

**SWIM
IRELAND**

2024

**MCCULLAGH INTERNATIONAL OPEN
MEET (50M)**

IN ASSOCIATION WITH SWIM ULSTER



AURORA AQUATICS & LEISURE COMPLEX, BANGOR,
NORTHERN IRELAND
11th - 14th APRIL 2024



MEET CONDITIONS

VENUE INFORMATION

All training and competition will take place in the Aurora Aquatics & Leisure Complex, Bangor, Northern Ireland.

The Aurora Aquatics & Leisure Complex is a 10 lane 50m 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 7 lanes.

QUALIFICATION CRITERIA AND INFORMATION

Times may be achieved in both Short Course & Long Course in the Period 1st July 2023 – 11th March 2024.

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 SC to LC conversions so clubs do not need to convert times themselves. Other converted times will NOT be accepted.

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 official results links

ENTRY DEADLINES

Closing date for entries is 5.00pm Thursday 14th March 2024.

Payment for ALL entries must be received by 5.00pm Friday 29th March 2024

RELAY ENTRIES

Clubs are permitted to enter up to two relay teams 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 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.

Relay swimmers must be registered members of the club they are swimming for. All competing swimmers 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 €12/£11 per event.

Relay entries cost €27/£24 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 “McCullagh International ‘24” and include club details

Bank Transfer:

Euro

Bank: AIB

Sort Code: 932515

Account Number: 59772048

IBAN: IE03 AIBK 9325 1559 7720 48

BIC: AIBKIE2D

Cheque/Postal Order:

Made payable to Swim Ireland

Sterling

Bank: Danske Bank

Sort Code: 950111

Account Number: 51051490

IBAN: GB55 DABA 9501 1151 0514 90

BIC: DABAGB2B

SWIMMING COMPETITION FORMAT

THE FINALS WILL CONSIST OF THE FOLLOWING:

Full Olympic Programme plus 50m Form Strokes. Three 'Open' Olympic relay events per gender plus Mixed Medley Relay.

'Open A', 'Open B', 'Junior' and 'Age Group' integrated Finals for all available events other than Relays and 800m/1500m (Timed Finals)

A maximum of 2 overseas swimmers permitted in Junior & Age Group final.

HEATS & FINALS

50m, 100m Events: Fastest 5 heats swim in the Faster Heats Session; all remaining heats swim in the Slower Heats Session. 100m events for the 13/14 years age group are available for athletes who enter the corresponding 200m event.

200m Freestyle & IM Events: Fastest 4 heats swim in the Faster Heats Session; all remaining heats swim in the Slower Heats Session.

200m Events (Other): Fastest 3 heats swim in the Faster Heats Session; all remaining heats swim in the Slower Heats Session.

400m Events: Fastest 2 heats swim in the Faster Heats Session; all remaining heats swim in the Slower Heats Session.

800m & 1500m Events: Fastest heat swims in the Finals Session; all remaining heats swim in the Slower Heats Session.

Relay Events: A maximum of two relay teams ('A' and 'B') can be entered per club per relay event. All take place as HDW events in the Faster Heats Session.

Please note that the number of heats taking place in the Faster Heats Session is subject to change. This will be confirmed following the receipt of all entries.

Open 'A' Finals: Fastest 10 athletes from the heats (all ages, all nationalities).

Junior Finals: Fastest 10 athletes (Male and Female 18 years & under) that have not qualified for the Open Final (maximum of two non-Irish athletes within the final) in Olympic Events only

Age Finals: Fastest 10 athletes (Male and Female 13-14 years) that have not qualified for the Open Final or the Junior Final (maximum of two non-Irish athletes within the final) in Olympic Events only.

Open 'B' Finals: Fastest 10 athletes from the heats (all ages, all nationalities) that have not qualified for the Open Final, the Junior Final or the Age Final and are available in 50m, 100m and 200m events only and only where there are 8 or more athletes who qualify for such a Final

AGES

Qualifying Times reflect four age groups per gender.

