

**SWIM
IRELAND**

An island
of swimmers

2023 Irish National Winter Championships (25m)

EVENT GUIDE

National Aquatic Centre

Sport Ireland Campus, Dublin

14 - 16 December 2023



MEET CONDITIONS

VENUE INFORMATION

All training and competition will take place in the National Aquatic Centre, Sport Ireland Campus, Blanchardstown, Dublin 15

The National Aquatic Centre is a 10 lane 25m pool. The competition pool has anti-turbulence lane ropes, wedge starting blocks and backstroke ledges.

The warm up/swim down pool is a 25m pool consisting of 6 lanes.

QUALIFICATION CRITERIA AND INFORMATION

Consideration times may be achieved in both Short Course & Long Course in the Period 1st December 2022 – 26th November 2023

Times must have been achieved in meets licenced at Level 3 or higher to be eligible to be used for entry into this meet.

Hy-tek file has been set up to include LC to SC conversions so clubs do not need to convert times themselves. Other converted times will NOT be accepted.

Heats may be limited to manage session timelines.

Para-swimmers

Athletes who wish to enter a non-para event can only do so at the discretion of the Paralympics Ireland Performance Director. This will only be granted with clear performance rationale.

Athletes must have a National Classification with Paralympics Ireland to compete at National level competition. Please contact Paralympics Ireland directly for this information: [classification](#).

Qualification times for all athletes can be found further in this document.

ENTRIES

Entry Forms

Electronic Hy-tek entries are accepted via Hy-tek to the **Swim Ireland Office** at entries@swimireland.ie

Clubs who do not have hy-tek should email their entries to entries@swimireland.ie

ALL entries must be accompanied by a proof of times report produced by hy-tek. If your club does not use hy-tek, you must provide proof of all entry times through links or screenshots

Entry Deadlines

Closing date for entries is **5.00pm Tuesday 14th November 2023**.

Payment for ALL entries must be received by **5.00pm Friday 8th December 2023**

Where regions have their Regional SC Championships after the 15th November, their closing date is the Tuesday after their meet with NO entries accepted from any region after **Tuesday 28th November**.

Relay Entries

A maximum of two relay teams ('A' and 'B') can be entered per club per relay event.

Approximate entry times must 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.

All athletes competing in relays must be entered in the meet (*even if they are not swimming in individual events*).

Relay teams that swim in an order that is different from the declared order of swimming shall be disqualified in accordance with WA Rule SW 10.12.

Entry Fees

Individual entries cost €10/£9 per event.

Relay entries cost €25/£22 per event.

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.

*Please note that entries are non-refundable once the final date for payment has passed AND accreditations will not be approved/issued until full payment of entries and any outstanding fees have been received.

Payment Options

Please reference all payments as "Irish Winter Championships 2023" 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

Cheque/Postal Order:

Made payable to Swim Ireland

SWIMMING COMPETITION FORMAT

The competition will consist of a Full Olympic Programme plus 50m Form Strokes and 100m Individual Medley.

A, B and C (Junior) Finals per Olympic Event (800m/1500m as Timed Finals).

A Final only in non-Olympic Events.

Open Single Gender and Mixed 200m Freestyle and Medley Relays as Timed Finals

The finals will consist of the following:

1. **A Final** – Fastest 10 athletes from the heats
(All ages, maximum of three non-Irish athletes within the final)
2. **B Final** – Fastest 10 athletes 22 years & under (born 2001 or later)
(Consisting of athletes who have not qualified for the A Final, maximum of three non-Irish athletes within the final)
3. **C-Junior Final** – Fastest 10 athletes 18 years & under (born 2005 or later)
(Consisting of athletes who have not qualified for the A or B Final (maximum of three non-Irish athletes within the final)

Medals and Awards

Open Medals – Male & Female Open (Irish & Commemorative). Other than in HDW events, times achieved in A Finals only will be considered in the awarding of Open medals.

Junior Medals - Male & Female 18 years & under (Irish only). Times achieved in A Finals supersede times achieved in B Finals; times achieved in B Finals supersede times achieved in C-Junior Finals; and times achieved in C-Junior Finals supersede times achieved in the Heats in the awarding of Junior medals.

Top Club Award - The Top Club award will be presented to the highest scoring club using the Hytek Quality Club scoring method which ranks teams by the average score of each scoring athlete. Each club must have a minimum team size of six athletes and can only score in one relay per relay event. Athletes will score from 1st to 20th placings with scoring starting at 20 points incrementing by 1 to 1point. (placings based on Finals position or in heats where HDW applies)

Ages

For qualification purposes only the ages will consist of the following:

1. **13-16 years** (competitors born 2007-2010)
2. **17/18 years** (competitors born 2005-2006)
3. **19 years & over** (competitors born 2004 or earlier)

Competition Rules

These Meet Conditions must be read in conjunction with the Swim Ireland General Event Rules available on the [SI website](#).

