



Munster LC Championships
MEET RULES AND CONDITIONS

UL Sports Arena
University of Limerick
V94 XT66

MEET CONDITIONS:

Meet Location:	UL Sports Arena, University of Limerick, Castletroy, Limerick, V94 XT66
Pool Specification:	10 lane 50m pool; anti-turbulence lane ropes; wedge starting blocks; backstroke ledges;
Date:	5th, 6th & 7th May 2023
Sessions:	Friday 5 th May 6.00pm Warm Up, Start 7.00pm. (Mixed). Saturday 6 th 8.15am Warm Up, Start 9.30am. (Female first). Sunday 7 th 8.15am Warm Up, 9.30am Start. (Male first). Warm Up for Session 3 and Session 6 TBC.
Age Groups:	12 years, 13 – 14 years, 15 – 16 years, 17 years & over.
Age:	Age as 31 st December 2023
Individual Events:	50m Freestyle – Heats & Finals 50m Backstroke, 50m Butterfly, 50m Breaststroke – Heats & Finals (15 & over) 100m Freestyle, 100m Backstroke, 100m Butterfly, 100m Breaststroke – Heats & Finals 200m Freestyle, 200m Backstroke, 200m Butterfly, 200m Breaststroke – Heats & Finals 200m Individual Medley – Heats & Finals 400m Freestyle / 800m Freestyle / 1500m Freestyle – HDW (13&over) 400m Individual Medley – HDW (13&over)
Relay Events:	12yrs - 4 x 50m Medley, 4 x 50m Freestyle 13-14yrs, 15&over – All Olympic Relay events
Entries:	All swimmers entering the Munster Age Group & Senior Long Course Championships must be a member of a Swim Munster affiliated club or a club from outside Ireland registered with their National Federation. A maximum of 2 swimmers from outside Ireland are permitted to swim in each final.
Entry Form:	Electronic Hy-tek entries are accepted via Hy-tek to the Swim Munster Treasurer at munstertreasurer@swimireland.ie
Qualification Criteria:	Times may be achieved in both Short Course & Long Course from 1st January 2022. Qualification Times are used for the 50m, 100m, 200m and 400m events, Consideration Times for the 800/1500 freestyle. Times must have been achieved in meets licensed at Level 3 or higher to be eligible to be used for entry into this meet. Short Course times used for entry will be converted to Long Course via the Meet Management System for seeding purposes and vice versa. Athletes who achieve one Qualifying Time only may choose one additional event to enter; this event must be one which is most closely associated with the event in which they have achieved the Qualifying Time.
Seeding:	The placing of competitors in the heats will be spearheaded and swum slowest to fastest. Clubs not submitting an entry time for relay teams will be seeded in the slowest heat.
Heats & Finals:	All 50m, 100m and 200m events will have heats and “A” finals. Relays, 400m, 800m and 1500m events will be HDW and will be swum with the heats.
Withdrawals:	Withdrawals from day 1 must be emailed to munstertreasurer@swimireland.ie before 5pm on the day before the start of the meet, i.e. Thursday, 4 th May 2023. Withdrawals for subsequent days must be submitted by 6pm the previous day, i.e. for day 2, withdrawals must be submitted by 6pm on day 1. There will be a €50 fine if swimmers are not withdrawn by 6pm for an event for the next day.
Entry Deadline:	Closing date for entries is 24 April 2023.

