



Munster SC Championships

ENTRY CONDITIONS

Provisional Licence 9S-23/24-M009

University of Limerick

Munster Short Course Championships 2023

Venue:	UL Arena, University of Limerick
Date	24 th – 26 th November 2023.
Sessions :	Session times will be confirmed after receiving entries; provisional session times: Friday – Saturday – Sunday: Morning: Warmup 08.30- Start 09.30 Afternoon Warmup 15.00 – Start 16.00
Age:	Age as 31 st December 2023
Age Groups:	Minimum entry age 13 years All events are Open – no Age Classification. Age Classification is in place for qualification as set out below Age Groups for relays are: 13-16; 17+
Events:	50m, 100m, 200m all four strokes – heats and finals 100, 200m Individual Medley – heats and finals 400m Freestyle, 400m Individual Medley – HDW 800m Freestyle, 1500m Freestyle HDW – these events will be swum as Mixed events The fastest heats of 400 Free, 400IM, 800 Free & 1500 Free events will be swum in the Finals Session Male & Female Relays - 4 x 50m MTR, 4 x 50m FTR - swum as finals Mixed Relays - 4 x 50m MTR, 4 x 50m FTR - swum as finals
Seeding:	The placing of competitors in the heats will be spearheaded and swum <u>slowest to fastest</u> . Clubs not submitting an entry time for relay teams will be seeded in the slowest heat.
Heats & Finals:	All 50m, 100m and 200m events will have heats and “A” and “B” finals. Where there are less than 24 entrants in an event there will be an “A” final ONLY. Relays, 400m, 800m and 1500m events will be HDW and will be swum with the heats except the fastest individual heats will be swum in finals.
Withdrawal:	Withdrawals from day 1 must be emailed munsterentries@swimireland.ie before 5pm on the day before the start of the meet. Withdrawals for subsequent days 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 There will be a €50 fine if swimmers are not withdrawn by 6pm for an event for the next day. Signing in may be required for 400m and longer events.
Entries Deadline:	Closing date for entries is 13 th November.

<p>Entry Fees:</p>	<p>Individual entries cost €8p er event. Relay entries cost €20 per event.</p> <p>Fees should be paid directly into the bank account, and must include the name of the club and the name of the meet. Payment should be received at least 10 days prior to the meet</p> <p>Bank details BIC – AIBKIE2D IBAN – IE70AIBK93251559772394</p> <p>No entry will be processed until the appropriate fee has been received by the Treasurer. 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>
<p>Individual Entries:</p>	<p>All swimmers entering the Munster Short Course Championships must be a member of a Swim Munster affiliated club, or be training at the National Centre Limerick.</p> <p>Entries must be submitted electronically to munsterentries@swimireland.ie using Hy-tek Team Manager. The Swim Ireland Registration number or equivalent for each swimmer must be included in the file.</p> <p>Long Course & Short Course Qualifying and Consideration Times have been published for this event and must be achieved in a Level 3 Licensed Meet between January 1st 2022 and Sunday 12th November 2023.</p> <p>Long course times must be converted to short course – unconverted long course times will not be accepted.</p> <p>Swimmers achieving consideration times will be accepted for entry unless the individual event is over-subscribed. If it is necessary to reject entries, this will be done based on entry time, slowest to fastest, excluding swimmers with an entry time equal to or faster than the Qualifying Times published, who will be guaranteed entry.</p> <p>Proof of times must be submitted with entries.</p>
<p>Relay Entries:</p>	<p>Clubs may only enter one Senior and one Junior relay team per relay event.</p> <p>Clubs must enter up to 8 swimmers at the time of submitting entries and generate an entry time on Hy-tek. Clubs can use swimmers who have no individual events providing their names are on the team lists submitted with the entries. Please note that Clubs must adhere to the Club Transfer rule of 12 weeks when entering Relay Teams.</p> <p>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 munsterentries@swimireland.ie or to the Swim Office Table no later than 18:00 on the day before the relay. Failure to do so will be subject to a fine of €50 without exception and disqualification of the relay team.</p> <p>All competing swimmers 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>

