

SWIM IRELAND

2023 Irish Youth & Senior Championships (50M)

ENTRY RULES & FORMS

National Aquatic Centre, Dublin.
Wednesday 26th – Sunday 30th July 2023



Irish Youth & Senior Championships

National Aquatic Centre, Dublin

26th – 30th July 2023



MEET CONDITIONS

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

Meet Location:	National Aquatic Centre, Sport Ireland Campus, Blanchardstown, Dublin 15	
Pool Specification:	10 lane 50m pool; anti-turbulence lane ropes; wedge starting blocks; backstroke ledges; 6 lane warmup/swim down pool available	
Meet Type:	National Youth & Senior Championships, 50m Meet. Please note that age groups are based on a swimmer's Year of Birth Individual Age Groups: Female: 15 (2008); 16 (2007); 17 (2006) 18 & over (2005 and older) Male: 15 (2008); 16 (2007); 17 (2006) 18 (2005) 19 & over (2004 and older)	
Session Times:	<p>Session 1: Wednesday 26th July Warm-up 0730; Competition 0900</p> <p>Session 2: Wednesday 26th July Warm-up 1115; Competition 1220 (TBC)</p> <p>Session 3: Wednesday 26th July Warm-up 1545; Competition 1700</p> <p>Session 4: Thursday 27th July Warm-up 0730; Competition 0900</p> <p>Session 5: Thursday 27th July Warm-up 1115; Competition 1220 (TBC)</p> <p>Session 6: Thursday 27th July Warm-up 1545; Competition 1700</p> <p>Session 7: Friday 28th July Warm-up 0730; Competition 0900</p> <p>Session 8: Friday 28th July Warm-up 1115; Competition 1220 (TBC)</p>	<p>Session 9: Friday 28th July Warm-up 1545; Competition 1700</p> <p>Session 10: Saturday 29th July Warm-up 0730; Competition 0900</p> <p>Session 11: Saturday 29th July Warm-up 1115; Competition 1220 (TBC)</p> <p>Session 12: Saturday 29th July Warm-up 1545; Competition 1700</p> <p>Session 13: Sunday 30th July Warm-up 0730; Competition 0900</p> <p>Session 14: Sunday 30th July Warm-up 1115; Competition 1220 (TBC)</p> <p>Session 15: Sunday 30th July Warm-up 1545; Competition 1700</p> <p>SESSION TIMES MAY CHANGE, DEPENDING ON ENTRIES RECEIVED HEATS WARM UP MAY BE SPLIT, DEPENDING ON ENTRIES RECEIVED</p>
Notes:	<ol style="list-style-type: none"> 1. Qualification Times (all individual events) and Consideration Times (Olympic individual events only) from long course (50m) pool competitions only 2. 50m & 100m Events: Fastest 3-4 heats (regardless of age) swim in the first Heats Session each day; all remaining heats swim in the second Heats Session each day 3. 200m Freestyle/IM Events: Fastest 3-4 heats (regardless of age) swim in the first Heats Session each day; all remaining heats swim in the second Heats Session each day 4. 200m Events (Other): Fastest 2-4 heats (regardless of age) swim in the first Heats Session each day; all remaining heats swim in the second Heats Session each day 5. 400m Events: Fastest 1-2 heats (regardless of age) swims in the first Heats Session each day; all remaining heats swim in the second Heats Session each day 6. 800m & 1500m Events: All heats swim in the second Heats Session each day 7. Relay Events: All heats swim in the first Heats Session each day 8. 50m, 100m & 200m events have 'A' and 'B' Finals per age group; 'B' Finals only take place in events where more 21 or more athletes within the respective age group compete in the heats within that age band. 9. 400m events have 'A' Finals per age group only. 10. 800m/1500m events and Relay events are Heat Declared Winner (HDW) 11. 'A' Finals - maximum of three non-Irish competitors 12. 'B' Finals – Irish competitors only 	

