



2022
Irish National Division 2 Competition

ENTRY RULES & FORMS

UL Sport Arena, Limerick
Wednesday 6th – Sunday 10th July 2022



SPÓRT ÉIREANN
SPORT IRELAND



Irish National Division 2 Competition

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6th – 10th July 2022



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:	UL Sport Arena, University of Limerick	
Pool Specifications:	25 metre, 10 lane, indoor competition pool with wave-breaker lane ropes. Warm-up/swim-down pool also available during the meet.	
Meet Type:	National Age Group Meet – this event is not open to swimmers from overseas clubs Please note that age groups are based on a swimmer's Year of Birth Individual Age Groups: 12 (2010); 13 (2009); 14 (2008); 15 (2007); 16 (2006) 17 & Over (2005 or earlier) There will be one final in each age group in 100m and 200m event and the 50m freestyle. The 400m, 800m and 1500m events will be Timed Finals and swum in heats sessions. Medals will be presented in each age category. The 50m back, 50m breast and 50m butterfly are for 15&Over only and will have one final	
Session Times:	Session 1: Wednesday 6th July Warm-up 0720; Competition 0845 Session 2: Wednesday 6th July Warm-up 1115; Competition 1220 Session 3: Wednesday 6th July Warm-up 1545; Competition 1700 Session 4: Thursday 7th July Warm-up 0720; Competition 0845 Session 5: Thursday 7th July Warm-up 1115; Competition 1220 Session 6: Thursday 7th July Warm-up 1545; Competition 1700 Session 7: Friday 8th July Warm-up 0720; Competition 0845 Session 8: Friday 8th July Warm-up 1115; Competition 1220	Session 9: Friday 8th July Warm-up 1545; Competition 1700 Session 10: Saturday 9th July Warm-up 0720; Competition 0845 Session 11: Saturday 9th July Warm-up 1115; Competition 1220 Session 12: Saturday 9th July Warm-up 1545; Competition 1700 Session 13: Sunday 10th July Warm-up 0720; Competition 0845 Session 14: Sunday 10th July Warm-up 1115; Competition 1220 Session 15: Sunday 10th July Warm-up 1545; Competition 1700
Warm up:	Warm up will take place across both pools; competition and warm up. Warm up pool will be open for the duration of the competition. 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	
Open Training Session:	There will be no open training session available on the evening of Tuesday 5 th July.	
Team Leaders Meeting:	A technical briefing will take place on Monday 4th 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. Link below: https://us06web.zoom.us/j/81509733174?pwd=QkJudmZQOXhpTU9YNFR2OUxST0lmUT09	
Entry Limit:	This event is restricted to swimmers from Irish clubs only Swimmers may only enter events in which they have qualified.	
Eligibility:	If a swimmer achieves one Irish Summer National time, they can swim that swim in Irish Summer Nationals. If they have qualified for other swims at National Division 2, they can swim those events at National Division 2. However, they cannot swim the event in which they have a qualifying time for Irish Summer Nationals. If they achieve a 2nd Irish Summer National time, that will exclude them completely from National Division 2. If a swimmer achieves a faster upper cut off time at a Short Course meet, they can swim that swim at	

