

Connacht Age Group and Senior Long Course Championships 2024

UL Sport Arena, Limerick
Swim Ireland Licence – C016-23/24-C016

Friday 26 April to Sunday 28 April 2024

Entry details for the Swim Connacht Age Group and Senior Championships 2024 (Licence Level 4).
This swim meet is open **only** to swimmers registered with clubs in **Swim Ireland Connacht** Region.

Venue	<i>UL Sport Arena, Limerick V94XT66</i>
Host	<i>Swim Ireland Connacht</i>
Format	<i>Long Course, 10 Lane</i>
Session Times	<p><i>Session 1 Finals (HDW) – Friday 26 April – Warm-Up 18.30, Start 19:00</i></p> <p><i>Session 2 Heats – Saturday 27 April – Warm-Up 9:00-9:50, Start 10:00</i></p> <p><i>Session 3 Heats – Saturday 27 April – Warm-Up (30mins), 45min after session 2</i></p> <p><i>Session 4 Finals – Saturday 27 April – Warm-Up 15:00, Start 15:30</i></p> <p><i>Session 5 Heats – Sunday 28 April – Warm-Up 9.00- 9:50, Start 10:00</i></p> <p><i>Session 6 Heats – Sunday 28 April – Warm-Up (30mins), 45min after session 5</i></p> <p><i>Session 7 Finals – Sunday 28 April – Warm-Up 15:00, Start 15:30</i></p> <p><i>Schedule of events as per Appendix 1 to this document.</i></p>
Eligibility	<p><i>Swimmers aged 12yrs and over (age as on 31 December 2024) and registered with Connacht clubs only.</i></p> <p><i>Entries must have national data base qualifying/consideration time, see Appendix 2. Qualification window from 01/01/23. Entries with NT will be rejected.</i></p> <p><i>Athletes aged 12yrs with consideration times in 100m events from Future Challenger Series, will be eligible to enter all available events in the corresponding stroke.</i></p> <p><i>Female 12yrs ranked top 6 in 200m freestyle are invited to enter 400m freestyle provided their 200m time is faster than 02:45.00.</i></p>
Entry Fees	<p><i>€10 per Individual Event</i></p> <p><i>€20 per Relay Team</i></p> <p><i>No entries will be processed without proof of payment. Swim Connacht reserves the right to limit entries. If entries are rejected, fees will be refunded.</i></p> <p><i>Bank Account Name: Swim Ireland Connacht</i></p> <p><i>Bank: AIB Bank</i></p> <p><i>Address: West End Retail Park, Blanchardstown, Dublin 15.</i></p> <p><i>IBAN: IE60AIBK93251559772477</i></p> <p><i>BANK: AIBIE2D</i></p> <p><i>REFERENCE: NAME</i></p>
Closing Date	<i>Entries and proof of payment by Monday 1 April 2024</i>

<p>Entries</p>	<p>Entries on Hy-Tek only along with proof of swim report, emailed to connachtgalasecretary@swimireland.ie</p> <p>All relay entries must be submitted before the closing date. Names may be added on the day, time permitting. Limited to A & B teams.</p> <p>Once the final psych sheet is published for checking their will be NO changes or late entries accepted. Modifications at the meet director's discretion.</p> <p>Coaches should acknowledge that there may be a minimal time gap between heats and finals which may influence individual entries.</p>
<p>Heats</p>	<p>Numbers of heats may be curtailed, or events orders may be changed to allow the gala to be run off in a reasonable timeframe. Clubs will be notified in advance as to any changes to the competition.</p> <p>1500m Freestyle and 200m Butterfly will run as combined age groups and take place during the morning session. Relays may be combined age groups in heats depending on entries.</p>
<p>Scratches</p>	<p>Scratches by 5pm the evening before (or otherwise as directed at the swim meet). Clubs will be fined €50 for no-shows.</p>
<p>Finals & Medals</p>	<p>Finals as 12yrs; 13yrs-14yrs; 15yrs-16yrs and 17 & over. 50m form strokes for 15yrs-16yrs, 17yrs & over only. Mixed gender 200m Medley and 200m Freestyle relay events for athletes aged 12yrs. All Olympic relay events, mixed and per gender as 13-14yrs and 15yrs & over.</p>
<p>HDW</p>	<p>Heat Declared Winner for 400m, 800m, 1500m and Relay events. Finals will be combined in lower subscribed events and relays.</p>
<p>Qualification</p>	<p>Times can be used for entry to the Irish Summer National Age Group Championships; the Irish Summer National Youth and Senior Championships and Level 5 Meets (subject to qualification windows) but will only be accepted and recorded on the National Database when ALL Meet paperwork has been submitted after the Meet and all the conditions of the licence have been satisfied.</p>
<p>Accreditation</p>	<p>Wristband accreditation will be used at this meet, maximum three per club for Coaches and Team Managers with full vetting and safeguarding in place. Extra allocation may be awarded depending on numbers after entries have been submitted.</p>
<p>Officials</p>	<p>Clubs must provide volunteer Level 1 Officials for timekeeping duties and two officials – a timekeeper and a turn judge – for each athlete competing in a distance event (800m or 1500m)</p> <p>Officials will be arranged directly by the region in accordance with the licence category. Those seeking specific duties for experience, may request roles.</p>

