

SWIM IRELAND

2020

Irish Winter Meet (25m)

Meet Licence Number N001-2020/2021

ENTRY RULES & FORMS

National Aquatic Centre, Dublin

Thursday 17th – Sunday 20th December 2020



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MEET CONDITIONS

Meet Location	National Aquatic Centre, Sport Ireland Campus, Blanchardstown, Dublin 15	
Pool Specification	10 lane 25m pool; anti-turbulence lane ropes; wedge starting blocks; backstroke ledges; 6 lane 25m warm up/swim down pool	
Meet Type	<ul style="list-style-type: none"> ▪ 50m, 100m & 200m Backstroke, Breaststroke, Butterfly & Freestyle ▪ 100m, 200m & 400m IM ▪ 400m Freestyle ▪ 800m Freestyle (Female) & 1500m Freestyle (Male) ▪ One final per event (800m/1500m as Timed Finals) 	
Government of Ireland Level 2 Restrictions	<ul style="list-style-type: none"> ▪ A maximum of 40 entrants accepted in 50m, 100m, 200m & 400m events plus 5 reserves ▪ A maximum of 10 entrants accepted in 800m & 1500m events plus 5 reserves ▪ The event is only open to entry for Swim Ireland members representing an Irish club 	
Government of Ireland Level 3 Restrictions	<ul style="list-style-type: none"> ▪ A maximum of 40 entrants accepted in 50m, 100m, 200m & 400m events plus 5 reserves ▪ A maximum of 10 entrants accepted in 800m & 1500m events plus 5 reserves ▪ The event is only open to entry for Swim Ireland members representing an Irish club ▪ Entrants to be a minimum of 16 years of age (age as of 31/12/2020) 	
Government of Ireland Level 4 or 5 Restrictions	<ul style="list-style-type: none"> ▪ Should we be in Level 4 or Level 5 restrictions at the time of the meet, further information will be issued to all clubs as entry may be further limited 	
Para-swimmers	<ul style="list-style-type: none"> ▪ Places will be allocated in certain events to the Tokyo 2021 Paralympic long list swimmers 	
Session Times	Heats Sessions: <ul style="list-style-type: none"> ▪ A maximum of four events per session ▪ A maximum of two heats per event per session ▪ Pool warm ups to be split 25 minutes per gender ▪ Athletes to leave the premises when their racing is complete within a session 	Finals Sessions: <ul style="list-style-type: none"> ▪ A maximum of four finals before a break allowing those who have completed racing to leave the premises ▪ Pool warm ups to be split 25 minutes per gender ▪ Athletes to leave the premises when their racing is complete within a session
Age Groups	<p>Three different sets of Consideration Times are published to reflect three age groups within each gender, with the fastest entrants in each event accepted <u>regardless</u> of age:</p> <ul style="list-style-type: none"> ▪ Junior (Born 2005-2008) only permitted in a Level 2 scenario ▪ Youth (Born 2003-2004) permitted in both Level 2 and Level 3 scenarios ▪ Senior (Born 2002 & Earlier) permitted in both Level 2 and Level 3 scenarios 	
Consideration Times	<ul style="list-style-type: none"> ▪ Consideration Times may be achieved in both Short Course & Long Course meets in the Period 1st July 2019 – 9th November 2020. ▪ Times must have been achieved in meets licenced at Level 3 or higher to be eligible to be used for entry into this meet – times from virtual meets/club time trials will NOT be accepted ▪ Long Course times used for entry will be converted to Short Course via the Meet Management System for seeding purposes 	
Finals	The fastest ten competitors from the heats shall be allocated places in the Final	
Team Leaders Meeting	Technical briefing for officials & coaches will take place via a Virtual Meeting on Wednesday 16th December at 1900 . It is essential that all coaches and officials attend this meeting to understand how the meet will operate in a COVID environment	
Withdrawals	Withdrawals from Day 1 must be emailed to entries@swimireland.ie before 1500 on 16th December 2020 . Withdrawals for Days 2, 3 & 4 must be submitted by 1800 the previous day, i.e. for Day 2, withdrawals must be submitted by 1800 on Day 1. There will be a €50 fine if athletes are not withdrawn within 30 minutes of the announcement of the results of an event for the final	

