office at entries@swimireland.ie</p> <p>Paper entries should be posted to the Swim Ireland Office at Irish Sport HQ, National Sports Campus, Blanchardstown, Dublin 15, Ireland marked "2019 IRISH OPEN SWIMMING CHAMPIONSHIPS". <i>If entries are made by Hy-tek it is not necessary to post entry forms.</i></p>
Entry Deadline:	<p>5pm Wednesday 27rd February for ALL entries. Payment for entries must be received by 5pm Friday 8th March</p>
Entry Fees:	<p>Individual entries cost €10/£9 per event.</p> <p>No entry will be processed until the appropriate fee has been received at the Swim Ireland Office. Payment options are detailed in the Entry Summary Sheet.</p> <p><i>Please note that entries are non-refundable once the final date for entries has passed</i></p>
Awards:	<p>Medals are awarded for top-3 placings (Open only) and top-3 Irish placings (Open only) should these be different. All swimmers should be properly attired in a tracksuit or t-shirt and shorts with footwear for medal ceremonies.</p>
Anti-Doping:	<p>It is a condition of attending a Swim Ireland event that swimmers may be required to be tested for prohibited substances in accordance with the Sport Ireland/WADA/FINA Anti-Doping rules. For further information visit the Anti-Doping section of the Sport Ireland website.</p>
Health & Safety:	<p>Please refer to the Health & Safety guidelines at the back of this document and also the Swim Ireland Code of Practice for Safety (Swimming) on the Swim Ireland website.</p>
Warm Up:	<p>There will be some pool availability for warm up on Tuesday 26th March from 5-7pm.</p>
Further Info:	<p>Please direct all queries to entries@swimireland.ie</p>

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PROGRAMME OF EVENTS

Day 1 - Wed 27 th March 2019	Day 2 - Thu 28 th March 2019	Day 3 - Fri 29 th March 2019	Day 4 - Sat 30 th March 2019	Day 5 - Sun 31 st March 2019
Session 1: 0900 - Heats	Session 3: 0900 – Heats	Session 5: 0900 – Heats	Session 7: 0900 – Heats	Session 9: 1000 - Heats
Male 400m Freestyle Female 400m Freestyle Male 100m Breaststroke Female 100m Breaststroke Male 50m Butterfly Female 50m Butterfly	Female 400m IM Male 100m Freestyle Female 200m Breaststroke Male 200m Breaststroke Female 50m Freestyle Male 50m Backstroke Female 800m Freestyle HDW	Male 400m IM Female 100m Freestyle Male 200m Butterfly Female 200m Butterfly Male 50m Freestyle Female 50m Backstroke Male 800m Freestyle HDW	Male 200m IM Female 200m Freestyle Male 100m Backstroke Female 100m Backstroke Male 50m Breaststroke Female 50m Breaststroke Male 1500m Freestyle HDW	Female 200m IM Male 200m Freestyle Female 100m Butterfly Male 100m Butterfly Female 200m Backstroke Male 200m Backstroke Female 1500m Freestyle HDW
Day 1 - Wed 27 th March 2019	Day 2 - Thu 28 th March 2019	Day 3 - Fri 29 th March 2019	Day 4 - Sat 30 th March 2019	Day 5 - Sun 31 st March 2019
Session 2: 1700 - Finals	Session 4: 1700 - Finals	Session 6: 1700 - Finals	Session 8: 1700 - Finals	Session 10: 1700 - Finals
Male 400m Freestyle Junior Final Male 400m Freestyle Open Final Female 400m Freestyle Junior Final Female 400m Freestyle Open Final Male 100m Breaststroke Junior Final Male 100m Breaststroke Open Final Female 100m Breaststroke Junior Final Female 100m Breaststroke Open Final Male 50m Butterfly Junior Final Male 50m Butterfly Open Final Female 50m Butterfly Junior Final Female 50m Butterfly Open Final	Female 800m Freestyle (Final Heat) Male 100m Freestyle Junior Final Male 100m Freestyle Open 'B' Final Male 100m Freestyle Open Final Female 200m Breaststroke Junior Final Female 200m Breaststroke Open Final Male 200m Breaststroke Junior Final Male 200m Breaststroke Open Final Female 50m Freestyle Junior Final Female 50m Freestyle Open Final Male 50m Backstroke Junior Final Male 50m Backstroke Open Final Female 400m IM Junior Final Female 400m IM Open Final	Male 800m Freestyle (Final Heat) Female 100m Freestyle Junior Final Female 100m Freestyle Open 'B' Final Female 100m Freestyle Open Final Male 200m Butterfly Junior Final Male 200m Butterfly Open Final Female 200m Butterfly Junior Final Female 200m Butterfly Open Final Male 50m Freestyle Junior Final Male 50m Freestyle Open Final Female 50m Backstroke Junior Final Female 50m Backstroke Open Final Male 400m IM Junior Final Male 400m IM Open Final	Male 1500m Freestyle (Final Heat) Female 200m Freestyle Junior Final Female 200m Freestyle Open 'B' Final Female 200m Freestyle Open Final Male 200m IM Junior Final Male 200m IM Open Final Female 100m Backstroke Junior Final Female 100m Backstroke Open Final Male 100m Backstroke Junior Final Male 100m Backstroke Open Final Female 50m Breaststroke Junior Final Female 50m Breaststroke Open Final Male 50m Breaststroke Junior Final Male 50m Breaststroke Open Final	Female 1500m Freestyle (Final Heat) Male 200m Freestyle Junior Final Male 200m Freestyle Open 'B' Final Male 200m Freestyle Open Final Female 200m IM Junior Final Female 200m IM Open Final Male 100m Butterfly Junior Final Male 100m Butterfly Open Final Female 100m Butterfly Junior Final Female 100m Butterfly Open Final Male 200m Backstroke Junior Final Male 200m Backstroke Open Final Female 200m Backstroke Junior Final Female 200m Backstroke Open Final

