



Munster Future Challenger

ENTRY RULES & FORMS

(Under Swim Ireland Rules)

UL Arena, Limerick

Sunday 7th April 2024

Meet Locations:	UL Arena, Limerick
Date:	Sunday 7th April – start and warm-up times to be confirmed. Two separate galas – one in morning and one in afternoon. Order of Events is the same for both galas.
License:	Provisional Licence Number Licence Awaited
Sessions:	<p>Morning Gala Warm-up 09:00*; start time 10:00* Clubs: Blackrock, Carrick, Clonakilty, Dolphin, Dungarvan Barracudas, Kenmare , Killarney, Kingdom, Kingfisher, Splashworld, Streamline, Sundays Well, Waterford, West Cork Orcas</p> <p>Afternoon Gala Warm-up 13:30*; start time 14:30* Clubs: Askeaton, Ballybunion, Celtic Waves, Clonmel, Ennis, Fermoy, Limerick, Mallow, Nenagh, Seaworld, Tiger Sharks.</p> <ul style="list-style-type: none"> • - Start times are provisional. Final time will be advised upon receipt of entries. <p>Note: Clubs must provide at least one official for every six swimmers entered upto a maximum of 4</p>
Age:	Age as 31 st December 2024
Qualification Criteria:	<p>Swimmers must be at least 10 years of age by 31st December 2024.</p> <p>Individual Age groups 10 years, 11 years, 12 years and 13/14 years</p> <p>Relay Age Groups 10-12. There must be at least 1 male and 1 female. Clubs may collaborate to enter relays. Clubs can enter multiple relay teams.</p> <p>All competing relay swimmers must be entered in the meet.</p>
Heats & Finals:	All events will be HDW. There will be no finals. All events will be held in 25m pool.
Withdrawals:	Must be made at least 45 minutes before the start of the meet
Entry Deadline:	<p>Entries must be received on or before Tuesday 19th March, 2024</p> <p>Entries to be submitted to munstrentries@swimireland.ie</p>
Entry Fees:	<p>Individual entries cost €7 per event. Relay entries cost €20 per event.</p> <p>Fees should be paid directly into the bank account by Friday 22nd and must include the name of the club and the name of 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.</p> <p><i>Please note that entries are non-refundable once the final date for payment has passed – 22nd March</i></p>
Awards:	<p>Wristbands will be awarded to swimmers that achieve the graded time standard outlined in Table available at:</p> <p>https://www.swimmunster.ie/team/munsterswimming/page/competitions/standards-2023-24</p>
Individual Entries:	<p>Athletes are limited to 1 distance per stroke per meet. Swimmers cannot enter this meet if competing at either of the Aspiring Champions Meets in March.</p> <p>No consideration standards will be published for athletes to swim up events however we do provide the following guidance to support entry decisions:</p> <ol style="list-style-type: none"> 1. Athletes should be capable of executing the stroke legally, 2. Athletes should be capable of executing good turns and good streamlining, <p>Athletes should only enter events on the recommendation from their coach.</p>

Relay Entries:	<p>Mixed 4 x 25m Freestyle Team Relay 10-12yrs – must be at least 1 male and 1 female. Clubs may collaborate to enter relays Swimmers for legs 2 & 4 in the Relay events may start in the water – depending on boom arrangement at pool.</p> <p>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. 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>
Anti-Doping:	<p>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.</p>
Swimsuits:	<p>Swimmers in this meet regardless of age are NOT permitted to wear SKINS</p>
Health & Safety:	<p>Please refer to the Health & Safety guidelines on SwimIreland Munster website at: https://www.swimmunster.ie/team/munsterswimming/page/policies-and-procedures</p> <p>See also the Swim Ireland Code of Practice for Safety (Swimming) on the Swim Ireland website.</p>

The Upper Age Group in this meet has been extended to 13/14 years to accommodate the later developing athletes – coaches can decide to enter these athletes in the Future Challenger Series or the Aspiring Champions Series, but they cannot swim in both during the cycle i.e. if they compete in the Future Challenger Series Round 2 (February or April) they will not be eligible to compete in the Aspiring Champions (March) Series in the long course season.

Order of Events Round 4

	SESSION 1
1	Girls 10-14 100m IM
2	Boys 11-14 200m IM
3	Girls 11-14 100m Backstroke
4	Boys 10-14 50m Backstroke
5	Girls 12 200m Backstroke
6	Boys 12-14 100m Butterfly
7	Girls 10-14 50m Butterfly
8	Mixed 10-12 4x25m Free Relay
	SESSION 2
9	Boys 10-14 100m IM
10	Girls 11-14 200m IM
11	Boys 11-14 100m Backstroke
12	Girls 10-14 50m Backstroke
13	Boys 12 200m Backstroke
14	Girls 12-14 100m Butterfly
15	Boys 10 – 14 50m Butterfly

Note: Athletes are limited to 1 distance per stroke per meet.