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	National Division 2, but only as a exhibition swim and will not progress to the final. If a club is found to have entered a swimmer in National Division 2 who has achieved an Irish Summer Nationals qualifying time, then the club will be levied with a fine of €500.
Entry Deadline:	Wednesday 15th June '22 for Hy-tek and Paper entries. Payment should be received by Friday 24th June '22
Entry Form:	Electronic Hy-tek entries are accepted via Hy-tek to the Swim Ireland Office at entries@swimireland.ie Entries can only be made by the club that the swimmer is registered to.
Entry Fees:	Individual entries cost €10.00/£9.00 Relay entries cost €25.00/£21.50 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. Entries will not be accepted if there is any outstanding money's owed to Swim Ireland. <i>Please note that entries are non-refundable once the final date for payment has passed</i>
Withdrawals	Withdrawals from Day 1 must be emailed to entries@swimireland.ie between 01/07/2022 & 15:00 on 05/07/2022. 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 05/07/2022. Withdrawals from finals must be made within 30 minutes of the announcement of the results for the event. There will be a €50.00 fine if swimmers fail to show up for their event and have not been withdrawn in accordance with these conditions.
Relay Entries:	Relay Events: 12 (2010) Mixed gender 200m Medley and 200m Freestyle Relay 13 - 14 (2008-2009); 15&Over (2007+) – 4x50 MTR, 4x50 FTR – Male, Female, Mixed (MTR only) ALL relays will be HDW. Please include entry times for relays. Clubs are permitted to enter more than one relay team per event. Swimmers are not permitted to “swim up”. 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. 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. Any relay found to have swum a Irish Summer National Championships level swimmers will forfeit relay medals which will be awarded to the next eligible relay. (If a swimmer has a qualification time for Irish Summer Nationals in a 50m event, that swimmer cannot swim that 50m stroke in a relay).
Seeding:	Please note that on receipt of entries, all times will be converted to SC times and swimmers will be seeded accordingly. Conversions will be done automatically by the Hy-tek Meet Manager programme.
Awards:	Medals will be awarded to the top 3 swimmers in each age group Any swimmer found to have entered Division 2 on times slower than they have achieved in the qualification period will be fined €50 and will forfeit their medal which will be awarded to the next placed swimmer.
Covid 19	There may be some restrictions in place at the time of this meet. These restrictions can be viewed on www.gov.ie .

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UL Sport Arena, Limerick

6th – 10th July 2022



Health & Safety:	Please refer to the Health & Safety guidelines at the back of this document and the Swim Ireland Code of Practice for Safety (Swimming) on the Swim Ireland website.
Accreditation:	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. Further information on accreditation will be circulated to clubs in the next few weeks.
Further Info:	Please direct all queries to entries@swimireland.ie

*Please note that swimmers who achieve Irish Summer Nationals qualification standards at Division 2 are **NOT** eligible to enter Irish Summer Nationals.*