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	<p>that evening or by 1800 for an event for the following day</p> <p>Reserve swimmers should not attend the competition unless they receive confirmation that their entry has promoted to a full entry</p>
Accreditation	<p>Accreditation will be produced through the Go-Membership system. Club admins will need to apply for accreditation for athletes & one coach per 10 athletes entered per club; clubs will not be permitted Team Managers at this meet and the meet will provide Welfare Marshalls to perform a similar role. Please ensure that coaches meet all of the requirements for accreditations, otherwise they will not be awarded. Accreditation lanyards & pouches can be collected at the Accreditation Desk. Further information on accreditation will be circulated to clubs in the next few weeks</p>
Entry Form	<p>Electronic Hy-Tek entries should be sent to the Swim Ireland Office at entries@swimireland.ie</p> <p>Paper entries will not be accepted</p>
Entry Deadline	<p>1700 Thursday 26th November 2020 for ALL entries.</p> <p>Payment for ALL entries will be required once you receive notification that your entry has been accepted</p>
Entry Fees	<p>Individual entries are €10/£9 per event.</p> <p>Clubs will be issued with an invoice for their confirmed entries</p> <p><i>Please note that entries are non-refundable once the final date for payment has passed</i></p>
Swimsuits	<p>All swimsuits must comply with FINA regulations and should bear the FINA approved stamp (https://www.fina.org/sites/default/files/frsa.pdf)</p>
Anti-Doping	<p>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 Irish Sports Council/WADA/FINA Anti-Doping rules. For further information visit the Anti-Doping section of the Sport Ireland website</p>
Awards	<p>National and Regional records can be set at this event. As training availability has not been uniform for athletes across the island of Ireland leading into this event, this event will not include awards on this occasion</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> <p>A separate document will be issued to all clubs prior to the event with COVID-19 safety guidelines specific to the NAC</p>
Open Training Session	<p>There will be no availability for open training in the NAC prior to this meet</p>
Further Information	<p>Please direct all queries to entries@swimireland.ie</p>

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>

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Programme of Events

Day 1 Thursday 17th December 2020	Day 2 Friday 18th December 2020	Day 3 Saturday 19th December 2020	Day 4 Sunday 20th December 2020
Session 1: 0900 Fastest Heats 1-2	Session 6: 0900 Fastest Heats 1-2	Session 11: 0900 Fastest Heats 1-2	Session 16: 0900 Fastest Heats 1-2
Male 200m IM Female 200m IM Male 100m Backstroke Female 100m Backstroke	Female 100m Freestyle Male 100m Freestyle Female 400m IM Male 400m IM	Male 400m Freestyle Female 400m Freestyle Male 100m Butterfly Female 100m Butterfly	Female 100m IM Male 100m IM Female 200m Freestyle Male 200m Freestyle
Session 2: 1045 Fastest Heats 1-2	Session 7: 1100 Fastest Heats 1-2	Session 12: 1100 Fastest Heats 1-2	Session 17: 1045 Fastest Heats 1-2
Male 50m Freestyle Female 50m Freestyle Male 200m Butterfly Female 200m Butterfly	Female 50m Butterfly Male 50m Butterfly Female 100m Breaststroke Male 100m Breaststroke	Male 50m Breaststroke Female 50m Breaststroke Male 200m Backstroke Female 200m Backstroke	Female 50m Backstroke Male 50m Backstroke Female 200m Breaststroke Male 200m Breaststroke
Session 3: 1230 Slower Heats 3-4	Session 8: Time 1230 Slower Heats 3-4	Session 13: 1245 Slower Heats 3-4	Session 18: 1230 Slower Heats 3-4
Male 200m IM Female 200m IM Male 100m Backstroke Female 100m Backstroke	Female 100m Freestyle Male 100m Freestyle Female 400m IM Male 400m IM	Male 400m Freestyle Female 400m Freestyle Male 100m Butterfly Female 100m Butterfly	Female 100m IM Male 100m IM Female 200m Freestyle Male 200m Freestyle
Session 4: 1415 Slower Heats 3-4	Session 9: 1430 Slower Heats 3-4	Session 14: 1445 Slower Heats 3-4	Session 19: 1415 Slower Heats 3-4
Male 50m Freestyle Female 50m Freestyle Male 200m Butterfly Female 200m Butterfly	Female 50m Butterfly Male 50m Butterfly Female 100m Breaststroke Male 100m Breaststroke	Male 50m Breaststroke Female 50m Breaststroke Male 200m Backstroke Female 200m Backstroke	Female 50m Backstroke Male 50m Backstroke Female 200m Breaststroke Male 200m Breaststroke
Session 5: 1700 Finals	Session 10: 1700 Finals	Session 15: 1700 Finals	Session 20: 1700 Finals
Male 200m IM Final Female 200m IM Final Male 100m Backstroke Final Female 100m Backstroke Final 20 MINUTE BREAK Male 50m Freestyle Final Female 50m Freestyle Final Male 200m Butterfly Final Female 200m Butterfly Final Male 1500m Freestyle HDW	Female 100m Freestyle Final Male 100m Freestyle Final Female 400m IM Final Male 400m IM Final 20 MINUTE BREAK Female 50m Butterfly Final Male 50m Butterfly Final Female 100m Breaststroke Final Final Male 100m Breaststroke Final Female 800m Freestyle HDW	Male 400m Freestyle Final Female 400m Freestyle Final Male 100m Butterfly Final Female 100m Butterfly Final 20 MINUTE BREAK Male 50m Breaststroke Final Female 50m Breaststroke Final Male 200m Backstroke Final Female 200m Backstroke Final	Female 100m IM Final Male 100m IM Final Female 200m Freestyle Final Male 200m Freestyle Final 20 MINUTE BREAK Female 50m Backstroke Final Male 50m Backstroke Final Female 200m Breaststroke Final Male 200m Breaststroke Final

