

# Irish Open Age Group LC Championships

## National Aquatic Centre

9<sup>th</sup> to 11<sup>th</sup> July, 2010

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**Individual Age Groupings:** Boys 11/12, 13, 14 and 15 yrs. Girls 11/12, 13 and 14 yrs.

**Relay Age Groupings:** Boys 11/12, 13/14, 15 yrs. Girls 11/12, 13/14 yrs.

**Swimming Up:** Swimmers cannot swim up in individual events but on relays 1 swimmer per relay may "swim up". Swimmers may swim in one age group ONLY on relays.

### Meet Conditions

1. Heats will be run with combined age groups based on each swimmers entry time in 10 lane format. Finals will be split into separate age groups and run in 8 lane format.
2. Swimmers may enter the events in which they have qualified and may also enter any or all of the following 200m B/C, 200m Brs, 200m Fly, and/or 400m Ind. Medley.
3. One Award will be presented in each age group for best swim in either heats or finals based on FINA points
4. The awards will be based on the following combined highest total points, swimming events in EACH off the following categories
  - a. 800m /1500m FC OR 400m FC OR 400m IM
  - b. ANY stroke 200m event OR 200m IM
  - c. ANY stroke 100m Event
5. The Female 800m FS and Male 1500m FS will be HDW. All age groups will swim together. Awards will be presented to each age group represented and will be confined to three heats.
6. Award winners must achieve the Consideration Standard in the heats for timed finals events and in the finals for other events.. A fine of €50 will apply to swimmers who fail to achieve the Standard for the entered event and who cannot provide proof that they achieved the Standard for the event since the required date. In Age Group Meets this will apply to Qualifying/Required Event(s) only.
7. Only times which appear on the National database will be accepted. Standards must have been achieved in Open Competition since July 1<sup>st</sup>. in the previous year.. Swimmers must declare whether their entry times are Short Course or Long Course.
8. Members of other Federations may be required to verify their age by presenting their Passports.
9. Dope Testing may take place at any meet run under Swim Ireland rules. Please understand that by entering the meet you are automatically agreeing to dope testing.
10. Where Long course times have not been achieved swimmers should enter on short course times. These times will be converted to Long Course using Hy-Tek after entries have been received
11. Overseas swimmers will receive commemorative medals if placed in first three. The first three Irish swimmers will receive awards

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### Order of Events

<p><b>Session 1</b> <b>Friday 9.30 am</b> <b>Warm Up 8.00 am</b></p> <ol style="list-style-type: none"><li>1. Boys 11-15 400m Freestyle HDW</li><li>2. Girls 11-14 800m Freestyle HDW</li><li>3. Boys 11- 15 200m Fly</li><li>4. Girls 11-14 200m Fly</li><li>5. Boys 11-15 100m Backstroke</li><li>6. Girls 11-14 100m Backstroke</li><li>7. Boys 11-15 200m Ind. Medley</li><li>8. Girls 11-14 200m Ind. Medley</li><li>9. Boys 11/12 4x50m FTR</li><li>10. Girls 11/12 4x50m MTR</li><li>11. Boys 13/14 4x50m FTR</li><li>12. Girls 13/14 4x50m MTR</li><li>13. Boys 15 4x50m FTR</li></ol>	<p><b>Session 3</b> <b>Saturday 9.30 am</b> <b>Warm Up 8.00 am</b></p> <ol style="list-style-type: none"><li>14. Girls 11-14 400m Freestyle HDW</li><li>15. Boys 11-15 400m Ind. Medley</li><li>16. Girls 11-14 100m Fly</li><li>17. Boys 11-15 100m Fly</li><li>18. Girls 11-14 200m Breaststroke</li><li>19. Boys 11-15 200m Breaststroke</li><li>20. Girls 11/12 4x50m FTR</li><li>21. Boys 11/12 4x50m MTR</li><li>22. Girls 13/14 4x50m FTR</li><li>23. Boys 13/14 4x50m MTR</li><li>24. Boys 15 4x50m FTR</li><li>25. Girls 11-14 100m Freestyle</li><li>26. Boys 11-15 100m Freestyle</li></ol>	<p><b>Session 5</b> <b>Sunday 9.30 am</b> <b>Warm Up 8.00 am</b></p> <ol style="list-style-type: none"><li>27. Boys 11-15 1500m F/C HDW</li><li>28. Girls 11-14 400m I.M. HDW</li><li>29. Boys 11-15 200m Backstroke</li><li>30. Girls 11-14 200m Backstroke</li><li>31. Boys 11-15 100m Breaststroke</li><li>32. Girls 11-14 100m Breaststroke</li><li>33. Boys 11-14 200m Freestyle</li><li>34. Girls 11-14 200m Freestyle</li></ol>
<p><b>Session 2</b> <b>Friday 4.30 pm</b> <b>Warm Up 3.30 pm</b></p> <p>Finals of Events 3 -13.</p> <p>1 Final will be held in each age group</p>	<p><b>Session 4</b> <b>Saturday 4.30 pm</b> <b>Warm Up 3.30 pm</b></p> <p>Finals of Events 14 -26.</p> <p>1 Final will be held in each age group</p>	<p><b>Session 6</b> <b>Sunday 4.30 pm</b> <b>Warm Up 3.30 pm</b></p> <p>Finals of Events 31 -36.</p> <p>1 Final will be held in each age group</p>

**We accept Top 10 in all events irrespective of Q.T.**

“Swimmers who have qualified for at least one event at Irish Age Group Championships may submit additional entries for **consideration**. In events where there are less than 10 entries, the fastest ten entries will be accepted.

