

**SWIM
IRELAND**

**2022
Irish National Winter Championships
(25m)**

5S-22/23-N001

ENTRY RULES & FORMS

**National Aquatic Centre, Dublin
Thursday 15th – Saturday 17th December 2022**



**SPÓRT ÉIREANN
SPORT IRELAND**



Irish National Winter Championships (25m)
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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:	<p>Full Olympic Programme plus 50m Form Strokes and 100m Ind Medley.</p> <p>Open, Transition and Junior Finals per Olympic Event (800m/1500m as Timed Finals). Open Final only in non-Olympic Events.</p> <p>Four Open 200m Relays, single gender and mixed Freestyle and Medley relays as Timed Finals</p>	
Session Times:	<p>Session 1: Thursday 15th December Warm-up (Male 0745-0830. Female 0830-0915); Competition 0930</p> <p>Session 2: Thursday 15th December Warm-up (Mixed) 1545 - 1645; Competition 1700</p> <p>Session 3: Friday 16th December Warm-up (Female 0745-0830. Male 0830-0915); Competition 0930</p>	<p>Session 4: Friday 16th December Warm-up (Mixed) 1545 - 1645; Competition 1700</p> <p>Session 5: Saturday 17th December Warm-up (Male 0745-0830. Female 0830-0915); Competition 0930</p> <p>Session 6: Saturday 17th December Warm-up (Mixed) 1545 - 1645; Competition 1700</p>
Age:	<p>Consideration Times to reflect two age groups per gender.</p> <p>Age Groups as Junior (male competitors born 2006 – 2009 and female competitors born 2007 – 2009) and Senior (male competitors born 2005 or earlier and female competitors born 2006 or earlier).</p>	
Qualification Criteria:	<p>Published times are Consideration Times. Heats may be limited to manage session timelines</p> <p>Times may be achieved in Short Course or Long Course in the Period 1st December 2021 – 13th November 2022.</p> <p>Times must have been achieved in meets licenced at Level 3 or higher to be eligible to be used for entry into this meet.</p> <p>Long Course times used for entry will be converted to Short Course via the Meet Management System for seeding purposes.</p>	
Finals:	<p>Open Final – Fastest 10 athletes from the heats (all ages, maximum of three non-Irish athletes within the final)</p> <p>Transition Final – Fastest 10 athletes Male 22 years & under (born 2000 or later) & Females 21 years & under (born 2001 or later) that have not qualified for the Open Final (maximum of three non-Irish athletes within the final)</p> <p>Junior Final – Fastest 10 athletes Male 18 years & under (born 2004 or later) & Females 17 years & under (born 2005 or later) that have not qualified for the Open Final or the Transition Final (maximum of three non-Irish athletes within the final)</p>	
Team Leaders	Technical briefing will take place on Tuesday 13 th December @ 8.00pm via zoom.	

Irish National Winter Championships (25m)
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15th – 17th December 2022



Meeting:	<p>Attendance at this meeting is advisable. If a club is not represented at this briefing, you are agreeing to any decisions made at the meeting and agree to abide by them at the meet. Zoom link:</p> <p>https://us06web.zoom.us/j/84458229035?pwd=eVg0ODNYy9KWkt5WnAwNHRraHowZz09</p>
Withdrawals:	<p>Withdrawals from day 1 must be emailed to entries@swimireland.ie between 09/12/2022 & 3pm on 14/12/2022. Withdrawals for days 2 & 3 must be submitted by 6pm the previous day, i.e., for day 2, withdrawals must be submitted by 6pm on day 1. There will be a €50 fine if swimmers are not withdrawn within 30 minutes of the announcement of the results of an event for the final that evening or by 6pm for an event for the next day.</p>
Accreditation:	<p>Accreditation will be produced through the Go-Membership system. Club admins will need to apply for accreditation for athletes, team managers & coaches. Please ensure that team managers & coaches meet all of the requirements for accreditations, otherwise they will not be awarded. Accreditation lanyards & pouches can be collected at the accreditation desk, which will be located on upper deck near the scoreboard.</p> <p>Further information on accreditation will be circulated to clubs in the next few weeks.</p>
Entry Form:	<p>Electronic Hy-tek entries are accepted via Hy-tek to the Swim Ireland Office at entries@swimireland.ie</p> <p>Clubs who do not have hy-tek should email their entries to entries@swimireland.ie</p>
Entry Deadline:	<p>5pm Wednesday 16th November 2022 for ALL entries. Payment for ALL entries must be received by 5pm Friday 2nd December 2022</p> <p>Please note accreditations will not be approved/issued until full payment of entries and any outstanding fees have been received.</p>
Entry Fees:	<p>Individual entries cost €10/£9 per event. Relay entries cost €25/£22 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>
Relay Entries:	<p>Clubs are permitted to enter more than one relay team per event and all relays entered are eligible to win medals. Approximate entry times should be submitted for all relays. The names of the four 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 Swim Office Table no later than 60 minutes before the start of the session in which the race takes place. Failure to do so will be subject to a fine of €50 (without exception) and disqualification of the relay team.</p> <p>Relay athletes representing Irish clubs must have a primary training base on the island of Ireland</p> <p>All athletes competing in relays must be entered in the meet (<i>even if they are not swimming in individual events</i>). 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.</p>

