

# 2024 Irish Summer National Youth & Senior Championships (50m)

23<sup>rd</sup> – 27<sup>th</sup> July 2024, Dublin - Programme of Events

Day 1 - Tues 23 <sup>rd</sup> July 2024	Day 2 - Wed 24 <sup>th</sup> July 2024	Day 3 - Thurs 25 <sup>th</sup> July 2024	Day 4 - Fri 26 <sup>th</sup> July 2024	Day 5 – Sat 27 <sup>th</sup> July 2024
<b>Session 1 Heats</b> Male Warm Up xxx Female Warm Up xxx Start xxx	<b>Session 4 Heats</b> Female Warm Up xxx Male Warm Up xxx Start xxx	<b>Session 7 Heats</b> Male Warm Up xxx Female Warm Up xxx Start xxx	<b>Session 10 Heats</b> Male Warm Up xxx Female Warm Up xxx Start xxx	<b>Session 13 Heats</b> Female Warm Up xxx Male Warm Up xxx Start xxx
<ul style="list-style-type: none"> <li>▪ Male 400m IM</li> <li>▪ Female 200m Butterfly</li> <li>▪ Male 200m Freestyle</li> <li>▪ Female 200m Freestyle</li> <li>▪ Male 100m Breaststroke</li> <li>▪ Female 100m Breaststroke</li> <li>▪ Male 15 yrs &amp; Over 400m Freestyle Relay HDW</li> <li>▪ Female 15 yrs &amp; Over 400m Freestyle Relay HDW</li> </ul>	<ul style="list-style-type: none"> <li>▪ Female 50m Freestyle</li> <li>▪ Male 200m Backstroke</li> <li>▪ Female 100m Butterfly</li> <li>▪ Male 50m Freestyle</li> <li>▪ Female 200m IM</li> <li>▪ Male 100m Butterfly</li> <li>▪ Mixed 15 yrs &amp; Over 400m Mixed Medley Relay HDW</li> </ul>	<ul style="list-style-type: none"> <li>▪ Male 50m Backstroke</li> <li>▪ Female 50m Backstroke</li> <li>▪ Male 200m Breaststroke</li> <li>▪ Female 200m Breaststroke</li> <li>▪ Male 100m Freestyle</li> <li>▪ Female 100m Freestyle</li> <li>▪ Male 15 yrs &amp; Over 800m Freestyle Relay HDW</li> </ul>	<ul style="list-style-type: none"> <li>▪ Male 200m IM</li> <li>▪ Female 200m Backstroke</li> <li>▪ Male 400m Freestyle</li> <li>▪ Female 400m Freestyle</li> <li>▪ Male 200m Butterfly</li> <li>▪ Female 15 yrs &amp; Over 800m Freestyle Relay HDW</li> </ul>	<ul style="list-style-type: none"> <li>▪ Female 100m Backstroke</li> <li>▪ Male 100m Backstroke</li> <li>▪ Female 400m IM</li> <li>▪ Male 50m Butterfly</li> <li>▪ Female 50m Butterfly</li> <li>▪ Male 50m Breaststroke</li> <li>▪ Female 50m Breaststroke</li> <li>▪ Male 15 yrs &amp; Over 400m Medley Relay HDW</li> <li>▪ Female 15 yrs &amp; Over 400m Medley Relay HDW</li> </ul>
<b>Session 2 Heats</b> Male Warm Up xxx Female Warm Up xxx Start xxx	<b>Session 5 Heats</b> Female Warm Up xxx Male Warm Up xxx Start xxx	<b>Session 8 Heats</b> Male Warm Up xxx Female Warm Up xxx Start xxx	<b>Session 11 Heats</b> Male Warm Up xxx Female Warm Up xxx Start xxx	<b>Session 14 Heats</b> Female Warm Up xxx Male Warm Up xxx Start xxx