Day 1 - Wed 6 th July 2022	Day 2 - Thu 7 th July 2022	Day 3 - Fri 8 th July 2022	Day 4 - Sat 9 th Jul 2022	Day 5 - Sun 10 th Jul 2022
Session 1 Heats (15 yrs; 16 yrs; 17 yrs & Over) Male Warm Up 0720 – 0800 Female Warm Up 0800 – 0840 Start 0845	Session 4 Heats (15 yrs; 16 yrs; 17 yrs & Over) Female Warm Up 0720 – 0800 Male Warm Up 0800 – 0840 Start 0845	Session 7 Heats (15 yrs; 16 yrs; 17 yrs & Over) Male Warm Up 0720 – 0800 Female Warm Up 0800 – 0840 Start 0845	Session 10 Heats (15 yrs; 16 yrs; 17 yrs & Over) Female Warm Up 0720 – 0800 Male Warm Up 0800 – 0840 Start 0845	Session 13 Heats (15 yrs; 16 yrs; 17 yrs & Over) Female Warm Up 0720 – 0800 Male Warm Up 0800 – 0840 Start 0845
Male 400m IM HDW Female 200m Backstroke Male 100m Breaststroke Female 100m Breaststroke Male 200m Freestyle Female 200m Freestyle	Female 50m Freestyle Male 50m Freestyle Female 100m Butterfly Male 100m Butterfly Female 200m Breaststroke Male 200m Breaststroke Female 1500m Freestyle HDW	Male 100m Freestyle Female 400m Freestyle HDW Male 50m Backstroke (15/Over Only) Female 50m Backstroke (15/Over Only) Male 200m IM Female 200m IM Male 1500m Freestyle HDW	Female 100m Freestyle Male 400m Freestyle HDW Female 200m Butterfly Male 200m Butterfly Female 50m Breaststroke (15/Over Only) Male 50m Breaststroke (15/Over Only) Female 100m Backstroke Male 100m Backstroke	Female 400m IM HDW Male 200m Backstroke Female 50m Butterfly (15/Over Only) Male 50m Butterfly (15/Over Only) Female 800m Freestyle HDW Male 800m Freestyle HDW
Day 1 - Wed 6 th July 2022	Day 2 - Thu 7 th July 2022	Day 3 - Fri 8 th July 2022	Day 4 - Sat 9 th Jul 2022	Day 5 - Sun 10 th Jul 2022
Session 2 Heats (12 yrs; 13 yrs; 14 yrs) Male Warm Up 1115 – 1145 Female Warm Up 1145 – 1215 Start 1220	Session 5 Heats (12 yrs; 13 yrs; 14 yrs) Female Warm Up 1115 – 1145 Male Warm Up 1145 – 1215 Start 1220	Session 8 Heats (12 yrs; 13 yrs; 14 yrs) Male Warm Up 1115 – 1145 Female Warm Up 1145 – 1215 Start 1220	Session 11 Heats (12 yrs; 13 yrs; 14 yrs) Male Warm Up 1115 – 1145 Female Warm Up 1145 – 1215 Start 1220	Session 14 Heats (12 yrs; 13 yrs; 14 yrs) Female Warm Up 1045 – 1115 Male Warm Up 1115 – 1145 Start 1150
Male 400m IM HDW (13/14 Only) Female 200m Backstroke Male 100m Breaststroke Female 100m Breaststroke Male 200m Freestyle Female 200m Freestyle Male 800m Freestyle HDW (13/14 Only) Female 13-14 years 200m Freestyle Relay HDW	Female 50m Freestyle Male 50m Freestyle Female 100m Butterfly Male 100m Butterfly Female 200m Breaststroke Male 200m Breaststroke Female 1500m Freestyle HDW (13/14 Only) Male 13-14 years 200m Freestyle Relay HDW	Male 100m Freestyle Female 400m Freestyle HDW Male 200m IM Female 200m IM Male 1500m Freestyle HDW (13/14 Only) Mixed 12 years 200m Medley Relay HDW Female 13-14 years 200m Medley Relay HDW	Male 400m Freestyle HDW Female 100m Freestyle Male 200m Butterfly Female 200m Butterfly Male 100m Backstroke Female 100m Backstroke Mixed 12 years 200m Freestyle Relay HDW Male 13-14 years 200m Medley Relay HDW	Female 400m IM HDW (13/14 Only) Male 200m Backstroke Mixed 13-14 years 200m Medley Relay HDW Female 800m Freestyle HDW (13/14 Only) Male 800m Freestyle HDW (13/14 Only)