COMPETITION INFORMATION

Key Dates and timings

Date	Time	Activity	Location
Tuesday 12 December	20.00	Team Leader Meeting	Online
Wednesday 13 December	17.00 – 19.00	Open Training Session	Competition Pool
Thursday 14 December	09.30	Competition commences	Competition & Training Pool
Saturday 16 December	16.45	Competition ends	Competition & Training Pool

Open Training Session

There will be limited pool availability for an open training session on Wednesday 13th December from 17.00 – 19.00.

Team Leaders Meeting:

Technical briefing will take place on Tuesday 12th December @ 20.00 via Zoom. 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.

[Team Leaders Meeting Link](#)

Session Times

Session	Date	Warm Up Times	Competition Start
Session 1 – Heats	Thursday 14 th December	TBC	09.30
Session 2 – Finals	Thursday 14 th December	1545 – 1645 (Mixed)	17.00
Session 3 – Heats	Friday 15 th December	TBC	09.30
Session 4 – Finals	Friday 15 th December	1545 – 1645 (Mixed)	17.00
Session 5 – Heats	Saturday 16 th December	TBC	09.30
Session 6 – Finals	Saturday 16 th December	1545 – 1645 (mixed)	17.00

*Please note that there could be a 30min interval after the 4th event in each of the morning sessions. Clubs/swimmers will be notified when entries have closed.

Withdrawals

All withdrawals must be submitted via the [online form](#).

Withdrawals from day 1 must be submit via the [online form](#) by 3pm on Wednesday 13th December.

Withdrawals for days 2 and 3 must be submitted through the same [online form](#) 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.

Swimsuits

It is not a requirement for swimmers to be wearing WA approved swimwear in this competition.

[World Aquatic Approved Swim Wear Policy](#)

Anti-Doping

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 Sport Ireland/WADA/World Aquatics Anti-Doping rules.

Further information can be found here [Sport Ireland Anti-Doping](#).

Health and Safety

Please refer to the Health & Safety guidelines at the back of this document and also the [Swim Ireland Code of Practice for Safety \(Swimming\)](#).

Accreditation

Accreditation will be produced through the Go-Membership system. Club administrators 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.

Further information on accreditation can be found on the [Swim Ireland website](#).

Accreditation lanyards & pouches can be picked up at the accreditation desk at the venue from the morning of Day 1. We would encourage swimmers and clubs to reuse lanyards and pouches from previous competitions.

Officials

Where we do not have the required number of licenced officials available for a session, clubs will be assigned roles based on the ratio of 4:1 (4 Athletes to 1 Official)

*Please note that this will be based on clubs' original entry list.

As per Swim Ireland's new officials' uniform, officials are asked to wear black bottoms, t-shirts will be provided.

Further information

Please direct all queries to entries@swimireland.ie

Competition Schedule

Day 1 Thursday 14 th December 2023	Day 2 Friday 15 th December 2023	Day 3 Saturday 16 th December 2023
Session 1 Heats Male Warm Up TBC; Female Warm Up TBC Start 09.30	Session 3 Heats Female Warm Up TBC; Male Warm Up TBC Start 09.30	Session 5 Heats Male Warm Up TBC; Female Warm Up TBC Start 09.30
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 200m IM Female 200m IM Mixed 800m Freestyle HDW Male 200m Freestyle Relay HDW Female 200m Freestyle Relay HDW	Mixed 200m Medley 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 1500m Freestyle HDW Mixed 200m Freestyle Relay 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 100m IM Female 100m IM Male 400m Freestyle Female 400m Freestyle Male 200m Medley Relay HDW Female 200m Medley Relay HDW
Session 2 Finals Mixed Warm Up 15.45 Start 17.00	Session 4 Finals Mixed Warm Up 15.45 Start 17.00	Session 6 Finals Mixed Warm Up 15.45 Start 17.00
Male 50m Backstroke A Final Female 50m Backstroke A Final Male 800m Freestyle Fastest Heat Female 800m Freestyle Fastest Heat Male 100m Breaststroke C, B & A Finals Female 100m Breaststroke C, B & A Finals Male 100m Freestyle C, B & A Finals Female 100m Freestyle C, B & A Finals Male 200m Butterfly C, B & A Finals Female 200m Butterfly C, B & A Finals Male 200m IM C, B & A Finals Female 200m IM C, B & A Finals	Female 100m Backstroke C, B & A Finals Male 100m Backstroke C, B & A Finals Female 1500m Freestyle Fastest Heat Male 1500m Freestyle Fastest Heat Female 50m Butterfly A Final Male 50m Butterfly A Final Female 200m Freestyle C, B & A Finals Male 200m Freestyle C, B & A Finals Female 200m Breaststroke C, B & A Finals Male 200m Breaststroke C, B & A Finals Female 400m IM C, B & A Finals Male 400m IM C, B & A Finals	Male 200m Backstroke C, B & A Finals Female 200m Backstroke C, B & A Finals Male 50m Freestyle C, B & A Finals Female 50m Freestyle C, B & A Finals Male 50m Breaststroke A Final Female 50m Breaststroke A Final Male 100m Butterfly C, B & A Finals Female 100m Butterfly C, B & A Finals Male 100m IM A Final Female 100m IM A Final Male 400m Freestyle C, B & A Finals Female 400m Freestyle C, B & A Finals

