



2021 Performance Meet

Meet Licence: 5L-20/21-N002

ENTRY CONDITIONS & INFORMATION

National Aquatic Centre, Dublin

Thursday 24th – Saturday 26th June 2021



2021 Performance Meet
National Aquatic Centre, Dublin
 24th – 26th June 2021



MEET CONDITIONS

Introduction:	This document relates to the staging of an elite level competition in June 2021. The 2021 Performance Meet is intended explicitly to facilitate a pathway for qualification to the 2021 Olympic Games, the 2021 LEN European Championships (25m) and the 2021 FINA World Championships (25m). This document will be constantly reviewed in line with Government of Ireland announcements	
Meet Location:	National Aquatic Centre, Sport Ireland Campus, Blanchardstown, Dublin 15	
Pool Specification:	10 lane 50m pool; anti-turbulence lane ropes; wedge starting blocks; backstroke ledges; 6 lane 25m warm up/swim down pool	
Meet Type:	Full Olympic Programme (Individual Events Only) plus 50m Butterfly (Para Only) 50m/100m/200m/400m Events – Two Rounds 800m/1500m Events – One Round Round 1 – Lanes 2-7 (Six Lanes) Round 2 – Lanes 1-8 (Eight Lanes)	
Session Times:	Session 1: Thursday 24 th June Warm-up (Mixed) 0815; Competition 1000 Session 2: Thursday 24 th June Warm-up (Mixed) 1545; Competition 1730 Session 3: Friday 25 th June Warm-up (Mixed) 0815; Competition 1000	Session 6: Friday 25 th June Warm-up (Mixed) 1545; Competition 1730 Session 7: Saturday 26 th June Warm-up (Mixed) 0815; Competition 1000 Session 8: Saturday 26 th June Warm-up (Mixed) 1545; Competition 1730
Age:	Qualifying Times to reflect 'Open' swimming within each gender (Males and Females from all years of birth)	
Qualification Criteria:	Times must have been achieved in a Long Course (50m) pool in the period 1 st January 2019 – 1 st June 2021	
Entry Eligibility:	<p>To be eligible for entry, athletes must be registered as Competitive Members with a Swim Ireland club and such athletes must be in good standing with Swim Ireland</p> <p>To be eligible for entry, athletes must also: Provide a negative antigen test from a test which has been undertaken on the day prior to meet commencing or on the day prior to their first attendance at the meet (for those who are a full-time resident on the island of Ireland) <u>or</u> provide a negative PCR test certificate from a test which has been undertaken within 60 hours of their first point of attendance at the NAC for the meet (for those who are not a full-time resident on the island of Ireland). As such, participants at the 2021 Performance Meet who are full time residents in Ireland and who are currently clinically well (as per the Swim Ireland COVID-19 Response Portal questionnaire) need to arrange an antigen test via one of the following methods:</p> <ul style="list-style-type: none"> ▪ An antigen test administered by our Medical Director Dr Ui May Tan and is to be arranged via Pat Daly on +353860247676. Appointments are available on Wednesday 23rd June between 14:00 & 17:00 And Thursday 24th between 07:00 & 08:30 <u>only</u> ▪ An antigen test administered by a certified medical practitioner, with the result accompanied by a letter from this practitioner, clearly stating the date that the test was taken, a date which is within a 24-hour period of entering the NAC for the first time for this meet 	