Day 1 - Wed 6 th July 2022	Day 2 - Thu 7 th July 2022	Day 3 - Fri 8 th July 2022	Day 4 - Sat 9 th Jul 2022	Day 5 - Sun 10 th Jul 2022
Session 3 Finals Mixed Warm Up 1545 – 1645 Start 1700	Session 6 Finals Mixed Warm Up 1545 – 1645 Start 1700	Session 9 Finals Mixed Warm Up 1545 – 1645 Start 1700	Session 12 Finals Mixed Warm Up 1545 – 1645 Start 1700	Session 15 Finals Mixed Warm Up 1445 – 1545 Start 1600
Female 200m Backstroke (12 years; 13 years; 14 years; 15 years; 16 years; 17/Over) Male 100m Breaststroke (12 years; 13 years; 14 years; 15 years; 16 years; 17/Over) Female 100m Breaststroke (12 years; 13 years; 14 years; 15 years; 16 years; 17/Over) Male 200m Freestyle (12 years; 13 years; 14 years; 15 years; 16 years; 17/Over) Female 200m Freestyle (12 years; 13 years; 14 years; 15 years; 16 years; 17/Over) Male 15/Over 200m Freestyle Relay HDW	Female 50m Freestyle (12 years; 13 years; 14 years; 15 years; 16 years; 17/Over) Male 50m Freestyle (12 years; 13 years; 14 years; 15 years; 16 years; 17/Over) Female 100m Butterfly (12 years; 13 years; 14 years; 15 years; 16 years; 17/Over) Male 100m Butterfly (12 years; 13 years; 14 years; 15 years; 16 years; 17/Over) Female 200m Breaststroke (12 years; 13 years; 14 years; 15 years; 16 years; 17/Over) Male 200m Breaststroke (12 years; 13 years; 14 years; 15 years; 16 years; 17/Over) Mixed 15/Over 200m Mixed Medley Relay HDW	Male 100m Freestyle (12 years; 13 years; 14 years; 15 years; 16 years; 17/Over) Female 50m Backstroke (15/Over) Male 50m Backstroke (15/Over) Female 200m IM (12 years; 13 years; 14 years; 15 years; 16 years; 17/Over) Male 200m IM (12 years; 13 years; 14 years; 15 years; 16 years; 17/Over) Female 15/Over 200m Freestyle Relay HDW	Female 100m Freestyle (12 years; 13 years; 14 years; 15 years; 16 years; 17/Over) Male 200m Butterfly (12 years; 13 years; 14 years; 15 years; 16 years; 17/Over) Female 200m Butterfly (12 years; 13 years; 14 years; 15 years; 16 years; 17/Over) Male 50m Breaststroke (15/Over) Female 50m Breaststroke (15/Over) Male 100m Backstroke (12 years; 13 years; 14 years; 15 years; 16 years; 17/Over) Female 100m Backstroke (12 years; 13 years; 14 years; 15 years; 16 years; 17/Over)	Male 200m Backstroke (12 years; 13 years; 14 years; 15 years; 16 years; 17/Over) Female 50m Butterfly (15/Over) Male 50m Butterfly (15/Over) Female 15/Over 200m Medley Relay HDW Male 15/Over 200m Medley Relay HDW