<p>World Aquatic Rules</p>	<p><i>This swim meet will be run under World Aquatic rules.</i></p> <p><i>Please note that the regulations relating to World Aquatic-approved swimsuits will be enforced. https://www.swimireland.ie/news/swim-ireland-tech-suit-policy-2020</i></p>
<p>Data Protection</p>	<p><i>Swim Ireland Connacht and its registered clubs use a software database to manage entries and results of swimming meets, and 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></p> <p><i>https://www.swimireland.ie/wp-content/uploads/sites/2/2023/02/Briefing-Note-Competition-Photography-and-Changing-areas.pdf</i></p>
<p>Photography</p>	<p><i>NO photography will be permitted on deck, as per swim Ireland.</i></p> <p><i>https://www.swimireland.ie/wp-content/uploads/sites/2/2023/02/Briefing-Note-Competition-Photography-and-Changing-areas.pdf</i></p>
<p>Hydration</p>	<p><i>Please note that, as an environment-friendly measure, timekeepers/officials/coaches are encouraged to bring their own bottles.</i></p>
<p>First Aid</p>	<p><i>First Aid facilities will be provided by Connacht First Aid nominee.</i></p> <p><i>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></p>

Appendix 1 - Order of Events

Day 1	Day 2	Day 3
Session 1: Combined Heats	Session 2: Combined Heats	Session 5: Combined Heats
Mixed 13-14yrs, 15yrs & Over 400m Medley Relay HDW Mixed 13-14yrs, 15yrs & Over 400m Freestyle Relay HDW Female 13yrs & Over 400m IM HDW Male 13yrs & Over 400m IM HDW Female 13yrs & Over 800m Free HDW Male 13yrs & Over 800m Freestyle HDW	Female 15yrs & Over 50m Butterfly Male 15yrs & Over 50m Freestyle Female 15yrs & Over 200m Backstroke Male 15yrs & Over 200m Breaststroke Female 15yrs & Over 100m Breaststroke Male 15yrs & Over 100m Backstroke Female 15yrs & Over 200m IM Male 15yrs & Over 200m Freestyle Female 12yrs & Over 200m Butterfly Male 15y & Over 100m Butterfly Female 15yrs & Over 100m Freestyle Male 15yrs & Over 50m Breaststroke, Female 15yrs & Over 50m Backstroke Male 13yrs & Over 1500m Freestyle HDW Female 15yrs & Over 400m Freestyle HDW	Male 15yrs & Over 50m Butterfly Female 15yrs & Over 50m Freestyle Male 15yrs & Over 200m Backstroke Female 15yrs & Over 200m Breaststroke 4Male 15yrs & Over 100m Breaststroke Female 15yrs & Over 100m Backstroke Male 15yrs & Over 200 IM Female 15yrs & Over 200m Freestyle Male 12yrs & Over 200m Butterfly Female 15yrs & Over 100m Butterfly Male 15yrs & over 100m Freestyle Female 15yrs & Over 50m Breaststroke Male 15yrs & Over 50m Backstroke Female 13yrs & Over 1500m Freestyle HDW Male 15yrs & Over 400m Freestyle HDW
	Session 3: Combined Heats	Session 6: Combined Heats
	Female 12-14yrs 400m Freestyle HDW Male 12-14yrs 50m Freestyle Female 12-14yrs 200m Backstroke Male 12-14yrs 200m Breaststroke Female 12-14yrs 100m Breaststroke Male 12-14yrs 100m Backstroke Female 12-14yrs 200m IM Male 12-14yrs 200m Freestyle Female 12-14yrs 100m Freestyle Male 12-14yrs 100m Butterfly Mixed 12yrs 200m Freestyle Relay HDW	Male 13-14yrs 400m Freestyle HDW Female 12-14yrs 50m Freestyle Male 12-14yrs 200m Backstroke Female 12-14yrs 200m Breaststroke Male 12-14yrs 100m Breaststroke Female 12-14yrs 100m Backstroke Male 12-14yrs 200m IM Female 12-14yrs 200m Freestyle Male 12-14yrs 100m Freestyle Female 12-14yrs 100m Butterfly Mixed 12yrs 200m Medley Relay HDW

