

**SWIM  
IRELAND**

**2023**

**Irish Open Championships (50m)**



**5L-22/23-N004**

**ENTRY RULES & FORMS**

**National Aquatic Centre, Dublin**  
**Saturday 1<sup>st</sup> – Wednesday 5<sup>th</sup> April 2023**



## MEET CONDITIONS

<b>Meet Location:</b>	National Aquatic Centre, Sport Ireland Campus, Blanchardstown, Dublin 15	
<b>Pool Specification:</b>	10 lane 50m pool; anti-turbulence lane ropes; wedge starting blocks; backstroke ledges; 6 lane 25m warm up/swim down pool	
<b>Meet Type:</b>	Full Olympic Programme plus 50m Form Strokes. Open 'A' and Junior Finals per event, Open 'B' Finals per 50m, 100m & 200m event (with 800m/1500m as Timed Finals). Paralympic multi classification Finals will be held in specific events (as per schedule of events)	
<b>Session Times:</b>	<p><b>Session 1:</b> Saturday 1<sup>st</sup> April Warm-up (Mixed) 08:00; Competition 09:30</p> <p><b>Session 2:</b> Saturday 1<sup>st</sup> April Warm-up (Mixed) 15:30; Competition 17:00</p> <p><b>Session 3:</b> Sunday 2<sup>nd</sup> April Warm-up (Mixed) 08:00; Competition 09:30</p> <p><b>Session 4:</b> Sunday 2<sup>nd</sup> April Warm-up (Mixed) 15:30; Competition 17:00</p> <p><b>Session 5:</b> Monday 3<sup>rd</sup> April Warm-up (Mixed) 08:00; Competition 09:30</p> <p><b>Session 6:</b> Monday 3<sup>rd</sup> (Time Trial) Warm Up: TBC; Competition TBC</p>	<p><b>Session 7:</b> Monday 3<sup>rd</sup> April Warm-up (Mixed) 15:30; Competition 17:00</p> <p><b>Session 8:</b> Tuesday 4<sup>th</sup> April Warm-up (Mixed) 08:00; Competition 09:30</p> <p><b>Session 9:</b> Tuesday 4<sup>th</sup> April Warm-up (Mixed) 15:30; Competition 17:00</p> <p><b>Session 10:</b> Wednesday 5<sup>th</sup> April Warm-up (Mixed) 08:00; Competition 09:30</p> <p><b>Session 11:</b> Wednesday 5<sup>th</sup> (Time Trial) Warm Up: TBC; Competition TBC</p> <p><b>Session 12:</b> Wednesday 5<sup>th</sup> April Warm-up (Mixed) 15:30; Competition 17:00</p>
<b>Age:</b>	Qualifying Times to reflect three age groups per gender. Age Groups as Youth (Male 13-16 years and Female 13-15 years), Junior (Male 17-18 years and Female 16-17 years) and Senior (Male 19 years & over and Female 18 years & over).	
<b>Qualification Criteria:</b>	<p>LC entry only between 1<sup>st</sup> April 2022 – 26<sup>th</sup> February 2023. SC times only accepted for Ulster Open 21<sup>st</sup> &amp; 22<sup>nd</sup> January 2023.</p> <p>Hy-tek file has been set up to include SC to LC conversions so clubs do not need to convert times themselves. Other converted times will NOT be accepted.</p> <p>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</p>	
<b>Able-Bodied Event Finals:</b>	<ul style="list-style-type: none"> <li>▪ <b>Open 'A' Finals</b> – Fastest 10 athletes from the heats (all ages, maximum of three non-Irish athletes within the final)</li> <li>▪ <b>Junior Finals</b> – Fastest 10 athletes (Male 18 years &amp; under &amp; Females 17 years &amp; under) that have not qualified for the Open Final (maximum of three non-Irish athletes within the final)</li> <li>▪ <b>Open 'B' Finals</b> – Fastest 10 athletes from the heats (all ages, maximum of six non-Irish athletes within the final) that have not qualified for the Open Final or the Junior Final and are available in 50m, 100m and 200m events only where 21 or more competitors from outside of the Junior age group take the field in the heats.</li> </ul> <p><i>*Please note all athletes may be required to provide proof of eligibility to represent Ireland, as noted above, at any time throughout the Championships.</i></p>	
<b>Para Event Finals:</b>	<p>The top ten eligible Para competitors (based on IPC points) from the heats shall be allocated places in the published Para Finals, plus two reserves.</p> <p>Places in the final will be reserved for a minimum of two Para swimmers who are eligible to be considered for selection to represent Ireland in Paralympic international Championships in 2023.</p>	
<b>Time Trails</b>	Take place on Day 3 and Day 5 of the meet only and are prioritised to Irish athletes in the first instance. Commence immediately following the completion of the heats of the preceding session; the diving pool may be used for warm-up purposes.	