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6th – 10th July 2022



Long Course Consideration Standards

Achieved Long Course Only in the Period 1st January 2022 – 12th June 2022

MALE									
Event	Consideration Standards	19 yrs & Over 2003/Earlier	18 years 2004	17 years 2005	16 years 2006	15 years 2007	14 years 2008	13 years 2009	12 years 2010
50m Freestyle	Upper Cut Off	26.03	26.59	26.60	27.52	28.71	29.58	31.49	
	Consideration	28.11	28.72	28.73	29.72	31.01	31.95	34.01	34.64
100m Freestyle	Upper Cut Off	56.14	58.02	58.03	59.73	1:01.95	1:03.99	1:07.91	
	Consideration	1:00.63	1:02.66	1:02.68	1:04.51	1:06.61	1:09.11	1:13.34	1:14.70
200m Freestyle	Upper Cut Off	2:04.98	2:08.34	2:09.58	2:12.76	2:15.72	2:21.26	2:28.54	
	Consideration	2:14.98	2:18.60	2:19.95	2:23.38	2:26.58	2:32.57	2:40.52	2:43.39
400m Freestyle	Upper Cut Off	4:31.65	4:38.22	4:40.52	4:45.83	4:53.27	5:04.77	5:18.17	
	Consideration	4:53.38	5:00.47	5:02.96	5:08.69	5:16.73	5:29.15	5:43.62	5:49.98
800m Freestyle	Upper Cut Off	9:22.98	9:28.11	9:28.12	9:37.71	9:58.56	10:15.99	10:43.07	
	Consideration	10:08.02	10:13.56	10:13.57	10:23.92	10:46.45	11:05.27	11:34.52	
1500m Freestyle	Upper Cut Off	17:48.74	18:17.22	18:24.38	18:46.03	19:33.25	20:02.40	20:46.00	
	Consideration	19:14.24	19:45.00	19:52.74	20:16.11	21:07.11	21:38.59	22:25.68	
50m Backstroke	Upper Cut Off	29.61	29.61	29.61	29.61	29.61			
	Consideration	31.98	31.98	31.98	31.98	31.98			
100m Backstroke	Upper Cut Off	1:07.94	1:09.16	1:09.17	1:09.86	1:12.45	1:15.81	1:19.91	
	Consideration	1:13.38	1:14.69	1:14.71	1:15.45	1:18.24	1:21.87	1:26.30	1:27.90
200m Backstroke	Upper Cut Off	2:28.82	2:30.59	2:31.37	2:33.54	2:36.49	2:42.33	2:49.05	
	Consideration	2:40.73	2:42.63	2:43.48	2:45.82	2:49.01	2:55.32	3:02.58	3:05.96
50m Breaststroke	Upper Cut Off	32.11	32.11	32.11	32.11	32.11			
	Consideration	34.68	34.68	34.68	34.68	34.68			
100m Breaststroke	Upper Cut Off	1:14.27	1:17.47	1:19.64	1:19.93	1:23.15	1:26.80	1:32.31	
	Consideration	1:20.21	1:23.66	1:26.01	1:26.32	1:29.80	1:33.75	1:39.69	1:41.54
200m Breaststroke	Upper Cut Off	2:45.31	2:51.07	2:54.90	2:55.28	3:03.41	3:07.78	3:16.98	
	Consideration	2:58.54	3:04.76	3:08.89	3:09.30	3:18.08	3:22.80	3:32.74	3:36.67
50m Butterfly	Upper Cut Off	26.92	26.92	26.92	26.92	26.92			
	Consideration	29.07	29.07	29.07	29.07	29.07			
100m Butterfly	Upper Cut Off	1:02.42	1:04.68	1:05.74	1:08.47	1:11.98	1:16.32	1:20.45	
	Consideration	1:07.42	1:09.85	1:11.00	1:13.95	1:17.74	1:22.43	1:26.89	1:28.50
200m Butterfly	Upper Cut Off	2:26.71	2:28.69	2:29.89	2:33.42	2:40.59	2:47.20	2:57.35	
	Consideration	2:38.45	2:40.59	2:41.88	2:45.69	2:53.43	3:00.58	3:11.53	3:15.08
200m IM	Upper Cut Off	2:23.81	2:29.61	2:29.63	2:33.34	2:35.10	2:41.38	2:48.74	
	Consideration	2:35.32	2:41.58	2:41.60	2:45.60	2:47.50	2:54.30	3:02.24	3:05.62
400m IM	Upper Cut Off	5:11.22	5:12.31	5:14.71	5:22.66	5:33.03	5:57.59	6:09.66	
	Consideration	5:36.12	5:37.29	5:39.89	5:48.47	5:59.67	6:26.19	6:39.23	

