



**2016**  
**Irish Age Group Championships**  
**& Summer Open**

**ENTRY RULES & FORMS**

**National Aquatic Centre, Dublin**  
**Wednesday 20<sup>th</sup> – Sunday 24<sup>th</sup> July 2016**

# Irish Age Group Championships & Summer Open

National Aquatic Centre

20<sup>th</sup> – 24<sup>th</sup> July, 2016

## MEET CONDITIONS

Meet Location:	National Aquatic Centre, Dublin	
Pool Specifications:	50 metre, 10 lane, indoor competition pool with wave-breaker lane ropes. Warm-up/swim-down pool also available during the meet.	
Meet Type:	<p>National Age Groups and Open National Championships, 50m Meet.</p> <p><b>Please note that age groups are based on a swimmer's Year of Birth</b></p> <p>Individual Age Groups:</p> <p>Girls: 12&amp;U(2005+); 13/14(2003/2002); 15-16(2001/2000); 17&amp;O(1999+)</p> <p>Boys: 13&amp;U(2003+); 14/15(2002/2001); 16-17(2000/1999); 18&amp;O(1998+)</p> <p>Heats will be run in 10 lane format with all age groups together. The 50 freestyle is Open and will have one final</p> <p>There will be <b>one</b> final in each age group in 100m and 200m events.</p> <p>The 800m and 1500m events will be Timed Finals. Medals will be presented in each age category.</p> <p>The 400m Freestyle and 400m IM will be Timed Finals. Medals will be presented in each age category following the morning heats. There will also be an Open Final in both 400m events for the top 10 swimmers – there will be no awards for this final.</p>	
Session Times:	<p>Session 1: Wednesday 20<sup>th</sup> July Warm-up 7.30am; Competition 9.15am</p> <p>Session 2: Wednesday 20<sup>th</sup> July Warm-up 4.15pm; Competition 5.30pm</p> <p>Session 3: Thursday 21<sup>st</sup> July Warm-up 7.30am; Competition 9.15am</p> <p>Session 4: Thursday 21<sup>st</sup> July Warm-up TBC; Competition TBC</p> <p>Session 5: Thursday 21<sup>st</sup> July Warm-up 4.15pm; Competition 5.30pm</p> <p>Session 6: Friday 22<sup>nd</sup> July Warm-up 7.30am; Competition 9.15am</p>	<p>Session 7: Friday 22<sup>nd</sup> July Warm-up TBC; Competition TBC</p> <p>Session 8: Friday 22<sup>nd</sup> July Warm-up: 4.15pm; Competition 5.30pm</p> <p>Session 9: Saturday 23<sup>rd</sup> July Warm-up 7.30am; Competition 9.15am</p> <p>Session 10: Saturday 23<sup>rd</sup> July Warm-up 4.15pm; Competition 5.30pm</p> <p>Session 11: Sunday 24<sup>th</sup> July Warm-up 7.30am; Competition 9.15am</p> <p>Session 12: Sunday 24<sup>th</sup> July Warm-up TBC; Competition TBC</p> <p>Session 13: Sunday 24<sup>th</sup> July Warm-up 4.15pm; Competition 5.30pm</p>
<p><i>These times are subject to change following receipt of entries</i></p>		
Entry Limit:	<p>There will be no entry limit for this event however there will be a <b>maximum of 2 foreign swimmers permitted to swim in each final.</b></p> <p>Swimmers may only enter events in which they have qualified</p> <p>Entries from individual overseas swimmers must be accompanied by a letter/email from the secretary of the club giving the swimmer permission to attend the competition.</p>	
Team Leaders Meeting:	<p>Technical meeting will take place on Tuesday 19<sup>th</sup> July, at 7.30pm venue TBC. 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 one additional club. 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>	

