



# **Munster Aspiring Champions – Day A**

## **ENTRY RULES & FORMS**

( Under Swim Ireland Rules )

Licence 3L-23/24-M022 (A)

## MEET CONDITIONS

<b>Meet Location:</b>	<b>University of Limerick</b>
<b>Date</b>	Sunday 3 <sup>rd</sup> March, 2024
<b>Sessions:</b>	9am Warm up 10 am start
<b>Age:</b>	Age as 31 <sup>st</sup> December 2024
<b>Qualification Criteria:</b>	Swimmers must be at least 13 years of age by 31 <sup>st</sup> December 2024. Relay Age Groups 13-16 and 17 & over
<b>Heats &amp; Finals:</b>	<b>All events will be HDW and will be Long Course</b> There will be no finals
<b>Withdrawals:</b>	Withdrawals from day 1 must be emailed to <a href="mailto:munsterentries@swimireland.ie">munsterentries@swimireland.ie</a> before 5pm on the day before the start of the meet, Saturday 2 <sup>nd</sup> March.. There will be a €50 fine if swimmers are not withdrawn by 5pm for an event for the next day.
<b>Entry Deadline:</b>	Entries on Hy-Tek only to <a href="mailto:munsterentries@swimireland.ie">munsterentries@swimireland.ie</a> to be received on or before Monday 19 <sup>th</sup> February.
<b>Entry Fees:</b>	Individual entries cost €7 per event. Relay entries cost €20 per event.  No entry will be processed until the appropriate fee has been received by the Treasurer. <b>Fees should be paid directly into the bank account, and must include the name of the club and the name of the meet at least 10 days before the meet.</b> <b>Bank details BIC – AIBKIE2D IBAN – IE70AIBK93251559772394</b> <b><i>Please note that entries are non-refundable once the final date for payment has passed. The date for payment is 23<sup>rd</sup> February.</i></b>
<b>Individual Entries :</b>	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.  <i>SwimMunster reserve the right to limit the number of swims per swimmer at the meet to ensure that the meet is within permitted time restrictions. SwimMunster reserves the right to limit the number of entries in the 400/800/1500m events. This will be assessed upon receipt of all entries. This provision is particularly relevant with the increase in permitted number of swims</i>
<b>Relay Entries:</b>	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.
<b>Awards:</b>	Bands will be awarded to all swimmers for each event where they meet the time standard.  The times to be achieved to receive bands are available at <a href="https://www.swimmunster.ie/team/munsterswimming/page/competitions/standards-2023-24">https://www.swimmunster.ie/team/munsterswimming/page/competitions/standards-2023-24</a>

**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](#).

<b>Swimsuits:</b>	All swimsuits must comply with FINA regulations and should bear the FINA approved stamp ( <a href="https://www.fina.org/sites/default/files/frsa.pdf">https://www.fina.org/sites/default/files/frsa.pdf</a> )
-------------------	---

**Health & Safety:** Please refer to the Health & Safety guidelines in SwimMunster Handbook and also the Swim Ireland Code of Practice for Safety (Swimming) on the Swim Ireland website.

### ORDER OF EVENTS

	<b>Session 1 Day A</b>		<b>Session 1 Day B</b>
1	Mixed 800 Freestyle	20	Female 200m IM
2	Male 100m Backstroke	21	Male 400m IM
3	Female 200m Backstroke	22	Female 400m Freestyle
4	Male 200 IM	23	Male 200m Freestyle
5	Female 100 Breaststroke	24	Female 200m Breaststroke
6	Male 100 Freestyle	25	Male 50m Backstroke
7	Female 50m Butterfly	26	Female 50m Freestyle
8	Male 200m Butterfly	27	Male 50m Breaststroke
9	Female 4x50m MTR	28	Female 4x50m FTR
10	Male 4x50m FTR	29	Male 4x50m MTR
	<b>Session 2 Day A</b>		<b>Session 2 Day B</b>
11	Male 100m Butterfly	30	Female 200m Freestyle
12	Female 200m Butterfly	31	Male 100 Breaststroke
13	Male 200m Breaststroke	32	Female 100 Butterfly
14	Female 100m Freestyle	33	Male 200m Backstroke
15	Male 400m Freestyle	34	Female 100m Backstroke
16	Female 400m IM	35	Male 50m Butterfly
17	Male 50m Freestyle	36	Female 50m Breaststroke
18	Female 50m Backstroke	37	Mixed 4 x 50 MTR
19	Mixed 4 x 50 FTR	38	Mixed 1500m Freestyle

**Competing clubs must provide at least one official for every six swimmers**