

# **SWIM IRELAND**

## **2018 Irish Open SC Championships**

**5S-18/19-N001**

**ENTRY RULES & FORMS**

**Lagan Valley LeisurePlex, Lisburn**  
**Thursday 6<sup>th</sup> – Sunday 9<sup>th</sup> December 2018**



**SPÓRT ÉIREANN**  
SPORT IRELAND



Irish Open SC Championships  
Lagan Valley LeisurePlex, Lisburn  
6<sup>th</sup> – 9<sup>th</sup> December 2018



**MEET CONDITIONS**

|                       |   |   |
|-----------------------|---|---|
| Meet Type:            | Full Olympic Programme plus 50m Form Strokes. 'A' and 'B' Finals per event (800m/1500m as Timed Finals). Four Open 200m Relays, single gender and mixed Freestyle and Medley relays – heats & finals  |   |
| Session Times:        | <p>Session 1: Thursday 6<sup>th</sup> December<br/>Warm-up 0730; Competition 0900</p> <p>Session 2: Thursday 6<sup>th</sup> December<br/>Warm-up 1530; Competition 1700</p> <p>Session 3: Friday 7<sup>th</sup> December<br/>Warm-up 0730; Competition 0900</p> <p>Session 4: Friday 7<sup>th</sup> December<br/>Warm-up 1530; Competition 1700</p>   | <p>Session 5: Saturday 8<sup>th</sup> December<br/>Warm-up 0730; Competition 0900</p> <p>Session 6: Saturday 8<sup>th</sup> December<br/>Warm-up 1530; Competition 1700</p> <p>Session 7: Sunday 9<sup>th</sup> December<br/>Warm-up 0730; Competition 0900</p> <p>Session 8: Sunday 9<sup>th</sup> December<br/>Warm-up 1330; Competition 1500</p> |
| Age:                  | <p>Qualifying Times to reflect two age groups per gender. Age Groups as Junior (Male 12-16 years and Female 12-15 years) and Senior (Male 17 years &amp; over and Female 16 years &amp; over).</p> <p>Junior Qualifying Times will be for male competitors born 2002 – 2006 and female competitors born 2003 – 2006.</p>  |   |
| Finals:               | <p>The fastest eight competitors from the heats shall be allocated places in the A-Final</p> <p>The next fastest eight competitors shall be allocated places in the B-Final.</p> <p>There will be a maximum of two foreign swimmers permitted to swim in the A-Final and two foreign swimmers in the B-Final.</p>   |   |
| Team Leaders Meeting: | <p>Technical meeting will take place on Wednesday 5<sup>th</sup> December, at 7.30pm at the competition venue. Attendance at this meeting is mandatory. Each club must be represented by one or more delegates. A club (not a delegate) attending the meeting may also represent a maximum of <u>one additional club</u>. Any such representation must be declared in writing at the meeting. The representative is authorised to make withdrawals. A fine of €100 will be issued to clubs who fail to attend or are not represented at this meeting.</p> |   |
| Accreditation:        | <p>Photographic accreditation will be required by all competitors, coaches and team managers.</p> <p>Further information on how to apply for accreditation will be circulated in due course. Please note that only those with accreditation will be permitted onto poolside at the competition. This will be done through the Swim Ireland Database so please ask your athletes, coaches and team managers to ensure they have a photo uploaded to their profile!</p>   |   |
| Entry Form:           | <p>Electronic Hy-tek entries are accepted via Hy-tek to the <b>Swim Ireland Office</b> at <a href="mailto:entries@swimireland.ie">entries@swimireland.ie</a></p> <p>Paper entries should be posted to the <b>Swim Ireland Office</b> at Irish Sport HQ, National Sports Campus, Blanchardstown, Dublin 15, Ireland marked "2018 IRISH OPEN SC CHAMPIONSHIPS". <i>If entries are made by Hy-tek it is not necessary to post entry forms.</i></p>   |   |
| Entry Deadline:       | <p><b>5pm Tuesday 20<sup>th</sup> November 2018</b> for ALL entries.</p> <p><i>Times must have been achieved in meets licenced at Level 3 or higher to be eligible to be used for entry into this meet.</i></p> <p>Payment for ALL entries must be received by <b>5pm Friday 23<sup>rd</sup> November</b></p>   |   |