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	<p>13. Olympic Individual Event Finals competed in age groups of Male: 15 years; 16 years; 17/18 years; 19 years & over, Female: 15 years; 16/17 years; 18 years & over.</p> <p>14. Olympic Individual Event Medals awarded in age groups of Male: 15 years; 16 years; 17 years; 18 years; 19 years & over, Female: 15 years; 16 years; 17 years; 18 years & over.</p> <p>15. Non-Olympic Individual Event Finals competed in age group of Male: 15 years & over, Female: 15 years & over.</p> <p>16. Non-Olympic Individual Event Medals awarded in age group of Male: 15 years & over, Female: 15 years & over.</p> <p>17. Times achieved in 'A' Finals or in the heats of HDW events will be considered as a priority in the awarding of medals; times achieved in the 'B' Finals will be considered as a secondary priority in the awarding of medals over times achieved in the heats (in events that are not declared as HDW)</p> <p>18. Non-Irish athletes receive commemorative medals if achieved from 'A' Finals or HDW events.</p> <p>19. A maximum of two relay teams ('A' and 'B') can be entered per club per relay event.</p> <p>20. Gold/Silver/Bronze Certificates Awarded to 'Highest Improvement Inside Entry Time' (from the Heats) per age group per individual event.</p> <p>21. Top Club Award from Hy-Tek Quality Club Scoring System – each club to have four scoring athletes per individual event per age band and one scoring relay per relay event.</p>
Open Training Session	There will be an open training session at the venue on Tuesday 25 th July between 5pm & 7pm.
Entry Limit:	<p>There will be no entry limit for this event however there will be a maximum of 2 foreign swimmers permitted to swim in each final.</p> <p>Entries from individual overseas swimmers must be accompanied by a letter/email from the secretary of the club giving the swimmer permission to attend the competition.</p>
Team Leaders Meeting:	<p>A technical briefing will take place on Monday 24th July @ 20:00 via zoom. Attendance at this meeting is strongly advisable. Not being represented at the briefing means that a Club is agreeing to abide by any decisions made at the meeting. Meeting link below:</p> <p>https://us06web.zoom.us/j/85755892713?pwd=TFk5R1JCK29BcWprNVFLcVhLQWxkQT09</p>
Entry Deadline:	<p>Monday 12th June</p> <p>Payment should be received by Friday 23rd June</p>
Entry Form:	<p>Electronic Hy-tek entries are accepted via Hy-tek to the Swim Ireland Office at entries@swimireland.ie</p> <p>Entries will only be accepted from the club that the swimmer is attached to</p> <p>Clubs must submit "Proof of entry report" when sending in their entries</p>

Entry Fees:	<p>Individual entries cost €10.00/£9.00</p> <p>Relay entries cost €25.00/£21.50</p> <p>No entry will be processed until the appropriate fee has been received at the Swim Ireland Office. Payment options are detailed in the Entry Summary Sheet.</p> <p>No entries will be accepted if there are outstanding fees due to Swim Ireland.</p> <p>Please note that entries are non-refundable once the final date for payment has passed</p>
Withdrawals	<p>Withdrawals from Day 1 can be done via JotForm between 21/07/2023 & 15:00 on 25/07/2023, (The JotForm link will be sent out in the week before the competition start)</p> <p>Withdrawals for Days 2, 3 & 4 must be submitted by 18:00 the previous day, i.e. for Day 2, withdrawals must be submitted by 18:00 on Day 1. These withdrawals must be completed on Withdrawal Forms at the Swim Office Table on poolside. No email scratches will be accepted after 15:00 on 19/05/202.</p> <p>Withdrawals from finals must be made within 30 minutes of the announcement of the results for the event. There will be a €50 fine if swimmers fail to show up for their event and have not been withdrawn</p>