Awards:	Medals are awarded for top-3 placings overall – individual events and relays. Swimmers from non-Munster clubs are ineligible for medals.
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 .
Eligibility:	Only swimmers registered with Swim Ireland or equivalent national swimming association are eligible to enter this meet.
SwimIreland Registration Number:	A Swim Ireland registration number must be included with every entry. This number is the unique identifier of every swimmer in the national database. For non-Irish swimmers, a registration number with the relevant national swimming association should be provided.
Swimsuits:	All swimsuits must comply with FINA regulations and should bear the FINA approved stamp (https://www.fina.org/sites/default/files/frsa.pdf)
Photography	<p>It is a condition of attending a Swim Ireland event that swimmers accept they may be photographed or filmed as part of the occasion, either as an individual or as a member of a group. Swimmers may also appear in a photograph or video inadvertently. Parents and swimmers must accept this. All photography and/or filming must be in accordance with Swim Ireland Guidelines.</p> <p>Photographs cannot be taken at a Swim Ireland Munster event without first having registered the photographer and device at the administration desk. At some events, photography and filming may not be permitted at all.</p>
Health & Safety:	Please refer to the Health & Safety guidelines and also the Swim Ireland Code of Practice for Safety (Swimming) on the Swim Munster website - https://www.swimmunster.ie/munsterswimming/UserFiles/File/final-issue-swim-ireland-safety-code-of-practice-swimming_023665.pdf

ORDER OF EVENTS

Munster Short Course Championships Order of Events		
Day 1	Day 2	Day 3
Session 1: Combined Heats	Session 3: Combined Heats	Session 5: Combined Heats
<ol style="list-style-type: none"> 1. Female 200m Breaststroke 2. Male 200m Breaststroke 3. Female 400m Freestyle HDW 4. Male 400m Freestyle HDW 5. Female 50m Backstroke 6. Male 50m Backstroke 7. Female 200m IM 8. Male 200m IM 9. Female 100m Butterfly 10. Male 100m Butterfly 11. Female 50m Freestyle 12. Male 50m Freestyle 13. Female 200m Freestyle Relay HDW 14. Male 200m Freestyle Relay HDW 	<ol style="list-style-type: none"> 15. Mixed 200m Freestyle Relay HDW 16. Female 200m Freestyle 17. Male 200m Freestyle 18. Female 200m Backstroke 19. Male 200m Backstroke 20. Female 100m Breaststroke 21. Male 100m Breaststroke 22. Female 100m IM 23. Male 100m IM 24. Female 50m Butterfly 25. Male 50m Butterfly 26. Mixed 200m Medley Relay HDW 27. Mixed 800m Freestyle HDW 	<ol style="list-style-type: none"> 28. Female 400m IM HDW 29. Male 400m IM HDW 30. Female 100m Backstroke 31. Male 100m Backstroke 32. Female 50m Breaststroke 33. Male 50m Breaststroke 34. Female 200m Butterfly 35. Male 200m Butterfly 36. Female 100m Freestyle 37. Male 100m Freestyle 38. Female 200m Medley Relay HDW 39. Male 200m Medley Relay HDW 40. Mixed 1500m Freestyle HDW
Session 2: Finals & Presentations	Session 4: Finals & Presentations	Session 6: Finals & Presentations
<p>Female 200m Breaststroke 'A' or 'A' & 'B' Finals Male 200m Breaststroke 'A' or 'A' & 'B' Finals Female 400m Freestyle HDW (Fastest Heat) Male 400m Freestyle HDW (Fastest Heat) Female 50m Backstroke 'A' or 'A' & 'B' Finals Male 50m Backstroke 'A' or 'A' & 'B' Finals Female 200m IM 'A' or 'A' & 'B' Finals Male 200m IM 'A' or 'A' & 'B' Finals Female 100m Butterfly 'A' or 'A' & 'B' Finals Male 100m Butterfly 'A' or 'A' & 'B' Finals Female 50m Freestyle 'A' or 'A' & 'B' Finals Male 50m Freestyle 'A' or 'A' & 'B' Finals</p>	<p>Female 200m Freestyle 'A' or 'A' & 'B' Finals Male 200m Freestyle 'A' or 'A' & 'B' Finals Female 200m Backstroke 'A' or 'A' & 'B' Finals Male 200m Backstroke 'A' or 'A' & 'B' Finals Female 10m Breaststroke 'A' or 'A' & 'B' Finals Male 100m Breaststroke 'A' or 'A' & 'B' Finals Female 100m IM 'A' or 'A' & 'B' Finals Male 100m IM 'A' or 'A' & 'B' Finals Female 50m Butterfly 'A' or 'A' & 'B' Finals Male 50m Butterfly 'A' or 'A' & 'B' Finals Mixed 800m Freestyle HDW (Fastest Heat)</p>	<p>Female 400m IM HDW (Fastest Heat) Male 400m IM HDW (Fastest Heat) Female 100m Backstroke 'A' or 'A' & 'B' Finals Male 100m Backstroke 'A' or 'A' & 'B' Finals Female 50m Breaststroke 'A' or 'A' & 'B' Finals Male 50m Breaststroke 'A' or 'A' & 'B' Finals Female 200m Butterfly 'A' or 'A' & 'B' Finals Male 200m Butterfly 'A' or 'A' & 'B' Finals Female 100m Freestyle 'A' or 'A' & 'B' Finals Male 100m Freestyle 'A' or 'A' & 'B' Finals Mixed 1500m Freestyle HDW (Fastest Heat)</p>

