



Munster LC Championships

ENTRY RULES & FORMS

**(Under Swim Ireland Rules
Provisional Licence 4L-24/24-M025)**

**UL Sports Arena
University of Limerick
V94 XT66**

May 10th, 11th & 12th

MEET CONDITIONS:

Meet Location:	UL Sports Arena, University of Limerick, Castletroy, Limerick, V94 XT66
Pool Specification:	10 lane 50m pool; anti-turbulence lane ropes; wedge starting blocks; backstroke ledges
Date:	10 th , 11 th & 12 th May 2024
Licence:	Provisional Licence Number 4L-24/24-M025
Sessions:	Morning Sessions 1, 4 & 7 – Warm-Up 8:15, Start 9:30 (boys first of Fri & Sat) Mid-day Sessions 2, 5 & 8 - *Warm-Up 12:15 Starts 13:30* (boys first Fri & Sat) * Times to be confirmed upon receipt and processing of entries* Finals Sessions 3, 6 & 9 – Times to be confirmed after processing of entries
Age Groups:	12 years; 13 – 14 years; 15 – 16 years; 17 years & over.
Age:	Age as 31 st December 2024
Individual Events:	50m Freestyle – Heats & Finals 50m Backstroke, 50m Butterfly, 50m Breaststroke – Heats & Finals (15 & over) 100m Freestyle, 100m Backstroke, 100m Butterfly, 100m Breaststroke – Heats & Finals 200m Freestyle, 200m Backstroke, 200m Butterfly, 200m Breaststroke – Heats & Finals 200m Individual Medley – Heats & Finals 400m Freestyle / 800m Freestyle / 1500m Freestyle – HDW (13&over) 400m Individual Medley – HDW (13&over)
Relay Events:	12yrs – Mixed 4 x 50m Medley, Mixed 4 x 50m Freestyle 13-14yrs, 15&over – All Olympic Relay events
Entries:	All swimmers entering the Munster Age Group & Senior Long Course Championships must be a member of a Swim Munster affiliated club or a club from outside Ireland registered with their National Federation. A maximum of 2 swimmers from outside Ireland are permitted to swim in each final.
Entry Form:	Electronic Hy-tek entries are to be submitted to munsterentries@swimireland.ie
Qualification Criteria:	Times may be achieved in both Short Course & Long Course from 1st January 2023. Consideration and Qualification Times are used for the 50m, 100m, 200m and 400m events: Consideration Times for the 800/1500 freestyle. Times must have been achieved in meets licensed at Level 2 or higher to be eligible to be used for entry into this meet, subject to following paragraph. Short Course times used for entry will be converted to Long Course via the Meet Management System for seeding purposes and vice versa. <i>Female athletes aged 12 years will be permitted to compete in the 12-14 years 400m Freestyle. The top 6 ranked female athletes in the 200m Freestyle will be invited to enter the 400m Freestyle provided their 200m entry time is faster than 02:45.00. This event is offered to female athletes aged 12 years to provide an opportunity to learn and develop racing skills in this event, separate medals will not be awarded.</i> <i>Subject to overall time constraints, 12 year old swimmers MAY be offered to swim in 12-14 events should there be unused lanes, based upon the number of entries. Any such invite will be based upon the rankings on the Munster database. Again, if offered, this is to provide experience and a learning opportunity to younger swimmers.</i> Times achieved by athletes aged 12 years ONLY in the 200m Freestyle, 100m Backstroke, 100m Breaststroke and 100m Butterfly will allow them to enter all available events in the corresponding stroke at this Championships. Such entries are to be advised in the cover email with the entry file.