<ul style="list-style-type: none"> <li>▪ Male 400m IM</li> <li>▪ Female 200m Butterfly</li> <li>▪ Male 200m Freestyle</li> <li>▪ Female 200m Freestyle</li> <li>▪ Male 100m Breaststroke</li> <li>▪ Female 100m Breaststroke</li> <li>▪ Male 800m Freestyle HDW</li> </ul>	<ul style="list-style-type: none"> <li>▪ Female 50m Freestyle</li> <li>▪ Male 200m Backstroke</li> <li>▪ Female 100m Butterfly</li> <li>▪ Male 50m Freestyle</li> <li>▪ Female 200m IM</li> <li>▪ Male 100m Butterfly</li> <li>▪ Female 1500m Freestyle HDW</li> </ul>	<ul style="list-style-type: none"> <li>▪ Male 50m Backstroke</li> <li>▪ Female 50m Backstroke</li> <li>▪ Male 200m Breaststroke</li> <li>▪ Female 200m Breaststroke</li> <li>▪ Male 100m Freestyle</li> <li>▪ Female 100m Freestyle</li> <li>▪ Male 1500m Freestyle HDW</li> </ul>	<ul style="list-style-type: none"> <li>▪ Male 200m IM</li> <li>▪ Female 200m Backstroke</li> <li>▪ Male 400m Freestyle</li> <li>▪ Female 400m Freestyle</li> <li>▪ Male 200m Butterfly</li> </ul>	<ul style="list-style-type: none"> <li>▪ Female 100m Backstroke</li> <li>▪ Male 100m Backstroke</li> <li>▪ Female 400m IM</li> <li>▪ Male 50m Butterfly</li> <li>▪ Female 50m Butterfly</li> <li>▪ Male 50m Breaststroke</li> <li>▪ Female 50m Breaststroke</li> <li>▪ Female 800m Freestyle HDW</li> </ul>
<b>Session 3 Finals</b> Female Warm Up xxx Male Warm Up xxx Start xxx	<b>Session 6 Finals</b> Male Warm Up xxx Female Warm Up xxx Start xxx	<b>Session 9 Finals</b> Male Warm Up xxx Female Warm Up xxx Start xxx	<b>Session 12 Finals</b> Male Warm Up xxx Female Warm Up xxx Start xxx	<b>Session 15 Finals</b> Female Warm Up xxx Male Warm Up xxx Start xxx
<ol style="list-style-type: none"> <li>1. Female 15 yrs 200m Butterfly 'B'</li> <li>2. Female 15 yrs 200m Butterfly 'A'</li> <li>3. Female 16/17 yrs 200m Butterfly 'B'</li> <li>4. Female 16/17 yrs 200m Butterfly 'A'</li> <li>5. Female 18 yrs &amp; Over 200m Butterfly 'A'</li> <li>6. Female 200m Butterfly Super Final</li> <li>7. Male 15 yrs 400m IM</li> <li>8. Male 16 yrs 400m IM</li> </ol>	<ol style="list-style-type: none"> <li>40. Male 15 yrs 200m Backstroke 'B'</li> <li>41. Male 15 yrs 200m Backstroke 'A'</li> <li>42. Male 16 yrs 200m Backstroke 'B'</li> <li>43. Male 16 yrs 200m Backstroke 'A'</li> <li>44. Male 17/18 yrs 200m Backstroke 'B'</li> <li>45. Male 17/18 yrs 200m Backstroke 'A'</li> <li>46. Male 19 yrs &amp; Over 200m Backstroke 'A'</li> <li>47. Male 200m Backstroke Super Final</li> </ol>	<ol style="list-style-type: none"> <li>82. Male 15 yrs &amp; Over 50m Backstroke 'B'</li> <li>83. Male 15 yrs &amp; Over 50m Backstroke 'A'</li> <li>84. Female 15 yrs &amp; Over 50m Backstroke 