Age Groups as: 13-14 (born 2010-2011); 15-16 (born 2008-2009); 17-18 (born 2006-2007) and Open.

Finals reflect three age groups per gender.

Open: All swimmers

Junior: Competitors born 2006-2011

Age Group: Competitors born 2010-2011

AWARDS

Medals are awards to

- Top 3 placings in the Open 'A' Final
- Top 3 Irish teams in the relay placing in relay and commemorative medals to foreign relays placing in top 3.
- Top 3 for the Age group finals - medals will be presented to the fastest 13-14 years athletes with the Open 'A' Final taking priority over the Junior Final and the Junior Final taking priority over the Age Final in this regard.

A formal award ceremony will take place for the relay and age group winners only.

SCORING

Top 10 swimmers in each event receive points (10-1) based on final results. The Irish club team with the highest cumulative points are awarded the Dave McCullagh Memorial Trophy.

TIME TRIALS

1. Take place on Day 4 of the meet only and are available to Irish athletes aged 14-18 years for European Junior Championships National Team purposes. Additional swims to complete a full heat from other age groups may be considered.
2. Commence immediately after the heats of Session 11; the diving pool may be used for warm-up purposes.
3. Coaches/Team Managers must make an entry request for a Time Trial swim on or before the end of Session 10 via the official Time Trial Entry Form and in paying the Time Trial entry fee. Swims will be allocated on a National Performance Director discretion basis.
4. Athletes need to have achieved the Meet Qualifying Time to apply for a Time Trial in an event.
5. Time Trials cannot qualify an athlete for a Final nor qualify them for an Award.
6. Within the Time Trial session, there will be a maximum heat limit per gender as follows:

All 50m Events: 3 x Heats	All 400m Events: 1 x Heat
All 100m Events: 3 x Heats	800m Events: 1 x Heat
All 200m Events: 2 x Heats	1500m Events: 1 x Heat

7. Time Trials will be run in accordance with World Aquatics requirements to ensure times achieved can be fully ratified and validated as legitimate times.

COMPETITION RULES

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

COMPETITION INFORMATION

KEY DATES AND TIMINGS

DATE	TIME	ACTIVITY	LOCATION
TUESDAY 9TH APRIL	20:00	TEAM LEADER MEETING	ONLINE
WEDNESDAY 10TH APRIL	TBC	OPEN TRAINING SESSION	COMPETITION POOL
THURSDAY 11TH APRIL	09:00	COMPETITION COMMENCEES	COMPETITION & TRAINING POOL
SUNDAY 14TH APRIL	19:30	COMPETITION ENDS	COMPETITION & TRAINING POOL

OPEN TRAINING SESSIONS

There will be limited pool availability for an open training session on Wednesday 10th April from time TBC.

TEAM LEADERS MEETING

Technical briefing will take place on Tuesday 9th April @ 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 11 th April	0730 (Mixed)	0900
Session 2 – Heats	Thursday 11 th April	TBC (Mixed)	TBC
Session 3 - Finals	Thursday 11 th April	1600 (Mixed)	1730
Session 4 – Heats	Friday 12 th April	0730 (Mixed)	0900
Session 5 – Heats	Friday 12 th April	TBC (Mixed)	TBC
Session 6 – Finals	Friday 12 th April	1600 (Mixed)	1730
Session 7 – Heats	Saturday 13 th April	0730 (Mixed)	0900
Session 8 – Heats	Saturday 13 th April	TBC (Mixed)	TBC
Session 9 – Finals	Saturday 13 th April	1600 (Mixed)	1730
Session 10 – Heats	Sunday 14 th April	0730 (Mixed)	0900
Session 11 – Heats	Sunday 14 th April	TBC (Mixed)	TBC
Session 12 – Finals	Sunday 14 th April	1500 (Mixed)	1630

WITHDRAWALS

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

Withdrawals from day 1 must be submitted via the online form by 3pm on Wednesday 10th April.