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	<p>Coaches/Team Managers must make an entry request for a Time Trial swim on or before 0830 of the morning of the Time Trial via the official Time Trial Entry Form and in paying the Time Trial entry fee and are allocated on a National Performance Director discretion basis</p> <p>Time Trials on Day 3 are available to athletes officially entered in the meet for any individual events that have taken place in Days 1-3</p> <p>Time Trials on Day 5 are available to athletes officially entered in the meet for any individual events that have taken place in Days 1-5 and only where that athlete has not time trialed in that same event on Day 3</p> <p>Athletes need to have achieved the Meet Qualifying Time to apply for a Time Trial in an event</p> <p>Time Trials cannot qualify an athlete for a Final nor qualify them for an Open or Junior Award</p> <p>Within each of the two-Time Trial sessions, there will be a maximum heat limit per gender as follows:</p> <ul style="list-style-type: none"> <li>▪ All 50m Events – 3 x Heats</li> <li>▪ All 100m Events – 3 x Heats</li> <li>▪ All 200m Events – 2 x Heats</li> <li>▪ All 400m Events – 1 x Heat</li> <li>▪ All 800m Events – 1 x Heat</li> <li>▪ All 1500m Events – 1 x Heat</li> </ul> <p>Time Trials will be run in accordance with FINA requirements to ensure times achieved can be fully ratified and validated as legitimate times.</p>
<p><b>Team Leaders Meeting:</b></p>	<p>A technical briefing will take place on Thursday 30<sup>th</sup> March @ 20:00 via zoom. Zoom link: <a href="https://us06web.zoom.us/j/81935450258?pwd=YzBheHpBRDU5Szk2YkdyZjJlUmwydz09">https://us06web.zoom.us/j/81935450258?pwd=YzBheHpBRDU5Szk2YkdyZjJlUmwydz09</a></p> <p>This meeting is to discuss items in relation to this competition only.</p> <p>Attendance at this meeting is strongly advisable. Not being represented at the briefing means that a Club is agreeing to abide by any decisions made at the meeting.</p>
<p><b>Withdrawals:</b></p>	<p>Withdrawals from Day 1 must be emailed to <a href="mailto:entries@swimireland.ie">entries@swimireland.ie</a> between 28/03/2023 &amp; 15:00 on 31/03/2023.</p> <p>Withdrawals for Days 2, 3 &amp; 4 must be submitted by 18:00 the previous day, i.e. for Day 2, withdrawals must be submitted by 18:00 on Day 1. These withdrawals must be completed on Withdrawal Forms at the Swim Office Table on poolside. No email scratches will be accepted after 15:00 on 31/03/2023.</p> <p>Withdrawals from finals must be made within 30 minutes of the announcement of the results for the event. There will be a €50.00 fine if swimmers fail to show up for their event and have not been withdrawn in accordance with these conditions.</p>
<p><b>Accreditation:</b></p>	<p>Accreditation will be produced through the Go-Membership system. Club administrators will need to apply for accreditation for athletes, team managers &amp; coaches. Please ensure that team managers &amp; coaches meet all of the requirements for accreditations, otherwise they will not be awarded.</p> <p>Further information on accreditation can be found on the <a href="http://swimireland.ie">Swim Ireland website</a>.</p> <p>Accreditation lanyards &amp; pouches can be picked up at the accreditation desk at the venue from the morning of Day 1.</p>
<p><b>Entry Form:</b></p>	<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><b>Entry Deadline:</b></p>	<p><b>18:00 Tuesday 28<sup>th</sup> February 2023</b></p> <p>Payment for ALL entries must be received by <b>17:00 Friday 10<sup>th</sup> March 2023</b></p>
<p><b>Entry Fees:</b></p>	<p>Individual entries cost €10.00/£9.00 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.</p> <p><b><i>Please note that entries are non-refundable once the final date for payment has passed</i></b></p>