Please note that these session times are subject to change

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QUALIFICATION STANDARDS

(Achieved Long Course Only in the Period 1st July 2018 – 25th February 2019)

MALE			Event	FEMALE		
Youth Born 2003 - 2006	Junior Born 2001 & 2002	Open		Open	Junior Born 2002 & 2003	Youth Born 2004 - 2006
26.42	25.96	25.05	50m Freestyle	27.95	28.81	28.86
57.85	55.89	53.99	100m Freestyle	1:00.26	1:02.25	1:03.01
2:06.71	2:04.22	2:22.44	200m Freestyle	2:11.79	2:16.16	2:16.17
4:35.98	4:28.77	4:22.54	400m Freestyle	4:41.40	4:46.96	4:46.97
9:57.19	9:33.80	9:26.36	800m Freestyle	9:40.74	9:56.73	10:03.60
18:19.12	18:14.71	17:48.53	1500m Freestyle	19:59.69	20:24.77	20:24.78
31.60	30.72	29.58	50m Backstroke	32.58	33.14	33.98
1:07.48	1:05.34	1:03.09	100m Backstroke	1:08.66	1:09.91	1:11.42
2:26.59	2:24.95	2:19.49	200m Backstroke	2:30.14	2:33.12	2:33.92
35.74	34.18	32.47	50m Breaststroke	36.19	38.92	39.07
1:16.02	1:13.56	1:10.91	100m Breaststroke	1:18.27	1:21.34	1:21.83
2:47.15	2:46.33	2:39.15	200m Breaststroke	2:51.17	2:58.56	2:58.57
29.62	28.37	26.53	50m Butterfly	30.36	31.72	32.44
1:05.32	1:01.45	58.53	100m Butterfly	1:08.32	1:10.86	1:11.11
2:28.96	2:22.85	2:17.36	200m Butterfly	2:38.32	2:46.51	2:46.52
2:24.74	2:22.16	2:18.26	200m IM	2:30.89	2:34.03	2:34.73
5:24.43	5:14.39	5:07.85	400m IM	5:25.22	5:33.47	5:33.48

MALE ENTRY FORM

Please complete this form fully and correctly otherwise your entry will not be accepted.

FULL NAME (*Print*): _____ Swim Ireland Reg No. _____

CLUB (*Print*): _____ Date of Birth: _____

Event No.	Event	Time Achieved	Date Achieved (Including Meet Name)
1	400m Freestyle		
3	100m Breaststroke		
5	50m Butterfly		
8	100m Freestyle		
10	200m Breaststroke		
12	50m Backstroke		
14	400m Ind. Medley		
16	200m Butterfly		
18	50m Freestyle		
20	800m Freestyle		
21	200m Ind. Medley		
23	100m Backstroke		
25	50m Breaststroke		
27	1500m Freestyle		
29	200m Freestyle		
31	100m Butterfly		
33	200m Backstroke		

(Entry times to have been achieved Long Course Only in the Period 28th June 2018 – 25th February 2019)

I certify that the above information is correct: _____
(Club Secretary)

FEMALE ENTRY FORM

Please complete this form fully and correctly otherwise your entry will not be accepted.

FULL NAME (*Print*): _____ Swim Ireland Reg No. _____

CLUB (*Print*): _____ Date of Birth: _____

Event No.	Event	Time Achieved	Date Achieved (Including Meet Name)
2	400m Freestyle		
4	100m Breaststroke		
6	50m Butterfly		
7	400m Ind. Medley		
9	200m Breaststroke		
11	50m Freestyle		
13	800m Freestyle		
15	100m Freestyle		
17	200m Butterfly		
19	50m Backstroke		
22	200m Freestyle		
24	100m Backstroke		
26	50m Breaststroke		
28	200m Ind. Medley		
30	100m Butterfly		
32	200m Backstroke		
34	1500m Freestyle		

(Entry times to have been achieved Long Course Only in the Period 28th June 2018 – 25th February 2019)

I certify that the above information is correct: _____
(Club Secretary)

Individual Entries: _____ @ €10 Each = € _____

TOTAL AMOUNT ENCLOSED: € _____

CLUB: _____ CONTACT: _____

PHONE: _____ EMAIL: _____

Payment Options:

Please reference all payments as "2019 IOSC" and include club details.

Bank Transfer:

EURO

Bank: AIB

Sort Code: 932515

Account Number: 59772048

IBAN: IE03 AIBK 9325 1559 7720 48

BIC: AIBKIE2D

Sterling

Bank: Danske Bank

Sort Code: 950111

Account Number: 51051490

IBAN: GB55 DABA 9501 1151 0514 90

BIC: DABAGB2B

Credit Card:

Credit card payments can be made over the phone by calling the Swim Ireland offices at **+353-1-6251142** – please note that credit card payments can only be processed in Euro

Cheque/Postal Order:

Made payable to Swim Ireland

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

- 1) 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.
- 2) Any accidents, however minor, must be reported to Swim Ireland (standard Accident Report Form available).
- 3) 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

- 1) All Clubs should obtain and read a copy of the Safety Statement of the pool they are hiring.
- 2) 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)

- 1) 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.
- 2) 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.
- 3) "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.
- 4) 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.
- 5) 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 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. Where there is a balcony or rail - swimmers are not permitted to climb over it.
- iii. Glass bottles are not permitted outside designated refreshment areas.

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