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 & 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 CONTACT ENTRIES@SWIMIRELAND.IE

Competition Schedule | 2024 McCullagh International Open Meet (50m) | 11 – 14 April 2024

Day 1 Thu 11th April 2024	Day 2 Fri 12th April 2024	Day 3 Sat 13th April 2024	Day 4 Sun 14th April 2024
Session 1 Heats (Fastest) Mixed Warm Up 0730 Start 0900	Session 4 Heats (Fastest) Mixed Warm Up 0730 Start 0900	Session 7 Heats (Fastest) Mixed Warm Up 0730 Start 0900	Session 10 Heats (Fastest) Mixed Warm Up 0730 Start 0900
Female 100m Breaststroke Male 400m IM Female 200m Freestyle Male 200m Freestyle Female 100m Butterfly Male 100m Breaststroke Female 50m Backstroke Male 400m Freestyle Relay HDW Female 400m Freestyle Relay HDW	Female 800m Freestyle Relay HDW Male 200m Backstroke Female 50m Freestyle Male 50m Freestyle Female 200m Backstroke Male 100m Butterfly Female 200m IM Male 50m Breaststroke Female 50m Butterfly Mixed 400m Mixed Medley Relay HDW	Male 800m Freestyle Relay HDW Male 50m Backstroke Female 400m Freestyle Male 100m Freestyle Female 100m Backstroke Male 200m Breaststroke Female 200m Breaststroke Male 200m Butterfly Mixed 400m Freestyle Relay HDW	Female 100m Freestyle Male 400m Freestyle Female 400m IM Male 100m Backstroke Female 200m Butterfly Male 200m IM Female 50m Breaststroke Male 50m Butterfly Female 400m Medley Relay HDW Male 400m Medley Relay HDW
Session 2 Heats Mixed Warm Up TBC Start TBC	Session 5 Heats Mixed Warm Up TBC Start TBC	Session 8 Heats Mixed Warm Up TBC Start TBC	Session 11 Heats Mixed Warm Up TBC Start TBC
Female 100m Breaststroke Male 400m IM Female 200m Freestyle Male 200m Freestyle Female 100m Butterfly Male 100m Breaststroke Female 50m Backstroke Male 1500m Freestyle HDW	Male 200m Backstroke Female 50m Freestyle Male 50m Freestyle Female 200m Backstroke Male 100m Butterfly Female 200m IM Male 50m Breaststroke Female 50m Butterfly Female 800m Freestyle HDW	Male 50m Backstroke Female 400m Freestyle Male 100m Freestyle Female 100m Backstroke Male 200m Breaststroke Female 200m Breaststroke Male 200m Butterfly Male 800m Freestyle HDW	Female 100m Freestyle Male 400m Freestyle Female 400m IM Male 100m Backstroke Female 200m Butterfly Male 200m IM Female 50m Breaststroke Male 50m Butterfly Female 1500m Freestyle HDW <i>Time Trial opportunities available to Irish athletes for European Junior Championships National Team purposes</i>