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	in accordance with these conditions.
Relay Entries:	<p>Relay Events: 15 yrs & over – 4x100 MTR, 4x100 FTR, 4x200 FTR, 4x100 MTR Mixed – Male; Female</p> <p>ALL relays will be HDW. Please include entry times for relays.</p> <p>Clubs are permitted to enter 2 teams per event however only one team can receive medals. Irish clubs who swim “foreign” swimmers on their relays will receive commemorative medals if they finish in the top 3. Swimmers are not permitted to “swim up”.</p> <p>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, by a Team Manager or a Coach only, 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.</p> <p>All competing swimmers must be entered in the meet (<i>even if they are not swimming in individual events</i>). 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>
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 Irish Sports Council/WADA/World Aquatics Anti-Doping rules. For further information visit the Anti-Doping section of the Sport Ireland website.
Covid 19	There may be some restrictions in place at the time of this meet. These restrictions can be viewed on www.gov.ie .
Health & Safety:	Please refer to the Health & Safety guidelines at the back of this document and also the Swim Ireland Code of Practice for Safety (Swimming) on the Swim Ireland website.
Swimsuits:	Please note that non-tech swimsuits may be worn and do not need to be FINA-approved.
Accreditation:	<p>Accreditation will be produced through the Go-Membership system. Club admins will need to apply for accreditation for swimmers, team managers & coaches. Please ensure that team managers & coaches meet all of the requirements for accreditations, otherwise they will not be awarded.</p> <p>Further information on accreditation will be circulated to clubs in the next few weeks.</p>
Further Info:	Please direct all queries to entries@swimireland.ie