	Day 2	Day 3
	Session 4: Finals and Presentations	Session 7: Finals and Presentations
	Female 13-14yrs, 15yrs & Over 800m Freestyle relay HDW Female 15/16yrs 50m Butterfly Final Female 17yrs & Over 50m Butterfly Final Male 12yrs 50m Freestyle Final Male 13yrs/14yrs 50m freestyle final Male 15/16yrs 50m Freestyle Final Male 17yrs & Over 50m Freestyle Final Female 12yrs 200m Backstroke Final Female 13/14yrs 200m Backstroke Final Female 15/16yrs 200m Backstroke final Female 17yrs & Over 200m Backstroke Final Male 12yrs 200m Breaststroke Final Male 13/14yrs 200m Breaststroke Final Male 15/16yrs 200m Breaststroke Final Male 17yrs & Over 200m Breaststroke Final Female 12yrs 100m Breaststroke Final Female 13/14yrs 100m Breaststroke Final Female 15/16yrs 100m Breaststroke Final Female 17yrs & Over 100m Breaststroke Final Male 12yrs 100m Backstroke Final Male 13/14yrs 100m Backstroke Final Male 15/16yrs 100m Backstroke Final Male 17yrs & Over 100m Backstroke Final Female 12yrs 200 IM Final Female 13/14yrs 200m IM Final Female 15/16yrs 200m IM Final Female 17yrs & Over 200m IM Final Male 12yrs 200m Freestyle Final Male 13/14yrs 200m Freestyle Final Male 15/16yrs 200m Freestyle final Male 17yrs & Over 200m Freestyle Final Female 12yrs 200m Butterfly Final Female 13/14yrs 200m Butterfly Final Female 15/16yrs 200m Butterfly Final Female 17yrs & Over 200m Final Male 12yrs 100m Butterfly Final Male 13/14yrs 100m Butterfly Final Male 15/16yrs 100m Butterfly Final Male 17yrs & Over Butterfly Final Female 12yrs 100m Freestyle Final Female 13/14yrs 100m Freestyle Final Female 15/16yrs 100m Freestyle Final Female 17yrs & Over 100m freestyle Final Male 15/16yrs 50m Breaststroke Final Male 17 & Over 50m breaststroke Final Female 15/16yrs 50m Backstroke Final Female 17yrs & Over 50m Backstroke Final Male 13-14yrs, 15yrs & Over 400m Free Relay HDW Female 13-14yrs, 15yrs & Over 400m Medley Relay HDW	Male 13-14yrs, 15yrs & Over 800m Freestyle Relay HDW Male 15/16yrs 50m Butterfly Final Male 17yrs & Over 50m Butterfly Final Female 12yrs 50m freestyle final Female 13/14yrs 50m freestyle Final Female 15/16yrs 50m Freestyle Final Female 17yrs & Over 50m Freestyle Final Male 12yrs 200m Backstroke Final Male 13/14yrs 200m Backstroke Final Male 15/16yrs 200m Backstroke Final Male 17yrs & Over 200m Backstroke Final Female 12yrs 200m Breaststroke Final Female 13/14yrs 200m Breaststroke Final Female 15/16yrs 200m Breaststroke Final Female 17yrs&Over 200m Breaststroke Final Male 12yrs 100m Breaststroke Final Male 13/14yrs 100m Breaststroke final Male 15/16yrs 100m Breaststroke Final Male 17yrs & Over 100m Breaststroke final Female 12yrs 100m Backstroke Final Female 13/14yrs 100m Backstroke Final Female 15/16yrs 100m Backstroke Final Female 17yrs & Over 100m Backstroke Final Male 12yrs 200 IM Final Male 13/14yrs 200 IM Final Male 14/16yrs 200 IM Final Male 17yrs & Over 200m IM Final Female 12yrs 200m Freestyle Final Female 13/14yrs 200m Freestyle Final Female 15/16yrs 200m Freestyle Final Female 17yrs & Over 200m Freestyle Final Male 12yrs 200m Butterfly Final Male 13/14yrs 200m Butterfly Final Male 15/16yrs 200m Butterfly Final Male 17yrs & Over 200m Butterfly Final Female 12yrs 100m Butterfly Final Female 13/14yrs 100m Butterfly Final Female 15/16yrs 100m Butterfly Final Female 17yrs & Over 100m Butterfly Final Male 12yrs 100m Freestyle Final Male 13/14yrs 100m Freestyle Final Male 15/16yrs 100m Freestyle Final Male 17yrs & Over 100m Freestyle Final Female 15/16yrs 50m Breaststroke Final Female 17yrs & Over Breaststroke Final Male 15/16yrs 50m Backstroke Final Male 17yrs & Over 50m Backstroke Final Female 13-14yrs, 15yrs & Over 400m Free Relay HDW Male 13-14yrs, 15yrs & Over 400m Medley Relay HDW