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### Consideration Standards

#### Long Course Consideration Standards

#### Short Course

#### Consideration Standards

<u>11/12</u>	<u>13</u>	<u>14</u>	<u>15</u>	Male	<u>11/12</u>	<u>13</u>	<u>14</u>	<u>15</u>
1:12.00	1:08.90	1:06.30	1:04.00	100m Freestyle	1:09.90	1:07.00	1:04.40	1:02.20
2:37.80	2:31.20	2:25.40	2:20.30	200m Freestyle	2:33.60	2:27.20	2:21.50	2:16.60
5:33.60	5:19.60	5:07.50	4:56.60	400m Freestyle	5:25.80	5:12.20	5:00.30	4:49.70
22:05.20	21:09.90	20:21.50	19:38.50	1500m Freestyle	21:35.55	20:41.40	19:54.10	19:12.00
1:20.40	1:17.10	1:14.10	1:11.50	100m Backstroke	1:16.30	1:13.10	1:10.30	1:07.80
2:54.50	2:47.20	2:40.80	2:35.20	200m Backstroke	2:47.00	2:40.00	2:33.90	2:28.50
1:29.90	1:26.10	1:22.90	1:19.90	100m Breaststroke	1:26.80	1:23.20	1:20.00	1:17.20
3:14.50	3:06.30	2:59.20	2:52.90	200m Breaststroke	3:08.40	3:00.50	2:53.60	2:47.50
1:17.40	1:14.10	1:11.30	1:08.80	100m Butterfly	1:15.70	1:12.50	1:09.70	1:07.30
2:51.50	2:44.30	2:38.00	2:32.50	200m Butterfly	2:47.20	2:40.20	2:34.10	2:28.70
2:57.60	2:50.20	2:43.70	2:37.90	200m Ind. Medley	2:52.10	2:44.90	2:38.60	2:33.00
6:15.90	6:00.20	5:46.50	5:43.30	400m Ind. Medley	6:05.20	5:49.90	5:36.60	5:24.70
<u>11/12</u>	<u>13</u>	<u>14</u>		Female	<u>11/12</u>	<u>13</u>	<u>14</u>	
1:12.90	1:11.60	1:10.40		100m Freestyle	1:11.20	1:09.90	1:08.80	
2:38.00	2:35.30	2:32.60		200m Freestyle	2:34.90	2:32.20	2:29.60	
5:31.00	5:25.20	5:19.60		400m Freestyle	5:25.20	5:19.50	5:14.10	
11:15.40	11:03.70	10:52.50		800m Freestyle	11:08.40	10:56.80	10:45.70	
1:21.20	1:19.80	1:18.40		100m Backstroke	1:18.40	1:17.10	1:15.80	
2:52.80	2:49.80	2:46.90		200m Backstroke	2:48.80	2:45.90	2:43.10	
1:30.50	1:28.90	1:27.40		100m Breaststroke	1:28.50	1:27.00	1:25.50	
3:14.20	3:10.80	3:07.60		200m Breaststroke	3:09.20	3:05.90	3:02.80	
1:17.60	1:16.20	1:14.90		100m Butterfly	1:17.00	1:15.60	1:14.40	
2:50.30	2:47.30	2:44.50		200m Butterfly	2:48.80	2:45.80	2:43.10	
2:56.90	2:53.80	2:50.90		200m Ind. Medley	2:53.70	2:50.60	2:47.70	
6:11.90	6:05.00	5:58.90		400m Ind. Medley	6:04.00	5:57.60	5:51.60	

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# SWIM MEET RULES

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It is Swim Ireland's objective to operate Meets in accordance with the Rules, and in the interests of the enjoyment and development of all those involved. Please help us develop a spirit of co-operation and of fair play.

## **Meet Conditions**

Each Meet has Conditions of Entry, which are specific to each meet listed on the relevant page. The following general rules apply to all National Meets, which will be run in accordance with FINA Rules and will have electronic timing, semi automatic timing (back up buttons) and manual timing.

## **Officials**

All clubs entering National Meets must provide at least one meet official per session for every four swimmers entered, subject to a maximum of three officials per session. A roster will be issued to competing clubs. Officials must check in with the meet organiser at least 45 minutes prior to the start of each session.

Failure of the required officials to check in will result in the club being scratched from the session". **Clubs who do not provide the requisite officials will be scratched from the competition.**

## **Technical Meeting**

The event Technical Meeting for all team managers and coaches will be held the evening before the first session or at such time as advised by the Meet Director.