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Round 1/2:	<p>50m/100m/200m/400m Events – Two Rounds R1: Cyclic seeding not utilized. Maximum of six athletes per heat R2: Fastest 8 athletes from R1 into the Final; in the 100m Freestyle and 200m Freestyle events only, the next fastest 8 athletes from R2 into a 'B' Final Para athletes will be incorporated into the heats other than Female 50m Butterfly which will run as a standalone event</p> <p>800m/1500m Events – One Round R1: Fastest 8 entrants compete in the Finals Session. Remaining entrants compete in the Heats session with a maximum of six athletes per heat</p>
Team Leaders Meeting:	<p>Technical briefing will take place on Tuesday 22nd June via Zoom at 19:00. Attendance at this meeting is strongly advisable. Not being represented at the briefing means that a Club is agreeing to abide by any decisions made at the meeting</p>
Withdrawals:	<p>Withdrawals from Day 1 must be emailed to entries@swimireland.ie by 15:00 on Wednesday 23rd June</p> <p>Withdrawals for Days 2, & 3 must be submitted by 17:30 the previous day, i.e. for Day 2, withdrawals must be submitted by 17:30 on Day 1. These withdrawals must be completed on Withdrawal Forms at the Technical Delegate's Table on poolside. No email scratches will be accepted after 15:00 on Tuesday 22nd June</p> <p>Withdrawals from Round 2 swims must be made within 30 minutes of the announcement of the results for the event. There will be a €50 fine if athletes fail to report for their event and have not been withdrawn in accordance with these conditions.</p>
Entry Form:	<p>Electronic Hy-tek entries are accepted via Hy-tek to the Swim Ireland Office at entries@swimireland.ie</p>
Entry Deadline:	<p>17:00 Friday 4th June 2021 for ALL entries. Payment for ALL entries must be received by 17:00 Friday 11th June 2021</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 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 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 the Swim Ireland Code of Practice for Safety (Swimming) on the Swim Ireland website</p>
Open Training Session:	<p>There will be pool availability for open training session on Wednesday 23rd June 2021 in the period 1700-1900 only</p>
In Meet Training:	<p>Athletes not competing in a particular session/on a particular day will be permitted to train from 0630 – 0800 and following the completion of the heats up to and including 1530 during competition days</p>

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Catering:	It should be noted that the Cafeteria area in the NAC is unlikely to be open during this meet
Accommodation:	Athletes are free to make their own accommodation arrangements for this competition. Swim Ireland have a relationship with the Carlton Hotel in Tyrlestown and the hotel will provide you with a preferential rate if you quote 'Swim Ireland' when booking.
COVID-19 Specific Protocols:	<p>Please also read the additional "Pre-Event Information" document on the Swim Ireland website</p> <ul style="list-style-type: none"> ▪ All persons present at the meet must provide a negative antigen test certificate as per the information on pages 2 & 3. Further information on this is contained in the Pre-Event Information document ▪ All athletes, team staff, event staff and officials MUST limit their movements and submit daily COVID self-screening for 10 days prior to travelling to NAC, during the competition and for 14 days after the competition (i.e. from the 14th June through to and including the 10th July). Further information on this is contained in the Pre-Event Information document ▪ Athletes, coaches and officials should not car pool/lift share in travelling to the NAC ▪ Face coverings must be worn when entering the building ▪ Temperature checks will be taken at the main reception each session and athletes will be required to sign in with a member of NAC staff at that point ▪ Athletes will then proceed to changing village where they can change ▪ Athletes can then proceed to the concourse, using the one-way system that is in place, where they will be given a specific seat. This will be their seat for the duration of the competition ▪ Athletes may then proceed to the pool deck using the one-way system that is in place ▪ Only when in transit for warm-up or start of race can athletes remove face coverings ▪ Officials and coaches/team staff must wear a face covering at all times ▪ When warm-up, swim down or racing is complete, athletes must once again immediately wear a face covering ▪ When athletes have finished all necessary activity within a session, they must return to the changing village and can then leave the venue via the main reception area ▪ The diving pool area is an athlete preparation and swim down area only. It must not be used for congregation for any other purpose ▪ Where possible, a maximum of 4 athletes per 50m lane and 3 athletes per 25m lane should be observed for warm-up and swim down purposes ▪ Social distancing must be observed at all times
International Travel	<ul style="list-style-type: none"> ▪ Swim Ireland will adhere to all Government of Ireland guidelines regarding inward travel to Ireland when staging this competition ▪ Please note government restrictions on travel into Ireland at this link - https://www.gov.ie/en/publication/b4020-travelling-to-ireland-during-the-covid-19-pandemic/#what-you-have-to-do-before-you-arrive-into-ireland-from-abroad