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ORDER OF EVENTS

Day 1 - Wed 26 th July 2023	Day 2 - Thu 27 th July 2023	Day 3 - Fri 28 th July 2023	Day 4 - Sat 29 th Jul 2023	Day 5 – Sun 30 th Jul 2023
Session 1 Heats Male Warm Up 0730 Female Warm Up 0810 Start 0900	Session 4 Heats Female Warm Up 0730 Male Warm Up 0810 Start 0900	Session 7 Heats Male Warm Up 0730 Female Warm Up 0810 Start 0900	Session 10 Heats Female Warm Up 0730 Male Warm Up 0810 Start 0900	Session 13 Heats Female Warm Up 0730 Male Warm Up 0810 Start 0900
<ul style="list-style-type: none"> ▪ Male 400m IM ▪ Female 200m Backstroke ▪ Male 200m Freestyle ▪ Female 200m Freestyle ▪ Male 100m Breaststroke ▪ Female 100m Breaststroke ▪ Male 15 yrs & Over 400m Freestyle Relay HDW ▪ Female 15 yrs & Over 400m Freestyle Relay HDW 	<ul style="list-style-type: none"> ▪ Female 50m Freestyle ▪ Male 200m Backstroke ▪ Female 100m Butterfly ▪ Male 50m Freestyle ▪ Female 200m IM ▪ Male 100m Butterfly ▪ Mixed 15 yrs & Over 400m Mixed Medley Relay HDW 	<ul style="list-style-type: none"> ▪ Male 50m Backstroke ▪ Female 50m Backstroke ▪ Male 100m Freestyle ▪ Female 400m Freestyle ▪ Male 200m Breaststroke ▪ Female 200m Breaststroke ▪ Male 15 yrs & Over 800m Freestyle Relay HDW 	<ul style="list-style-type: none"> ▪ Female 100m Freestyle ▪ Male 400m Freestyle ▪ Female 200m Butterfly ▪ Male 200m Butterfly ▪ Female 50m Breaststroke ▪ Male 50m Breaststroke ▪ Female 15 yrs & Over 800m Freestyle Relay HDW 	<ul style="list-style-type: none"> ▪ Female 100m Backstroke ▪ Male 100m Backstroke ▪ Female 400m IM ▪ Male 200m IM ▪ Female 50m Butterfly ▪ Male 50m Butterfly ▪ Female 15 yrs & Over 400m Medley Relay HDW ▪ Male 15 yrs & Over 400m Medley Relay HDW
Session 2 Heats Male Warm Up 1115 (TBC) Female Warm Up 1145 (TBC) Start 1220 (TBC)	Session 5 Heats Female Warm Up 1115 (TBC) Male Warm Up 1145 (TBC) Start 1220 (TBC)	Session 8 Heats Male Warm Up 1115 (TBC) Female Warm Up 1145 (TBC) Start 1220 (TBC)	Session 11 Heats Female Warm Up 1115 (TBC) Male Warm Up 1145 (TBC) Start 1220 (TBC)	Session 14 Heats Female Warm Up 1115 (TBC) Male Warm Up 1145 (TBC) Start 1220 (TBC)
<ul style="list-style-type: none"> ▪ Male 400m IM ▪ Female 200m Backstroke ▪ Male 200m Freestyle ▪ Female 200m Freestyle ▪ Male 100m Breaststroke ▪ Female 100m Breaststroke ▪ Male 800m Freestyle HDW 	<ul style="list-style-type: none"> ▪ Female 50m Freestyle ▪ Male 200m Backstroke ▪ Female 100m Butterfly ▪ Male 50m Freestyle ▪ Female 200m IM ▪ Male 100m Butterfly ▪ Female 1500m Freestyle 	<ul style="list-style-type: none"> ▪ Male 50m Backstroke ▪ Female 50m Backstroke ▪ Male 100m Freestyle ▪ Female 400m Freestyle ▪ Male 200m Breaststroke ▪ Female 200m Breaststroke ▪ Male 1500m Freestyle HDW 	<ul style="list-style-type: none"> ▪ Female 100m Freestyle ▪ Male 400m Freestyle ▪ Female 200m Butterfly ▪ Male 200m Butterfly ▪ Female 50m Breaststroke ▪ Male 50m Breaststroke 	<ul style="list-style-type: none"> ▪ Female 100m Backstroke ▪ Male 100m Backstroke ▪ Female 400m IM ▪ Male 200m IM ▪ Female 50m Butterfly ▪ Male 50m Butterfly ▪ Female 800m Freestyle HDW
Session 3 Finals Warm Up 1545 Start 1700	Session 6 Finals Warm Up 1545 Start 1700	Session 9 Finals Warm Up 1545 Start 1700	Session 12 Finals Warm Up 1545 Start 1700	Session 15 Finals Warm Up 1545 Start 1700
<ul style="list-style-type: none"> • Female 15 yrs 200m Backstroke 'B' • Female 15 yrs 200m Backstroke 'A' • Female 16/17 yrs 200m Backstroke 'B' • Female 16/17 yrs 200m Backstroke 'A' • Female 18 yrs & Over 200m Backstroke 'B' • Female 18 yrs & Over 200m Backstroke 'A' • Male 15 yrs 400m IM 	<ul style="list-style-type: none"> • Male 15 yrs 200m Backstroke 'B' • Male 15 yrs 200m Backstroke 'A' • Male 16 yrs 200m Backstroke 'B' • Male 16 yrs 200m Backstroke 'A' • Male 17/18 yrs 200m Backstroke 'B' • Male 17/18 yrs 200m Backstroke 'A' • Male 19 yrs & Over 200m Backstroke 'B' 	<ul style="list-style-type: none"> • Male 15 yrs & Over 50m Backstroke 'B' • Male 15 yrs & Over 50m Backstroke 'A' • Female 15 yrs & Over 50m Backstroke 'B' • Female 15 yrs & Over 50m Backstroke 'A' • Male 15 yrs 100m Freestyle 'B' • Male 15 yrs 100m Freestyle 'A' • Male 16 yrs 100m Freestyle 'B' 	<ul style="list-style-type: none"> • Female 15 yrs 100m Freestyle 'B' • Female 15 yrs 100m Freestyle 'A' • Female 16/17 yrs 100m Freestyle 'B' • Female 16/17 yrs 100m Freestyle 'A' • Female 18 yrs & Over 100m Freestyle 'B' • Female 18 yrs & Over 100m Freestyle 'A' • Male 15 yrs 400m Freestyle 	<ul style="list-style-type: none"> • Female 15 yrs 100m Backstroke 'B' • Female 15 yrs 100m Backstroke 'A' • Female 16/17 yrs 100m Backstroke 'B' • Female 16/17 yrs 100m Backstroke 'A' • Female 18 yrs & Over 100m Backstroke 'B' • Female 18 yrs & Over 100m Backstroke 'A' • Male 15 yrs 100m Backstroke 'B'

