

**SWIM
IRELAND**

An island
of swimmers

2024 Irish Winter Championships (25M)

EVENT GUIDE

National Aquatic Centre,

Dublin, Ireland

13th – 15th December 2024



MEET CONDITIONS

VENUE INFORMATION

All training and competition will take place in the National Aquatic Centre, Dublin, Ireland.

The National Aquatic Centre is a 10 lane 25m 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 6 lanes.

QUALIFICATION CRITERIA AND INFORMATION

Short Course OR Hy-Tek converted Long Course times achieved from the 1st December 2023 to the 24th November 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.

Para-swimmers

Athletes who wish to enter a non-para event can only do so at the discretion of the Paralympics Ireland Performance Director/Head Coach. 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.

SWIM IRELAND TRANSGENDER POLICY

Please note that this competition will be run under the stipulations of the [Swim Ireland Transgender and Non-Binary Participation and Competition Policy](#).

Female Category – athletes with a birth sex of female

Open Category – athletes with a birth sex of male, trans or non-binary competitors and any competitor not eligible for the Female category

Further information on this can be found in the Policies section on the [Swim Ireland website](#)

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 can [download Hytek lite](#) to complete the entry file

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 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.

*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.

Entry Deadlines

Closing date for entries is 5.00pm Wednesday 27th November 2024.

Payment for ALL entries must be received by 5.00pm Friday 6th December 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.

Payment Options

Please reference all payments as “Irish Winter Championships ‘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 competition will consist of the following:

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

- All Olympic Events up to and including 400m will have A, B and C finals (as indicated below)
- Non-Olympic 50m Events will have an A final only
- 800m/1500m Events will be HDW events. The Fastest 10 Open athletes and Fastest 10 Female athletes will race in the evening session with all other athletes racing in a combined event in the morning session
- All Relays will be HDW Events racing in the morning session

Finals

- **A Finals** – Fastest 10 athletes from the heats (all ages, maximum of three non-Irish athletes within the final)
- **B Finals** – Fastest 10 athletes (Open & Female 23 years & under) that have not qualified for the A Final (maximum of three non-Irish athletes within the final)
- **C Finals** – Fastest 10 athletes (Open & Female 18 years & under) that have not qualified for the A Final or the B Final (maximum of three non-Irish athletes within the final) and only where there are 8 or more athletes who qualify for such a Final
- **Relays** – A maximum of two relay teams ('A' and 'B') can be entered per club per relay event. There are no age categories in relays

Awards

All Ages Awards – Open & Female All Ages (Irish & Commemorative). Other than in HDW events, times achieved in A Finals only will be considered in the awarding of All Ages medals.

Junior Awards - Open & Female 18 years & under. Times achieved in A Finals supersede times achieved in B Finals; times achieved in B Finals supersede times achieved in C Finals; and times achieved in C Finals supersede times achieved in the Heats in the awarding of Junior medals

Top Club Award - The Top Club award will be presented to the highest scoring club using the Hytek Quality Club scoring method which ranks teams by the average score of each scoring athlete. Each club must have a minimum team size of eight athletes and can only score in one relay per relay event.

Competition Rules

These Meet Conditions must be read in conjunction with the Swim Ireland General Event Rules available [HERE](#). Please note that the [Swim Ireland Eligibility Policy](#) will be enforced at this competition

COMPETITION INFORMATION

Key Dates and timings

Date	Time	Activity	Location
Wednesday 11 th December	20.00	Team Leader Meeting	Online
Thursday 12 th December	17.00 – 19.00	Pre Competition Training Session	Competition Pool
Friday 13 th December	09.00	Competition commences	Competition & Training Pool
Sunday 15 th December	20.30	Competition ends	Competition & Training Pool

Pre-Competition Training Session

There will be limited pool availability for a pre competition training session on Thursday 12th December from 17.00 – 19.00.

Team Leaders Meeting:

Technical briefing will take place on Wednesday 11th December @ 20.00 via Zoom (Link below). 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.

Zoom Link: <https://us06web.zoom.us/j/88919740286?pwd=99LmtthzacNd30JakH4A2aBjGVzGTn.1>

Session Times

Session	Date	Warm Up Times	Competition Start
Session 1 – Heats	Friday 13 th December	TBC (Split – see below)	TBC
Session 2 – Finals	Friday 13 th December	TBC (Mixed)	TBC
Session 3 - Heats	Saturday 14 th December	TBC (Split – see below)	TBC
Session 4 – Finals	Saturday 14 th December	TBC (Mixed)	TBC
Session 5 – Heats	Sunday 15 th December	TBC (Split – see below)	TBC
Session 6 – Finals	Sunday 15 th December	TBC (Mixed)	TBC

Withdrawals

All withdrawals must be submitted via the [online form](#) (this form will be available following the closing date for entries).

Withdrawals from day 1 must be submit via the online form by 3pm on Thursday 12th December.

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 at [Sport Ireland Anti-Doping](#).

Health and Safety

Please refer to the Health & Safety guidelines at the back of this document and 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 the requirements for accreditations. Athletes, team managers & coaches must have a profile picture on their profile, otherwise they will not be awarded.

Further information on accreditation can be found [HERE](#).

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) in that session.

