



Irish Age Group Division 1 Championships
UL Arena, Limerick
6th – 8th July, 2012

MEET CONDITIONS

Meet Host:	Irish Amateur Swimming Association / Swim Ireland
Approval By:	Irish Amateur Swimming Association / Swim Ireland
Conditions of Sanction:	This competition is certified in accordance with FINA rules and under the event regulations of Swim Ireland. By entering this event, swimmers are agreeing to comply with these rules and regulations.
Meet Location:	University Arena, University of Limerick, Castletroy, Limerick. Tel: +353 61 213555 http://www.universityarena.com
Pool Specifications:	50 metre, 10 lane, indoor competition pool with wave-breaker lane ropes. There will not be a warm-up/swim-down area available during the meet.
Meet Type:	National Age Group Meet. Heats will be run in 10 lane format with combined age groups based on swimmers' entry time. There will be one final per age group for all 100m and 200m events. All 400m, 800m and 1500m events will be Timed Finals with the fastest heat swimming in the finals session (only one final). Age groupings are considered based on swimmers age on the first day of competition. Individual Age Groupings: Boy's 12&U; 13; 14; 15. Girl's 12&U; 13; 14. Relay Age Groupings: Boy's 12&U; 13-14; 15. Girl's 12&U; 13-14.
Equipment:	Omega electronic timing system with integrated Hy-tek software. Minimum of 2 stop-watches per lane.
Session Times:	Session 1: Friday 6 th July Warm-up 8.00am; Competition 9.15am Session 2: Friday 6 th July Warm-up 4.30pm; Competition 5.30pm Session 3: Saturday 7 th July Warm-up 8.00am; Competition 9.15am Session 4: Saturday 7 th July Warm-up 4.30pm; Competition 5.30pm Session 5: Sunday 8 th July Warm-up 8.00am; Competition 9.15am Session 6: Sunday 8 th July Warm-up 4.30pm; Competition 5.30pm
Eligibility:	Open to all eligible, current Swim Ireland registered competitive members who achieve the qualification standards (page 6). Entry Standards must have been achieved in Open Competition in the preceding twelve months. Only times which appear on the national database will be accepted. Times not appearing on the national database must be verified by providing a copy of the meet results, signed by the Lead Referee for the event. 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. Entries are also accepted from overseas swimmers. Members of other federations may be required to verify their age. Swimmers may enter the events in which they have qualified and may also enter any or all of the following 200m Backstroke; 200m Breaststroke; 200m Butterfly; 400m Individual Medley; 400m, 800m & 1500m Freestyle.





Irish Age Group Division 1 Championships
UL Arena, Limerick
6th – 8th July, 2012


Disability Swimming:	Responsibility of Paralympics Ireland.
Seeding:	Seeding for lane placing will be based on entry times using the Hy-tek software.
Entry Limit:	There will be no entry limit for this event.
Entry Conditions:	It will be a condition of entry that all Irish swimmers must have a valid Swim Ireland Registration No. for the 2011/2012 season. These registration numbers must be provided with entries (both paper and Hy-Tek).
Technical Meeting:	Technical meeting will take place at 7.30pm at the Carlton Castletroy Hotel on Thursday 5 th July. All withdrawals for the first session must be made at the technical meeting. Withdrawals for all subsequent sessions can be made before 4.30pm on the previous day. Attendance at this meeting is mandatory for each club. A fine of €100 will be issued to clubs who fail to be represented at this meeting.
Scratches:	Failure to withdraw from a heat or timed final will be subject to a €50 fine. Withdrawals from finals must be made within 30 minutes from the announcement of the final, otherwise swimmers will be subject to a €50 fine. A swimmer who has to withdraw due to medical grounds will not be subject to a fine if they can provide a doctors certificate within 72 hours. Scratching with a medical cert will apply for the remainder of the competition.
Entry Form:	Electronic Hy-tek entries are accepted via Hy-tek to the Swim Ireland Office at entries@swimireland.ie Paper entries should be posted to the Swim Ireland Office at Sport HQ, 13 Joyce Way, Parkwest, Dublin 12, Ireland marked "2012 IRISH AGE GROUP DIVISION 1".
Entry Deadline:	Tuesday 15 th June, 2012 for Hy-tek and Paper entries.
Entry Fees:	Individual entries cost €7.00/£6.30 per event. Relay entries cost €28.00/£25.20 per event. 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.
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 Recorder 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. For relay events only, one swimmer per relay may "swim-up", but can only compete in relay's in one age group. Relay swimmers must be entered in an individual event or must be slower than the qualification standards. 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.
Scoring:	There will be no scoring for this event.
Awards:	Medals are awarded for top-3 placings in each age group. All swimmers should be properly attired in a tracksuit or t-shirt and shorts for medal ceremonies. Three awards will be presented in each age group for best swimmers in either heats or finals based on FINA points. The awards will be