Entry Fees:	Individual entries cost €8 per event. Relay entries cost €20 per event. Fees should be paid directly into the bank account, and must include the name of the club and the name of the meet. Payment should be received at least 7 days prior to the meet – <u>28 April 2023.</u> Clonmel Swimming Club bank account: BIC: IPBSIE2D IBAN: IE79IPBS99071010469301 No entry will be processed until the appropriate fee has been received by the Treasurer. Payment options are detailed in the Entry Summary Sheet. <i>Please note that all entry fees are payable and non-refundable once the final date for entry (24 April 2023) has passed.</i>
Relay Entries:	Clubs are permitted to enter more than one relay team per event. 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.
Awards:	Medals are awarded for top 3 placings in each age group.
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 Sport Ireland/WADA/FINA Anti-Doping rules. For further information visit the <u>Anti-Doping section of the Sport Ireland website</u> .
Swimsuits:	All swimsuits must comply with FINA regulations and should bear the FINA approved stamp (https://www.fina.org/sites/default/files/frsa.pdf)
Health & Safety:	Please refer to the Health & Safety guidelines at the back of the programme and also the Swim Ireland Code of Practice for Safety (Swimming) on the Swim Ireland website.
Photography/Videography Recording:	Photography is prohibited on the pool deck and changing area. A registration desk will be in place in the balcony area. All devices, capable of taking an image, must be registered in advance. All persons wishing to register a device must provide: name, address, contact number and photographic identification. In the case where photographic ID is not available Swim Ireland membership card will be accepted with the member's ID number recorded. Any person using the equipment must wear a tag that is clearly visible when using the equipment. If this photographic rule is breached, members are subject to the Swim Ireland Complaints and Disciplinary Rules and Procedures. Once registered, photographs are permitted from the balcony. A Munster Backdrop will be in situ on the balcony from where photographs may be taken.

Entries may be limited to ensure compliance with SI licence rules. Where entries have been limited clubs will be informed when all entries have been processed.

All competing clubs must provide at least one official per six swimmers per session up to a maximum of four officials per session.

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

Order of Events

Day 1 Friday 5 th of May	Day 2 Saturday 6 th of May	Day 3 Sunday 7 th of May
	Session 2: Combined Heats	Session 4: Combined Heats
	Female 15&over 400m Freestyle HDW Male 15&over 50m Freestyle Female 15&over 200m Backstroke Male 15&over 200m Breaststroke Female 15&over 100m Breaststroke Male 15&over 100m Backstroke Female 15&over 200m IM Male 15&over 200m Freestyle Female 15&over 200m Butterfly Male 15&over 100m Butterfly Female 15&over 100m Freestyle Male 15&over 50m Breaststroke Female 15&over 50m Backstroke Male 15&over 800m Freestyle HDW Female 15&over 50m Butterfly	Male 15&over 400m Freestyle HDW Female 15&over 50m Freestyle Male 15&over 200m Backstroke Female 15&over 200m Breaststroke Male 15&over 100m Breaststroke Female 15&over 100m Backstroke Male 15&over 200m IM Female 15&over 200m Freestyle Male 15&over 200m Butterfly Female 15&over 100m Butterfly Male 15&over 100m Freestyle Female 15&over 50m Breaststroke Male 15&over 50m Backstroke Female 15&over 800m Freestyle HDW Male 15&over 50m Butterfly
	Session 3: Combined Heats	Session 5: Combined Heats
	Female 13-14yrs 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 200m Butterfly Male 12-14yrs 100m Butterfly Female 12-14yrs 100m Freestyle Male 13-14yrs 800m Freestyle HDW 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 200m Butterfly Female 12-14yrs 100m Butterfly Male 12-14yrs 100m Freestyle Female 13-14yrs 800m Freestyle HDW Mixed 12yrs 200m Medley Relay HDW