Appendix 2 – Qualification Standards

MALE	Qualifying & Consideration Time	19 years + (Born 2005 or earlier)	18 years (Born 2006)	17 years (Born 2007)	16 years (Born 2008)	15 years (Born 2009)	14 years (Born 2010)	13 years (Born 2011)	12 years (Born 2012)
50m Freestyle	QT	26.43	27.22	27.24	27.65	28.02	29.62	31.58	34.94
	CT	27.22	28.03	28.33	28.76	29.14	31.10	33.16	36.68
100m Freestyle	QT	58.88	59.62	59.98	1:00.85	1:01.18	1:04.97	1:09.70	1:15.33
	CT	1:00.65	1:01.41	1:02.38	1:03.28	1:03.63	1:08.22	1:13.19	1:19.10
200m Freestyle	QT	2:13.83	2:14.82	2:14.94	2:16.19	2:16.42	2:25.96	2:38.15	2:44.79
	CT	2:17.84	2:18.86	2:20.34	2:21.64	2:21.87	2:33.26	2:46.06	2:53.03
400m Freestyle	QT	4:43.42	4:43.43	4:44.44	4:44.67	4:51.74	5:04.16	5:33.72	5:47.68
	CT	4:51.92	4:51.93	4:55.82	4:56.06	5:03.41	5:19.37	5:50.40	6:05.06
800m Freestyle	QT	9:47.37	9:47.38	9:49.39	9:49.40	9:51.68	10:46.10	11:14.50	
	CT	10:04.99	10:05.00	10:12.96	10:12.98	10:15.34	11:18.41	11:48.23	
1500m Freestyle	QT	19:08.15	19:08.16	19:28.18	19:56.31	20:16.18	21:01.18	21:46.91	
	CT	19:42.59	19:42.60	20:14.91	20:44.16	21:04.82	22:04.24	22:52.25	
50m Backstroke	QT	31.12	31.12	31.12	31.12	31.12			
100m Backstroke	QT	1:09.91	1:10.48	1:10.81	1:10.89	1:14.05	1:16.73	1:22.11	1:28.65
	CT	1:12.01	1:12.60	1:13.65	1:13.72	1:17.01	1:20.57	1:26.21	1:33.08
200m Backstroke	QT	2:36.56	2:36.57	2:37.51	2:38.29	2:44.21	2:46.05	3:00.66	3:07.55
	CT	2:41.26	2:41.27	2:43.81	2:44.62	2:50.77	2:54.35	3:09.69	3:16.92
50m Breaststroke	QT	34.07	34.07	34.07	34.07	34.07			
100m Breaststroke	QT	1:17.07	1:17.66	1:18.04	1:20.57	1:25.25	1:29.38	1:34.36	1:42.41
	CT	1:19.39	1:19.99	1:21.16	1:23.79	1:28.66	1:33.85	1:39.08	1:47.53
200m Breaststroke	QT	2:52.87	2:52.88	2:53.91	3:01.71	3:10.57	3:22.55	3:30.51	3:38.52
	CT	2:58.05	2:58.07	3:00.87	3:08.98	3:18.19	3:32.68	3:41.03	3:49.44
50m Butterfly	QT	28.45	28.45	28.45	28.45	28.45			
100m Butterfly	QT	1:06.12	1:06.26	1:06.56	1:09.28	1:10.92	1:15.66	1:25.34	1:29.25
	CT	1:08.11	1:08.25	1:09.22	1:12.06	1:13.75	1:19.44	1:29.61	1:33.71
200m Butterfly	QT	2:36.79	2:38.90	2:41.76	2:48.73	2:51.61	2:58.68	3:09.52	3:13.16
	CT	2:41.49	2:43.67	2:48.23	2:55.48	2:58.47	3:07.62	3:19.00	3:22.82
200m IM	QT	2:33.11	2:33.12	2:33.94	2:34.03	2:39.24	2:45.94	2:57.51	3:07.21
	CT	2:37.70	2:37.71	2:40.10	2:40.20	2:45.61	2:54.24	3:06.38	3:16.57
400m IM	QT	5:26.44	5:27.57	5:33.33	5:38.44	5:49.32	6:15.07	6:27.72	
	CT	5:36.23	5:37.40	5:46.66	5:51.97	6:03.29	6:33.82	6:47.11	

