

Connacht Aspiring Champions LC Meet 2

UL Sport Arena, University of Limerick

Swim Ireland Licence – 13C-22/23-Co13

Enclosed please find entry details for the Swim Connacht LC Aspiring Champions meet (Licence Level 3). This swim meet is open **only** to swimmers registered with clubs in **Swim Ireland Connacht** Region.

Venue	UL Sport Arena, University of Limerick, Castletroy, Limerick, V94 XT66
Host	Swim Ireland Connacht
Format	Long Course 50m - 10 Lane
Date & Session Times	<p>Session 1: Saturday 11 February – Warm-up 12:00 Start 13:00</p> <p>Session 2: Saturday 11 February – Start 16:00 (<i>warm-up during interval</i>)</p> <p>Session 3: Sunday 12 February – Warm-up 08:00 Start 09:00</p> <p>Session 4: Sunday 12 February – Start 13:30 (<i>warm-up during interval</i>)</p> <p>Age (male & female): 12; 13/14; 15/16 and 17 & over</p> <p>Schedule of events as per Appendix 1 to this document.</p>
Fees	<p>€7 per Individual Event €14 per Relay Team</p> <p><i>Cheques to be made out to – Swim Ireland Connacht</i></p> <p><i>If you are remitting the fees by cheque, please note the club and the name of the swim meet gala on the back. Fee payment must be arranged concurrently with swim meet entries. <u>Proof of payment a week after entry</u>, to avoid disappointment.</i></p>
	<p><i>Bank Account Name: Swim Ireland Connacht</i></p> <p><i>Bank: AIB Bank</i></p> <p><i>Bank Address: West End Retail Park, Blanchardstown, Dublin 15.</i></p> <p><i>IBAN: IE60AIBK93251559772477</i></p> <p><i>BANK: AIBIE2D</i></p> <p><i>REFERENCE: NAME</i></p>
	<p><i>As it may not be possible to accept all entries, fee refunds will be advised to clubs on final acceptance of entries</i></p>
Eligibility	<p><i>Only swimmers registered with Connacht are eligible to enter this gala.</i></p> <p><i>Limited consideration entry will be in place for entry into the, 800m and 1500m mixed fastest entry times. Time dependant clubs will be notified.</i></p> <p><i>Age 12yrs or older as on 31st Dec 2023.</i></p> <p><i>Age 12yrs may enter 50/100/200/400m freestyle, 100/200m Backstroke, 100/200m Breaststroke, 100/200m Butterfly & 200m IM.</i></p> <p>Tech Suit Policy: <i>Tech Suits will NOT be permitted for 12y Athletes. We ask clubs to ensure coaches, parents and athletes are fully aware of the policy so that we avoid any negative experiences on poolside. Full details of the policy can be found on the Swim Ireland website https://www.swimireland.ie/news/swim-ireland-tech-suit-policy-2020</i></p>

Entries	<p>Entries on Hy-Tek only.</p> <p>Entries should be emailed to connachtgalasecretary@swimireland.ie</p> <p>Payments must be accompanied with a payment statement where the total is consistent with entries.</p>
Entries by:	Wednesday 25 January 2023
Officials	<p>Clubs must provide volunteers for timekeeping duties. Different arrangements may apply to the rostering of officials for long distance events (800m, 1500m). Volunteers should be trained to Level 1 Officials standard.</p> <p>Officials will be arranged directly by the region in accordance with the licence category. Officials seeking specific duties for experiences may request particular roles.</p>
Heats	Clubs will be notified in advance as to any changes to the competition. Numbers of heats may be curtailed to allow the gala to be run off in a reasonable time-frame.
FINA Rules	This swim meet will be run under FINA rules. In particular, please note that the regulations relating to FINA-approved swimsuits will be enforced.
Scratches	Scratches 6pm day prior to commencement, (or otherwise as directed at the swim meet).
Medals	In accordance with national Swim Ireland policy, there will be no presentation of medals at this event.
Finals	All Heat Declared Winners HDW.
Data Protection	<p>Swim Ireland Connacht and its registered clubs use a software database to manage entries and results of swimming meets, and also to manage competition records of swimmers. By submitting and accepting entries, consent is hereby given, as required by the Data Protection Act, to the holding of personal information on databases.</p> <p>Personal data held for each swimmer will be name, date of birth, club, Swim Ireland registration number, entry times, achieved times. Certain elements of this data (name, club, age, times, achieved times) may be made public prior to, during or after the meet (e.g. programmes, results sheets, social media updates etc.)</p>
Qualification	<p>Athletes must be at least 12 years of age to compete at these meets. National Squad/Programme athletes are permitted to swim in these meets.</p> <p>Times achieved can be used to enter the Regional LC Championships, Irish Open Championships, Irish Summer National Age Group/ Youth Championships, .</p> <p>Times will only be accepted and recorded on the National Database when ALL Meet paperwork has been submitted after the Meet and all the conditions of the licence have been satisfied.</p>
Hydration	Please note that, as an environment-friendly measure, timekeepers/officials/coaches are encouraged to bring their own bottles.
First Aid	<p>First Aid facilities will be provided by facility lifeguards and staff.</p> <p>Fire exits should be noted on arrival. In the event of fire alarm, swimmers and volunteers will take direction from the facility staff and / or Meet Director.</p>

Appendix 1 - Order of Events

Day 1	Day 2
Session 1	Session 3
Male 4 x 50m MTR	Female 4 x 50m MTR
Female 4 x 50m FTR	Male 4 x 50m FTR
Male 200m Free **	Female 200m Free **
Female 100m Breast **	Male 100m Breast **
Male 100m Back **	Female 100m Back **
Female 200m Butterfly **	Male 200m Butterfly **
Male 50m Breast	Female 50m Breast
Female 50m Back	Male 50m Back
Male 200m Individual Medley **	Female 200m Individual Medley **
Female 100m Free **	Male 100m Free **
Male 400m Free **	Female 400m Free **
Female 400 Individual Medley	
Male 100m Butterfly **	Break 1 hour
Female 200m Back **	Session 4
	Male 400m Individual medley
Break 30 min	Female 100m Butterfly **
Session 2	Male 200m Back **
Male 50m Free**	Female 50m Free**
Female 50m Butterfly	Male 50m Butterfly
Male 200m Breast **	Female 200m Breast **
Mixed 4 x 50m FTR	Mixed 4 x 50m MTR
Mixed 800m Freestyle (limited heats)	Mixed 1500m Freestyle (limited heats)

** 12yrs events