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<ul style="list-style-type: none"> • Male 16 yrs 400m IM • Male 17/18 yrs 400m IM • Male 19 yrs & Over 400m IM • Female 15 yrs 200m Freestyle 'B' • Female 15 yrs 200m Freestyle 'A' • Female 16/17 yrs 200m Freestyle 'B' • Female 16/17 yrs 200m Freestyle 'A' • Female 18 yrs & Over 200m Freestyle 'B' • Female 18 yrs & Over 200m Freestyle 'A' • Male 15 yrs 200m Freestyle 'B' • Male 15 yrs 200m Freestyle 'A' • Male 16 yrs 200m Freestyle 'B' • Male 16 yrs 200m Freestyle 'A' • Male 17/18 yrs 200m Freestyle 'B' • Male 17/18 yrs 200m Freestyle 'A' • Male 19 yrs & Over 200m 'B' Freestyle • Male 19 yrs & Over 200m Freestyle 'A' • Female 15 yrs 100m Breaststroke 'B' • Female 15 yrs 100m Breaststroke 'A' • Female 16/17 yrs 100m Breaststroke 'B' • Female 16/17 yrs 100m Breaststroke 'A' • Female 18 yrs & Over 100m Breaststroke 'B' • Female 18 yrs & Over 100m Breaststroke 'A' • Male 15 yrs 100m Breaststroke 'B' • Male 15 yrs 100m Breaststroke 'A' • Male 16 yrs 100m Breaststroke 'B' • Male 16 yrs 100m Breaststroke 'A' • Male 17/18 yrs 100m Breaststroke 'B' • Male 17/18 yrs 100m Breaststroke 'A' • Male 19 yrs & Over 100m Breaststroke 'B' • Male 19 yrs & Over 100m Breaststroke 'A' 	<ul style="list-style-type: none"> • Male 19 yrs & Over 200m Backstroke 'A' • Female 15 yrs 50m Freestyle 'B' • Female 15 yrs 50m Freestyle 'A' • Female 16/17 yrs 50m Freestyle 'B' • Female 16/17 yrs 50m Freestyle 'A' • Female 18 yrs & Over 50m Freestyle 'B' • Female 18 yrs & Over 50m Freestyle 'A' • Male 15 yrs 50m Freestyle 'B' • Male 15 yrs 50m Freestyle 'A' • Male 16 yrs 50m Freestyle 'B' • Male 16 yrs 50m Freestyle 'A' • Male 17/18 yrs 50m Freestyle 'B' • Male 17/18 yrs 50m Freestyle 'A' • Male 19 yrs & Over 50m Freestyle 'B' • Male 19 yrs & Over 50m Freestyle 'A' • Female 15 yrs 100m Butterfly 'B' • Female 15 yrs 100m Butterfly 'A' • Female 16/17 yrs 100m Butterfly 'B' • Female 16/17 yrs 100m Butterfly 'A' • Female 18 yrs & Over 100m Butterfly 'B' • Female 18 yrs & Over 100m Butterfly 'A' • Male 15 yrs 100m Butterfly 'B' • Male 15 yrs 100m Butterfly 'A' • Male 16 yrs 100m Butterfly 'B' • Male 16 yrs 100m Butterfly 'A' • Male 17/18 yrs 100m Butterfly 'B' • Male 17/18 yrs 100m Butterfly 'A' • Male 19 yrs & Over 100m Butterfly 'B' • Male 19 yrs & Over 100m Butterfly 'A' • Female 15 yrs 200m IM 'B' • Female 15 yrs 200m IM 'A' • Female 16/17 yrs 200m IM 'B' • Female 16/17 yrs 200m IM 'A' • Female 18 yrs & Over 200m IM 'B' • Female 18 yrs & Over 200m IM 'A' 	<ul style="list-style-type: none"> • Male 16 yrs 100m Freestyle 'A' • Male 17/18 yrs 100m Freestyle 'B' • Male 