Session 3 Finals Mixed Warm Up 1600 Start 1730	Session 6 Finals Mixed Warm Up 1600 Start 1730	Session 9 Finals Mixed Warm Up 1600 Start 1730	Session 12 Finals Mixed Warm Up 1600 Start 1730
Male 1500m Freestyle Fastest Heat Female 100m Breaststroke Age Female 100m Breaststroke Junior Female 100m Breaststroke Open 'B' Female 100m Breaststroke Open 'A' Male 400m IM Age Male 400m IM Junior Male 400m Open Female 200m Freestyle Age Female 200m Freestyle Junior Female 200m Freestyle Open 'B' Female 200m Freestyle Open 'A' Male 200m Freestyle Age Male 200m Freestyle Junior Male 200m Freestyle Open 'B' Male 200m Freestyle Open 'A' Female 100m Butterfly Age Female 100m Butterfly Junior Female 100m Butterfly Open 'B' Female 100m Butterfly Open 'A' Male 100m Breaststroke Age Male 100m Breaststroke Junior Male 100m Breaststroke Open 'B' Male 100m Breaststroke Open 'A' Female 50m Backstroke Open 'B' Female 50m Backstroke Open 'A'	Female 800m Freestyle Fastest Heat Male 200m Backstroke Age Male 200m Backstroke Junior Male 200m Backstroke Open 'B' Male 200m Backstroke Open 'A' Female 50m Freestyle Age Female 50m Freestyle Junior Female 50m Freestyle Open 'B' Female 50m Freestyle Open 'A' Male 50m Freestyle Age Male 50m Freestyle Junior Male 50m Freestyle Open 'B' Male 50m Freestyle Open 'A' Female 200m Backstroke Age Female 200m Backstroke Junior Female 200m Backstroke Open 'B' Female 200m Backstroke Open 'A' Male 100m Butterfly Age Male 100m Butterfly Junior Male 100m Butterfly Open 'B' Male 100m Butterfly Open 'A' Female 200m IM Age Female 200m IM Junior Female 200m IM Open 'B' Female 200m IM Open 'A' Male 50m Breaststroke Open 'B' Male 50m Breaststroke Open 'A' Female 50m Butterfly Open 'B' Female 50m Butterfly Open 'A'	Male 800m Freestyle Fastest Heat Female 50m Backstroke Open 'B' Female 50m Backstroke Open 'A' Female 400m Freestyle Age Female 400m Freestyle Junior Female 400m Freestyle Open Male 100m Freestyle Age Male 100m Freestyle Junior Male 100m Freestyle Open 'B' Male 100m Freestyle Open 'A' Female 100m Backstroke Age Female 100m Backstroke Junior Female 100m Backstroke Open 'B' Female 100m Backstroke Open 'A' Male 200m Breaststroke Age Male 200m Breaststroke Junior Male 200m Breaststroke Open 'B' Male 200m Breaststroke Open 'A' Female 200m Breaststroke Age Female 200m Breaststroke Junior Female 200m Breaststroke Open 'B' Female 200m Breaststroke Open 'A' Male 200m Butterfly Age Male 200m Butterfly Junior Male 200m Butterfly Open 'B' Male 200m Butterfly Open 'A'	Female 1500m Freestyle Fastest Heat Male 400m Freestyle Age Male 400m Freestyle Junior Male 400m Freestyle Open Female 100m Freestyle Age Female 100m Freestyle Junior Female 100m Freestyle Open 'B' Female 100m Freestyle Open 'A' Male 100m Backstroke Age Male 100m Backstroke Junior Male 100m Backstroke Open 'B' Male 100m Backstroke Open 'A' Female 400m IM Age Female 400m IM Junior Female 400m IM Open Male 200m IM Age Male 200m IM Junior Male 200m IM Open 'B' Male 200m IM Open 'A' Female 200m Butterfly Age Female 200m Butterfly Junior Female 200m Butterfly Open 'B' Female 200m Butterfly Open 'A' Male 50m Butterfly Open 'B' Male 50m Butterfly Open 'A' Female 50m Breaststroke Open 'B' Female 50m Breaststroke Open 'A'

2024 McCullagh International Open Meet Standards

(Long Course OR Hy-Tek* converted Short Course times achieved in the Period 1st July 2023 – 14th March 2024)