	<p>Athletes who achieve one Qualifying Time only may choose one additional event to enter; this event must be one which is most closely associated with the event in which they have achieved the Qualifying Time (i.e. a swimmer who has qualified in the 100m Butterfly may also enter the 200m Butterfly, or a swimmer who has qualified in the 400m Freestyle may add the 200m Freestyle OR 800m Freestyle). Such entries are to be advised in the cover email with the entry file.</p> <p>Swim Munster are obliged to run this event in accordance with Meet Licencing Rules which includes overall duration each day. In the event that all entries result in the projected duration of competition exceeding the time permitted, Swim Munster will need to decline some consideration time entries for individual, and relays (second and more teams).</p>
Seeding:	The placing of competitors in the heats will be spearheaded and swam slowest to fastest. 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" finals. Relays, 400m, 800m and 1500m events will be HDW and will be swum with the heats.
Withdrawals:	Withdrawals from day 1 must be emailed to munsterentries@swimireland.ie before 5pm on the day before the start of the meet, i.e. Thursday, 9 th May 2024. 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.
Entry Deadline:	Closing time for entries is 12:00 noon on Monday 22nd April 2024. NO LATE ENTRIES WILL BE ACCEPTED.
Entry Fees:	<p>Individual entries cost €8 per event. Relay entries cost €20 per event.</p> <p>Fees should be paid directly into the bank account by Friday 26th and must include the name of the club and the name of the meet. 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>Please note that all entry fees are payable and non-refundable once the final entry date (22nd April 2024) has passed AND accreditations will not be approved/issued until full payment of entries and any outstanding fees have been received.</p>
Relay Entries:	<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 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. It would be appreciated if relay entries could be confirmed in advance of the gala for ease of administration.</p> <p>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 FINA Rule SW 10.12.</p>
Awards:	Medals are awarded for top 3 placings in each age group.
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 .

Swimsuits:	It is not a requirement for swimmers to wear WA approved swimwear in this competition. Athletes aged 12 years (age as defined in the meet conditions) will not be permitted to compete at this meet in a tech suit. World Aquatic Approved Swim Wear Policy. (https://www.worldaquatics.com/swimming/approved-swimwear)
Health & Safety:	Please refer to the Health & Safety guidelines at the back of the programme and also the Swim Ireland Code of Practice for Safety (Swimming) on the Swim Ireland website.
Photography/ Video Recording:	<p>Photography is prohibited on the pool deck and changing area.</p> <p>A registration desk will be in place in the balcony area. All devices, capable of taking an image, must be registered in advance.</p> <p>All persons wishing to register a device must provide: name, address, contact number and photographic identification. In the case where photographic ID is not available Swim Ireland membership card will be accepted with the member's ID number recorded.</p> <p>Any person using the equipment must wear a tag that is clearly visible when using the equipment.</p> <p>If this photographic rule is breached, members are subject to the Swim Ireland Complaints and Disciplinary Rules and Procedures.</p> <p>Once registered, photographs are permitted from the balcony. A Munster Backdrop will be in situ on the balcony from where photographs may be taken.</p>

Entries may be limited to ensure compliance with SI licence rules. Where entries have been limited clubs will be informed when all entries have been processed, **which is anticipated to be before the date for payment.**

Club slots on the Official Rota are allocated on one official per six swimmers entered, per session, up to a max of 4 per session.

These Meet Conditions must be read in conjunction with the Swim Ireland General Event Rules available on the Swim Ireland website at <https://swimireland.ie/competitions-events/regulations-and-safety/>

MUNSTER LONG COURSE CHAMPIONSHIPS

MAY 10th TO 12th

BOYS' CONSIDERATION TIMES						BOYS' QUALIFICATION TIMES							
17 years+ (Born 2007 and older)	16 years (Born 2008)	15 years (Born 2009)	14 years (Born 2010)	13 years (Born 2011)	12 years (Born 2012)	SWIM IRELAND Munster		17 years+ (Born 2007 and older)	16 years (Born 2008)	15 years (Born 2009)	14 years (Born 2010)	13 years (Born 2011)	12 years (Born 2012)
00:29.95	00:31.21	00:32.56	00:33.55	00:35.71	00:36.37	50m	Freestyle	00:28.75	00:29.96	00:31.26	00:32.21	00:34.28	00:34.92
01:05.09	01:07.74	01:09.94	01:12.57	01:17.01	01:18.44	100m	Freestyle	01:02.49	01:05.03	01:07.14	01:09.67	01:13.93	01:15.30
02:24.74	02:30.55	02:33.91	02:40.20	02:48.55	02:51.56	200m	Freestyle	02:18.95	02:24.53	02:27.75	02:33.79	02:41.81	02:44.70
05:11.87	05:21.04	05:29.40	05:42.32	05:57.36		400m	Freestyle	04:59.40	05:08.20	05:16.22	05:28.63	05:43.07	
10:38.21	10:48.88	11:12.31	11:31.88	12:02.30		800m	Freestyle						
20:28.27	21:04.75	21:57.79	22:30.53	23:19.51		1500m	Freestyle						
00:35.53	00:35.53	00:35.53				50m	Backcrawl	00:34.11	00:34.11	00:34.11			
01:17.48	01:18.47	01:21.37	01:25.14	01:29.75	01:31.42	100m	Backcrawl	01:14.38	01:15.33	01:18.12	01:21.73	01:26.16	01:27.76
02:49.31	02:52.45	02:55.77	03:02.33	03:09.88	03:13.40	200m	Backcrawl	02:42.54	02:45.55	02:48.74	02:55.04	03:02.28	03:05.66
00:38.53	00:38.53	00:38.53				50m	Breaststroke	00:36.99	00:36.99	00:36.99			
01:27.46	01:30.64	01:34.29	01:38.44	01:44.67	01:46.62	100m	Breaststroke	01:23.96	01:27.01	01:30.52	01:34.50	01:40.48	01:42.36
03:13.27	03:18.76	03:27.98	03:32.94	03:43.38	03:47.50	200m	Breaststroke	03:05.54	03:10.81	03:19.66	03:24.42	03:34.44	03:38.40
00:32.30	00:32.30	00:32.30				50m	Butterfly	00:31.01	00:31.01	00:31.01			
01:12.89	01:17.65	01:21.63	01:26.55	01:31.23	01:32.93	100m	Butterfly	01:09.97	01:14.54	01:18.36	01:23.09	01:27.58	01:29.21
02:48.32	02:53.97	03:02.10	03:09.61	03:21.11	03:24.83	200m	Butterfly	02:41.59	02:47.01	02:54.82	03:02.03	03:13.07	03:16.64
02:47.47	02:53.88	02:55.88	03:03.01	03:11.35	03:19.90	200m	IM	02:40.77	02:46.92	02:48.84	02:55.69	03:03.70	03:11.90
05:54.66	06:05.89	06:17.65	06:45.50	06:59.19		400m	IM	05:40.47	05:51.25	06:02.54	06:29.28	06:42.42	