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|                  |  |
|------------------|--|
| Entry Fees:      | <p>Individual entries cost €10/£9 per event.</p> <p>Relay entries cost €25/£22 per event.</p> <p>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.</p> <p><b><i>Please note that entries are non-refundable once the final date for payment has passed</i></b></p>   |
| Relay Entries:   | <p>Clubs are permitted to enter more than one relay team per event. Approx. entry times should submit for all relays. The names of the four 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.</p> <p>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.</p> |
| Awards:          | <p>Medals are awarded for top-3 placings (Open only) and top-3 Irish placings (Open only) should these be different. All swimmers should be properly attired in a tracksuit or t-shirt and shorts with footwear for medal ceremonies.</p>  |
| Anti-Doping:     | <p>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.</p>  |
| Health & Safety: | <p>Please refer to the Health &amp; Safety guidelines at the back of this document and also the Swim Ireland Code of Practice for Safety (Swimming) on the Swim Ireland website.</p>   |
| Warm Up:         | <p>There will be some pool availability for warm up on Wednesday 5th December from 4-7pm.</p>  |
| Further Info:    | <p>Please direct all queries to <a href="mailto:entries@swimireland.ie">entries@swimireland.ie</a></p>   |

**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>**

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**PROGRAMME OF EVENTS**

| Day 1 – Thu 6 <sup>th</sup> December 2018   | Day 2 – Fri 7 <sup>th</sup> December 2018   | Day 3 – Sat 8 <sup>th</sup> December 2018   | Day 4 – Sun 9 <sup>th</sup> December 2018  |
|---|---|---|--|
| <b>Session 1: 0900 - Heats</b>  | <b>Session 3: 0900 – Heats</b>  | <b>Session 6: 0900 – Heats</b>  | <b>Session 8: 0900 – Heats</b>   |
| Male 200m IM<br>Female 200m IM<br>Male 100m Backstroke<br>Female 100m Backstroke<br>Male 50m Freestyle<br>Female 50m Freestyle<br>Male 200m Butterfly<br>Female 200m Butterfly<br>Male 1500m Freestyle HDW<br>Female 800m Freestyle HDW<br>Female 200m Freestyle Relay<br>Male 200m Freestyle Relay   | Male 400m IM<br>Female 400m IM<br>Male 100m Freestyle<br>Female 100m Freestyle<br>Male 100m Breaststroke<br>Female 100m Breaststroke<br>Female 1500m Freestyle HDW<br>Male 50m Butterfly<br>Female 50m Butterfly<br>Mixed 200m Freestyle Relay  | Female 100m IM<br>Male 100m IM<br>Female 400m Freestyle<br>Male 400m Freestyle<br>Female 100m Butterfly<br>Male 100m Butterfly<br>Female 50m Breaststroke<br>Male 50m Breaststroke<br>Female 200m Backstroke<br>Male 200m Backstroke<br>Mixed 200m Medley Relay   | Female 200m Freestyle<br>Male 200m Freestyle<br>Female 50m Backstroke<br>Male 50m Backstroke<br>Female 200m Breaststroke<br>Male 200m Breaststroke<br>Male 800m Freestyle HDW<br>Female 200m Medley Relay<br>Male 200m Medley Relay  |
| Day 1 – Thu 6 <sup>th</sup> December 2018   | Day 2 – Fri 7 <sup>th</sup> December 2018   | Day 3 – Sat 8 <sup>th</sup> December 2018   | Day 4 – Sun 9 <sup>th</sup> December 2018  |
| <b>Session 2: 1700 - Finals</b>   | <b>Session 5: 1700 - Finals</b>   | <b>Session 7: 1700 - Finals</b>   | <b>Session 9: 1500 - Finals</b>  |
| Male 1500m Freestyle (Fastest Heat)<br>Female 800m Freestyle (Fastest Heat)<br>Male 200m Butterfly 'B' Final<br>Male 200m Butterfly 'A' Final<br>Female 200m Butterfly 'B' Final<br>Female 200m Butterfly 'A' Final<br>Male 100m Backstroke 'B' Final<br>Male 100m Backstroke 'A' Final<br>Female 100m Backstroke 'B' Final<br>Female 100m Backstroke 'A' Final<br>Male 50m Freestyle 'B' Final<br>Male 50m Freestyle 'A' Final<br>Female 50m Freestyle 'B' Final<br>Female 50m Freestyle 'A' Final<br>Male 200m IM 'B' Final<br>Male 200m IM 'A' Final<br>Female 200m IM 'B' Final<br>Female 200m IM 'A' Final<br>Male 200m Freestyle Relay Final<br>Female 200m Freestyle Relay Final | Female 1500m Freestyle (Fastest Heat)<br>Male 100m Freestyle 'B' Final<br>Male 100m Freestyle 'A' Final<br>Female 100m Freestyle 'B' Final<br>Female 100m Freestyle 'A' Final<br>Male 100m Breaststroke 'B' Final<br>Male 100m Breaststroke 'A' Final<br>Female 100m Breaststroke 'B' Final<br>Female 100m Breaststroke 'A' Final<br>Male 400m IM 'B' Final<br>Male 400m IM 'A' Final<br>Female 50m Butterfly 'B' Final<br>Female 50m Butterfly 'A' Final<br>Male 50m Butterfly 'B' Final<br>Male 50m Butterfly 'A' Final<br>Female 400m IM 'B' Final<br>Female 400m IM 'A' Final<br>Mixed 200m Freestyle Relay Final | Female 100m IM 'B' Final<br>Female 100m IM 'A' Final<br>Male 100m IM 'B' Final<br>Male 100m IM 'A' Final<br>Female 400m Freestyle 'B' Final<br>Female 400m Freestyle 'A' Final<br>Male 400m Freestyle 'B' Final<br>Male 400m Freestyle 'A' Final<br>Female 100m Butterfly 'B' Final<br>Female 100m Butterfly 'A' Final<br>Male 100m Butterfly 'B' Final<br>Male 100m Butterfly 'A' Final<br>Female 50m Breaststroke 'B' Final<br>Female 50m Breaststroke 'A' Final<br>Male 50m Breaststroke 'B' Final<br>Male 50m Breaststroke 'A' Final<br>Female 200m Backstroke 'B' Final<br>Female 200m Backstroke 'A' Final<br>Male 200m Backstroke 'B' Final<br>Male 200m Backstroke 'A' Final<br>Mixed 200m Medley Relay Final | Male 800m Freestyle (Fastest Heat)<br>Female 200m Breaststroke 'B' Final<br>Female 200m Breaststroke 'A' Final<br>Male 200m Breaststroke 'B' Final<br>Male 200m Breaststroke 'A' Final<br>Female 50m Backstroke 'B' Final<br>Female 50m Backstroke 'A' Final<br>Male 50m Backstroke 'B' Final<br>Male 50m Backstroke 'A' Final<br>Female 200m Freestyle 'B' Final<br>Female 200m Freestyle 'A' Final<br>Male 200m Freestyle 'B' Final<br>Male 200m Freestyle 'A' Final<br>Female 200m Medley Relay Final<br>Male 200m Medley Relay Final |