Irish National Winter Championships (25m)
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Awards:	<p>Awards - Male Open (Irish & Commemorative) and Junior 18 years & under (Irish only) plus Female Open (Irish & Commemorative) and Junior 17 years & under (Irish only)</p> <p>Open Awards - Times achieved in Open Finals supersede times achieved in Transition Finals in the awarding of Open medals; times achieved in Transition Finals supersede times achieved in Junior Finals in the awarding of Open medals</p> <p>Junior Awards - Times achieved in Open Finals supersede times achieved in Transition Finals in the awarding of Junior medals; times achieved in Transition Finals supersede times achieved in Junior Finals in the awarding of Junior medals; times achieved in Junior Finals supersede times achieved in the Heats in the awarding of Junior medals</p> <p>Top Club Award - (from the Heats) Points Awarded from 20 points – 1 point for Top-20 Open swims per individual and relay events</p>
Swimsuits:	<p>All swimsuits must comply with FINA regulations and should bear the FINA approved stamp</p> <p>(https://www.fina.org/sites/default/files/frsa.pdf)</p>
Officials' Rota	<p>If there are not enough licenced officials available for a session, clubs will be assigned roles on the basis of 4:1. Please note that this will be based on clubs' original entry list.</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 Irish Sports Council website.</p>
COVID-19	<p>Some restrictions may be in place at the time of the meet. Please refer to www.gov.ie to view these restrictions.</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>
Open Training Session:	<p>There will be some pool availability for open training session on Wednesday 14th December from 1700 - 1900</p>
Further Info:	<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>

Irish National Winter Championships (25m)
National Aquatic Centre, Dublin
15th – 17th December 2022



Order of Events

Day 1 – Thursday 15 th December 2022	Day 2 – Friday 16 th December 2022	Day 3 – Saturday 17 th December 2022
Session 1: Heats	Session 3: Heats	Session 5: Heats
Male 50m Backstroke Female 50m Backstroke Male 100m Breaststroke Female 100m Breaststroke Male 100m Freestyle Female 100m Freestyle Male 200m Butterfly Female 200m Butterfly Male 100m IM Female 100m IM Male 200m Freestyle Relay HDW Female 200m Freestyle Relay HDW Mixed 800m Freestyle HDW	Mixed 200m Freestyle Relay HDW Female 100m Backstroke Male 100m Backstroke Female 400m IM Male 400m IM Female 50m Butterfly Male 50m Butterfly Female 200m Freestyle Male 200m Freestyle Female 200m Breaststroke Male 200m Breaststroke Mixed 200m Medley Relay HDW Mixed 1500m Freestyle HDW	Male 200m Backstroke Female 200m Backstroke Male 50m Freestyle Female 50m Freestyle Male 50m Breaststroke Female 50m Breaststroke Male 100m Butterfly Female 100m Butterfly Male 200m IM Female 200m IM Male 400m Freestyle Female 400m Freestyle Male 200m Medley Relay HDW Female 200m Medley Relay HDW
Session 2: Finals	Session 4: Finals	Session 6: Finals
Male 50m Backstroke Open Final Female 50m Backstroke Open Final Male 100m Breaststroke Junior, Transition & Open Finals Female 100m Breaststroke Junior, Transition & Open Finals Male 100m Freestyle Junior, Transition & Open Finals Female 100m Freestyle Junior, Transition & Open Finals Male 200m Butterfly Junior, Transition & Open Finals Female 200m Butterfly Junior, Transition & Open Finals Male 100m IM Open Final Female 100m IM Open Final	Female 100m Backstroke Junior, Transition & Open Finals Male 100m Backstroke Junior, Transition & Open Finals Female 400m IM Junior, Transition & Open Finals Male 400m IM Junior, Transition & Open Finals Female 50m Butterfly Open Final Male 50m Butterfly Open Final Female 200m Freestyle Junior, Transition & Open Finals Male 200m Freestyle Junior, Transition & Open Finals Female 200m Breaststroke Junior, Transition & Open Finals Male 200m Breaststroke Junior, Transition & Open Finals	Male 200m Backstroke Junior, Transition & Open Finals Female 200m Backstroke Junior, Transition & Open Finals Male 50m Freestyle Junior, Transition & Open Finals Female 50m Freestyle Junior, Transition & Open Finals Male 50m Breaststroke Open Final Female 50m Breaststroke Open Final Male 100m Butterfly Junior, Transition & Open Finals Female 100m Butterfly Junior, Transition & Open Finals Male 200m IM Junior, Transition & Open Finals Female 200m IM Junior, Transition & Open Finals Male 400m Freestyle Junior, Transition & Open Finals Female 400m Freestyle Junior, Transition & Open Finals