MUNSTER LONG COURSE CHAMPIONSHIPS

MAY 10th TO 12th

GIRLS' CONSIDERATION TIMES						GIRLS' QUALIFICATION TIMES							
17 years+ (Born 2007 and older)	16 years (Born 2008)	15 years (Born 2009)	14 years (Born 2010)	13 years (Born 2011)	12 years (Born 2012)	SWIM IRELAND Munster		17 years+ (Born 2007 and older)	16 years (Born 2008)	15 years (Born 2009)	14 years (Born 2010)	13 years (Born 2011)	12 years (Born 2012)
00:32.99	00:33.84	00:34.50	00:35.30	00:36.15	00:36.81	50m	Freestyle	00:31.67	00:32.49	00:33.12	00:33.89	00:34.70	00:35.34
01:11.75	01:13.25	01:14.01	01:15.46	01:18.71	01:20.17	100m	Freestyle	01:08.88	01:10.32	01:11.05	01:12.44	01:15.56	01:16.96
02:36.43	02:38.81	02:42.73	02:44.90	02:49.92	02:53.06	200m	Freestyle	02:30.17	02:32.46	02:36.22	02:38.30	02:43.12	02:46.14
05:36.54	05:42.74	05:46.83	05:56.38	06:06.12		400m	Freestyle	05:23.08	05:29.03	05:32.96	05:42.12	05:51.48	Invitation
11:28.49	11:40.02	11:51.31	12:06.80	12:24.31		800m	Freestyle						
22:02.20	22:19.46	22:41.06	22:57.19	23:30.37		1500m	Freestyle						
00:41.23	00:41.23	00:41.23				50m	Backcrawl	00:39.58	00:39.58	00:39.58			
01:22.80	01:25.02	01:25.59	01:27.91	01:30.74	01:32.42	100m	Backcrawl	01:19.49	01:21.62	01:22.17	01:24.39	01:27.11	01:28.72
02:58.78	03:02.07	03:06.06	03:10.27	03:14.93	03:18.54	200m	Backcrawl	02:51.63	02:54.79	02:58.62	03:02.66	03:07.13	03:10.60
00:43.80	00:43.80	00:43.80				50m	Breaststroke	00:42.05	00:42.05	00:42.05			
01:35.05	01:38.00	01:38.79	01:42.05	01:45.28	01:47.23	100m	Breaststroke	01:31.25	01:34.08	01:34.84	01:37.97	01:41.07	01:42.94
03:28.76	03:30.19	03:32.32	03:43.18	03:45.52	03:49.70	200m	Breaststroke	03:20.41	03:21.78	03:23.83	03:34.25	03:36.50	03:40.51
00:36.50	00:36.50	00:36.50				50m	Butterfly	00:35.04	00:35.04	00:35.04			
01:20.28	01:22.67	01:25.70	01:29.43	01:33.28	01:35.00	100m	Butterfly	01:17.07	01:19.36	01:22.27	01:25.85	01:29.55	01:31.20
03:06.28	03:11.81	03:18.92	03:21.57	03:25.97	03:29.78	200m	Butterfly	02:58.83	03:04.14	03:10.96	03:13.51	03:17.73	03:21.39
02:56.51	03:00.15	03:05.47	03:11.64	03:16.92	03:25.56	200m	IM	02:49.45	02:52.94	02:58.05	03:03.97	03:09.04	03:17.34
06:27.60	06:38.96	06:42.36	06:51.11	07:06.48		400m	IM	06:12.10	06:23.00	06:26.27	06:34.67	06:49.42	