17/18 yrs 100m Freestyle 'A' • Male 19 yrs & Over 100m Freestyle 'B' • Male 19 yrs & Over 100m Freestyle 'A' • Female 15 yrs 400m Freestyle • Female 16 yrs 400m Freestyle • Female 17/18 yrs 400m Freestyle • Female 19 yrs & Over 400m Freestyle • Male 15 yrs 200m Breaststroke 'B' • Male 15 yrs 200m Breaststroke 'A' • Male 16 yrs 200m Breaststroke 'B' • Male 16 yrs 200m Breaststroke 'A' • Male 17/18 yrs 200m Breaststroke 'B' • Male 17/18 yrs 200m Breaststroke 'A' • Male 19 yrs & Over 200m Breaststroke 'B' • Male 19 yrs & Over 200m Breaststroke 'A' • Male 19 yrs & Over 200m Breaststroke 'A' • Female 15 yrs 200m Breaststroke 'B' • Female 15 yrs 200m Breaststroke 'A' • Female 16/17 yrs 200m Breaststroke 'B' • Female 16/17 yrs 200m Breaststroke 'A' • Female 18 yrs & Over 200m Breaststroke 'B' • Female 18 yrs & Over 200m Breaststroke 'A' 	<ul style="list-style-type: none"> • Male 16 yrs 400m Freestyle • Male 17/18 yrs 400m Freestyle • Male 19 yrs & Over 400m Freestyle • Female 15 yrs 200m Butterfly 'B' • Female 15 yrs 200m Butterfly 'A' • Female 16/17 yrs 200m Butterfly 'B' • Female 16/17 yrs 200m Butterfly 'A' • Female 18 yrs & Over 200m Butterfly 'B' • Female 18 yrs & Over 200m Butterfly 'A' • Male 15 yrs 200m Butterfly 'B' • Male 15 yrs 200m Butterfly 'A' • Male 16 yrs 200m 100m Butterfly 'B' • Male 16 yrs 200m Butterfly 'A' • Male 17/18 yrs 200m Butterfly 'B' • Male 17/18 yrs 200m Butterfly 'A' • Male 19 yrs & Over 200m Butterfly 'B' • Male 19 yrs & Over 200m Butterfly 'A' • Male 19 yrs & Over 200m Butterfly 'A' • Female 15 yrs & Over 50m Breaststroke 'B' • Female 15 yrs & Over 50m Breaststroke 'A' • Male 15 yrs & Over 50m Breaststroke 'B' • Male 15 yrs & Over 50m Breaststroke 'A' 	<ul style="list-style-type: none"> • Male 15 yrs 100m Backstroke 'A' • Male 16 yrs 100m Backstroke 'B' • Male 16 yrs 100m Backstroke 'A' • Male 17/18 yrs 100m Backstroke 'B' • Male 17/18 yrs 100m Backstroke 'A' • Male 19 yrs & Over 100m Backstroke 'B' • Male 19 yrs & Over 100m Backstroke 'A' • Female 15 yrs 400m IM • Female 16 yrs 400m IM • Female 17/18 yrs 400m IM • Female 19 yrs & Over 400m IM • Male 15 yrs 200m IM 'B' • Male 15 yrs 200m IM 'A' • Male 16 yrs 200m IM 'B' • Male 16 yrs 200m IM 'A' • Male 17/18 yrs 200m IM 'B' • Male 17/18 yrs 200m IM 'A' • Male 19 yrs & Over 200m 'B' IM • Male 19 yrs & Over 200m IM 'A' • Female 15 yrs & Over 50m Butterfly 'B' • Female 15 yrs & Over 50m Butterfly 'A' • Male 15 yrs & Over 50m Butterfly 'B' • Male 15 yrs & Over 50m Butterfly 'A'
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Session times are subject to change following the receipt of all entries.

