



# Castlebar Swimming Club

## Sunday 11<sup>th</sup> May 2025

### INVITATIONAL L2 MEET

Meet Licence No: C001-24/25-C020

<b>Venue</b>	Lough Lannagh Leisure Complex
<b>Host</b>	Castlebar Swimming Club
<b>Format</b>	Short Course – 8 Lane
<b>Session Times</b>	Session 1 – warmup 9am Start 10am Session 2 half hour after session 1
<b>Events</b>	<p>Session 1 50m/100m Backstroke  50m/100m Breaststroke  200m Freestyle (11,12,13,14,)only  Relays 4x50m freestyle ,10/11, 12/14  4x50m Freestyle Mixed 9.</p> <p>Session2 50m/100m Fly  200IM (11,12,13,14) only  50m 100m Freestyle  Relays 4x50m IM ,10/11, 12/14  4x50m IM Mixed U9</p> <ul style="list-style-type: none"> <li>Team Relays must include at least 1 open and 1 female athlete</li> </ul>
<b>Eligibility</b>	Only swimmers registered with Connacht are eligible to enter this gala. Entry with NT will be accepted. All swimmers must be competing in the competition to enter a relay. Age as 31 December 2025.
<b>Fees</b>	Individual Events €7 Relay Team €15
<b>Entries</b>	<p>Entries <b>on Hy-Tek only</b> to <a href="mailto:castlebarsc.competitionsec@gmail.com">castlebarsc.competitionsec@gmail.com</a>  Proof of payment must accompany entries.  <b>All visiting Clubs must arrange electronic payment to:</b>  <b>BANK ACCOUNT NAME:</b> Castlebar Swimming Club  <b>BANK DETAILS:</b> Bank of Ireland  <b>IBAN:</b> IE26BOFI90374427894286  <b>BIC:</b> BOFIE2DXXX                      ACCOUNT NO: 27894286  <b>REFERENCE:</b> Club Name</p>
<b>Entries by</b>	4pm Sunday 27 <sup>th</sup> April 2025
<b>Tech Suit Policy</b>	In accordance with the <a href="#">Swim Ireland Tech Suit Policy</a> , swimmers will not be permitted to compete in a tech suit at – irrespective of age. We ask clubs ensure coaches, parents and athletes are fully aware of the policy so that we avoid any negative experiences on poolside.
<b>Awards</b>	Individual/relays awards will be given Medals 1 <sup>st</sup> 2 <sup>nd</sup> 3 <sup>rd</sup> in each age group band U9,10,11,12,13,14, relays U 9-10, 11-12, 13-14.

<b>Policy</b>	<p>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:</p> <ol style="list-style-type: none"> <li>1. Female: athletes with a birth sex of female.</li> <li>2. Open: athletes with a birth sex of male, trans or non-binary competitors and any competitor not eligible for the Female category.</li> </ol>
<b>Officials</b>	<p>Clubs must provide volunteers for timekeeping duties.</p> <p>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.</p>
<b>Heats</b>	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.
<b>Scratches</b>	<p>Scratches at the commencement of warm up or by email.</p> <p><b>Once the final psych sheet is published for checking their will be NO changes or Late entry accepted on the day</b>, modifications at Referee discretion.</p>
<b>Data Protection</b>	Swim Ireland Connacht and its registered clubs use a software database to manage entries and results of swimming meets, and 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.)
<b>Photography</b>	NO photography will be permitted on deck, as per the Swim Ireland Competition Photography and Changing Room Briefing, <a href="#">HERE</a>
<b>Hydration</b>	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.
<b>First Aid</b>	<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>

<b>Session 1</b>	<b>Session 2</b>
<ol style="list-style-type: none"> <li>1. 50m Backstroke Girls U9</li> <li>2. 50m Backstroke Open U9</li> <li>3. 100m Backstroke Girls 10-14</li> <li>4. 100m Backstroke Open 10-14</li> <li>5. 50m Breaststroke Girls U9</li> <li>6. 50m Breaststroke Open U9</li> <li>7. 100m Breaststroke Girls 10-14</li> <li>8. 100 Breaststroke Open 10-14</li> <li>9. 200m Freestyle Girls 11-14</li> <li>10. 200m Freestyle Open 11-14</li> <li>11. 4x50 Freestyle Relay Mixed U9-10</li> <li>12. 4x50 Freestyle Relay 11-12 Girls</li> <li>13. 4x50 Freestyle Relay 11-12 Open</li> <li>14. 4x50 Freestyle Relay 13-14 Girls</li> <li>15. 4x50 Freestyle Relay 13-14 Open</li> </ol>	<ol style="list-style-type: none"> <li>16. 50m Fly Girls U9</li> <li>17. 50m Fly Open U9</li> <li>18. 100m Fly Girls 10-14</li> <li>19. 100m Fly Open 10-14</li> <li>20. 200m IM Girls 11-14</li> <li>21. 200m IM Open 11-14</li> <li>22. 50m Freestyle Girls U9</li> <li>23. 50m Freestyle Open U9</li> <li>24. 100m Freestyle Girls 10-14</li> <li>25. 100m Freestyle Open 10-14</li> <li>26. 4x50 IM Mixed Relay U9-10</li> <li>27. 4x50m IM Relay 11-12 Girls</li> <li>28. 4x50m IM Relay 11-12 Open</li> <li>29. 4x50m IM Relay 13-14 Girls</li> <li>30. 4x50m IM Relay 13-14 Open</li> </ol>