Order of Events

Day 1	Day 2	Day 3
Session 1: Combined Heats	Session 4: Combined Heats	Session 7: Combined Heats
Male 15 yrs & Over 200m Breaststroke Female 15 yrs & Over 100m Breaststroke Male 15 yrs & Over 1500m Freestyle HDW Female 15 yrs & Over 100m Backstroke Male 15 yrs & Over 100m Backstroke Female 15 yrs & Over 50m Freestyle Male 15 yrs & Over 50m Butterfly Female 15 yrs & Over 200m Butterfly Male 15 yrs & Over 200m Freestyle Female 15 yrs & Over 400m Freestyle HDW Male 15 yrs & Over 200m IM	Male 15 yrs & Over 400m IM HDW Female 15 yrs & Over 800m Freestyle HDW Male 15 yrs & Over 50m Backstroke Female 15 yrs & Over 50m Backstroke Male 15 yrs & Over 100m Breaststroke Female 15 yrs & Over 100m Butterfly Male 15 yrs & Over 200m Butterfly Female 15 yrs & Over 400m IM HDW Male 15 yrs & Over 100m Freestyle Female 15 yrs & Over 50m Breaststroke Male 15 yrs & Over 800m Freestyle HDW Female 15 yrs & Over 200m Freestyle	Female 15 yrs & Over 200m IM Male 15 yrs & Over 50m Breaststroke Female 15 yrs & Over 50m Butterfly Male 15 yrs & Over 200m Backstroke Female 15 yrs & Over 200m Backstroke Male 15 yrs & Over 50m Freestyle Female 15 yrs & Over 200m Breaststroke Male 15 yrs & Over 100m Butterfly Female 15 yrs & Over 100m Freestyle Male 15 yrs & Over 400m Freestyle HDW Female 15 yrs & Over 1500m Freestyle HDW
Session 2: Combined Heats	Session 5: Combined Heats	Session 8: Combined Heats
Male 12-14 yrs 200m Breaststroke Female 12-14 yrs 100m Breaststroke Male 13-14 yrs 1500m Freestyle HDW Female 12-14 yrs 100m Backstroke Male 12-14 yrs 100m Backstroke Female 12-14 yrs 50m Freestyle Male 12-14 yrs 200m Freestyle Female 12-14 yrs 200m Butterfly Male 12-14 yrs 200m IM Female 12-14 yrs 400m Freestyle HDW	Male 13-14 yrs 400m IM HDW Female 13-14 yrs 800m Freestyle HDW Male 12-14 yrs 100m Breaststroke Female 12-14 yrs 100m Butterfly Male 12-14 yrs 200m Butterfly Female 13-14 yrs 400m IM HDW Male 12-14 yrs 100m Freestyle Female 12-14 yrs 200m Freestyle Male 13-14 yrs 800m Freestyle HDW Mixed 12 yrs 200m Freestyle Relay HDW	Female 12-14 yrs 200m IM Male 12-14 yrs 200m Backstroke Female 12-14 yrs 200m Backstroke Male 12-14 yrs 50m Freestyle Female 12-14 yrs 200m Breaststroke Male 12-14 yrs 100m Butterfly Female 12-14 yrs 100m Freestyle Male 13-14 yrs 400m Freestyle HDW Female 13-14 yrs 1500m Freestyle HDW Mixed 12 yrs 200m Medley Relay HDW
Session 3: Finals	Session 6: Finals	Session 9: Finals
Male 12 yrs 200m Breaststroke Male 13/14 yrs 200m Breaststroke Male 15/16 yrs 200m Breaststroke Male 17 yrs & Over 200m Breaststroke Female 12 yrs 100m Breaststroke Female 13/14 yrs 100m Breaststroke Female 15/16 yrs 100m Breaststroke Female 17 yrs & Over 100m Breaststroke Male 12 yrs 100m Backstroke Male 13/14 yrs 100m Backstroke Male 15/16 yrs 100m Backstroke Male 17 yrs & Over 100m Backstroke Female 12 yrs 100m Backstroke Female 13/14 yrs 100m Backstroke Female 15/16 yrs 100m Backstroke Female 17 yrs & Over 100m Backstroke