'B'</li> <li>85. Female 15 yrs &amp; Over 50m Backstroke 'A'</li> <li>86. Male 15 yrs 200m Breaststroke 'B'</li> </ol>	<ol style="list-style-type: none"> <li>115. Male 15 yrs 200m IM 'B'</li> <li>116. Male 15 yrs 200m IM 'A'</li> <li>117. Male 16 yrs 200m IM 'B'</li> <li>118. Male 16 yrs 200m IM 'A'</li> <li>119. Male 17/18 yrs 200m IM 'B'</li> <li>120. Male 17/18 yrs 200m IM 'A'</li> <li>121. Male 19 yrs &amp; Over 200m IM 'A'</li> <li>122. Male 200m IM Super Final</li> </ol>	<ol style="list-style-type: none"> <li>146. Female 15 yrs 100m Backstroke 'B'</li> <li>147. Female 15 yrs 100m Backstroke 'A'</li> <li>148. Female 16/17 yrs 100m Backstroke 'B'</li> <li>149. Female 16/17 yrs 100m Backstroke 'A'</li> <li>150. Female 18 yrs &amp; Over 100m Backstroke 'A'</li> <li>151. Female 100m Backstroke Super Final</li> </ol>

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9. Male 17/18 yrs 400m IM	48. Female 15 yrs 50m Freestyle 'B'	87. Male 15 yrs 200m Breaststroke 'A'	123. Female 15 yrs 200m Backstroke 'B'	152. Male 15 yrs 100m Backstroke 'B'
10. Male 19 yrs & Over 400m IM	49. Female 15 yrs 50m Freestyle 'A'	88. Male 16 yrs 200m Breaststroke 'B'	124. Female 15 yrs 200m Backstroke 'A'	153. Male 15 yrs 100m Backstroke 'A'
11. Male 400m IM Super Final	50. Female 16/17 yrs 50m Freestyle 'B'	89. Male 16 yrs 200m Breaststroke 'A'	125. Female 16/17 yrs 200m Backstroke 'B'	154. Male 16 yrs 100m Backstroke 'B'
12. Female 15 yrs 200m Freestyle 'B'	51. Female 16/17 yrs 50m Freestyle 'A'	90. Male 17/18 yrs 200m Breaststroke 'B'	126. Female 16/17 yrs 200m Backstroke 'A'	155. Male 16 yrs 100m Backstroke 'A'
13. Female 15 yrs 200m Freestyle 'A'	52. Female 18 yrs & Over 50m Freestyle 'A'	91. Male 17/18 yrs 200m Breaststroke 'A'	127. Female 18 yrs & Over 200m Backstroke 'A'	156. Male 17/18 yrs 100m Backstroke 'B'
14. Female 16/17 yrs 200m Freestyle 'B'	53. Female 50m Freestyle Super Final	92. Male 19 yrs & Over 200m Breaststroke 'A'	128. Female 200m Backstroke Super Final	157. Male 17/18 yrs 100m Backstroke 'A'
15. Female 16/17 yrs 200m Freestyle 'A'	54. Male 15 yrs 50m Freestyle 'B'	93. Male 200m Breaststroke Super Final	129. Male 15 yrs 400m Freestyle	158. Male 19 yrs & Over 100m Backstroke 'A'
16. Female 18 yrs & Over 200m Freestyle 'A'	55. Male 15 yrs 50m Freestyle 'A'	94. Female 15 yrs 200m Breaststroke 'B'	130. Male 16 yrs 400m Freestyle	159. Male 100m Backstroke Super Final
17. Female 200m Freestyle Super Final	56. Male 16 yrs 50m Freestyle 'B'	95. Female 15 yrs 200m Breaststroke 'A'	131. Male 17/18 yrs 400m Freestyle	160. Female 15 yrs 400m IM