The 17, 18 and 19 & Over age groups will swim as a 17 & Over age group. They are separated above due to different Consideration Standards

Heats may be limited to fit with the competition timeline

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6th – 10th July 2022



Long Course Consideration Standards

Achieved Long Course Only in the Period 1st January 2022 – 12th June 2022

FEMALE								
Event	Consideration Standards	18 years & Over 2004/Earlier	17 years 2005	16 years 2008	15 years 2007	14 years 2008	13 years 2009	12 years 2010
50m Freestyle	Upper Cut Off	28.83	29.36	29.84	30.43	31.13	31.88	
	Consideration	31.13	31.70	32.23	32.86	33.62	34.43	35.06
100m Freestyle	Upper Cut Off	1:02.63	1:03.90	1:04.60	1:05.27	1:06.55	1:09.41	
	Consideration	1:07.64	1:09.02	1:09.76	1:10.49	1:11.87	1:14.96	1:16.35
200m Freestyle	Upper Cut Off	2:16.71	2:19.17	2:20.05	2:23.50	2:25.42	2:29.84	
	Consideration	2:27.65	2:30.31	2:31.25	2:34.98	2:37.05	2:41.83	2:44.82
400m Freestyle	Upper Cut Off	4:55.67	4:57.87	5:02.24	5:05.85	5:14.27	5:22.86	
	Consideration	5:19.32	5:21.70	5:26.42	5:30.31	5:39.41	5:48.69	5:55.15
800m Freestyle	Upper Cut Off	10:01.37	10:12.89	10:17.30	10:27.26	10:40.92	10:56.36	
	Consideration	10:49.48	11:01.92	11:06.69	11:17.44	11:32.19	11:48.87	
1500m Freestyle	Upper Cut Off	19:25.95	19:25.96	19:41.18	20:00.23	20:14.45	20:43.71	
	Consideration	20:59.23	20:59.24	21:15.68	21:36.25	21:51.61	22:23.21	
50m Backstroke	Upper Cut Off	32.64	32.64	32.64	32.64			
	Consideration	35.25	35.25	35.25	35.25			
100m Backstroke	Upper Cut Off	1:12.00	1:14.03	1:14.97	1:15.47	1:17.52	1:20.02	
	Consideration	1:17.76	1:19.95	1:20.97	1:21.51	1:23.72	1:26.42	1:28.02
200m Backstroke	Upper Cut Off	2:35.49	2:39.83	2:40.56	2:44.08	2:47.79	2:51.90	
	Consideration	2:47.93	2:52.61	2:53.40	2:57.20	3:01.21	3:05.65	3:09.09
50m Breaststroke	Upper Cut Off	36.50	36.50	36.50	36.50			
	Consideration	39.42	39.42	39.42	39.42			
100m Breaststroke	Upper Cut Off	1:22.32	1:25.31	1:26.41	1:27.12	1:29.99	1:32.84	
	Consideration	1:28.91	1:32.14	1:33.33	1:34.09	1:37.19	1:40.27	1:42.12
200m Breaststroke	Upper Cut Off	3:02.83	3:05.34	3:05.35	3:07.23	3:16.81	3:18.87	
	Consideration	3:17.46	3:20.17	3:20.18	3:22.21	3:32.55	3:34.78	3:38.76
50m Butterfly	Upper Cut Off	30.42	30.42	30.42	30.42			
	Consideration	32.85	32.85	32.85	32.85			
100m Butterfly	Upper Cut Off	1:09.58	1:12.00	1:12.90	1:15.57	1:18.86	1:22.26	
	Consideration	1:15.15	1:17.76	1:18.73	1:21.62	1:25.17	1:28.84	1:30.48
200m Butterfly	Upper Cut Off	2:42.87	2:45.65	2:49.15	2:55.42	2:57.75	3:01.63	
	Consideration	2:55.90	2:58.91	3:02.68	3:09.45	3:11.97	3:16.16	3:19.79
200m IM	Upper Cut Off	2:33.89	2:37.41	2:38.86	2:43.56	2:48.99	2:53.65	
	Consideration	2:46.20	2:50.01	2:51.57	2:56.64	3:02.51	3:07.54	3:11.01
400m IM	Upper Cut Off	5:40.48	5:43.13	5:51.82	5:54.82	6:02.53	6:16.08	
	Consideration	6:07.71	6:10.58	6:19.96	6:23.20	6:31.53	6:46.17	

The 17 and 18&Over age groups will swim as a 17&Over age group. They are separated above due to different Consideration Standards

Heats may be limited to fit with the competition timeline

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Short Course Consideration Standards