*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 direct all queries to entries@swimireland.ie

Competition Schedule

Day 1 Friday 13 th December	Day 2 Saturday 14 th December	Day 3 Sunday 15 th December
Session 1 Heats Open Events Warm Up TBC Female Events Warm Up TBC Start TBC	Session 3 Heats (Fastest) Female Events Warm Up TBC Open Events Warm Up TBC Start TBC	Session 5 Heats (Fastest) Open Events Warm Up TBC Female Events Warm Up TBC Start TBC
Open 50m Backstroke Female 50m Backstroke Open 100m Breaststroke Female 100m Breaststroke Open 100m Freestyle Female 100m Freestyle Open 200m Butterfly Female 200m Butterfly Open 200m IM Female 200m IM Mixed 800m Freestyle HDW Open 200m Freestyle Relay HDW Female 200m Freestyle Relay HDW	Mixed 200m Medley Relay HDW Female 100m Backstroke Open 100m Backstroke Female 400m IM Open 400m IM Female 50m Butterfly Open 50m Butterfly Female 200m Freestyle Open 200m Freestyle Female 200m Breaststroke Open 200m Breaststroke Mixed 1500m Freestyle HDW Mixed 200m Freestyle Relay HDW	Open 200m Backstroke Female 200m Backstroke Open 50m Freestyle Female 50m Freestyle Open 50m Breaststroke Female 50m Breaststroke Open 100m Butterfly Female 100m Butterfly Open 100m IM Female 100m IM Open 400m Freestyle Female 400m Freestyle Open 200m Medley Relay HDW Female 200m Medley Relay HDW
Session 2 Finals Warm Up TBC Start TBC	Session 4 Finals Warm Up TBC Start TBC	Session 6 Finals Warm Up TBC Start TBC
Open 50m Backstroke A Final Female 50m Backstroke A Final Open 800m Freestyle Fastest Heat Female 800m Freestyle Fastest Heat Open 100m Breaststroke C, B & A Finals Female 100m Breaststroke C, B & A Finals Open 100m Freestyle C, B & A Finals Female 100m Freestyle C, B & A Finals Open 200m Butterfly C, B & A Finals Female 200m Butterfly C, B & A Finals Open 200m IM C, B & A Finals Female 200m IM C, B & A Finals	Female 100m Backstroke C, B & A Finals Open 100m Backstroke C, B & A Finals Female 1500m Freestyle Fastest Heat Open 1500m Freestyle Fastest Heat Female 50m Butterfly A Final Open 50m Butterfly A Final Female 200m Freestyle C, B & A Finals Open 200m Freestyle C, B & A Finals Female 200m Breaststroke C, B & A Finals Open 200m Breaststroke C, B & A Finals Female 400m IM C, B & A Finals Open 400m IM C, B & A Finals	Open 200m Backstroke C, B & A Finals Female 200m Backstroke C, B & A Finals Open 50m Freestyle C, B & A Finals Female 50m Freestyle C, B & A Finals Open 50m Breaststroke A Final Female 50m Breaststroke A Final Open 100m Butterfly C, B & A Finals Female 100m Butterfly C, B & A Finals Open 100m IM A Final Female 100m IM A Final Open 400m Freestyle C, B & A Finals Female 400m Freestyle C, B & A Finals

2024 Irish Winter Championships Standards

(Short Course OR Hy-Tek converted Long Course times achieved from the 1st December 2023 to the 24th November 2024)

OPEN AGES			Event	FEMALE AGES		
Born 2008 - 2011	Born 2006 & 2007	Born 2005 & Earlier		Born 2005 & Earlier	Born 2006 & 2007	Born 2008 - 2011
25.39	24.57	24.27	50m freestyle	27.69	27.89	28.21
55.31	54.1	53.38	100m Freestyle	59.8	59.84	1:01.03
2:03.81	1:58.62	1:57.63	200m Freestyle	2:11.80	2:12.91	2:13.02
4:25.03	4:14.12	4:10.69	400m Freestyle	4:38.75	4:41.88	4:44.78
9:09.52	9:05.77	8:55.77	800m Freestyle	9:38.76	9:42.91	9:45.39
17:36.28	17:28.96	16:48.56	1500m Freestyle	18:17.82	18:55.95	19:03.29
29.57	28.45	28.17	50m Backstroke	31.67	32.09	32.12
1:03.44	1:01.77	1:00.64	100m Backstroke	1:07.26	1:09.16	1:09.17
2:19.28	2:16.94	2:16.93	200m Backstroke	2:26.87	2:27.95	2:29.70
33.59	31.89	31.41	50m Breaststroke	36.22	36.23	36.5
1:12.93	1:09.80	1:08.87	100m Breaststroke	1:17.69	1:18.08	1:19.01
2:40.44	2:33.80	2:33.79	200m Breaststroke	2:51.10	2:52.73	2:52.74
27.82	26.63	26.3	50m Butterfly	30.01	30.07	30.47
1:02.39	1:00.60	0:59.73	100m Butterfly	1:07.59	1:07.60	1:09.14
2:23.34	2:20.73	2:19.56	200m Butterfly	2:43.25	2:44.05	2:44.06
1:05.94	1:02.75	1:02.31	100m IM	1:09.69	1:10.22	1:10.47
2:21.04	2:18.04	2:16.69	200m IM	2:30.18	2:30.19	2:32.16
5:03.94	4:57.44	4:55.38	400m IM	5:25.54	5:26.62	5:30.69

Heats may be limited in order to manage session timelines.

PARA SWIMMER QUALIFICATION STANDARDS

Open	Event	Female	Open	Event	Female	Open	Event	Female
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 FINA 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.