2023 IRISH NATIONAL WINTER CHAMPIONSHIPS (25M) CONSIDERATION STANDARDS

(Achieved Short Course Only in the Period 1st December 2022 – 26th November 2023)

MALE			EVENT	FEMALE		
Born 2007 - 2010	Born 2005 & 2006	Born 2004 & Earlier		Born 2004 & Earlier	Born 2005 & 2006	Born 2007 - 2010
25.39	24.57	24.33	50m Freestyle	27.81	27.98	28.21
55.31	54.10	53.51	100m Freestyle	1:00.20	1:00.25	1:01.03
2:04.03	2:01.86	2:00.29	200m Freestyle	2:12.20	2:12.91	2:13.02
4:25.03	4:18.39	4:16.62	400m Freestyle	4:38.75	4:44.33	4:44.78
9:17.71	9:15.10	9:10.35	800m Freestyle	9:38.76	9:42.91	9:45.39
17:49.28	17:40.84	17:23.60	1500m Freestyle	18:43.09	19:03.28	19:03.29
30.26	28.46	28.42	50m Backstroke	31.73	32.09	32.58
1:04.89	1:01.77	1:01.76	100m Backstroke	1:08.15	1:09.16	1:09.45
2:23.52	2:18.73	2:18.72	200m Backstroke	2:28.32	2:28.33	2:29.70
33.61	31.89	31.78	50m Breaststroke	36.24	36.63	36.65
1:13.53	1:09.85	1:09.84	100m Breaststroke	1:18.32	1:19.89	1:19.90
2:40.90	2:36.60	2:36.50	200m Breaststroke	2:51.10	2:55.05	2:55.06
27.82	26.63	26.30	50m Butterfly	30.34	30.35	30.47
1:02.71	1:00.60	1:00.22	100m Butterfly	1:08.58	1:08.60	1:09.36
2:23.34	2:20.73	2:20.02	200m Butterfly	2:43.25	2:44.05	2:44.06
1:06.31	1:03.08	1:03.00	100m IM	1:09.69	1:10.43	1:10.47
2:21.04	2:18.49	2:16.69	200m IM	2:30.79	2:32.94	2:32.95
5:03.94	4:57.44	4:55.38	400m IM	5:28.36	5:30.68	5:30.69

Heats may be limited in order to manage session timelines.

*Please note that the meet Hy-Tek entry file will be set to automatically convert Long Course times.