MUNSTER SHORT COURSE QUALIFICATION & CONSIDERATION TIMES

Male			QUALIFICATION TIMES	Female		
Born	Born	Born		Born	Born	Born
2007 - 2010	2005 & 2006	2004 & Earlier		2004 & Earlier	2005 & 2006	2007 - 2010
31.23	30.22	29.93		50m Freestyle	34.21	34.42
1:08.03	1:06.54	1:05.82	100m Freestyle	1:14.05	1:14.11	1:15.07
2:32.56	2:29.89	2:27.96	200m Freestyle	2:42.61	2:43.48	2:43.61
5:25.99	5:17.82	5:15.64	400m Freestyle	5:42.86	5:49.73	5:50.28
11:25.98	11:22.77	11:16.93	800m Freestyle	11:51.87	11:56.98	12:00.03
21:55.21	21:44.83	21:23.63	1500m Freestyle	23:01.40	23:26.23	23:26.25
37.22	35.01	34.96	50m Backstroke	39.03	39.47	40.07
1:19.81	1:15.98	1:15.96	100m Backstroke	1:23.82	1:25.07	1:25.42
2:56.53	2:50.64	2:50.63	200m Backstroke	3:02.43	3:02.45	3:04.13
41.34	39.22	39.09	50m Breaststroke	44.58	45.05	45.08
1:30.44	1:25.92	1:25.90	100m Breaststroke	1:36.33	1:38.26	1:38.28
3:17.91	3:12.62	3:12.50	200m Breaststroke	3:30.45	3:35.31	3:35.32
34.22	32.75	32.35	50m Butterfly	37.32	37.33	37.48
1:17.13	1:14.54	1:14.07	100m Butterfly	1:24.35	1:24.38	1:25.31
2:56.31	2:53.10	2:52.22	200m Butterfly	3:20.80	3:21.78	3:21.79
1:21.56	1:17.59	1:17.49	100m IM	1:25.72	1:26.63	1:26.68
2:53.48	2:50.34	2:48.13	200m IM	3:05.47	3:08.12	3:08.13
6:13.85	6:05.85	6:03.32	400m IM	6:43.88	6:46.74	6:46.75

Male			CONSIDERATION TIMES	Female		
Born	Born	Born		Born	Born	Born
2007 - 2010	2005 & 2006	2004 & Earlier		2004 & Earlier	2005 & 2006	2007 - 2010
32.50	31.45	31.14		50m Freestyle	35.60	35.81
1:10.80	1:09.25	1:08.49	100m Freestyle	1:17.06	1:17.12	1:18.12
2:38.76	2:35.98	2:33.97	200m Freestyle	2:49.22	2:50.12	2:50.27
5:39.24	5:30.74	5:28.47	400m Freestyle	5:56.80	6:03.94	6:04.52
12:05.02	12:01.63	11:55.45	800m Freestyle	12:32.39	12:37.78	12:41.01
23:10.06	22:59.09	22:36.68	1500m Freestyle	24:20.02	24:46.26	24:46.28
38.73	36.43	36.38	50m Backstroke	40.61	41.08	41.70
1:23.06	1:19.07	1:19.05	100m Backstroke	1:27.23	1:28.52	1:28.90
3:03.71	2:57.57	2:57.56	200m Backstroke	3:09.85	3:09.86	3:11.62
43.02	40.82	40.68	50m Breaststroke	46.39	46.89	46.91
1:34.12	1:29.41	1:29.40	100m Breaststroke	1:40.25	1:42.26	1:42.27
3:25.95	3:20.45	3:20.32	200m Breaststroke	3:39.01	3:44.06	3:44.08
35.61	34.09	33.66	50m Butterfly	38.84	38.85	39.00
1:20.27	1:17.57	1:17.08	100m Butterfly	1:27.78	1:27.81	1:28.78
3:06.34	3:02.95	3:02.03	200m Butterfly	3:32.23	3:33.27	3:33.28
1:24.88	1:20.74	1:20.64	100m IM	1:29.20	1:30.15	1:30.20
3:00.53	2:57.27	2:54.96	200m IM	3:13.01	3:15.76	3:15.78
6:35.12	6:26.67	6:23.99	400m IM	7:06.87	7:09.88	7:09.90