Swim Connacht Aspiring Champions Series Meet 2

UL Sport Arena, University of Limerick

Swim Ireland Licence XXX

Entry details for the Swim Connacht Regional Aspiring Champions Meet (Licence Level 3).
This swim meet is open **only** to swimmers registered with clubs in **Swim Ireland Connacht** Region.

Venue	*UL Sport Arena, Limerick, V94 XT66*
Host	*Swim Ireland Connacht*
Format	*Long Course (50m), 10 lane with electronic timing*
Session Times	*Saturday 29 March 2025* *Session 1: Warm-up 1200 – Start 1315* *Session 2: Warm-up during interval – Start 16:00* *Sunday 30 March 2025* *Session 3: Warm-up 0900; Start 1000* *Session 4: Warm-up during interval – Start 14:00* *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.*
Eligibility and Age Bands	*Only swimmers registered with Connacht clubs are eligible to enter this meet. Minimum entry age 13yrs as on 31 December 2025* *Individual Events: Open and Female 13-14yrs, 15-16yrs and 17yrs and over.* *Open Relays: 13yrs and over* *Consideration time standards will be in place for entry into the 400m, 800m and 1500m events. Club time trial results, signed off by the Head Coach, can be accepted for entry into these events. Heats may be limited due to time restrictions.* *Athletes with a disability must be registered as members of a Swim Ireland affiliated club at the time of entry.*
Entries	*Entries on **Hytek only** by email to connachtentries@swimireland.ie* *Entries **must be** accompanied with a payment statement where the total is consistent with entries. **Once the final psych sheet is published for checking there will be NO changes or late entry accepted on the day.** Modifications at the meet director's discretion.* *Relays entries must be submitted with entry file. Clubs can enter a maximum of an A and B team, and names may be submitted on the day.*
Closing Date	*Thursday 13 March 2025. **Strictly no late entries.***
Fees and Payments	*€7 per Individual Event; €20 per Relay Team* *Proof of payment must accompany the entries.* ***Entries will NOT be processed unless full payment has been received.*** ***Account Name:** Swim Ireland Connacht* ***IBAN:** IE60AIBK93251559772477 **BANK:** AIBIE2D* ***REFERENCE:** CLUB NAME* ***Swim Ireland Connacht reserve the right to limit entries.*** *If entries are rejected, fees will be refunded to the club.*

Withdrawals	*After the closing date, entry fees will only be refunded for withdrawals supported by a doctor's note. Scratches by 5pm the night before (or otherwise as directed at the swim meet).*
Awards	*No medals.*
Qualification	*Times achieved can be used to enter the Regional Championships, Irish Summer Nationals and the Irish Winter National Championships (25m)* *Times will only be accepted and recorded on the national database when ALL meet paperwork has been submitted, and all the conditions of the licence have been satisfied.*
Accreditation	*Wristband accreditation will be used at this meet, max 3 per club, extra allocation may be awarded depending on numbers after entries have been submitted.*
Officials	*Clubs must provide volunteers for timekeeping duties; two for distance events. Different arrangements may apply to the rostering of officials for distance events (800m, 1500m). Volunteers should be trained to Level 1 Officials standard.* *Officials will be arranged by the region in accordance with the licence category. Officials may seek specific duties for experience, on request.*
World Aquatic Rules	*This swim meet will be run under World Aquatics rules. It is not a requirement for swimmers to wear World Aquatics approved swimwear in this competition.*
Transgender and non-Binary Policy	*In accordance to the Swim Ireland Transgender and Non-Binary Participation and Competition Policy, **HERE**, this competition will be conducted within relevant age specific groups and will be conducted in two categories:* *1. Female: athletes with a birth sex of female.* *2. Open: athletes with a birth sex of male, trans or non-binary competitors and any competitor not eligible for the Female category.*
Data Protection	*Swim Ireland Connacht and its registered clubs use a software database to manage entries and results of swim meets, and 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.)*
Photography	*NO photography will be permitted on deck, as per the Swim Ireland Competition Photography and Changing Room Briefing, HERE*
Hydration	*Please note that, as an environment-friendly measure, timekeepers/officials/coaches are encouraged to bring their own bottles.*
First Aid	*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.*

Order of Events

Day 1	Day 2
Session 1	**Session 3**
Open 4 x 50m MTR	Female 4 x 50m MTR
Female 4 x 50m FTR	Open 4 x 50m FTR
Open 200m Free	Female 200m Free
Female 100m Breast	Open 100m Breast
Open 100m Back	Female 100m Back
Female 200m Butterfly	Open 200m Butterfly
Open 50m Breast	Female 50m Breast
Female 50m Back	Open 50m Back
Open 200m Individual Medley	Female 200m Individual Medley
Female 100m Free	Open 100m Free
Open 400m Free	Female 400m Free
Female 400m Individual Medley	
Open 100m Butterfly	Break 1 hour
Female 200m Back	**Session 4**
	Open 400m Individual medley
Break 30min	Female 100m Butterfly
Session 2	Open 200m Back
Open 50m Free	Female 50m Free
Female 50m Butterfly	Open 50m Butterfly
Open 200m Breast	Female 200m Breast
Mixed 4 x 50m FTR	Mixed 4 x 50m MTR
Mixed 800m Freestyle	Mixed 1500m Freestyle

Consideration Standards

Aspiring Champions Consideration Standards 2024-2025 (Long Course)												
Female							Male/Open					
Open	17&over	16yrs	15yrs	14yrs	13yrs		13yrs	14yrs	15yrs	16yrs	17&over	Open
05:48.05	05:53.88	05:46.18	05:50.08	06:13.06	06:23.82	400m Free	06:23.66	05:58.06	05:24.71	05:16.84	05:25.63	05:21.35
11:40.42	11:47.77	11:39.84	11:51.40	12:34.87	13:22.72	800m Free	12:47.76	12:14.41	10:49.35	10:39.40	10:57.66	10:57.64
22:40.55	22:53.90	22:15.75	23:01.10	24:45.27	25:21.06	1500m Free	25:20.25	24:30.53	22:11.04	21:47.18	21:55.42	21:41.77
06:48.87	06:56.05	06:50.71	06:58.28	07:22.60	07:44.38	400m IM	07:36.43	07:07.10	06:25.94	06:16.68	06:21.60	06:11.39

Aspiring Champions Consideration Standards 2024-2025 (Short Course)												
Female							Male/Open					
Open	17&over	16yrs	15yrs	14yrs	13yrs		13yrs	14yrs	15yrs	16yrs	17&over	Open
05:41.09	05:46.80	05:39.26	05:43.08	06:05.60	06:16.14	400m Free	06:15.99	05:50.90	05:18.21	05:10.50	05:19.11	05:14.93
11:26.41	11:33.61	11:25.84	11:37.18	12:19.77	13:06.66	800m Free	12:32.40	11:59.72	10:36.36	10:26.61	10:44.50	10:44.49
22:13.34	22:26.43	21:49.04	22:33.48	24:15.56	24:50.64	1500m Free	24:49.85	24:01.12	21:44.42	21:21.04	21:29.11	21:15.74
06:40.69	06:47.73	06:42.50	06:49.92	07:13.74	07:35.09	400m IM	07:27.30	06:58.56	06:18.22	06:09.15	06:13.96	06:03.97