Any updates will be posted online at <http://www.swimireland.ie/competitions-events/upcoming-competitions>

2023 Irish Summer National Age Group, Youth & Senior Championships (50m) Qualifying & Consideration Times

Achieved Long Course (50m Pool) Only in the Period 01 January 2023 – 11 June 2023

Event	MALE					
	Qualifying Time & Consideration Time	19 yrs & Over (Born 2004 or Earlier)	18 years (Born 2005)	17 years (Born 2006)	16 years (Born 2007)	15 years (Born 2008)
50m Freestyle	QT	27.27	27.55	27.61	28.56	30.09
	CT	28.11	28.72	28.73	29.72	31.01
100m Freestyle	QT	59.42	1:00.35	1:00.82	1:01.98	1:04.29
	CT	1:00.63	1:02.66	1:02.68	1:04.51	1:06.61
200m Freestyle	QT	2:09.68	2:13.17	2:15.79	2:17.76	2:22.23
	CT	2:14.98	2:18.60	2:19.95	2:23.38	2:26.58
400m Freestyle	QT	4:36.65	4:43.35	4:45.69	4:48.27	4:58.67
	CT	4:53.38	5:00.47	5:02.96	5:08.69	5:16.73
800m Freestyle	QT	9:27.78	9:37.84	9:38.59	9:42.64	10:03.68
	CT	10:08.02	10:13.56	10:13.57	10:23.92	10:46.45
1500m Freestyle	QT	17:57.87	18:26.60	18:44.74	18:55.64	19:43.27
	CT	19:14.24	19:45.00	19:52.74	20:16.11	21:07.11
50m Backstroke	QT	31.98	31.98	31.98	31.98	31.98
100m Backstroke	QT	1:10.50	1:12.20	1:12.49	1:13.21	1:15.92
	CT	1:13.38	1:14.69	1:14.71	1:15.45	1:18.24
200m Backstroke	QT	2:32.93	2:34.74	2:37.06	2:39.32	2:42.38
	CT	2:40.73	2:42.63	2:43.48	2:45.82	2:49.01
50m Breaststroke	QT	34.68	34.68	34.68	34.68	34.68
100m Breaststroke	QT	1:17.82	1:19.61	1:23.46	1:24.59	1:26.28
	CT	1:20.21	1:23.66	1:26.01	1:26.32	1:29.80
200m Breaststroke	QT	2:51.54	2:57.52	3:01.49	3:03.67	3:10.31
	CT	2:58.54	3:04.76	3:08.89	3:09.30	3:18.08
50m Butterfly	QT	29.07	29.07	29.07	29.07	29.07
100m Butterfly	QT	1:04.78	1:07.11	1:08.89	1:11.05	1:14.70
	CT	1:07.42	1:09.85	1:11.00	1:13.95	1:17.74
200m Butterfly	QT	2:30.76	2:32.79	2:35.54	2:37.65	2:45.01
	CT	2:38.45	2:40.59	2:41.88	2:45.69	2:53.43
200m IM	QT	2:30.70	2:33.73	2:36.80	2:39.11	2:42.52
	CT	2:35.32	2:41.58	2:41.60	2:45.60	2:47.50
400m IM	QT	5:13.88	5:14.97	5:20.51	5:25.42	5:35.88
	CT	5:36.12	5:37.29	5:39.89	5:48.47	5:59.67

2023 Irish Summer National Age Group, Youth & Senior Championships (50m) Qualifying & Consideration Times
Achieved Long Course (50m Pool) Only in the Period 01 January 2023 – 11 June 2023