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**SHORT COURSE QUALIFYING TIMES**

(Achieved Short Course Only in the Period 1<sup>st</sup> December 2017 – 19<sup>th</sup> November 2018)

| MALE                       |                               | Event                | FEMALE                        |                            |
|----------------------------|-------------------------------|----------------------|-------------------------------|----------------------------|
| Junior<br>Born 2002 – 2006 | Senior<br>Born 2001 & Earlier |                      | Senior<br>Born 2002 & Earlier | Junior<br>Born 2003 - 2006 |
| 27.53                      | 24.57                         | 50m<br>Freestyle     | 27.81                         | 29.70                      |
| 59.66                      | 53.73                         | 100m<br>Freestyle    | 59.92                         | 1:03.97                    |
| 2:07.17                    | 1:59.06                       | 200m<br>Freestyle    | 2:11.05                       | 2:19.06                    |
| 4:37.49                    | 4:18.24                       | 400m<br>Freestyle    | 4:42.42                       | 4:47.87                    |
| 9:22.94                    | 8:50.94                       | 800m<br>Freestyle    | 9:55.30                       | 10:22.82                   |
| 18:51.24                   | 18:06.68                      | 1500m<br>Freestyle   | 18:42.12                      | 18:56.96                   |
| 32.53                      | 28.80                         | 50m<br>Backstroke    | 31.76                         | 34.62                      |
| 1:08.01                    | 1:04.22                       | 100m<br>Backstroke   | 1:08.97                       | 1:12.16                    |
| 2:23.36                    | 2:17.38                       | 200m<br>Backstroke   | 2:29.56                       | 2:36.93                    |
| 35.29                      | 31.61                         | 50m<br>Breaststroke  | 36.27                         | 39.13                      |
| 1:16.41                    | 1:09.11                       | 100m<br>Breaststroke | 1:19.98                       | 1:24.45                    |
| 2:50.47                    | 2:35.94                       | 200m<br>Breaststroke | 2:51.32                       | 2:59.57                    |
| 30.12                      | 27.61                         | 50m<br>Butterfly     | 31.14                         | 32.27                      |
| 1:07.28                    | 1:03.09                       | 100m<br>Butterfly    | 1:09.36                       | 1:13.64                    |
| 2:39.61                    | 2:17.95                       | 200m<br>Butterfly    | 2:38.86                       | 2:49.92                    |
| 1:07.95                    | 1:02.70                       | 100m<br>IM           | 1:08.95                       | 1:13.16                    |
| 2:29.83                    | 2:22.46                       | 200m<br>IM           | 2:31.90                       | 2:38.51                    |
| 5:16.60                    | 5:04.24                       | 400m<br>IM           | 5:25.23                       | 5:33.00                    |

