

Swim Connacht Aspiring Champions Series

Leisure Complex at Lough Lannagh, Castlebar

Swim Ireland Licence TBC

Entry details for the Swim Connacht Regional 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 (25m) 8 lanes with anti-turbulence ropes; wedge starting blocks and backstroke ledges.
Session Times	Session 1: Saturday 12 October – Warm-up 0800-0900; Start 0915 Session 2: Saturday 12 October - Start 1330 (warm-up during interval) Session 3: Sunday 13 October – Warm-up 080-0900; Start 0915 Session 4: Sunday 13 October - Start 1300 (warm-up during interval) Schedule of events as per Appendix 1 to this document.
Fees	€7 per Individual Event; €14 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. As it may not be possible to accept all entries, fee refunds will be advised to clubs on final acceptance of entries. Bank Account Name: Swim Ireland Connacht Bank: AIB Bank Bank Address: West End Retail Park, Blanchardstown, Dublin 15. IBAN: IE60AIBK93251559772477 BANK: AIBIE2D REFERENCE: NAME
Eligibility	Only swimmers registered with Connacht clubs are eligible to enter this meet. 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. Age 13yrs or older as on 31st Dec 2024 Athletes with a disability must be registered as members of a Swim Ireland affiliated club at the time of entry
Entries	Hy-Tek only. Entries should be emailed to connachtgalasecretary@swimireland.ie Relays entries must be submitted with entry file. Clubs can enter a maximum of an A and B team, and names may be submitted on the day. Relay Age (13y+) 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 there will be NO changes or late entry accepted on the day. Modifications at the meet director's discretion.
Entries by:	Tuesday 1 October 2024

Heats	<i>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.</i>
Scratches	<i>Scratches by 5pm the night before (or otherwise as directed at the swim meet).</i>
Awards	<i>No medals.</i>
Qualification	<p><i>Athletes must be at least 13 years of age to compete at these meets.</i></p> <p><i>Times achieved can be used to enter the Regional SC Championships and the Irish Winter National Championships (25m)</i></p> <p><i>Times will only be accepted and recorded on the national database when ALL meet paperwork has been submitted and all the conditions of the licence have been satisfied.</i></p>
Accreditation	<p><i>Coach and Team Manager</i></p> <p><i>It may be necessary to issue three wristbands per club to accommodate adequate seating for the athletes.</i></p>
Officials	<p><i>Clubs must provide volunteers for timekeeping duties; two for distance events. Different arrangements may apply to the rostering of officials for distance events (800m, 1500m). Volunteers should be trained to Level 1 Officials standard.</i></p> <p><i>Officials will be arranged by the region in accordance with the licence category. Officials may seek specific duties for experience, on request.</i></p>
World Aquatic Rules	<i>This swim meet will be run under World Aquatics rules. It is not a requirement for swimmers to wear World Aquatics approved swimwear in this competition.</i>
Policy	<p><i>In accordance to the Swim Ireland Transgender and Non-Binary Participation and Competition Policy, HERE, this competition will be conducted within relevant age specific groups and will be conducted in two categories:</i></p> <ol style="list-style-type: none"> <i>1. Female: athletes with a birth sex of female.</i> <i>2. Open: athletes with a birth sex of male, trans or non-binary competitors and any competitor not eligible for the Female category.</i>
Data Protection	<i>Swim Ireland Connacht and its registered clubs use a software database to manage entries and results of swim meets, and 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.)</i>
Photography	<i>NO photography will be permitted on deck, as per the Swim Ireland Competition Photography and Changing Room Briefing, HERE</i>
Hydration	<i>Please note that, as an environment-friendly measure, timekeepers/officials/coaches are encouraged to bring their own bottles.</i>
First Aid	<i>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.</i>

Order of Events

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