



<b>Swim Meet Title</b>	<i>Athlone SC &amp; Claremorris SC, L3 Club Invitational SC. Full Olympic program,</i>
<b>Licence Number</b>	C001-24/2525C017
<b>Venue</b>	<i>Athlone Regional Sports Centre, &amp; Claremorris Leisure centre</i>
<b>Date</b>	<i>Athlone 26<sup>th</sup> April Claremorris 4<sup>th</sup> May 2025</i>
<b>Host Clubs</b>	<i>Athlone SC / Claremorris SC</i>

<b>World Aquatics Rules</b>	<i>This Meet will be run under World Aquatics Rules. In particular, please note that the regulations relating to World Aquatics -approved swimsuits will be enforced. <a href="#">Swim Ireland Tech Suit Policy</a></i>
<b>Format</b>	<i>Short Course – 6 Lane</i>
<b>Session Times</b>	<p><b>Saturday 26<sup>th</sup> April Athlone</b></p> <p><b>Session 1 - Warm Up 9.00am Start 10.15am</b></p> <p><b>Session 2 Warm up – approx. 45 min after finish session 1</b></p> <p><b>Sunday 4<sup>th</sup> May Claremorris</b></p> <p><b>Session 3 Warm up- 08.00hrs start – 09.00hrs</b></p> <p><b>Session 4 approx. 45 min after finish session 4</b></p>
<b>Fee's</b>	<i>€8 per Individual Event. €25 per Relay team.</i>

	<p><b>Clubs, please arrange electronic payment to:</b>  BANK DETAILS: BANK OF IRELAND ATHLONE,  IBAN: IE60BOFI90163479407363  BIC: BOFIE2D :ACCOUNT NO. 79407363</p>
	<p><i>please note the club and the meet name on all electronic payments  Fees should be arranged concurrently with swim meet entries as it may not be possible to accept all entries. Fee refunds will be advised to clubs on final acceptance of entries.</i></p>
<p><b>Transgender Non-Binary Participation Policy</b></p>	<p><i>In accordance to the Swim Ireland Transgender and Non-Binary Participation and Competition Policy, <a href="#">HERE</a>, 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"> <li><i>1. Female: athletes with a birth sex of female.</i></li> <li><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></li> </ol> <p><i>Only swimmers registered with Swim Ireland <b>aged 12y or over as of 31<sup>st</sup> Dec 2025.</b></i></p> <p><i>Entry with NT will be accepted.</i></p> <p><i>All Events HDW, Relay's Open,  800m and 1500m events <b>ONLY ONE HEAT IN EACH</b> 6 swimmers plus 2 reserves  swimmers Should Have a 400m time to enter. Clubs will be notified</i></p>
<p><b>Entries</b></p>	<p><i>Entries <b>on Hy-Tek only</b>. Entries should be emailed to Patricia;  <a href="mailto:patricia_cleary@hotmail.com">patricia_cleary@hotmail.com</a></i></p>
<p><b>Entries by:</b></p>	<p><b>20:00hrs Friday 11<sup>rd</sup> April 2025. No late entry please.</b></p>
<p><b>Officials</b></p>	<p><i>Clubs must provide volunteers for timekeeping duties.</i></p> <p><i>Persons looking for experience of stroke judge and starter roles should contact <a href="mailto:connachtcompetitionchair@swimireland.ie">connachtcompetitionchair@swimireland.ie</a> and arrangements will be made for mentoring.</i></p>

<b>Heats</b>	<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 timeframe.</i>
<b>Scratches</b>	<i>Scratches via email to <a href="mailto:Patricia_cleary@hotmail.com">Patricia_cleary@hotmail.com</a> (5pm the evening before)</i>
<b>Finals / Medals</b>	<i>Heat Declared Winners. Medals awarded 1<sup>st</sup> 2<sup>nd</sup> &amp; 3<sup>rd</sup> age categories; 12-13y, 14-15y + 16y+</i>
<b>Qualification</b>	<i>Times can be used to qualify for Level 4 Meets. Summer National Age Group Championships UL (50m), Regional SC &amp; LC. Championships, Irish Winter National SC Championships.</i>
<b>Data Protection</b>	<i>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.)</i>
<b>Hydration</b>	<i>Please note that, as an environment-friendly measure, timekeepers/officials/coaches are encouraged to bring their own re-usable bottles and fill them from the water coolers.</i>
<b>Photography</b>	<i>NO photography will be permitted on deck, as per the Swim Ireland Competition Photography and Changing Room Briefing, <a href="#">HERE</a></i>
<b>First Aid</b>	<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>

ALL Events HDW

			Athlone				Claremorris
Event			Session 1				Session 3
1	Open		200 Breaststroke	19	Female		200 Butterfly
2	Female		200 Breaststroke	20	Open		200 Butterfly
3	Open		100 Freestyle	21	Female		100 Breaststroke
4	Female		100 Freestyle	22	Open		100 Breaststroke
5	Open		50 Butterfly	23	Female		50 Backstroke
6	Female		50 Butterfly	24	Open		50 Backstroke
7	Open		400 Freestyle	25	Female		400 Freestyle
8	Female		4x50 Free Relay	26	Open		4x50 Medley Relay
9	Open		4x50 free Relay	27	Female		4x50 Medley Relay
			Session 2				Session 4
10	Open		200 Backstroke	28	Female		200 Freestyle
11	Female		200 Backstroke	29	Open		200 Freestyle
12	Open		100 Butterfly	30	Female		100 Backstroke
13	Female		100 Butterfly	31	Open		100 Backstroke
14	Open		50 Breaststroke	32	Female		50 Freestyle
15	Female		50 Breaststroke	33	Open		50 Freestyle
16	Open		200 IM	34	Female		200 IM
17	Female		400 IM	35	Open		400 IM
18	Mixed		800 Free	36	Mixed		1500 free