18. Male 15 yrs 200m Freestyle 'B'	57. Male 16 yrs 50m Freestyle 'A'	96. Female 16/17 yrs 200m Breaststroke 'B'	132. Male 19 yrs & Over 400m Freestyle	161. Female 16 yrs 400m IM
19. Male 15 yrs 200m Freestyle 'A'	58. Male 17/18 yrs 50m Freestyle 'B'	97. Female 16/17 yrs 200m Breaststroke 'A'	133. Male 400m Freestyle Super Final	162. Female 17/18 yrs 400m IM
20. Male 16 yrs 200m Freestyle 'B'	59. Male 17/18 yrs 50m Freestyle 'A'	98. Female 18 yrs & Over 200m Breaststroke 'A'	134. Female 15 yrs 400m Freestyle	163. Female 19 yrs & Over 400m IM
21. Male 16 yrs 200m Freestyle 'A'	60. Male 19 yrs & Over 50m Freestyle 'A'	99. Female 200m Breaststroke Super Final	135. Female 16/17 yrs 400m Freestyle	164. Female 400m IM Super Final
22. Male 17/18 yrs 200m Freestyle 'B'	61. Male 50m Freestyle Super Final	100. Male 15 yrs 100m Freestyle 'B'	136. Female 18 yrs & Over 400m Freestyle	165. Male 15 yrs & Over 50m Butterfly 'B'
23. Male 17/18 yrs 200m Freestyle 'A'	62. Female 15 yrs 100m Butterfly 'B'	101. Male 15 yrs 100m Freestyle 'A'	137. Female 400m Freestyle Super Final	166. Male 15 yrs & Over 50m Butterfly 'A'
24. Male 19 yrs & Over 200m Freestyle 'A'	63. Female 15 yrs 100m Butterfly 'A'	102. Male 16 yrs 100m Freestyle 'B'	138. Male 15 yrs 200m Butterfly 'B'	167. Female 15 yrs & Over 50m Butterfly 'B'
25. Male 200m Freestyle Super Final	64. Female 16/17 yrs 100m Butterfly 'B'	103. Male 16 yrs 100m Freestyle 'A'	139. Male 15 yrs 200m Butterfly 'A'	168. Female 15 yrs & Over 50m Butterfly 'A'
26. Female 15 yrs 100m Breaststroke 'B'	65. Female 16/17 yrs 100m Butterfly 'A'	104. Male 17/18 yrs 100m Freestyle 'B'	140. Male 16 yrs 200m 100m Butterfly 'B'	169. Female 15 yrs & Over 50m Butterfly 'A'
27. Female 15 yrs 100m Breaststroke 'A'	66. Female 18 yrs & Over 100m Butterfly 'A'	105. Male 17/18 yrs 100m Freestyle 'A'	141. Male 16 yrs 200m Butterfly 'A'	170. Male 15 yrs & Over 50m Breaststroke 'B'
28. Female 16/17 yrs 100m Breaststroke 'B'	67. Female 100m Butterfly Super Final	106. Male 19 yrs & Over 100m Freestyle 'A'	142. Male 17/18 yrs 200m Butterfly 'B'	171. Male 15 yrs & Over 50m Breaststroke 'A'
29. Female 16/17 yrs 100m Breaststroke 'A'	68. Male 15 yrs 100m Butterfly 'B'	107. Male 100m Freestyle Super Final	143. Male 17/18 yrs 200m Butterfly 'A'	172. Female 15 yrs & Over 50m Breaststroke 'B'
30. Female 18 yrs & Over 100m Breaststroke 'A'	69. Male 15 yrs 100m Butterfly 'A'	108. Female 15 yrs 100m Freestyle 'B'	144. Male 19 yrs & Over 200m Butterfly 'A'	173. Female 15 yrs & Over 50m Breaststroke 'A'
31. Female 100m Breaststroke Super Final	70. Male 16 yrs 100m Butterfly 'B'	109. Female 15 yrs 100m Freestyle 'A'	145. Male 200m Butterfly Super Final	