Day 1 Friday 5 th of May	Day 2 Saturday 6 th of May	Day 3 Sunday 7 th of May
Session 1 – Timed Finals & Presentations	Session 3: Finals & Presentations	Session 6: Finals & Presentations
Mixed 13 & over 1500m Freestyle HDW Mixed 13-14yrs 400m Medley Relay HDW Mixed 15 & over 400m Medley Relay HDW Male 13 & over 400m IM HDW Female 13 & over 400m IM HDW	Female 15/16yrs 50m Butterfly Female 17&over 50m Butterfly Male 12yrs 50m Freestyle Male 13/14yrs 50m Freestyle Male 15/16yrs 50m Freestyle Male 17&over 50m Freestyle Female 12yrs 200m Backstroke Female 13/14yrs 200m Backstroke Female 15/16yrs 200m Backstroke Female 17&over 200m Backstroke Male 12yrs 200m Breaststroke Male 13/14yrs 200m Breaststroke Male 15/16yrs 200m Breaststroke Male 17&over 200m Breaststroke Female 12yrs 100m Breaststroke Female 13/14yrs 100m Breaststroke Female 15/16yrs 100m Breaststroke Female 17&over 100m Breaststroke Male 12yrs 100m Backstroke Male 13/14yrs 100m Backstroke Male 15/16yrs 100m Backstroke Male 17&over 100m Backstroke Female 12yrs 200m IM Female 13/14yrs 200m IM Female 15/16yrs 200m IM Female 17&over 200m IM Male 12yrs 200m Freestyle Male 13/14yrs 200m Freestyle Male 15/16yrs 200m Freestyle Male 17&over 200m Freestyle Female 12yrs 200m Butterfly Female 13/14yrs 200m Butterfly Female 15/16yrs 200m Butterfly Female 17&over 200m Butterfly Male 12yrs 100m Butterfly Male 13/14yrs 100m Butterfly Male 15/16yrs 100m Butterfly Male 17&over 100m Butterfly Female 12yrs 100m Freestyle Female 13/14yrs 100m Freestyle Female 15/16yrs 100m Freestyle Female 17&over 100m Freestyle Male 15/16yrs 50m Breaststroke Male 17&over 50m Breaststroke Female 15/16yrs 50m Backstroke Female 17&over 50m Backstroke Male 13-14yrs 400m Freestyle Relay HDW Male 15 & over 400m Freestyle Relay HDW Female 13-14yrs 400m Medley Relay HDW Female 15 & over 400m Medley Relay HDW Female 13-14yrs 800m Freestyle Relay HDW Female 15 & over 800m Freestyle Relay HDW	Male 15/16yrs 50m Butterfly Male 17&over 50m Butterfly Female 12yrs 50m Freestyle Female 13/14yrs 50m Freestyle Female 15/16yrs 50m Freestyle Female 17&over 50m Freestyle Male 12yrs 200m Backstroke Male 13/14yrs 200m Backstroke Male 15/16yrs 200m Backstroke Male 17&over 200m Backstroke Female 12yrs 200m Breaststroke Female 13/14yrs 200m Breaststroke Female 15/16yrs 200m Breaststroke Female 17&over 200m Breaststroke Male 12yrs 100m Breaststroke Male 13/14yrs 100m Breaststroke Male 15/16yrs 100m Breaststroke Male 17&over 100m Breaststroke Female 12yrs 100m Backstroke Female 13/14yrs 100m Backstroke Female 15/16yrs 100m Backstroke Female 17&over 100m Backstroke Male 12yrs 200m IM Male 13/14yrs 200m IM Male 15/16yrs 200m IM Male 17&over 200m IM Female 12yrs 200m Freestyle Female 13/14yrs 200m Freestyle Female 15/16yrs 200m Freestyle Female 17&over 200m Freestyle Male 12yrs 200m Butterfly Male 13/14yrs 200m Butterfly Male 15/16yrs 200m Butterfly Male 17&over 200m Butterfly Female 12yrs 100m Butterfly Female 13/14yrs 100m Butterfly Female 15/16yrs 100m Butterfly Female 17&over 100m Butterfly Male 12yrs 100m Freestyle Male 13/14yrs 100m Freestyle Male 15/16yrs 100m Freestyle Male 17&over 100m Freestyle Female 15/16yrs 50m Breaststroke Female 17&over 50m Breaststroke Male 15/16yrs 50m Backstroke Male 17&over 50m Backstroke Female 13-14yrs 400m Free Relay HDW Female 15 & Over 400m Free Relay HDW Male 13-14yrs 400m Medley Relay HDW Male 15 & over 400m Medley Relay HDW Male 13-14yrs 800m Freestyle Relay HDW Male 15 & over 800m Freestyle Relay HDW