Event	FEMALE				
	Qualifying Time & Consideration Time	18 years & Over (Born 2005 or Earlier)	17 years (Born 2006)	16 years (Born 2007)	15 years (Born 2008)
50m Freestyle	QT	29.91	30.16	30.66	31.26
	CT	31.13	31.70	32.23	32.86
100m Freestyle	QT	1:05.63	1:06.31	1:07.03	1:07.73
	CT	1:07.64	1:09.02	1:09.76	1:10.49
200m Freestyle	QT	2:21.85	2:23.01	2:25.31	2:28.91
	CT	2:27.65	2:30.31	2:31.25	2:34.98
400m Freestyle	QT	5:01.11	5:03.36	5:07.81	5:11.48
	CT	5:19.32	5:21.70	5:26.42	5:30.31
800m Freestyle	QT	10:12.45	10:18.13	10:28.68	10:38.82
	CT	10:49.48	11:01.92	11:06.69	11:17.44
1500m Freestyle	QT	19:35.91	19:35.92	19:51.28	20:10.49
	CT	20:59.23	20:59.24	21:15.68	21:36.25
50m Backstroke	QT	35.25	35.25	35.25	35.25
100m Backstroke	QT	1:15.45	1:16.82	1:17.79	1:18.31
	CT	1:17.76	1:19.95	1:20.97	1:21.51
200m Backstroke	QT	2:42.94	2:44.23	2:46.60	2:50.26
	CT	2:47.93	2:52.61	2:53.40	2:57.20
50m Breaststroke	QT	39.42	39.42	39.42	39.42
100m Breaststroke	QT	1:25.43	1:27.67	1:29.67	1:31.30
	CT	1:28.91	1:32.14	1:33.33	1:34.09
200m Breaststroke	QT	3:10.12	3:11.23	3:12.33	3:14.28
	CT	3:17.46	3:20.17	3:20.18	3:22.21
50m Butterfly	QT	32.85	32.85	32.85	32.85
100m Butterfly	QT	1:12.21	1:13.98	1:15.65	1:18.42
	CT	1:15.15	1:17.76	1:18.73	1:21.62
200m Butterfly	QT	2:49.00	2:50.23	2:53.81	3:00.25
	CT	2:55.90	2:58.91	3:02.68	3:09.45
200m IM	QT	2:39.68	2:41.76	2:44.85	2:49.72
	CT	2:46.20	2:50.01	2:51.57	2:56.64
400m IM	QT	5:46.75	5:49.45	5:54.82	6:01.36
	CT	6:07.71	6:10.58	6:19.96	6:23.20

Payment Options:

Please reference all payments as "2023 Irish Age Groups" and include club details.

Bank Transfer:

EURO

Bank: AIB

Sort Code: 932515

Account Number: 59772048

IBAN: IE03 AIBK 9325 1559 7720 48

BIC: AIBKIE2D

Sterling

Bank: Danske Bank

Sort Code: 950111

Account Number: 51051490

IBAN: GB55 DABA 9501 1151 0514 90

BIC: DABAGB2B

Cheque/Postal Order:

Made payable to Swim Ireland

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

- 1) 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.
- 2) Any accidents, however minor, must be reported to Swim Ireland (standard Accident Report Form available).
- 3) 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

- 1) All Clubs should obtain and read a copy of the Safety Statement of the pool they are hiring.
- 2) 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)

- 1) 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.
- 2) 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.
- 3) "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.
- 4) 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.
- 5) 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 swimmers, coaches, spectators and clubs in the application of the following safety measures. They are in place for everyone's safety.

1. General;

- i. Everyone attending Meets must familiarise themselves with the locations and operation of emergency exits.
- ii. Anyone observing anything they consider to be a safety hazard should report it to a Meet Official.
- iii. All persons attending Meets must take all steps to ensure their own safety and the safety of others.
- iv. All walkways must be kept clear of bags, equipment, etc.

2. Starting;

- i. It is the responsibility of competitors, coaches and clubs to ensure that all swimmers are sufficiently competent to dive start from competition starting blocks. Alternatively, swimmers are reminded that they may start from the poolside.
- ii. In the event of a false start, swimmers should perform a safe entry and not fall into the water.

3. Warm-Up;

- i. Swimmers and coaches must ensure that they (and swimmers in their charge) take no action that would endanger themselves or others.
- ii. The instructions of those in authority must be obeyed immediately.
- iii. Swimmers 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.
- iv. Do not start sprinting in a sprint lane until non-sprinting swimmers have cleared it.
- v. On finishing a sprint immediately clear the way for the following swimmer(s).

4. Around the Pool (e.g. spectator area, foyer area, etc.)

- i. Swimmers are not permitted to enter dry areas without first having changed and put on footwear.
- ii. Where there is a balcony or rail - swimmers are not permitted to climb over it.
- iii. Glass bottles are not permitted outside designated refreshment areas.

Thank you for your co-operation in making the Meets a safe experience for all.