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**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         | 200m Ind. Medley  |               |                                     |
| 3         | 100m Backstroke   |               |                                     |
| 5         | 50m Freestyle     |               |                                     |
| 7         | 200m Butterfly    |               |                                     |
| 9         | 1500m Freestyle   |               |                                     |
| 13        | 400m Ind. Medley  |               |                                     |
| 15        | 100m Freestyle    |               |                                     |
| 17        | 100m Breaststroke |               |                                     |
| 20        | 50m Butterfly     |               |                                     |
| 24        | 100m Ind. Medley  |               |                                     |
| 26        | 400m Freestyle    |               |                                     |
| 28        | 100m Butterfly    |               |                                     |
| 30        | 50m Breaststroke  |               |                                     |
| 32        | 200m Backstroke   |               |                                     |
| 35        | 200m Freestyle    |               |                                     |
| 37        | 50m Backstroke    |               |                                     |
| 39        | 200m Breaststroke |               |                                     |
| 40        | 800m Freestyle    |               |                                     |

**(entry times must have been achieved Short Course Only in the Period 1<sup>st</sup> December 2017 – 19<sup>th</sup> November 2018)**

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

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**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         | 200m Ind. Medley  |               |                                     |
| 4         | 100m Backstroke   |               |                                     |
| 6         | 50m Freestyle     |               |                                     |
| 8         | 200m Butterfly    |               |                                     |
| 12        | 800m Freestyle    |               |                                     |
| 14        | 400m Ind. Medley  |               |                                     |
| 16        | 100m Freestyle    |               |                                     |
| 18        | 100m Breaststroke |               |                                     |
| 19        | 1500m Freestyle   |               |                                     |
| 21        | 50m Butterfly     |               |                                     |
| 23        | 100m Ind. Medley  |               |                                     |
| 25        | 400m Freestyle    |               |                                     |
| 27        | 100m Butterfly    |               |                                     |
| 29        | 50m Breaststroke  |               |                                     |
| 31        | 200m Backstroke   |               |                                     |
| 34        | 200m Freestyle    |               |                                     |
| 36        | 50m Backstroke    |               |                                     |
| 38        | 200m Breaststroke |               |                                     |

**(entry times must have been achieved Short Course Only in the Period 1<sup>st</sup> December 2017 – 19<sup>th</sup> November 2018)**

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

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**RELAY & ENTRY SUMMARY SHEET**

| Event No. | Event                        | 'A' Team Entry Time | 'B' Team Entry Time |
|-----------|------------------------------|---------------------|---------------------|
| 11        | Men's 200m Freestyle Relay   |                     |                     |
| 12        | Women's 200m Freestyle Relay |                     |                     |
| 22        | Mixed 200m Freestyle Relay   |                     |                     |
| 33        | Mixed 200m Medley Relay      |                     |                     |
| 41        | Women's 400m Medley Relay    |                     |                     |
| 42        | Men's 400m Medley Relay      |                     |                     |

(It is accepted that Entry Time for Relay Events will be approximations for HDW seeding purposes only)

Relay Entries: \_\_\_\_\_ @ €25 Each = € \_\_\_\_\_

Individual Entries: \_\_\_\_\_ @ €10 Each = € \_\_\_\_\_

TOTAL AMOUNT ENCLOSED: € \_\_\_\_\_

CLUB: \_\_\_\_\_ CONTACT: \_\_\_\_\_

PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

**Payment Options:**

Please reference all payments as "2018 Irish SC" 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**

Credit Card:

Credit card payments can be made over the phone by calling the Swim Ireland offices at **+353-1-6251120** – please note that credit card payments can only be processed in Euro

Cheque/Postal Order:

Made payable to Swim Ireland



## **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.***