## Irish Age Group Championships & Summer Open

National Aquatic Centre

20<sup>th</sup> – 24<sup>th</sup> July, 2016

Entry Form:	<p>Electronic Hy-tek entries are accepted via Hy-tek to the Swim Ireland Office at <a href="mailto:entries@swimireland.ie">entries@swimireland.ie</a></p> <p>Paper entries should be posted to the Swim Ireland Office at Irish Sport HQ, National Sports Campus, Blanchardstown, Dublin 15, Ireland marked “2016 IAGSO”.</p> <p>If entries are made by Hy-tek it is not necessary to post entry forms.</p>
Entry Deadline:	<p>Tuesday 21<sup>st</sup> June, 2016 for Hy-tek and Paper entries.</p> <p>Payment should be received by Friday 24<sup>th</sup> June, 2016</p>
Entry Fees:	<p>Individual entries cost €8.00/£6.00</p> <p>Relay entries cost €20.00/£15.00</p> <p>No entry will be processed until the appropriate fee has been received at the <b>Swim Ireland Office</b>. 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>
Seeding:	<p>Please note that for this meet, non-conforming times will be seeded in the first heats (i.e. swimmers entered on SC times will be seeded slower than swimmers entered on LC times)</p>
Relay Entries:	<p>Relay Events:</p> <p>Boys 15&amp;U(2001+), Girls 14&amp;U(2002+), – 4x50 MTR, 4x50 FTR, 4x100 MTR, 4x100 FTR</p> <p>Boys Open, Girls Open – 4x50 MTR, 4x50 FTR, 4x100 MTR, 4x100 FTR</p> <p>Mixed Open – 4x50 MTR</p> <p>ALL relays will be HDW</p> <p>Clubs are permitted to enter 2 teams per event (3 teams in the mixed event) however only one team can receive medals. Irish clubs who swim “foreign” swimmers on their relays will receive commemorative medals if they finish in the top 3.</p> <p>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 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>The swimmers may change between heats and finals. 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>
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>
Further Info:	<p>Please direct all queries to <a href="mailto:entries@swimireland.ie">entries@swimireland.ie</a> or +353-1-6251142</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/high-performance-swimming/national-competitions/competition-rules-safety>



## Irish Age Group Championships & Summer Open

National Aquatic Centre  
20<sup>th</sup> – 24<sup>th</sup> July, 2016

### ORDER OF EVENTS

Session 1: Wednesday 20th July			Session 3: Thursday 21 <sup>st</sup> July			Session 6: Friday 22 <sup>nd</sup> July			Session 9: Saturday 23 <sup>rd</sup> July			Session 11: Sunday 24th July		
1	B	400 Freestyle (HDW)	10	G	200 IM	17	G	100 Butterfly	27	B	200 Backstroke	36	B	50 Freestyle
2	G	50 Freestyle	11	B	100 Freestyle	18	B	200 Freestyle	28	G	200 Freestyle	37	G	100 Freestyle
3	B	200 Breaststroke	12	G	400 Freestyle (HDW)	19	G	100 Breaststroke	29	B	100 Butterfly	38	B	200 IM
4	G	200 Butterfly	13	B	200 Butterfly	20	B	400 IM (HDW)	30	G	200 Breaststroke	39	G	400 IM (HDW)
5	B	100 Backstroke	14	G	100 Backstroke	21	G	200 Backstroke	31	B	100 Breaststroke	40	B	U15 4x50 FTR
6	G	U14 4x100 FTR (HDW)				22	B	U15 4x50 MTR (HDW)	32	G	U14 4x100 MTR (HDW)	41	G	U14 4x50 MTR (HDW)
7	B	U15 4x100 MTR (HDW)				23	G	U14 4x50 FTR (HDW)	33	B	U15 4x100 FTR (HDW)			
			Session 4: Thursday 21 <sup>st</sup> July			Session 7: Friday 22 <sup>nd</sup> July						Session 12: Sunday 24th July		
			15	B	800 Freestyle (HDW)	24	G	800 Freestyle (HDW)				42	B	1500 Freestyle (HDW)
												43	G	1500 Freestyle (HDW)
Session 2: Wednesday 20th July			Session 5: Thursday 21 <sup>st</sup> July			Session 8: Friday 22 <sup>nd</sup> July			Session 10: Saturday 23 <sup>rd</sup> July			Session 13: Sunday 24th July		
1	B	400 Freestyle (open final)	10	G	200 IM	17	G	100 Butterfly	27	B	200 Backstroke	36	B	50 Freestyle
2	G	50 Freestyle	11	B	100 Freestyle	18	B	200 Freestyle	28	G	200 Freestyle	37	G	100 Freestyle
3	B	200 Breaststroke	12	G	400 Freestyle (open final)	19	G	100 Breaststroke	29	B	100 Butterfly	38	B	200 IM
4	G	200 Butterfly	13	B	200 Butterfly	20	B	400 IM (open final)	30	G	200 Breaststroke	39	G	400 IM (open final)
5	B	100 Backstroke	14	G	100 Backstroke	21	G	200 Backstroke	31	B	100 Breaststroke	44	B	Open 4x100 MTR (HDW)
8	G	Open 4x100 FTR (HDW)	16	M	Open 4x50 FTR (HDW)	25	B	Open 4x100 FTR (HDW)	34	G	Open 4x50 FTR (HDW)	45	G	Open 4x100 MTR (HDW)
9	B	Open 4x50 MTR (HDW)				26	G	Open 4x50 MTR (HDW)	35	B	Open 4x50 FTR (HDW)			