Irish National Winter Championships (25m)
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Short Course Consideration Standards

(Achieved Short Course Only in the Period 1st December 2021 – 13th November 2022)

MALE		EVENT	FEMALE	
Junior Born 2006 -2009	Senior Born 2005 & Earlier		Senior Born 2006 & Earlier	Junior Born 2007 - 2009
25.58	24.57	50m Freestyle	27.57	28.53
55.91	52.68	100m Freestyle	59.39	1:00.66
2:03.41	1:59.06	200m Freestyle	2:11.05	2:13.08
4:25.10	4.18.24	400m Freestyle	4:38.17	4:45.41
9:08.28	8:50.94	800m Freestyle	9:39.63	9;55.69
17:25.65	17:19.04	1500m Freestyle	18:34.25	18:56.96
29.49	28.47	50m Backstroke	31.17	31.91
1:03.21	1:02.02	100m Backstroke	1:06.73	1:07.61
2:19.78	2:17.38	200m Backstroke	2:26.96	2:27.82
33.66	31.61	50m Breaststroke	35.86	36.82
1:11.32	1:08.46	100m Breaststroke	1:16.31	1:18.39
2:41.62	2:35.94	200m Breaststroke	2:48.92	2:53.02
28.76	27.47	50m Butterfly	30.49	30.97
1:01.87	59.30	100m Butterfly	1:08.11	1:09.58
2:28.98	2:17.95	200m Butterfly	2:38.86	2:44.53
1:06.81	1:02.07	100m IM	1:08.95	1:12.93
2:19.94	2:16.73	200m IM	2:29.18	2:34.33
5:04.55	4:57.56	400m IM	5:25.23	5:33.00

Heats may be limited in order to manage session timelines

Irish National Winter Championships (25m)
National Aquatic Centre, Dublin
15th - 17th December 2022



Long Course Consideration Standards

(Achieved Long Course Only in the Period 1st December 2021 – 13th November 2022)

MALE		EVENT	FEMALE	
Junior Born 2006 -2009	Senior Born 2005 & Earlier		Senior Born 2006 & Earlier	Junior Born 2007 - 2009
26.34	25.30	50m Freestyle	28.08	29.05
57.58	54.25	100m Freestyle	1:00.48	1:01.77
2:06.32	2:01.86	200m Freestyle	2:12.64	2:14.70
4:29.96	4:22.97	400m Freestyle	4:40.13	4:47.42
9:18.70	9:01.70	800m Freestyle	9:49.50	10:05.30
17:45.20	17:38.60	1500m Freestyle	18:43.78	19:06.45
30.20	29.20	50m Backstroke	31.90	32.50
1:05.10	1:03.87	100m Backstroke	1:07.54	1:08.43
2:23.95	2:21.48	200m Backstroke	2:28.71	2:29.62
34.60	32.60	50m Breaststroke	36.80	37.60
1:13.91	1:10.94	100m Breaststroke	1:18.59	1:20.73
2:47.48	2:41.60	200m Breaststroke	2:52.02	2:56.19
29.45	28.20	50m Butterfly	31.10	31.60
1:02.62	1:00.20	100m Butterfly	1:08.59	1:10.07
2:31.71	2:20.48	200m Butterfly	2:39.98	2:45.69
N/A	N/A	100m IM	N/A	N/A
2:22.70	2:19.50	200m IM	2:31.80	2:36.80
5:15.60	5:08.35	400m IM	5:31.19	5:39.10

Heats may be limited in order to manage session timelines

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15th - 17th December 2022



RELAY & ENTRY SUMMARY SHEET

Event No.	Event	'A' Team Entry Time	'B' Team Entry Time
9	Male 200m Freestyle Relay		
10	Female 200m Freestyle Relay		
21	Mixed 200m Freestyle Relay		
32	Mixed 200m Medley Relay		
39	Female 200m Medley Relay		
40	Male 200m Medley Relay		

(It is accepted that Entry Time for Relay Events will be approximations for HDW seeding purposes only)

Relay Entries: _____ @ €25 Each = € _____

Individual Entries: _____ @ €10 Each = € _____

TOTAL AMOUNT ENCLOSED: € _____

CLUB: _____ CONTACT: _____

PHONE: _____ EMAIL: _____

Payment Options:

Please reference all payments as "Irish Winter Championships 2022" 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 860247676** – 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 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.