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<b>Awards:</b>	<ul style="list-style-type: none"><li>▪ <b>Awards</b> - Male Open (Irish &amp; Commemorative) and Junior (Irish only) plus Female Open (Irish &amp; Commemorative) and Junior (Irish only)</li><li>▪ <b>Open Awards</b> - Times achieved in Open/Open 'A' Finals supersede times achieved in Junior Finals in the awarding of Open medals. Open Awards will not take into consideration Open 'B' Final results.</li><li>▪ <b>Junior Awards</b> - Times achieved in Open Finals supersede times achieved in Junior Finals in the awarding of Junior medals. Junior Awards will not take into consideration Open 'B' Final results. Junior athletes may also win Open Awards.</li></ul>
<b>Swimsuits:</b>	All swimsuits must comply with FINA regulations and should bear the FINA approved stamp ( <a href="https://www.fina.org/sites/default/files/frsa.pdf">https://www.fina.org/sites/default/files/frsa.pdf</a> )
<b>Anti-Doping:</b>	It is a condition of attending a Swim Ireland event that athletes 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 Anti-Doping section of the Sport Ireland website.
<b>COVID 19</b>	There may be some restrictions in place at the time of this meet. These restrictions can be viewed on <a href="http://www.gov.ie">www.gov.ie</a> .
<b>Health &amp; Safety:</b>	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.
<b>Open Training Session:</b>	There will be pool availability for open training session on Friday 31/03/2023 from 17:00-19:00
<b>Further Info:</b>	Please direct all queries to <a href="mailto:entries@swimireland.ie">entries@swimireland.ie</a>

