

Connacht Aspiring Champions Meet

Leisure Complex at Lough Lannagh, Castlebar

Swim Ireland Licence – 2C-23/24-C002

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	Lough Lannagh, Knockacroghery, Castlebar, Co. Mayo, F23 A257
Host	Swim Ireland Connacht
Format	Short Course - 8 Lane
Session Times	<p>Session 1 – Saturday 14th October - Warm Up 10:00 Start 11:00</p> <p>Session 2 – Saturday 14th October - Start 15:00 (Warm up during interval)</p> <p>Session 3 – Sunday 15th October - Warm Up 10:00 Start 11:00</p> <p>Session 4 – Sunday 15th October - Start 15:00 (Warm up during interval)</p> <p>Schedule of events as per Appendix 1 to this document.</p>
Fees	€10 per Individual Event €20 per Relay Team
	Fee payment must be arranged concurrently with swim meet entries. <u>Proof of payment must accompany</u> the entries to avoid disappointment.
	Bank Account Name: Swim Ireland Connacht Bank: AIB Bank Bank Address: West End Retail Park, Blanchardstown, Dublin 15. IBAN: IE60AIBK93251559772477 BANK: AIBIE2D REFERENCE: NAME
	As it may not be possible to accept all entries, fee refunds will be advised to clubs on final acceptance of entries
Eligibility	<p>Only swimmers registered with Connacht are eligible to enter this gala.</p> <p>Consideration Time standards will be in place for entry into the 400m, 800m and 1500m events. Club time trial results, signed off by the Head Coach, can be accepted for entry into these events. Heats may be limited due to time restrictions,</p> <p>Age 13yrs or older as on 31st Dec 2023</p>
Entries	<p>on Hy-Tek only. Relays entry must be submitted with entry file Max A & B team per club, names may be submitted on the day. If time permits. Relay Age (13-16y 17y+)</p> <p>Entries should be emailed to connachtgalasecretary@swimireland.ie</p> <p>Entries <u>must be</u> accompanied with a payment statement where the total is consistent with entries. Once the final psych sheet is published for checking their will be NO changes or Late entry accepted on the day, modifications at Referee discretion, Coach and Team Manager, It may be necessary to issue 3 wristbands per club to accommodate adequate seating for the athletes,</p>
Accreditation	
Entries by:	Tuesday 3 rd October 2023 by 5pm.

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	<p>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.</p>
FINA Rules	<p>This swim meet will be run under FINA rules. In particular, please note that the regulations relating to FINA-approved swimsuits will be enforced.</p> <p>Please refer to Swim Ireland Tech Suit policy – https://swimireland.ie/wp-content/uploads/sites/2/2023/06/Swim-Ireland-Tech-Suit-Policy-Updated-20th-June-2023.pdf</p>
Scratches	<p>scratches can be submitted up until 5pm the night before for the morning session. (or otherwise as directed at the swim meet)</p>
Medals	<p>In accordance with national Swim Ireland policy, there will be no presentation of medals at this event,</p>
Finals	<p>All Heat Declared Winners Male & Female Age 13/14y, 15/16y, 17& over</p>
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. 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 13 years of age to compete at these meets.</p> <p>Times achieved can be used to enter the Regional SC Championships. Irish Winter National championships (25),</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	<p>Please note that, as an environment-friendly measure, timekeepers/officials/coaches are encouraged to bring their own bottles.</p>
First Aid	<p>First Aid facilities will be provided by facility lifeguards and staff. 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>
Photography	<p>NO PHOTOGRAPHY WILL BE PERMITTED ON DECK AS PER SWIM IRELAND POLICY,</p> <p>https://www.swimireland.ie/wp-content/uploads/sites/2/2023/02/Briefing-Note-Competition-Photography-and-Changing-areas.pdf</p>

Appendix 1 - Order of Events

Day 1	Day 2
Male 4 x 50m MTR	Female 4 x 50m MTR
Female 4 x 50m FTR	Male 4 x 50m MTR
Mixed 800m Free (<i>limited Heats</i>)	Female 200m Individual Medley
Male 100m Backstroke	Male 400m Individual Medley
Female 200m Backstroke	Female 400m Freestyle
Male 200m Individual Medley	Male 200m Freestyle
Female 100m Breaststroke	Female 200m Breaststroke
Male 100m Freestyle	Male 50m Backstroke
Female 50m Butterfly	Female 50m Freestyle
Male 200m Butterfly	Male 50m Breaststroke
Mixed 4 x 50m FTR	Mixed 4 x 50m MTR
Female 100m Individual Medley	Male 100m Individual Medley
Male 100m Butterfly	Female 200m Freestyle
Female 200m Butterfly	Male 100m Breaststroke
Male 200m Breaststroke	Female 100m Butterfly
Female 100m Freestyle	Male 200m Backstroke
Male 400m Freestyle	Female 100m Backstroke
Female 400m Individual Medley	Male 50m Butterfly
Male 50m Freestyle	Female 50m Breaststroke
Female 50m Backstroke	Mixed 1500m Freestyle (<i>limited heats</i>)