MALE					EVENT	FEMALE				
Born	Born	Born	Born	Born		Born	Born	Born	Born	Born
2011	2010	2008 & 2009	2006 & 2007	2005 & Earlier		2005 & Earlier	2006 & 2007	2008 & 2009	2010	2011
N/A	26.57	26.57	25.40	24.98	50m Freestyle	28.18	28.67	29.19	29.19	N/A
Via 200m Event		57.40	55.90	54.37	100m Freestyle	1:00.88	1:02.33	1:03.03	Via 200m Event	
2:17.26		2:07.28	2:03.84	2:01.17	200m Freestyle	2:14.25	2:15.60	2:16.92	2:27.66	
4:50.54		4:29.41	4:27.89	4:21.56	400m Freestyle	4:43.65	4:50.60	4:53.34	5:16.35	
N/A	9:30.24	9:30.24	9:23.08	9:14.27	800m Freestyle	9:46.71	10:04.48	10:09.90	10:09.90	N/A
N/A	18:19.28	18:19.28	17:57.04	17:45.11	1500m Freestyle	19:08.94	19:19.49	19:34.67	19:34.67	N/A
N/A		31.16	29.49	29.08	50m Backstroke	32.29	33.33	33.63	N/A	
Via 200m Event		1:07.13	1:04.16	1:03.17	100m Backstroke	1:09.01	1:09.92	1:11.07	Via 200m Event	
2:37.56		2:26.10	2:23.19	2:21.39	200m Backstroke	2:32.81	2:33.74	2:35.34	2:47.52	
N/A		34.78	32.52	31.71	50m Breaststroke	36.21	37.05	37.40	N/A	
Via 200m Event		1:15.68	1:11.85	1:10.87	100m Breaststroke	1:19.13	1:20.44	1:21.53	Via 200m Event	
2:59.41		2:46.36	2:40.29	2:38.44	200m Breaststroke	2:53.41	2:53.57	2:56.93	3:10.81	
N/A		28.80	27.45	26.95	50m Butterfly	30.27	30.63	31.46	N/A	
Via 200m Event		1:04.93	1:01.21	1:00.40	100m Butterfly	1:08.24	1:09.88	1:10.60	Via 200m Event	
2:39.91		2:28.28	2:24.27	2:19.11	200m Butterfly	2:33.64	2:41.02	2:45.35	2:58.32	
2:37.38		2:25.93	2:22.54	2:19.64	200m IM	2:31.61	2:34.73	2:36.70	2:48.99	
Via 200m Event		5:14.85	5:10.35	5:06.62	400m IM	5:27.76	5:29.19	5:37.93	Via 200m Event	