Males - Qualification and Consideration Times

Qualification Times		17 years (Born 2006 and older)	16 years (Born 2007)	15 years (Born 2008)	14 years (Born 2009)	13 years (Born 2010)	12 years (Born 2011)
50m	Freestyle	29.95	31.21	32.56	33.55	35.71	36.37
100m	Freestyle	01:05.09	01:07.74	01:09.94	01:12.57	01:17.01	01:18.44
200m	Freestyle	02:24.74	02:30.55	02:33.91	02:40.20	02:48.55	02:51.56
400m	Freestyle	05:11.87	05:21.04	05:29.40	05:42.32	05:57.36	
50m	Backcrawl	35.53	35.53	35.53			
100m	Backcrawl	01:17.48	01:18.47	01:21.37	01:25.14	01:29.75	01:31.42
200m	Backcrawl	02:49.31	02:52.45	02:55.77	03:02.33	03:09.88	03:13.40
50m	Breaststroke	38.53	38.53	38.53			
100m	Breaststroke	01:27.46	01:30.64	01:34.29	01:38.44	01:44.67	01:46.62
200m	Breaststroke	03:13.27	03:18.76	03:27.98	03:32.94	03:43.38	03:47.50
50m	Butterfly	32.30	32.30	32.30			
100m	Butterfly	01:12.89	01:17.65	01:21.63	01:26.55	01:31.23	01:32.93
200m	Butterfly	02:48.32	02:53.97	03:02.10	03:09.61	03:21.11	03:24.83
200m	IM	02:47.47	02:53.88	02:55.88	03:03.01	03:11.35	03:19.90
400m	IM	05:54.66	06:05.89	06:17.65	06:45.50	06:59.19	

Consideration Times		17 years (Born 2006 and older)	16 years (Born 2007)	15 years (Born 2008)	14 years (Born 2009)	13 years (Born 2010)	12 years (Born 2011)
800m	Freestyle	10:38.21	10:48.88	11:12.31	11:31.88	12:02.30	
1500m	Freestyle	20:28.27	21:04.75	21:57.79	22:30.53	23:19.51	

1500 freestyle: max 3 heats

800 freestyle: max 10 entries per age group (13/14, 15/16, 17&O)

If all lanes are not filled swimmers will be offered a lane based on rankings irrespective of age.

All times must have been achieved in a Level 3 meet since January 1st 2022.

Females - Qualification and Consideration Times

Qualification Times		17 + years (Born 2006 and older)	16 years (Born 2007)	15 years (Born 2008)	14 years (Born 2009)	13 years (Born 2010)	12 years (Born 2011)
50m	Freestyle	32.99	33.84	34.50	35.30	36.15	36.81
100m	Freestyle	01:11.75	01:13.25	01:14.01	01:15.46	01:18.71	01:20.17
200m	Freestyle	02:36.43	02:38.81	02:42.73	02:44.90	02:49.92	02:53.06
400m	Freestyle	05:36.54	05:42.74	05:46.83	05:56.38	06:06.12	
50m	Backcrawl	41.23	41.23	41.23			
100m	Backcrawl	01:22.80	01:25.02	01:25.59	01:27.91	01:30.74	01:32.42
200m	Backcrawl	02:58.78	03:02.07	03:06.06	03:10.27	03:14.93	03:18.54
50m	Breaststroke	43.80	43.80	43.80			
100m	Breaststroke	01:35.05	01:38.00	01:38.79	01:42.05	01:45.28	01:47.23
200m	Breaststroke	03:28.76	03:30.19	03:32.32	03:43.18	03:45.52	03:49.70
50m	Butterfly	36.50	36.50	36.50			
100m	Butterfly	01:20.28	01:22.67	01:25.70	01:29.43	01:33.28	01:35.00
200m	Butterfly	03:06.28	03:11.81	03:18.92	03:21.57	03:25.97	03:29.78
200m	IM	02:56.51	03:00.15	03:05.47	03:11.64	03:16.92	03:25.56
400m	IM	06:27.60	06:38.96	06:42.36	06:51.11	07:06.48	

Consideration Times		17 + years (Born 2006 and older)	16 years (Born 2007)	15 years (Born 2008)	14 years (Born 2009)	13 years (Born 2010)	12 years (Born 2011)
800m	Freestyle	11:28.49	11:40.02	11:51.31	12:06.80	12:24.31	
1500m	Freestyle	22:02.20	22:19.46	22:41.06	22:57.19	23:30.37	

1500 freestyle: max 3 heats

800 freestyle: max 10 entries per age group (13/14, 15/16, 17&O)

If all lanes are not filled swimmers will be offered a lane based on rankings irrespective of age.

All times must have been achieved in a Level 3 meet since January 1st 2022.