FEMALE	Qualifying & Consideration Time	18 years + (Born 2006 or earlier)	17 years (Born 2007)	16 years (Born 2008)	15 years (Born 2009)	14 years (Born 2010)	13 years (Born 2011)	12 years (Born 2012)
50m Freestyle	QT	29.78	30.27	30.93	31.28	32.04	32.83	35.71
	CT	30.67	31.49	32.17	32.53	33.64	34.47	37.50
100m Freestyle	QT	1:05.22	1:06.49	1:07.71	1:08.43	1:09.07	1:13.17	1:17.76
	CT	1:07.17	1:09.15	1:10.42	1:11.17	1:12.52	1:16.83	1:21.65
200m Freestyle	QT	2:26.24	2:28.24	2:29.77	2:32.07	2:33.82	2:40.73	2:47.86
	CT	2:30.63	2:34.17	2:35.76	2:38.15	2:41.51	2:48.77	2:56.25
400m Freestyle	QT	5:06.98	5:09.12	5:11.03	5:14.54	5:20.74	5:37.45	5:52.61
	CT	5:16.19	5:21.48	5:23.47	5:27.12	5:36.77	5:54.32	6:10.24
800m Freestyle	QT	10:23.82	10:24.25	10:34.89	10:45.38	11:12.26	11:28.44	
	CT	10:42.54	10:49.22	11:00.28	11:11.20	11:45.87	12:02.86	
1500m Freestyle	QT	20:33.35	20:33.36	20:37.71	21:04.73	21:13.81	21:44.51	
	CT	21:10.35	21:22.69	21:27.22	21:55.32	22:17.50	22:49.74	
50m Backstroke	QT	34.66	34.66	34.66	34.66			
100m Backstroke	QT	1:15.33	1:18.56	1:19.09	1:20.89	1:22.22	1:24.52	1:29.63
	CT	1:17.59	1:21.70	1:22.26	1:24.13	1:26.33	1:28.75	1:34.12
200m Backstroke	QT	2:48.39	2:50.57	2:50.99	2:56.51	2:56.89	2:59.21	3:12.57
	CT	2:53.44	2:57.39	2:57.83	3:03.57	3:05.74	3:08.17	3:22.20
50m Breaststroke	QT	38.45	38.45	38.45	38.45			
100m Breaststroke	QT	1:26.40	1:27.53	1:29.23	1:31.63	1:32.42	1:38.73	1:45.04
	CT	1:29.00	1:31.03	1:32.80	1:35.30	1:37.05	1:43.66	1:50.29
200m Breaststroke	QT	3:13.23	3:15.34	3:16.00	3:21.72	3:22.81	3:32.56	3:42.79
	CT	3:19.03	3:23.16	3:23.84	3:29.79	3:32.95	3:43.18	3:53.93
50m Butterfly	QT	32.13	32.13	32.13	32.13			
100m Butterfly	QT	1:17.14	1:20.70	1:21.09	1:22.95	1:24.27	1:27.91	1:31.26
	CT	1:19.45	1:23.93	1:24.33	1:26.27	1:28.48	1:32.31	1:35.82
200m Butterfly	QT	2:55.72	2:59.16	3:03.96	3:05.63	3:09.96	3:14.11	3:17.84
	CT	3:00.99	3:06.33	3:11.31	3:13.05	3:19.45	3:23.81	3:27.73
200m IM	QT	2:47.75	2:48.16	2:49.72	2:55.47	2:57.76	3:04.24	3:12.64
	CT	2:52.78	2:54.88	2:56.51	3:02.49	3:06.64	3:13.45	3:22.28
400m IM	QT	6:00.62	6:03.43	6:09.01	6:15.81	6:23.99	6:34.47	
	CT	6:11.44	6:17.97	6:23.77	6:30.85	6:43.19	6:54.20	