## **Postings and Withdrawals**

Posting of programmes for the ENTIRE competition must be made at the Technical Meeting. All withdrawals from heats or timed finals must be made at the technical meeting. If a club fails to attend the technical meeting it will be deemed that all swimmers are competing in their entered events.

**Withdrawals from heats or timed finals or "no show" after the technical meeting will be subject to a fine of €50 without exception.**

A swimmer will not be subject to a fine in the event that they produce a doctor's certificate to Swim Ireland within 72 hours of the end of the competition. Once a swimmer has been declared unfit to swim they will not be eligible to compete in the remainder of the competition.

Withdrawals from semi-finals or finals (including reserves) may be made up to 30 minutes from the publication of the semi-final or final. Withdrawals after this time or "no show" (including reserves) will be subject to a fine of €50 without exception. *Note: The names of swimmers qualified (including reserves) for the semi-finals or finals may be published by announcement on the PA system or by printed results.*

## **Relays**

Entry forms for relay events may include up to 8 swimmers. The names of the four relay team members swimming in a race and the order of swimming must be declared on the official Team Declaration Sheet and submitted to the Recorder no later than one hour before the start of the session in which the race takes place. The swimmers may change between heats and finals, but all competing swimmers must be included in the list of 8 swimmers submitted with the entry list.

Relay teams not declared on the official Team Declaration Sheet and submitted to the Recorder no later than one hour before the start of the session shall be withdrawn and such withdrawal shall be subject to a fine of €50 without exception. Relay teams that swim in an order that is different from the order of swimming declared on the Team Declaration Sheet shall be disqualified in accordance with FINA SW 10.12.

### **Ages**

Ages are as the first day of competition. A Novice is a swimmer who has never won any medal at an Open Competition, including Club, Regional and National Meets. This includes events run by the Irish Schools Swimming Association.

### **Warm Up**

Warm up for heat sessions will be mixed and will generally commence 90 minutes before the session start time and end 15 minutes before the session start time. Finals session warm up start 60 minutes before the finals start time and end 15 minutes before the finals session and are mixed gender.

The above may be altered at the discretion of the gala organiser. Warm up for short course competition where a separate warm up pool is available will be mixed, and will commence 60 minutes before the session start time and end 15 minutes before the session start time.

### **Official Times**

Official times are required to qualify for Swim Ireland Meets or Squads or for consideration for selection to teams representing Ireland in non-Swim Ireland events or for Record application. Times from club time-trials will not be accepted. Official Times are times achieved in events which are Open, have electronic timing, the minimum number of officials and Official Results. That minimum number of officials shall include a Race Referee, a Starter, finish, turn and stroke judges and a Recorder who may be the electronic timing operator.

Official times achieved in away competitions may be submitted if accompanied by a copy of the official result signed by the race referee and including electronic timing slips, name of meet, venue, pool length and date of the swim. Hand-written results or times not accompanied by the above information will not be accepted. Qualifying times may be checked. False times may result in the club being suspended from the competition.

### **Complaints and Protests**

A Team leader or Club Coach may ask a referee to explain a decision involving a DQ or other matter. Such requests must be made only to the Referee and not to any other meet official. If the team leader or club coach is not satisfied with the explanation he/she may then protest the decision, subject to FINA Rules.

Where a Protest is made concerning the outcome of a final then the awards for that event will be held until the Protest is heard. If conditions causing a potential protest are noted prior to the event any protest must be lodged before the signal to start is given.

Protests involve a formal procedure and may be made in accordance with FINA Rule GR 9.2. Protests are made to the Referee in writing. A protest may be made:

- If the officials have not observed the relevant FINA and Swim Ireland rules and regulations for the conduct of the competition or have misinterpreted such rules or regulations.
- If conditions endanger the competitors or the competition
- A protest may be made against a decision of the referee; however, no protest shall be allowed against decisions of fact.

The protest must be made within 30 minutes of the end of the respective heats or finals session in which the matter giving rise to the protest took place. The protest must be made in writing to the referee, and accompanied by a fee of €50.

The referee will either uphold or reject the protest and will give the decision in writing. If the protest is upheld, the fee will be returned and any DQ will be overturned. If the referee rejects the protest the fee is forfeit and any DQ will be confirmed. The rejection or upholding of a protest by the referee may be appealed to a Jury of Appeal whose decision is final. Under FINA Rules the matter ends with the Jury of Appeal.

### **Presentation Ceremonies**

All swimmers must be properly attired in a tracksuit or t-shirt and shorts for medal ceremonies.

### **Photography**

It is a condition of attending a Swim Ireland event that swimmers accept they may be photographed or filmed as part of the occasion, either as an individual or as a member of a group. Swimmers may also appear in a photograph or video inadvertently. Parents and swimmers must accept this. All photography and/or filming will be in accordance with Swim Ireland Guidelines.

### **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 Sports Council Anti Doping rules.

### **Swimwear**

All swimmers must abide by the FINA rules regarding swimwear.