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Post Competition:	<ul style="list-style-type: none">▪ All athletes will be expected to leave the premises as soon as they have finished competing and completed swim down/recovery protocols▪ Adhere to egress signage▪ If an athlete becomes unwell after competition, they should first contact their GP and read the HSE/NHS guidelines and then inform the Competition Organisers. The Competition organisers will then follow advice provided to them by the HSE/NHS on the next steps
Further Info:	Please direct all queries to entries@swimireland.ie

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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SCHEDULE OF EVENTS

Day 1 – Thu 24th June 2021	Day 2 – Fri 25th June 2021	Day 3 – Sat 26th June 2021
Session 1: 1000 - Heats	Session 3: 1000 – Heats	Session 5: 1000 - Heats
Female 50m Butterfly (Para Only) Male 100m Backstroke Female 100m Backstroke Male 100m Breaststroke Female 100m Breaststroke Male 200m Butterfly Female 100m Butterfly Male 200m Freestyle Female 100m Freestyle Male 800m Freestyle (Slower Heats) Female 1500m Freestyle (Slower Heats)	Female 200m IM Male 200m IM Female 400m Freestyle Male 400m Freestyle Female 200m Backstroke Male 50m Freestyle Female 400m IM Male 400m IM Female 200m Freestyle	Male 200m Backstroke Female 200m Butterfly Male 200m Breaststroke Female 200m Breaststroke Male 100m Butterfly Female 50m Freestyle Male 100m Freestyle Female 800m Freestyle (Slower Heats) Male 1500m Freestyle (Slower Heats)
Day 1 – Thu 24th June 2021	Day 2 – Fri 25th June 2021	Day 3 – Sat 26th June 2021
Session 2: 1730 - Finals	Session 4: 1730 – Finals	Session 6: 1730 - Finals
Female 50m Butterfly (Para Only) Male 800m Freestyle Fastest Heat Female 100m Backstroke Male 100m Backstroke Female 100m Breaststroke Male 100m Breaststroke Female 100m Butterfly Male 200m Butterfly Female 100m Freestyle Male 200m Freestyle Female 1500m Freestyle (Fastest Heat)	Female 200m IM Male 400m Freestyle Female 400m Freestyle Male 400m IM Female 400m IM Male 200m IM Female 200m Freestyle Male 50m Freestyle Female 200m Backstroke	Male 1500m Freestyle (Fastest Heat) Female 200m Butterfly Male 100m Freestyle Female 200m Breaststroke Male 200m Breaststroke Female 50m Freestyle Male 100m Butterfly Female 800m Freestyle (Fastest Heat) Male 200m Backstroke

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QUALIFICATION STANDARDS

MALE	EVENT	FEMALE
24.21	50m Freestyle	27.25
53.43	100m Freestyle	59.82
1:57.72	200m Freestyle	2:09.01
4:09.46	400m Freestyle	4:32.69
8:41.74	800m Freestyle	9:24.70
16:31.09	1500m Freestyle	18:11.24
59.24	100m Backstroke	1:06.28
2:09.25	200m Backstroke	2:23.43
1:05.92	100m Breaststroke	1:13.78
2:23.38	200m Breaststroke	2:40.07
57.16	100m Butterfly	1:03.71
2:08.13	200m Butterfly	2:21.27
2:11.64	200m IM	2:25.82
4:41.42	400m IM	5:06.38

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Entry Summary Sheet

No. Individual Entries: _____ @ €10 Each = € _____

TOTAL AMOUNT ENCLOSED: € _____

CLUB: _____ CONTACT: _____

PHONE: _____ EMAIL: _____

Payment Options:

Please reference all payments as "2021 Performance Meet" 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

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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