Male 15/16 yrs 50m Butterfly Male 17 yrs & Over 50m Butterfly Female 12 yrs 50m Freestyle Female 13/14 yrs 50m Freestyle Female 15/16 yrs 50m Freestyle Female 17 yrs & Over 50m Freestyle Male 12 yrs 200m Freestyle Male 13/14 yrs 200m Freestyle Male 15/16 yrs 200m Freestyle Male 17 yrs & Over 200m Freestyle Female 12 yrs 200m Butterfly Female 13/14 yrs 200m Butterfly Female 15/16 yrs 200m Butterfly Female 17 yrs & Over 200m Butterfly Male 12 yrs 200m IM Male 13/14 yrs 200m IM Male 15/16 yrs 200m IM Male 17 yrs & Over 200m IM Female 13-14 yrs 400m Medley Relay HDW Female 15 yrs & Over 400m Medley Relay HDW Male 13-14 yrs 400m Medley Relay HDW Male 15 yrs & Over 400m Medley Relay HDW	Male 15/16 yrs 50m Backstroke Male 17 yrs & Over 50m Backstroke Female 15/16 yrs 50m Backstroke Female 17 yrs & Over 50m Backstroke Male 12 yrs 100m Breaststroke Male 13/14 yrs 100m Breaststroke Male 15/16 yrs 100m Breaststroke Male 17 yrs & Over 100m Breaststroke Female 12 yrs 100m Butterfly Female 13/14 yrs 100m Butterfly Female 15/16 yrs 100m Butterfly Female 17 yrs & Over 100m Butterfly Male 12 yrs 200m Butterfly Male 13/14 yrs 200m Butterfly Male 15/16 yrs 200m Butterfly Male 17 yrs & Over 200m Butterfly Female 15/16 yrs 50m Breaststroke Female 17 yrs & Over 50m Breaststroke Male 12 yrs 100m Freestyle Male 13/14 yrs 100m Freestyle Male 15/16 yrs 100m Freestyle Male 17 yrs & Over 100m Freestyle Female 12 yrs 200m Freestyle Female 13/14 yrs 200m Freestyle Female 15/16 yrs 200m Freestyle Female 17 yrs & Over 200m Freestyle Male 13-14 yrs 400m Freestyle Relay HDW Male 15 yrs & Over 400m Freestyle Relay HDW Female 13-14 yrs 400m Freestyle Relay HDW Female 15 yrs & Over 400m Freestyle Relay HDW	Female 13-14 yrs 800m Freestyle Relay HDW Female 15 yrs & Over 800m Freestyle Relay HDW Male 13-14 yrs 800m Freestyle Relay HDW Male 15 yrs & Over 800m Freestyle Relay HDW Female 12 yrs 200m IM Female 13/14 yrs 200m IM Female 15/16 yrs 200m IM Female 17 yrs & Over 200m IM Male 15/16 yrs 50m Breaststroke Male 17 yrs & Over 50m Breaststroke Female 15/16 yrs 50m Butterfly Female 17 yrs & Over 50m Butterfly Male 12 yrs 200m Backstroke Male 13/14 yrs 200m Backstroke Male 15/16 yrs 200m Backstroke Male 17 yrs & Over 200m Backstroke Female 12 yrs 200m Backstroke Female 13/14 yrs 200m Backstroke Female 15/16 yrs 200m Backstroke Female 17 yrs & Over 200m Backstroke Male 12 yrs 50m Freestyle Male 13/14 yrs 50m Freestyle Male 15/16 yrs 50m Freestyle Male 17 yrs & Over 50m Freestyle Female 12 yrs 200m Breaststroke Female 13/14 yrs 200m Breaststroke Female 15/16 yrs 200m Breaststroke Female 17 yrs & Over 200m Breaststroke Male 12 yrs 100m Butterfly Male 13/14 yrs 100m Butterfly Male 15/16 yrs 100m Butterfly Male 17 yrs & Over 100m Butterfly Female 12 yrs 100m Freestyle Female 13/14 yrs 100m Freestyle Female 15/16 yrs 100m Freestyle Female 17 yrs & Over 100m Freestyle Mixed 13-14 yrs 400m Medley Relay HDW Mixed 15 yrs & Over 400m Medley Relay HDW