**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>**

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## SCHEDULE OF EVENTS

Day 1 – Sat 1 <sup>st</sup> April 2023	Day 2 – Sun 2 <sup>nd</sup> April 2023	Day 3 – Mon 3 <sup>rd</sup> April 2023	Day 4 – Tue 4 <sup>th</sup> April 2023	Day 5 – Wed 5 <sup>th</sup> April 2023
<b>Session 1 Heats: 75 Min Mixed Warm-Up; Start Time TBC</b>	<b>Session 3: 75 Min Mixed Warm-Up; Start Time TBC</b>	<b>Session 5a: 75 Min Mixed Warm-Up; Start Time TBC</b>	<b>Session 7: 75 Min Mixed Warm-Up; Start Time TBC</b>	<b>Session 9a: 75 Min Mixed Warm-Up; Start Time TBC</b>
Male 50m Backstroke Female 50m Freestyle Male 400m Freestyle Female 400m Freestyle Male 100m Breaststroke Female 100m Butterfly Male 200m Butterfly	Male 200m Backstroke Female 200m Backstroke Male 400m IM Female 100m Breaststroke Male 100m Freestyle Female 1500m Freestyle HDW Male 50m Butterfly	Female 400m IM Male 50m Breaststroke Female 100m Freestyle Male 100m Butterfly Female 50m Breaststroke Male 800m Freestyle HDW Female 50m Butterfly	Female 100m Backstroke Male 100m Backstroke Female 200m IM Male 200m Freestyle Female 200m Butterfly Male 200m Breaststroke Female 800m Freestyle HDW	Female 50m Backstroke Male 200m IM Female 200m Breaststroke Male 50m Freestyle Female 200m Freestyle Male 1500m Freestyle HDW
		<b>Session 5b: Time Trial Opportunities Start Time Immediately Following Final Heat Swim</b>		<b>Session 9b: Time Trial Opportunities Start Time Immediately Following Final Heat Swim</b>
<b>Irish Masters Relay Championships</b>	<b>Regional Programme Skills Academy Inter-Provincial Competition</b>	Available to athletes entered in the meet for any events that have taken place in Days 1-3		Available to athletes entered in the meet for any events that have taken place in Days 1-5 only where that athlete has not time trialed in that same event on Day 3
<b>Session 2 Finals: 75 Min Mixed Warm-Up ; Start Time TBC</b>	<b>Session 4 Finals: 75 Min Mixed Warm-Up ; Start Time TBC</b>	<b>Session 6 Finals: 75 Min Mixed Warm-Up ; Start Time TBC</b>	<b>Session 8 Finals: 75 Min Mixed Warm-Up ; Start Time TBC</b>	<b>Session 10 Finals: 75 Min Mixed Warm-Up ; Start Time TBC</b>
Male 50m Backstroke Junior Final Male 50m Backstroke Open 'B' Final Male 50m Backstroke Open 'A' Final Female 50m Freestyle Junior Final Female 50m Freestyle Open 'B' Final Female 50m Freestyle Open 'A' Final Male 400m Freestyle Junior Final Male 400m Freestyle Open Final Female 400m Freestyle Junior Final Female 400m Freestyle Open Final Male 100m Breaststroke Junior Final Male 100m Breaststroke Open 'B' Final Male 100m Breaststroke Open 'A' Final Female 100m Butterfly Junior Final Female 100m Butterfly Open 'B' Final Female 100m Butterfly Open 'A' Final Male 200m Butterfly Junior Final Male 200m Butterfly Open 'B' Final Male 200m Butterfly Open 'A' Final	Male 200m Backstroke Junior Final Male 200m Backstroke Open 'B' Final Male 200m Backstroke Open 'A' Final Female 200m Backstroke Junior Final Female 200m Backstroke Open 'B' Final Female 200m Backstroke Open 'A' Final Male 400m IM Junior Final Male 400m IM Open 'A' Final Female 100m Breaststroke Junior Final Female 100m Breaststroke Open 'B' Final Female 100m Breaststroke Open 'A' Final Male 100m Freestyle Junior Final Male 100m Freestyle Open 'B' Final Male 100m Freestyle Open 'A' Final Female 1500m Freestyle (Final Heat) Male 50m Butterfly Junior Final Male 50m Butterfly Open 'B' Final Male 50m Butterfly Open 'A' Final	Female 400m IM Junior Final Female 400m IM Open Final Male 50m Breaststroke Junior Final Male 50m Breaststroke Open 'B' Final Male 50m Breaststroke Open 'A' Final Female 100m Freestyle Junior Final Female 100m Freestyle Open 'B' Final Female 100m Freestyle Open 'A' Final Male 100m Butterfly Junior Final Male 100m Butterfly Open 'B' Final Male 100m Butterfly Open 'A' Final Female 50m Breaststroke Junior Final Female 50m Breaststroke Open 'B' Final Female 50m Breaststroke Open 'A' Final Male 800m Freestyle (Final Heat) Female 50m Butterfly Junior Final Female 50m Butterfly Open 'B' Final Female 50m Butterfly Open 'A' Final	Female 100m Backstroke Junior Final Female 100m Backstroke Open 'B' Final Female 100m Backstroke Open 'A' Final Male 100m Backstroke Junior Final Male 100m Backstroke Open 'B' Final Male 100m Backstroke Open 'A' Final Female 800m Freestyle (Final Heat) Male 200m Freestyle Junior Final Male 200m Freestyle Open 'B' Final Male 200m Freestyle Open 'A' Final Female 200m Butterfly Junior Final Female 200m Butterfly Open 'B' Final Female 200m Butterfly Open 'A' Final Male 200m Breaststroke Junior Final Male 200m Breaststroke Open 'B' Final Male 200m Breaststroke Open 'A' Final Female 200m IM Junior Final Female 200m IM Open 'B' Final Female 200m IM Open 'A' Final	Female 50m Backstroke Junior Final Female 50m Backstroke Open 'B' Final Female 50m Backstroke Open 'A' Final Male 1500m Freestyle (Final Heat) Female 200m Breaststroke Junior Final Female 200m Breaststroke Open 'B' Final Female 200m Breaststroke Open 'A' Final Male 50m Freestyle Junior Final Male 50m Freestyle Open 'B' Final Male 50m Freestyle Open 'A' Final Female 200m Freestyle Junior Final Female 200m Freestyle Open 'B' Final Female 200m Freestyle Open 'A' Final Male 200m IM Junior Final Male 200m IM Open 'B' Final Male 200m IM Open 'A' Final