Achieved Short Course Only in the Period 1st January 2022 – 12th June 2022

MALE									
Event	Consideration Standards	19 yrs & Over 2003/Earlier	18 years 2004	17 years 2005	16 years 2006	15 years 2007	14 years 2008	13 years 2009	12 years 2010
50m Freestyle	Upper Cut Off	25.28	25.82	25.83	26.72	27.88	28.72	30.58	
	Consideration	27.29	27.89	27.90	28.86	30.11	31.02	33.02	33.64
100m Freestyle	Upper Cut Off	54.51	56.34	56.35	58.00	1:00.15	1:02.13	1:05.94	
	Consideration	58.87	1:00.84	1:00.86	1:02.64	1:04.97	1:07.11	1:11.21	1:12.53
200m Freestyle	Upper Cut Off	2:02.11	2:05.39	2:06.60	2:09.71	2:12.60	2:18.01	2:25.12	
	Consideration	2:11.88	2:15.41	2:16.73	2:20.08	2:23.21	2:29.06	2:36.73	2:39.63
400m Freestyle	Upper Cut Off	4:26.76	4:33.31	4:35.47	4:40.68	4:47.99	4:59.28	5:12.44	
	Consideration	4:48.10	4:55.06	4:57.51	5:03.13	5:11.03	5:23.23	5:37.43	5:43.68
800m Freestyle	Upper Cut Off	9:12.60	9:17.80	9:17.82	9:27.60	9:48.90	10:06.50	10:34.00	
	Consideration	9:58.40	10:04.10	10:04.11	10:14.60	10:37.50	10:56.50	11:26.10	
1500m Freestyle	Upper Cut Off	17:29.20	17:53.22	18:00.38	18:22.02	19:09.25	19:38.40	20:22.00	
	Consideration	18:50.24	19:21.00	19:28.74	19:52.10	20:43.10	21:14.58	22:01.68	
50m Backstroke	Upper Cut Off	28.90	28.90	28.90	28.90	28.90			
	Consideration	31.40	31.40	31.40	31.40	31.40			
100m Backstroke	Upper Cut Off	1:05.97	1:07.15	1:07.16	1:07.83	1:10.35	1:13.61	1:17.59	
	Consideration	1:11.25	1:12.52	1:12.54	1:13.26	1:15.97	1:09.50	1:23.80	1:25.35
200m Backstroke	Upper Cut Off	2:24.50	2:26.22	2:26.90	2:29.09	2:31.95	2:37.62	2:44.15	
	Consideration	2:36.31	2:37.91	2:38.74	2:41.01	2:44.11	2:50.24	2:57.29	3:00.57
50m Breaststroke	Upper Cut Off	31.10	31.10	31.10	31.10	31.10			
	Consideration	33.80	33.80	33.80	33.80	33.80			
100m Breaststroke	Upper Cut Off	1:11.67	1:14.76	1:16.85	1:17.13	1:20.24	1:23.76	1:29.08	
	Consideration	1:17.40	1:20.73	1:23.00	1:23.30	1:26.66	1:30.47	1:36.20	1:37.99
200m Breaststroke	Upper Cut Off	2:39.52	2:45.08	2:48.78	2:49.15	2:56.99	3:01.21	3:10.09	
	Consideration	2:52.29	2:58.29	3:02.28	3:02.67	3:11.15	3:15.70	3:25.29	3:28.80
50m Butterfly	Upper Cut Off	26.20	26.20	26.20	26.20	26.20			
	Consideration	28.40	28.40	28.40	28.40	28.40			
100m Butterfly	Upper Cut Off	1:01.67	1:03.90	1:04.95	1:07.65	1:11.12	1:15.40	1:19.48	
	Consideration	1:06.61	1:09.01	1:10.15	1:13.06	1:16.81	1:21.44	1:25.85	1:27.44
200m Butterfly	Upper Cut Off	2:24.07	2:26.01	2:27.19	2:30.66	2:37.70	2:44.19	2:54.16	
	Consideration	2:35.60	2:37.70	2:38.97	2:42.71	2:50.31	2:57.33	3:08.08	3:11.57
200m IM	Upper Cut Off	2:21.00	2:26.90	2:26.91	2:30.70	2:32.50	2:38.90	2:46.30	
	Consideration	2:32.70	2:39.10	2:39.12	2:43.20	2:45.10	2:52.00	3:00.00	3:03.50
400m IM	Upper Cut Off	5:00.33	5:01.38	5:03.70	5:11.37	5:21.36	5:45.07	5:56.72	
	Consideration	5:24.36	5:25.48	5:27.60	5:36.27	5:47.08	6:15.57	6:25.26	

The 17, 18 and 19&Over age groups will swim as a 17&Over age group. They are separated above due to different Consideration Standards

