



Munster Aspiring Champions
ENTRY RULES & FORMS

MEET CONDITIONS

Meet Locations:	University of Limerick
Dates	Meet 1 Saturday 11 th Meet 2 Saturday 25 th March
Sessions :	Meet 1 12 noon warm up 1 pm start Meet 2 12 noon warm up 1pm start
Age:	Age as 31 st December 2023
Qualification Criteria:	Swimmers must be at least 13 years of age by 31 st December 2023. Age groups 13/14 years, 15/16 years, 17 & over.
Heats & Finals:	All events will be HDW. There will be no finals
Withdrawals:	Withdrawals must be emailed to munsterentries@swimireland.ie before 5pm on the day before the start of the meet. There will be a €50 fine if swimmers are not withdrawn by 6pm for an event for the next day.
Entry Deadline:	Closing Date 21 st February 2023 for both meets. Entries on HY-Tek only to munsterentries@swimireland.ie LATE ENTRIES WILL NOT BE ACCEPTED UNDER ANY CIRCUMSTANCES
Entry Fees:	Individual entries cost €6 per event. Relay entries cost €20 per event. No entry will be processed until the appropriate fee has been received by the Treasurer. Payment options are detailed in the Entry Summary Sheet. Fees should be paid directly into the bank account, and must include the name of the club and the name of the meet. Bank details BIC – AIBKIE2D IBAN – IE70AIBK93251559772394 <i>Please note that entries are non-refundable once the final date for payment has passed</i>
Individual Entries :	Entries will be limited to 4 events per day. There are no qualifying times, but where a swimmer has a time this should be submitted.
Relay Entries:	Clubs are permitted to enter more than one relay team per event. The names of the 4 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 45 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. All competing relay swimmers must be entered in the meet. 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.
Awards:	Bands will be awarded to all swimmers who achieve the target time for each event they swim.
Anti-Doping:	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 .
Swimsuits:	All swimsuits must comply with FINA regulations and should bear the FINA approved stamp (https://www.fina.org/sites/default/files/frsa.pdf)
Health & Safety:	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.

ORDER OF EVENTS

	Meet 1		Meet 2
1	Male 200m Freestyle	17	Female 200m Freestyle
2	Female 100m Breaststroke	18	Male 100m Breaststroke
3	Male 100m Backcrawl	19	Female 100m Backcrawl
4	Female 200m Butterfly	20	Male 200m Butterfly
	30 minute Break		30 minute Break
5	Male 50m Breaststroke	21	Female 50m Breaststroke
6	Female 50m Backcrawl	22	Male 50m Backcrawl
7	Male 200m IM	23	Female 200m IM
8	Female 100m Freestyle	24	Male 100m Freestyle
	Session 2 Day 1		Session 4 Day 2
9	Male 400m Freestyle	25	Female 400m Freestyle
10	Female 400m IM	26	Male 400m IM
11	Male 100m Butterfly	27	Female 100m Butterfly
12	Female 200m Backcrawl	28	Male 200m Backcrawl
	30 minute Break		30 minute Break
13	Male 50m Free	29	Female 50m Freestyle
14	Female 50m Butterfly	30	Male 50m Butterfly
15	Male 200m Breaststroke	31	Female 200m Breaststroke
16	Mixed 800m Freestyle	32	Mixed 1500m Freestyle