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**QUALIFICATION STANDARDS**

Long Course Qualifying Times

(Achieved Long Course Only in the Period 1<sup>st</sup> April 2022 – 26<sup>th</sup> February

2023)

MALE			EVENT	FEMALE		
Youth Born 2007-2010	Junior Born 2005 & 2006	Senior		Senior	Junior Born 2006 & 2007	Youth Born 2008-2010
26.99	26.34	25.38	50m Freestyle	28.31	29.04	29.73
59.00	57.15	54.95	100m Freestyle	1:01.22	1:02.43	1:04.91
2:10.05	2:07.11	2:01.08	200m Freestyle	2:13.50	2:16.71	2:20.28
4:39.25	4:33.13	4:27.82	400m Freestyle	4:47.05	4:54.72	4:55.65
9:48.56	9:41.84	9:35.02	800m Freestyle	9:52.42	10:14.75	10:21.83
18:52.31	18:41.47	18:10.01	1500m Freestyle	19:48.05	20:19.67	20:35.05
31.98	30.58	29.73	50m Backstroke	32.31	33.54	35.01
1:07.88	1:06.12	1:03.81	100m Backstroke	1:09.34	1:11.58	1:13.57
2:28.46	2:24.34	2:22.29	200m Backstroke	2:31.60	2:35.13	2:38.57
35.25	33.36	32.40	50m Breaststroke	36.52	37.73	40.05
1:17.39	1:14.02	1:11.59	100m Breaststroke	1:19.00	1:21.22	1:24.30
2:48.50	2:43.39	2:41.43	200m Breaststroke	2:52.65	2:56.15	3:03.43
29.16	28.44	27.07	50m Butterfly	30.63	31.57	33.05
1:05.89	1:02.90	59.71	100m Butterfly	1:08.65	1:10.55	1:13.26
2:31.94	2:25.85	2:20.12	200m Butterfly	2:39.23	2:41.77	2:51.52
2:28.35	2:24.19	2:20.84	200m IM	2:33.43	2:37.18	2:39.41
5:24.16	5:14.54	5:09.44	400m IM	5:31.75	5:37.63	5:43.55

**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**

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**Payment Options:**

Please reference all payments as "2023 Irish Open" 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 860247676** – 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 athletes, 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 athletes are sufficiently competent to dive start from competition starting blocks. Alternatively, athletes are reminded that they may start from the poolside.
- ii. In the event of a false start, athletes should perform a safe entry and not fall into the water.

### 3. Warm-Up;

- i. Athletes and coaches must ensure that they (and athletes in their charge) take no action that would endanger themselves or others.
- ii. The instructions of those in authority must be obeyed immediately.
- iii. Athletes 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 athletes have cleared it.
- v. On finishing a sprint immediately clear the way for the following athlete(s).

### 4. Around the Pool (e.g. spectator area, foyer area, etc.)

- i. Athletes are not permitted to enter dry areas without first having changed and put on footwear.
- ii. Where there is a balcony or rail - athletes 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.***