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
01:24.38	50 m Freestyle - S1	01:25.11	01:30.85	50 m Backstroke - S1	01:28.86	00:52.09	50 m Butterfly - S4	00:58.34
01:11.83	50 m Freestyle - S2	01:18.60	01:14.56	50 m Backstroke - S2	01:21.88	00:44.91	50 m Butterfly - S5	00:57.46
00:55.14	50 m Freestyle - S3	01:03.33	01:04.13	50 m Backstroke - S3	01:12.93	00:41.19	50 m Butterfly - S6	00:47.61
00:47.63	50 m Freestyle - S4	00:48.54	00:58.70	50 m Backstroke - S4	01:05.54	01:27.72	100 m Butterfly - S7	01:39.01
00:40.65	50 m Freestyle - S5	00:47.42	00:50.55	50 m Backstroke - S5	00:59.05	01:13.92	100 m Butterfly - S8	01:28.39
00:37.52	50 m Freestyle - S6	00:43.54	02:51.20	100 m Backstroke - S1	02:55.66	01:12.69	100 m Butterfly - S9	01:24.84
00:35.96	50 m Freestyle - S7	00:42.43	02:21.24	100 m Backstroke - S2	02:42.45	01:09.84	100 m Butterfly - S10	01:22.52
00:34.15	50 m Freestyle - S8	00:40.14	02:06.03	100 m Backstroke - S3	02:44.40	01:14.34	100 m Butterfly - S11	01:34.37
00:32.74	50 m Freestyle - S9	00:37.93	01:58.60	100 m Backstroke - S4	02:15.54	01:07.99	100 m Butterfly - S12	01:20.51
00:31.00	50 m Freestyle - S10	00:36.42	01:49.36	100 m Backstroke - S5	01:58.12	01:08.04	100 m Butterfly - S13	01:20.14
00:32.91	50 m Freestyle - S11	00:38.47	01:34.67	100 m Backstroke - S6	01:45.25	01:10.80	100 m Butterfly - S14	01:24.73
00:30.12	50 m Freestyle - S12	00:34.71	01:29.17	100 m Backstroke - S7	01:43.09	03:46.13	150 m IM - SM3	04:21.39
00:30.24	50 m Freestyle - S13	00:35.00	01:24.96	100 m Backstroke - S8	01:39.03	03:15.56	150 m IM - SM4	03:55.70
02:58.15	100 m Freestyle - S1	03:02.16	01:19.99	100 m Backstroke - S9	01:31.92	03:43.01	200 m IM - SM5	04:07.63
02:37.49	100 m Freestyle - S2	02:50.76	01:16.80	100 m Backstroke - S10	01:26.39	03:19.28	200 m IM - SM6	03:40.83
02:03.05	100 m Freestyle - S3	02:00.23	01:23.77	100 m Backstroke - S11	01:36.97	03:08.18	200 m IM - SM7	03:37.72
01:43.31	100 m Freestyle - S4	01:46.76	01:13.05	100 m Backstroke - S12	01:25.02	02:56.21	200 m IM - SM8	03:22.51
01:29.38	100 m Freestyle - S5	01:41.20	01:11.78	100 m Backstroke - S13	01:23.67	02:48.30	200 m IM - SM9	03:11.68
01:23.12	100 m Freestyle - S6	01:34.72	01:17.63	100 m Backstroke - S14	01:26.52	02:41.83	200 m IM - SM10	03:02.39
01:18.60	100 m Freestyle - S7	01:31.46	01:50.81	50 m Breaststroke - SB1	02:05.81	02:55.83	200 m IM - SM11	03:23.88
01:13.88	100 m Freestyle - S8	01:26.62	01:07.42	50 m Breaststroke - SB2	01:33.51	02:37.52	200 m IM - SM12	03:01.31
01:10.71	100 m Freestyle - S9	01:22.02	01:01.72	50 m Breaststroke - SB3	01:14.51	02:37.90	200 m IM - SM13	03:00.40
01:07.38	100 m Freestyle - S10	01:18.13	00:56.67	50 m Breaststroke - SB4	01:04.22	02:42.65	200 m IM - SM14	03:03.59
01:12.83	100 m Freestyle - S11	01:24.72	00:55.26	50 m Breaststroke - SB5	01:00.91	02:41.83	200 m IM - SM10	03:02.39
01:05.64	100 m Freestyle - S12	01:14.91	01:45.58	100 m Breaststroke - SB6	02:06.28	06:13.00	400 m Freestyle - S6	06:33.58
01:05.61	100 m Freestyle - S13	01:15.86	01:43.79	100 m Breaststroke - SB7	02:00.62	05:48.97	400 m Freestyle - S7	06:21.31
06:08.70	200 m Freestyle - S1	06:14.90	01:34.02	100 m Breaststroke - SB8	01:47.76	05:28.34	400 m Freestyle - S8	06:00.43
05:14.58	200 m Freestyle - S2	06:16.29	01:29.40	100 m Breaststroke - SB9	01:43.84	05:14.43	400 m Freestyle - S9	05:48.93
04:10.38	200 m Freestyle - S3	04:34.94	01:37.72	100 m Breaststroke - SB11	01:52.28	05:00.55	400 m Freestyle - S10	05:35.39
03:44.34	200 m Freestyle - S4	03:47.75	01:27.08	100 m Breaststroke - SB12	01:40.57	05:35.66	400 m Freestyle - S11	06:10.15
03:17.27	200 m Freestyle - S5	03:36.92	01:25.81	100 m Breaststroke - SB13	01:41.03	05:04.70	400 m Freestyle - S12	05:30.27
02:29.63	200 m Freestyle - S14	02:49.34	01:29.33	100 m Breaststroke - SB14	01:43.79	04:57.82	400 m Freestyle - S13	05:27.25

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 World Aquatics 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.