Heats may be limited to fit with the competition timeline

Irish National Division 2 Competition

UL Sport Arena, Limerick
6th – 10th July 2022



Short Course Consideration Standards

Achieved Short Course Only in the Period 1st January 2022 – 12th June 2022

FEMALE								
Event	Consideration Standards	18 years & Over 2004/Earlier	17 years 2005	16 years 2008	15 years 2007	14 years 2008	13 years 2009	12 years 2010
50m Freestyle	Upper Cut Off	28.31	28.83	29.30	29.88	30.57	31.31	
	Consideration	30.57	31.13	31.65	32.37	33.01	33.81	34.43
100m Freestyle	Upper Cut Off	1:01.50	1:02.75	1:03.44	1:04.10	1:05.35	1:08.16	
	Consideration	1:06.42	1:07.78	1:08.50	1:09.22	1:10.58	1:13.61	1:14.98
200m Freestyle	Upper Cut Off	2:15.07	2:17.50	2:18.37	2:21.78	2:23.67	2:28.04	
	Consideration	2:25.58	2:28.51	2:29.44	2:33.12	2:35.17	2:39.89	2:42.84
400m Freestyle	Upper Cut Off	4:53.60	4:55.78	5:00.12	5:03.71	5:12.07	5:20.60	
	Consideration	5:17.08	5:18.45	5:24.14	5:28.00	5:37.03	5:46.25	5:52.66
800m Freestyle	Upper Cut Off	9:51.70	10:03.40	10:07.90	10:18.00	10:31.80	10:47.50	
	Consideration	10:40.50	10:53.10	10:58.00	11:08.80	11:23.80	11:40.70	
1500m Freestyle	Upper Cut Off	19:01.95	19:01.936	19:17.18	19:36.23	19:50.45	20:19.71	
	Consideration	20:35.23	20:35.24	20:51.68	21:12.25	21:27.61	21:59.21	
50m Backstroke	Upper Cut Off	32.00	32.00	32.00	32.00			
	Consideration	34.70	34.70	34.70	34.70			
100m Backstroke	Upper Cut Off	1:11.14	1:13.14	1:14.07	1:14.56	1:16.59	1:19.06	
	Consideration	1:16.83	1:18.99	1:20.00	1:20.53	1:22.72	1:25.38	1:26.96
200m Backstroke	Upper Cut Off	2:33.62	2:37.91	2:38.63	2:42.11	2:45.78	2:49.84	
	Consideration	2:45.91	2:50.84	2:51.32	2:55.07	2:59.04	3:03.42	3:06.82
50m Breaststroke	Upper Cut Off	35.60	35.60	35.60	35.60			
	Consideration	38.60	38.60	38.60	38.60			
100m Breaststroke	Upper Cut Off	1:19.93	1:22.84	1:23.90	1:24.59	1:27.38	1:30.15	
	Consideration	1:26.33	1:29.47	1:30.43	1:31.36	1:34.37	1:37.36	1:39.16
200m Breaststroke	Upper Cut Off	2:59.54	3:02.00	3:02.01	3:03.86	3:13.29	3:15.29	
	Consideration	3:13.91	3:16.57	3:16.56	3:18.57	3:28.72	3:30.91	3:34.82
50m Butterfly	Upper Cut Off	29.80	29.80	29.80	29.80			
	Consideration	32.30	32.30	32.30	32.30			
100m Butterfly	Upper Cut Off	1:09.09	1:11.50	1:12.39	1:15.04	1:18.31	1:21.68	
	Consideration	1:14.62	1:16.62	1:18.18	1:21.05	1:24.57	1:28.22	1:29.85
200m Butterfly	Upper Cut Off	2:41.73	2:44.49	2:47.97	2:54.19	2:56.61	3:00.36	
	Consideration	2:54.67	2:57.66	3:01.40	3:08.12	3:10.63	3:14.79	3:18.39
200m IM	Upper Cut Off	2:31.30	2:34.90	2:36.40	2:41.20	2:46.60	2:51.40	
	Consideration	2:43.80	2:47.70	2:49.30	2:54.30	3:00.30	3:05.40	3:08.90
400m IM	Upper Cut Off	5:34.35	5:36.95	5:45.49	5:48.43	5:56.00	6:09.31	
	Consideration	6:01.09	6:03.91	6:13.12	6:16.30	6:24.48	6:38.86	

The 17 and 18&Over age groups will swim as a 17&Over age group. They are separated above due to different Consideration Standards

Heats may be limited to fit with the competition timeline

Payment Options:

Please reference all payments as "2022 National DIVISION 2" 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

Credit Card:

Credit card payments can be made over the phone by calling the Swim Ireland offices at +353-1-6251120

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.