Irish Age Group Division 1 Championships
UL Arena, Limerick
6th – 8th July, 2012

	<p>based on the following combined highest total points, swimming events in each off the following categories</p> <ul style="list-style-type: none"> • 800m/1500m Freestyle OR 400m Freestyle OR 400m I.M. • ANY stroke 200m event OR 200m I.M. • ANY stroke 100m Event. <p>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 Consideration Standard for the event since the required date. In Age Group Meets this will apply to Qualifying/Required Event(s) only.</p> <p>Overseas swimmers will receive commemorative medals if placed in first three. The first three Irish swimmers will receive medals. A maximum of 4 overseas swimmers will be eligible to compete in finals.</p>
Swimwear:	All swimmers must abide by the FINA rules regarding swimwear.
Rules:	Swim Ireland rules govern this event. Referee's decision is final in all instances subject to complaints and protests as outlined below.
Complaints & Protests:	<p>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:</p> <ul style="list-style-type: none"> ▪ 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. <p>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.</p>
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.
Officials:	<p>Technical Director: TBC Meet Director(s): TBC Lead Referee: TBC</p>

Irish Age Group Division 1 Championships
UL Arena, Limerick
6th – 8th July, 2012

	All Irish clubs entering National meets must provide at least 1 meet official for every four swimmers entered (in a session), to a maximum of 3 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.
Accreditation:	Accreditation will be provided for Swimmers, Coaches, Team Managers and Officials.
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/FINA Anti-Doping rules. For further information visit the Anti-Doping section of the Irish Sports Council website.
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.
Warm-Up Schedule: Warm-up will be mixed. Morning Sessions: 60 minutes duration Evening Sessions: 45 minutes duration	<p>The initial part is a general warm-up as follows:</p> <p>Lane 1 Push off 50s or 100s pace (Circle swimming) Lane 2 Push off 50s or 100s pace (Circle swimming) Lane 3 Swimming and pulling only (push off) Lane 4 Swimming and pulling only (push off) Lane 5 Swimming and pulling only (push off) Lane 6 Swimming and pulling only (push off) Lane 7 Swimming and pulling only (push off) Lane 8 Swimming and pulling only (push off) Lane 9 Push off 50s or 100s pace (Circle swimming) Lane 10 Push off 50s or 100s pace (Circle swimming)</p> <p>The final 30 minutes is a controlled warm-up as follows:</p> <p>Lane 1 Racing start one length only Lane 2 Push off 50s or 100s pace (Circle swimming) Lane 3 Push off 50s or 100s pace (Circle swimming) Lane 4 Swimming and pulling only (push off) Lane 5 Swimming and pulling only (push off) Lane 6 Swimming and pulling only (push off) Lane 7 Swimming and pulling only (push off) Lane 8 Push off 50s or 100s pace (Circle swimming) Lane 9 Push off 50s or 100s pace (Circle swimming) Lane 10 Racing start one length only</p>
Official Programme	Available for purchase at the event.
Hotel Accommodation:	Swim Ireland recommends the Carlton Hotel Group for all accommodation requirements. They offer great rates for swimming groups and have a range of B&B, full and half board packages. Please contact them directly, using the promotional code "SWIM" to avail of these deals.
	<p>Carlton Castletroy Park Hotel, Castletroy, Limerick, T: +353 (0) 61 335566 E: reservations.castletroy@carlton.ie W: www.carlton.ie/castletroy</p>
Further Information:	Please direct all queries to entries@swimireland.ie or +353-1-6251120.



Irish Age Group Division 1 Championships
UL Arena, Limerick
6th – 8th July, 2012

ORDER OF EVENTS

Session 1: Friday 6th July (Heats)			Session 3: Saturday 7th July (Heats)			Session 5: Sunday 8th July (Heats)								
1	B	400m Freestyle (HDW)	14	G	400m Freestyle (HDW)	27	B	1500m Freestyle (HDW)						
2	G	800m Freestyle (HDW)	15	B	400m Ind. Medley (HDW)	28	G	400m Ind. Medley (HDW)						
3	B	200m Butterfly	16	G	100m Butterfly	29	B	200m Backstroke						
4	G	200m Butterfly	17	B	100m Butterfly	30	G	200m Backstroke						
5	B	100m Backstroke	18	G	200m Breaststroke	31	B	100m Breaststroke						
6	G	100m Backstroke	19	B	200m Breaststroke	32	G	100m Breaststroke						
7	B	200m Ind. Medley	20	G	12&U 4x50m FTR	33	B	200m Freestyle						
8	G	200m Ind. Medley	21	B	12&U 4x50m MTR	34	G	200m Freestyle						
9	B	12&U 4x50m FTR	22	G	13-14 4x50m FTR									
10	G	12&U 4x50m MTR	23	B	13-14 4x50m MTR									
11	B	13-14 4x50m FTR	24	B	15 4x50m MTR									
12	G	13-14 4x50m MTR	25	G	100m Freestyle									
13	B	15 4x50m FTR	26	B	100m Freestyle									
Session 2: Friday 6th July (Finals) 1 Final Per Age Group									Session 4: Saturday 7th July (Finals) 1 Final Per Age Group			Session 6: Sunday 8th July (Finals) 1 Final Per Age Group		
1	B	400m Freestyle (FH)	14	G	400m Freestyle (FH)	25	B	1500m Freestyle (FH)						
2	G	800m Freestyle (FH)	15	B	400m Ind. Medley (FH)	26	G	400m Ind. Medley (FH)						
3	B	200m Butterfly	16	G	100m Butterfly	27	B	200m Backstroke						
4	G	200m Butterfly	17	B	100m Butterfly	28	G	200m Backstroke						
5	B	100m Backstroke	18	G	200m Breaststroke	29	B	100m Breaststroke						
6	G	100m Backstroke	19	B	200m Breaststroke	30	G	100m Breaststroke						
7	B	200m Ind. Medley	20	G	12&U 4x50m FTR	31	B	200m Freestyle						
8	G	200m Ind. Medley	21	B	12&U 4x50m MTR	34	G	200m Freestyle						
9	B	12&U 4x50m FTR	22	G	13-14 4x50m FTR									
10	G	12&U 4x50m MTR	23	B	13-14 4x50m MTR									
11	B	13-14 4x50m FTR	24	B	15 4x50m MTR									
12	G	13-14 4x50m MTR	25	G	100m Freestyle									
13	B	15 4x50m FTR	26	B	100m Freestyle									