32. Male 15 yrs 100m Breaststroke 'B'	71. Male 16 yrs 100m Butterfly 'A'	110. Female 16/17 yrs 100m Freestyle 'B'		
33. Male 15 yrs 100m Breaststroke 'A'	72. Male 17/18 yrs 100m Butterfly 'B'	111. Female 16/17 yrs 100m Freestyle 'A'		
34. Male 16 yrs 100m Breaststroke 'B'	73. Male 17/18 yrs 100m Butterfly 'A'	112. Female 18 yrs & Over 100m Freestyle 'A'		
35. Male 16 yrs 100m Breaststroke 'A'	74. Male 19 yrs & Over 100m Butterfly 'A'	113. Female 100m Freestyle Super Final		
36. Male 17/18 yrs 100m Breaststroke 'B'	75. Male 100m Butterfly Super Final	114.		
37. Male 17/18 yrs 100m Breaststroke 'A'	76. Female 15 yrs 200m IM 'B'			
38. Male 19 yrs & Over 100m Breaststroke 'A'	77. Female 15 yrs 200m IM 'A'			
39. Male 100m Breaststroke Super Final	78. Female 16/17 yrs 200m IM 'B'			
	79. Female 16/17 yrs 200m IM 'A'			
	80. Female 18 yrs & Over 200m IM 'A'			
	81. Female 200m IM Super Final			

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### Notes:

1. Qualification Times (all individual events) and Consideration Times (Olympic individual events only) from long course (50m) pool competitions only
2. **50m & 100m Events:** Minimum of 4 of the fastest 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 Butterfly Events:** Minimum of 2 of the fastest 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):** Minimum of 4 of the fastest 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 Freestyle Events:** Minimum of 4 of the fastest heats (regardless of age) swims in the first Heats Session each day; all remaining heats swim in the Second Heats Session each day
6. **400m IM Events:** Minimum of 2 of the fastest heats (regardless of age) swims in the first Heats Session each day; all remaining heats swim in the Second Heats Session each day
7. **800m & 1500m Events:** All heats swim in the second Heats Session each day
8. **Relay Events:** All heats swim in the first Heats Session each day
9. 50m, 100m & 200m events have Super Finals and 'A' Finals
10. 50m, 100m & 200m events have 'B' Finals in all age groups bar the Female 18 years & Over and the Male 19 years & Over age groups; '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
11. 400m events have Super Finals and 'A' Finals per age group only
12. 800m/1500m events and Relay events are Heat Declared Winner (HDW)
13. Super Finals - maximum of three non-Irish competitors; Super Finals are composed of the Fastest 10 competitors from all age group following Heat swims. Competitors may not withdraw from the Super Final in an endeavour to compete in the 'A' Final within their age group
14. 'A' Finals - maximum of three non-Irish competitors, other than the Female 18 years & Over and the Male 19 years & Over age groups Finals which are for Irish competitors only
15. 'B' Finals – Irish competitors only
16. Olympic Individual Event Finals/HDW 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
17. 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
18. Non-Olympic Individual Event Finals competed in age group of
 

Male: 15 years & over
Female: 15 years & over
19. Non-Olympic Individual Event Medals awarded in age group of
 

Male: 15 years & over
Female: 15 years & over
20. Times achieved in Super Finals or in the heats of HDW events will be considered as a priority in the awarding of medals; times achieved in the 'A' Finals will be considered as a secondary priority in the awarding of medals (in events that are not declared as HDW)
21. Non-Irish athletes receive commemorative medals if achieved from Super Finals, 'A' Finals or HDW events
22. A maximum of two relay teams ('A' and 'B') can be entered per club per relay event
23. Gold/Silver/Bronze Certificates Awarded to 'Highest Improvement Inside Entry Time' (from the Heats) per age group per individual event
24. Top Club Award from Hy-Tek Quality Club Scoring System – each club to have XXX scoring athletes per individual event per age band and one scoring relay per relay event