

<b>Swim Meet Title</b>	Longford & Castlebar, Invitational Club L3 SC.
<b>Licence Number</b>	C021-23/24-C021
<b>Venue</b>	Longford Sports and Leisure Centre & Lough Lannagh Leisure Complex
<b>Date</b>	Longford 4 <sup>th</sup> & 5 <sup>th</sup> May Castlebar 12 <sup>th</sup> May 2024
<b>Host Clubs</b>	Longford/Castlebar Swimming Clubs

<b>FINA Rules</b>	<i>This Meet will be run under FINA Rules. In particular, please note that the regulations relating to FINA-approved swimsuits will be enforced.</i>	
<b>Format</b>	<i>Short Course – 6 Lane (Longford), 8 Lane (Castlebar)</i>	
<b>Session Times</b>	<p><b>Saturday 4<sup>th</sup> May Session 1 Longford</b>      <b>Warm up 18:00 hrs Start 18.30hrs</b></p> <p><b>Sunday 5<sup>th</sup> May Session 2 Longford</b>      <b>Warm up – 12:00hrs Start - 13:00hrs</b></p> <p>   <b>Session 3 Longford</b>      <b>Approx. 1 hour after 1<sup>st</sup> Session end</b>  <b>(Warm Up during interval)</b></p> <p><b>Sunday 12<sup>th</sup> May session 4 Castlebar</b>      <b>Warm up- 09.00hrs start – 10.00hrs</b></p> <p>   <b>Session 5 Castlebar</b>      <b>Approx. 1 hour after 1<sup>st</sup> Session end</b>  <b>(Warm up during interval)</b></p>	
	€8 per Individual Event. €15 per Relay team.	
	<p><i>Cheques to be made out to -“Castlebar Swimming Club”.</i></p> <p>BANK DETAILS: Bank of Ireland</p> <p>IBAN: IE26BOFI90374427894286</p> <p>BIC: BOFIE2DXXX                      ACCOUNT NO: 27894286</p> <p><i>If you are remitting the fees by cheque, please note the club and the name of the swim meet gala on the back. Fee payment should be arranged concurrently with swim meet entries as it may not be possible to accept all entries. Fee refunds will be advised to clubs on final acceptance of entries.</i></p>	
<b>Eligibility</b>	<p><i>Only swimmers registered with Swim Ireland <b>aged 12y or over</b>, <b>12y may enter the Qualifying events from Summer Age Group ONLY. (Marked *)</b> <b>Ages are Year of Birth; as of Dec 31st 2024.</b></i></p> <p><i>Entry with NT will be accepted.</i></p> <p><i>All Events HDW, Relay’s Open,</i></p>	
<b>Entries</b>	<p><i>Entries <b>on Hy-Tek only</b>. Entries should be emailed to <a href="mailto:castlebarsec.competitionsec@gmail.com">castlebarsec.competitionsec@gmail.com</a></i></p>	

<b>Entries by:</b>	<b>20:00hrs Sunday 21<sup>st</sup> April 2024. No late entry please.</b>
<b>Officials</b>	<i>Clubs must provide volunteers for timekeeping duties. Officials will be arranged directly by the host club or region based on the licence category. Volunteers wishing to fulfil specific roles for experience should contact the meet director.</i>
<b>Heats</b>	<i>Clubs will be notified in advance as to any changes to the competition. Numbers of heats may be curtailed to allow the gala to be run off in a reasonable timeframe.</i>
<b>Scratches</b>	<i>Scratches via email to <a href="mailto:castlebarsc.competitionsec@gmail.com">castlebarsc.competitionsec@gmail.com</a> or in person at the commencement of warm up (or otherwise as directed at the swim meet).</i>
<b>Finals / Medals</b>	<ul style="list-style-type: none"> <li>• Heat declared winners.</li> <li>• Medals awarded 1<sup>st</sup> 2<sup>nd</sup> &amp; 3<sup>rd</sup> age categories; 12-13y, 14-15y + 16y+</li> <li>• Relay open, 13y+</li> </ul>
<b>Qualification</b>	<i>Times can be used to qualify for Level 4 Meets. Summer National Age Group Championships (50m), Regional SC &amp; LC. Championships, Winter National Championships SC.</i>
<b>Data Protection</b>	<i>Swim Ireland Connacht and its registered clubs use a software database to manage entries and results of swimming meets, and also to manage competition records of Swimmers. By submitting and accepting entries, consent is hereby given, as required by the Data Protection Act, to the holding of personal information on databases. Personal data held for each swimmer will be name, date of birth, club, Swim Ireland registration number, entry times, achieved times. Certain elements of this data (name, club, age, times, achieved times) may be made public prior to, during or after the meet (e.g. Programmes, results sheets, social media updates etc.)</i>
<b>Hydration</b>	<i>Please note that, as an environment-friendly measure, timekeepers/officials/coaches are encouraged to bring their own re-usable bottles and fill them from the water coolers.</i>
<b>Photography</b>	<i>As per facility policy.</i>
<b>First Aid</b>	<i>First Aid facilities will be provided by facility lifeguards and staff. Fire exits should be noted on arrival. In the event of fire alarm, swimmers and volunteers will take direction from the facility staff and / or Meet Director.</i>

**Longford**

**Castlebar**

ALL Events HDW

Event			Session 1				
1	Mixed		800m Freestyle (2 heats)				
2	Mixed		1500mFree (1 heat)				
			Session 2				Session 4
3	Boys	*	200 Breaststroke	20	Girls	*	200 Butterfly
4	Girls	*	200 Breaststroke	21	Boys	*	200 Butterfly
5	Boys	*	100 Freestyle	22	Girls	*	100 Breaststroke
6	Girls	*	100 Freestyle	23	Boys	*	100 Breaststroke
7	Boys		50 Butterfly	24	Girls		50 Backstroke
8	Girls		50 Butterfly	25	Boys		50 Backstroke
9	Boys	*	400 Freestyle	26	Girls	*	400 Freestyle
10	Girls		4x50 Open Free Relay	27	Boys		4x50 Open Medley Relay
			Session 3				Session 5
11	Boys	*	200 Backstroke	28	Girls	*	200 Freestyle
12	Girls	*	200 Backstroke	29	Boys	*	200 Freestyle
13	Boys	*	100 Butterfly	30	Girls	*	100 Backstroke
14	Girls	*	100 Butterfly	31	Boys	*	100 Backstroke
15	Boys		50 Breaststroke	32	Girls	*	50 Freestyle
16	Girls		50 Breaststroke	33	Boys	*	50 Freestyle
17	Boys	*	200 IM	34	Girls	*	200 IM
18	Girls		400 IM	35	Boys		400 IM
19	Boys		4x50 Open Free relay	36	Girls		4x50 Open Medley Relay