# Irish Age Group Championships & Summer Open

National Aquatic Centre

20<sup>th</sup> – 24<sup>th</sup> July, 2016

## QUALIFICATION STANDARDS

FEMALE								
Event	2004 & younger		2003 & 2002		2001 & 2000		1999 & older	
	LC	SC	LC	SC	LC	SC	LC	SC
100 FC	1.10.62	1.09.24	1.06.62	1.05.31	1.05.17	1.03.89	1.05.07	1.03.79
200 FC	2.32.36	2.29.37	2.23.34	2.21.51	2.22.05	2.19.26	2.20.32	2.17.57
400 FC	5.28.79	5.22.34	5.06.83	5.00.81	5.01.00	4.55.10	5.01.00	4.55.10
800 FC	11.38.76	11.25.06	10.40.05	10.27.50	10.19.15	10.07.01	10.07.99	9.56.07
1500 FC	22.31.27	22.04.78	20.22.34	19.58.37	19.55.30	19.31.86	19.55.30	19.31.86
100 BC	1.22.41	1.20.79	1.17.58	1.16.06	1.15.44	1.13.96	1.14.00	1.12.55
200 BC	2.51.32	2.47.96	2.43.80	2.40.59	2.41.76	2.38.59	2.39.36	2.36.24
100 BRS	1.34.51	1.32.66	1.30.21	1.28.44	1.28.64	1.26.90	1.24.90	1.23.24
200 BRS	3.18.79	3.14.89	3.09.72	3.06.00	3.04.57	3.00.95	3.04.57	3.00.95
100 FLY	1.23.01	1.21.38	1.16.67	1.15.17	1.14.17	1.12.72	1.12.01	1.10.60
200 FLY	3.09.88	3.06.16	2.51.08	2.47.73	2.41.35	2.38.19	2.39.88	2.36.75
200 IM	2.56.82	2.53.35	2.46.21	2.42.95	2.42.57	2.39.38	2.37.92	2.34.82
400 IM	6.17.65	6.10.25	6.01.07	5.53.99	5.43.69	5.36.95	5.39.47	5.32.81

MALE								
Event	2003 & younger		2002 & 2001		2000 & 1999		1998 & older	
	LC	SC	LC	SC	LC	SC	LC	SC
100 FC	1.08.33	1.06.99	1.03.33	1.02.09	59.64	58.47	58.16	57.02
200 FC	2.28.57	2.25.66	2.15.32	2.12.67	2.10.56	2.08.00	2.08.80	2.06.27
400 FC	5.15.70	5.08.99	4.53.38	4.47.63	4.42.14	4.36.61	4.37.97	4.32.52
800 FC	10.58.82	10.45.61	10.00.66	9.48.88	9.41.95	9.30.54	9.41.95	9.30.54
1500 FC	21.17.29	20.52.24	19.15.16	18.52.51	18.41.60	18.19.61	18.22.08	18.00.47
100 BC	1.18.69	1.17.15	1.13.18	1.11.75	1.11.71	1.10.30	1.08.45	1.07.11
200 BC	2.46.09	2.42.83	2.33.24	2.30.24	2.29.24	2.26.31	2.28.57	2.25.66
100 BRS	1.32.70	1.30.88	1.24.53	1.22.87	1.21.77	1.20.17	1.15.83	1.14.43
200 BRS	3.15.64	3.11.80	2.58.38	2.54.88	2.53.93	2.50.52	2.51.58	2.48.22
100 FLY	1.21.47	1.19.87	1.11.37	1.09.97	1.07.06	1.05.75	1.04.15	1.02.89
200 FLY	2.58.39	2.54.89	2.41.09	2.37.93	2.29.66	2.26.73	2.29.66	2.26.73
200 IM	2.49.35	2.46.03	2.35.14	2.32.10	2.29.75	2.26.81	2.25.21	2.22.36
400 IM	5.56.94	5.49.94	5.30.08	5.23.61	5.11.94	5.05.82	5.10.24	5.04.16