Pool Warm Ups

- 60 minutes prior to the start of the session
- Thursday & Saturday sessions: first 25 minutes Male; 5 minutes to clear pool deck, next 25 minutes Female, 5 minutes to clear pool deck
- Friday & Sunday sessions: first 25 minutes Female; 5 minutes to clear pool deck, next 25 minutes Male, 5 minutes to clear pool deck

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Short Course Consideration Times

(Achieved Short Course in the Period 1st July 2019 – 9th November 2020)

MALE			Event	FEMALE		
Born 2005-2008	Born 2003-2004	Born 2002 & Earlier		Born 2002 & Earlier	Born 2003-2004	Born 2005- 2008
28.29	25.82	24.80	50m Freestyle	27.53	28.48	29.29
1:00.53	56.45	53.19	100m Freestyle	59.29	1:00.56	1:03.04
2:13.10	2:03.84	1:59.47	200m Freestyle	2:10.04	2:12.06	2:18.17
4:45.98	4:24.67	4:17.82	400m Freestyle	4:34.64	4:41.79	4:58.02
N/A	9:07.75	8:51.08	800m Freestyle	9:37.95	9:53.44	N/A
N/A	17:24.32	17:17.85	1500m Freestyle	18:21.75	18:43.98	N/A
30.59	29.61	28.63	50m Backstroke	31.27	31.86	32.45
1:11.60	1:03.82	1:02.62	100m Backstroke	1:06.22	1:07.09	1:13.17
2:33.22	2:21.13	2:18.71	200m Backstroke	2:25.80	2:26.69	2:38.71
35.88	33.92	31.96	50m Breaststroke	36.08	36.86	37.65
1:21.68	1:12.46	1:09.55	100m Breaststroke	1:17.05	1:19.15	1:25.53
2:58.38	2:44.20	2:38.43	200m Breaststroke	2:48.65	2:52.74	3:04.57
30.10	28.87	27.65	50m Butterfly	30.49	30.98	31.47
1:10.92	1:01.39	59.02	100m Butterfly	1:07.25	1:08.70	1:13.85
2:36.00	2:28.74	2:17.73	200m Butterfly	2:36.84	2:42.44	2:48.08
1:11.55	1:06.81	1:02.07	100m IM	1:08.95	1:12.93	1:16.91
2:32.83	2:19.90	2:16.77	200m IM	2:28.82	2:33.73	2:39.03
5:28.68	5:09.41	5:02.31	400m IM	5:24.70	5:32.45	5:44.75

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Long Course Consideration Times

(Achieved Long Course in the Period 1st July 2019 – 9th November 2020)

MALE			Event	FEMALE		
Born 2005-2008	Born 2003-2004	Born 2002 & Earlier		Born 2002 & Earlier	Born 2003-2004	Born 2005- 2008
28.86	26.34	25.30	50m Freestyle	28.08	29.05	29.88
1:01.74	57.58	54.25	100m Freestyle	1:00.48	1:01.77	1:04.30
2:15.76	2:06.32	2:01.86	200m Freestyle	2:12.64	2:14.70	2:20.93
4:51.70	4:29.96	4:22.97	400m Freestyle	4:40.13	4:47.42	5:03.98
N/A	9:18.70	9:01.70	800m Freestyle	9:49.50	10:05.30	N/A
N/A	17:45.20	17:38.60	1500m Freestyle	18:43.78	19:06.45	N/A
31.20	30.20	29.20	50m Backstroke	31.90	32.50	33.10
1:13.03	1:05.10	1:03.87	100m Backstroke	1:07.54	1:08.43	1:14.63
2:36.28	2:23.95	2:21.48	200m Backstroke	2:28.71	2:29.62	2:41.88
36.60	34.60	32.60	50m Breaststroke	36.80	37.60	38.40
1:23.31	1:13.91	1:10.94	100m Breaststroke	1:18.59	1:20.73	1:27.24
3:01.95	2:47.48	2:41.60	200m Breaststroke	2:52.02	2:56.19	3:08.26
30.70	29.45	28.20	50m Butterfly	31.10	31.60	32.10
1:12.34	1:02.62	1:00.20	100m Butterfly	1:08.59	1:10.07	1:15.33
2:39.12	2:31.71	2:20.48	200m Butterfly	2:39.98	2:45.69	02:51.44
N/A	N/A	N/A	100m IM	N/A	N/A	N/A
2:35.89	2:22.70	2:19.50	200m IM	2:31.80	2:36.80	2:42.21
5:35.25	5:15.60	5:08.35	400m IM	5:31.19	5:39.10	5:51.64

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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.

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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.

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 athletes are sufficiently competent to dive start from competition starting blocks. Alternatively, athletes are reminded that they may start from the poolside.
- ii. In the event of a false start, athletes should perform a safe entry and not fall into the water.

3. Warm-Up

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

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

- i. Athletes are not permitted to enter dry areas without first having changed and put on footwear.
- ii. Where there is a balcony or rail - athletes 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.