QUALIFICATION STANDARDS

Swimmers Must Declare if Entry Times are Short Course or Long Course. 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.

<u>LONG COURSE CONSIDERATION STANDARDS</u>					<u>SHORT COURSE CONSIDERATION STANDARDS</u>			
<u>12&U</u>	<u>13</u>	<u>14</u>	<u>15</u>	Male	<u>12&U</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>12&U</u>	<u>13</u>	<u>14</u>		Female	<u>12&U</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	



Irish Age Group Division 1 Championships
UL Arena, Limerick
6th – 8th July, 2012

MALE ENTRY FORM

Please complete this form fully and correctly otherwise your entry will not be accepted.

FULL NAME (*Print*): _____ Swim Ireland Reg No. _____

CLUB (*Print*): _____ Date of Birth: _____

Event No.	Event	Time Achieved	Date Achieved (Including Meet Name)
1	400m Freestyle		
3	200m Butterfly		
5	100m Backstroke		
7	200m Ind. Medley		
15	400m Ind. Medley		
17	100m Butterfly		
19	200m Breaststroke		
26	100m Freestyle		
27	1500m Freestyle		
29	200m Backstroke		
31	100m Breaststroke		
33	200m Freestyle		

**Entry Standards must have been achieved in Open Competition in the preceding twelve months.*

I certify that the above information is correct: _____
(Club Secretary)





Irish Age Group Division 1 Championships
UL Arena, Limerick
6th – 8th July, 2012

FEMALE ENTRY FORM

Please complete this form fully and correctly otherwise your entry will not be accepted.

FULL NAME (*Print*): _____ Swim Ireland Reg No. _____

CLUB (*Print*): _____ Date of Birth: _____

Event No.	Event	Time Achieved	Date Achieved (Including Meet Name)
2	800m Freestyle		
4	200m Butterfly		
6	100m Backstroke		
8	200m Ind. Medley		
14	400m Freestyle		
16	100m Butterfly		
18	200m Breaststroke		
26	100m Freestyle		
28	400m Ind. Medley		
30	200m Backstroke		
32	100m Breaststroke		
34	200m Freestyle		

**Entry Standards must have been achieved in Open Competition in the preceding twelve months.*

I certify that the above information is correct: _____
(Club Secretary)





Irish Age Group Division 1 Championships
UL Arena, Limerick
6th – 8th July, 2012

RELAY & ENTRY SUMMARY SHEET

Event No.	Event	No. Teams to Enter
21	Boy's 12&U 4 x 50m MTR	
23	Boy's 13/14 4 x 50m MTR	
24	Boy's 15 4 x 50m MTR	
10	Girl's 12&U 4 x 50m MTR	
12	Girl's 13/14 4 x 50m MTR	
9	Boy's 12&U 4 x 50m FTR	
11	Boy's 13/14 4 x 50m FTR	
13	Boy's 15 4 x 50m FTR	
20	Girl's 12&U 4 x 50m FTR	
22	Girl's 13/14 4 x 50m FTR	

Relay Entries: _____ @ €28 Each = € _____

Individual Entries: _____ @ €7 Each = € _____

Results: _____ @ €5 per set = € _____

TOTAL AMOUNT ENCLOSED: € _____

CLUB: _____ CONTACT: _____

PHONE: _____ EMAIL: _____

Payment Options:

Please reference all payments as "2012 IAG DIVISION 1" and include club details.

Bank Transfer:

Swim Ireland, National Irish Bank, 27 College Green, Dublin 2

Bank Account Number: 51054805

Bank Sorting Code: 95-15-01

IBAN: IE07DABA 9515 0151 0548 05

BIC/SWIFT: DAVA IE2D

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





Irish Age Group Division 1 Championships
UL Arena, Limerick
6th – 8th July, 2012

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.