50 Free		
	LC	SC
FEMALE	30.39	29.79
MALE	26.81	26.28



## Irish Age Group Championships & Summer Open

National Aquatic Centre

20<sup>th</sup> – 24<sup>th</sup> July, 2016

### 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 Breaststroke		
5	100m Backstroke		
11	100m Freestyle		
13	200m Butterfly		
15	800m Freestyle		
18	200m Freestyle		
20	400m Ind. Medley		
27	200m Backstroke		
29	100m Butterfly		
31	100m Breaststroke		
36	50m Freestyle		
38	200m Ind. Medley		
42	1500m Freestyle		

*\*Entry Standards must have been achieved in Open Competition since 30<sup>th</sup> March 2015*

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



# Irish Age Group Championships & Summer Open

National Aquatic Centre

20<sup>th</sup> – 24<sup>th</sup> July, 2016

## 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	50m Freestyle		
4	200m Butterfly		
10	200m Ind. Medley		
12	400m Freestyle		
14	100m Backstroke		
17	100m Butterfly		
19	100m Breaststroke		
21	200m Backstroke		
24	800m Freestyle		
28	200m Freestyle		
30	200m Breaststroke		
37	100m Freestyle		
39	400m Ind. Medley		
43	1500m Freestyle		

*\*Entry Standards must have been achieved in Open Competition since 30<sup>th</sup> March 2015*

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



## Irish Age Group Championships & Summer Open

National Aquatic Centre

20<sup>th</sup> – 24<sup>th</sup> July, 2016

### RELAY & ENTRY SUMMARY SHEET

Event No.	Event	No. Teams	Event No.	Event	No. Teams
6	Girl's U14 4x100m FTR		32	Girl's U14 4x100m MTR	
7	Boy's U15 4x100m MTR		33	Boy's U15 4x100m FTR	
8	Women's 4x100m FTR		34	Women's 4x50m FTR	
9	Men's 4x50m MTR		35	Men's 4x50m FTR	
16	Mixed 4x50m MTR		40	Boy's U15 4x50m FTR	
22	Boy's U15 4x50m MTR		41	Girl's U14 4x50m MTR	
23	Girl's U14 4x50m FTR		44	Men's 4x100m MTR	
25	Men's 4x100m FTR		45	Women's 4x100m MTR	
26	Women's 4x50m MTR				

Relay Entries: \_\_\_\_\_ @ €20 Each = € \_\_\_\_\_

Individual Entries: \_\_\_\_\_ @ €8 Each = € \_\_\_\_\_

TOTAL AMOUNT ENCLOSED: € \_\_\_\_\_

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

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

#### **Payment Options:**

Please reference all payments as "2016 IAGSO" 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**

#### **Cheque/Postal Order:**

Made payable to Swim Ireland

#### **Credit Card:**

Credit card payments can be made over the phone by calling the Swim Ireland office at +353-1-6251142





Irish Age Group Championships & Summer Open  
National Aquatic Centre  
20<sup>th</sup> – 24<sup>th</sup> July, 2016

---

**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.

## Irish Age Group Championships & Summer Open

National Aquatic Centre

20<sup>th</sup> – 24<sup>th</sup> July, 2016

---

### 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.***