PARA SWIMMER QUALIFICATION STANDARDS

Men	Event	Women	Men	Event	Women	Men	Event	Women
01:21.33	50 m Freestyle - S1	01:21.72	01:26.34	50 m Backstroke - S1	01:24.45	01:45.85	50 m Breaststroke - SB1	01:59.68
01:09.23	50 m Freestyle - S2	01:15.47	01:10.86	50 m Backstroke - S2	01:17.83	01:04.40	50 m Breaststroke - SB2	01:28.96
00:53.15	50 m Freestyle - S3	01:00.81	01:00.94	50 m Backstroke - S3	01:09.32	00:58.95	50 m Breaststroke - SB3	01:10.88
00:45.91	50 m Freestyle - S4	00:46.61	00:55.78	50 m Backstroke - S4	01:02.30	00:54.13	50 m Breaststroke - SB4	01:01.09
00:39.18	50 m Freestyle - S5	00:45.53	00:48.04	50 m Backstroke - S5	00:56.13	00:52.78	50 m Breaststroke - SB5	00:57.95
00:36.16	50 m Freestyle - S6	00:41.81	02:45.06	100 m Backstroke - S1	02:49.27	01:41.00	100 m Breaststroke - SB6	02:00.79
00:34.66	50 m Freestyle - S7	00:40.75	02:16.18	100 m Backstroke - S2	02:36.55	01:39.29	100 m Breaststroke - SB7	01:55.38
00:32.92	50 m Freestyle - S8	00:38.54	02:01.51	100 m Backstroke - S3	02:38.43	01:29.94	100 m Breaststroke - SB8	01:43.08
00:31.56	50 m Freestyle - S9	00:36.42	01:54.35	100 m Backstroke - S4	02:10.62	01:25.53	100 m Breaststroke - SB9	01:39.32
00:29.88	50 m Freestyle - S10	00:34.97	01:45.44	100 m Backstroke - S5	01:53.83	01:33.48	100 m Breaststroke - SB11	01:47.40
00:31.72	50 m Freestyle - S11	00:36.94	01:31.28	100 m Backstroke - S6	01:41.42	01:23.30	100 m Breaststroke - SB12	01:36.20
00:29.03	50 m Freestyle - S12	00:33.33	01:25.97	100 m Backstroke - S7	01:39.35	01:22.09	100 m Breaststroke - SB13	01:36.63
00:29.15	50 m Freestyle - S13	00:33.60	01:21.91	100 m Backstroke - S8	01:35.43	01:25.46	100 m Breaststroke - SB14	01:39.27
02:51.74	100 m Freestyle - S1	02:54.98	01:17.12	100 m Backstroke - S9	01:28.58	00:49.80	50 m Butterfly - S4	00:55.46
02:31.82	100 m Freestyle - S2	02:44.03	01:14.05	100 m Backstroke - S10	01:23.25	00:42.94	50 m Butterfly - S5	00:54.63
01:58.63	100 m Freestyle - S3	01:55.50	01:20.76	100 m Backstroke - S11	01:33.45	00:39.38	50 m Butterfly - S6	00:45.26
01:39.59	100 m Freestyle - S4	01:42.55	01:10.43	100 m Backstroke - S12	01:21.93	01:24.88	100 m Butterfly - S7	01:35.31
01:26.16	100 m Freestyle - S5	01:37.21	01:09.20	100 m Backstroke - S13	01:20.63	01:11.52	100 m Butterfly - S8	01:25.09
01:20.13	100 m Freestyle - S6	01:30.99	01:14.84	100 m Backstroke - S14	01:23.38	01:10.34	100 m Butterfly - S9	01:21.67
01:15.77	100 m Freestyle - S7	01:27.86				01:07.58	100 m Butterfly - S10	01:19.44
01:11.22	100 m Freestyle - S8	01:23.20				01:11.93	100 m Butterfly - S11	01:30.84
01:08.17	100 m Freestyle - S9	01:18.78				01:05.79	100 m Butterfly - S12	01:17.50
01:04.96	100 m Freestyle - S10	01:15.06				01:05.84	100 m Butterfly - S13	01:17.15
01:10.21	100 m Freestyle - S11	01:21.38				01:08.51	100 m Butterfly - S14	01:21.56
01:03.28	100 m Freestyle - S12	01:11.96				03:36.47	150 m IM - SM3	04:07.08
01:03.25	100 m Freestyle - S13	01:12.87				03:07.20	150 m IM - SM4	03:42.79
05:54.88	200 m Freestyle - S1	05:59.72				03:36.08	200 m IM - SM5	03:59.67
05:02.79	200 m Freestyle - S2	06:01.05				03:13.09	200 m IM - SM6	03:33.73
04:01.00	200 m Freestyle - S3	04:23.80	06:01.16	400 m Freestyle - S6	06:21.38	03:02.34	200 m IM - SM7	03:30.72
03:35.93	200 m Freestyle - S4	03:38.53	05:37.90	400 m Freestyle - S7	06:09.49	02:50.74	200 m IM - SM8	03:16.00
03:09.87	200 m Freestyle - S5	03:28.14	05:17.92	400 m Freestyle - S8	05:49.26	02:43.07	200 m IM - SM9	03:05.52
02:24.02	200 m Freestyle - S14	02:42.48	05:04.45	400 m Freestyle - S9	05:38.12	02:36.81	200 m IM - SM10	02:56.53
			04:51.01	400 m Freestyle - S10	05:24.99	02:50.37	200 m IM - SM11	03:17.33
			05:25.01	400 m Freestyle - S11	05:58.67	02:32.63	200 m IM - SM12	02:55.49
			04:55.02	400 m Freestyle - S12	05:20.03	02:33.00	200 m IM - SM13	02:54.60
			04:48.36	400 m Freestyle - S13	05:17.10	02:37.60	200 m IM - SM14	02:57.70

HEALTH AND SAFETY

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

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

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

- 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.
- 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.
- "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.
- 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.
- 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.

General

- Everyone attending Meets must familiarise themselves with the locations and operation of emergency exits.
- Anyone observing anything they consider to be a safety hazard should report it to a Meet Official.
- All persons attending Meets must take all steps to ensure their own safety and the safety of others.
- All walkways must be kept clear of bags, equipment, etc.

Starting

- 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.
- In the event of a false start, athletes should perform a safe entry and not fall into the water.

Warm-Up

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

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

- Athletes are not permitted to enter dry areas without first having changed and put on footwear.
- Where there is a balcony or rail - athletes are not permitted to climb over it.
- Glass bottles are not permitted outside designated refreshment areas.

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