

# Connacht and Leinster Regional Age Group Long Course Championships 2025

UL Sport Arena, University of Limerick

Swim Ireland Licence CO01-24/25-C021

Entry details for the Regional Age Group LC Championships 2025 (Licence Level 4).

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| <b>Venue</b>             | UL Sport Arena, Limerick, V94 XT66   |
| <b>Host</b>              | Swim Ireland Connacht and Swim Ireland Leinster  |
| <b>Format</b>            | Long Course (50m), 10 lane with electronic timing  |
| <b>Sessions</b>          | <p><b>Friday 23 May 2025</b>      <b>Session 1</b> Finals: Warm-up 1830; Start 1900</p> <p><b>Saturday 24 May 2025</b>      <b>Session 2</b> Heats: Warm-up 0900; start 1015<br/> <b>Session 3</b> Finals: Warm-up 1430; start 1530</p> <p><b>Sunday 25 May 2025</b>      <b>Session 4</b> Heats: Warm-up 0900; start 1015<br/> <b>Session 5</b> Finals: Warm-up 1430; start 1530</p> <p>Session times are subject to change depending on number of entries received.<br/> Clubs will be notified in advance of any changes.</p>   |
| <b>Individual Events</b> | <p>50m, 100m, 200m, 400m, 800m and 1500m Freestyle<br/> 100m and 200m Backstroke, Breaststroke and Butterfly<br/> 200m and 400m Individual Medley</p> <p>400m IM, 800m and 1500m Freestyle are restricted to swimmers aged 13 and over.</p> <p>Distance events heats may be limited depending on number of entries received.</p> <p>Athletes aged 12 years may enter the 400m Freestyle if they have achieved the qualification standard in the 400m or in the 200m Freestyle.</p>   |
| <b>Relay Events</b>      | <p>4x100m Freestyle Team Relay (Open and Female) Age 13/14<br/> 4x100m Medley Team Relay (Open and Female) Age 13/14<br/> 4x200m Freestyle Team Relay (Open and Female) Age 13/14<br/> 4x100m Medley Team Relay (Mixed) Age 13/14<br/> 4x50m Freestyle Team Relay (Mixed) Age 12<br/> 4x50m Medley Team Relay (Mixed) Age 12</p> <p>Relay swimmers <b>must</b> also be competing in individual events in this competition.<br/> <b>Maximum of two</b> relay teams per club per event in each age category. Mixed relay events must have teams comprising two open and two female swimmers. Relay events are HDW.</p>   |
| <b>Age Bands</b>         | <p>12yrs (2013) and 13/14yrs (2011-12)<br/> Age as 31 December 2025.</p>   |
| <b>Eligibility</b>       | <p>Swimmers registered with Swim Ireland Connacht clubs, Swim Ireland Leinster clubs, National Centre athletes and swimmers from outside the island of Ireland are eligible to enter this meet.</p> <p>National Centre athletes will be eligible to compete in heats and/or finals of a Regional Championship that takes outside of their home club, but will not be eligible to win medals.</p> <p>Athletes with a disability must be registered as members of a Swim Ireland affiliated club at the time of entry.</p> <p>Entry times must be equal or faster than the consideration times and must have been achieved at approved meets, level two or above, since 1 May 2024. Entries outside these limits will be rejected.</p> |

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| <b>Entries</b>                   | <p>Entries on <b>Hy-Tek only</b> by email to <a href="mailto:connachtentries@swimireland.ie">connachtentries@swimireland.ie</a></p> <p>Proof of payment must accompany the entries. <b>Entries will NOT be processed unless full payment has been received.</b></p> <p>Relay entries must be submitted before the closing date. Names may be added on the day, time permitting.</p> <p><b>Once the final psych sheet is published there will be NO changes or late entries accepted on the day, modifications at the meet director's discretion.</b></p>   |
| <b>Proof of Entry</b>            | <p>In addition to the Hy-Tek entry file, clubs must submit proof of times achieved with entries which includes a list of the meets at which the entry times were achieved. This is generated by ticking the 'Include Proof of Time' checkbox on the 'Meet Entry Report' dialogue box.</p>  |
| <b>Fees &amp; Payments</b>       | <p>€10 per Individual Event; €20 per Relay Team</p> <p><b>Proof of payment must accompany the entries.</b></p> <p>Entries will NOT be processed unless full payment has been received.</p> <p><b>Account Name:</b> Swim Ireland Connacht<br/> <b>IBAN:</b> IE60AIBK93251559772477 <b>BANK:</b> AIBIE2D<br/> <b>REFERENCE:</b> CLUB NAME</p> <p>Swim Ireland Connacht and Swim Ireland Leinster reserve the right to limit entries.<br/>         In the event that entries are rejected, the entry fee will be refunded to the club.</p>  |
| <b>Entries by:</b>               | <p><b>Friday 9 May 2025</b> (Strictly no late entries)</p>   |
| <b>Qualification Times</b>       | <p>Both <b>Qualifying</b> and <b>Consideration</b> entry times must have been achieved since 1 May 2024.</p> <p><b>Qualification</b> times are guaranteed acceptance of entry to this championship meet (except for distance events). <b>Consideration</b> times may be accepted depending on volume of entries.</p> <p>All Entries <b>MUST</b> include an <b>ENTRY TIME</b> in line with Qualification/Consideration Times.<br/>         'No Times' (NTs) will be automatically excluded.</p> <p>Hytek converted short course times achieved in the same period will be accepted for entry.</p> <p>Where the qualification and consideration times are identical; swimmers who have achieved these times will be guaranteed places in these events.</p> |
| <b>Withdrawals and Scratches</b> | <p>After the closing date, entry fees will only be refunded for withdrawals supported by a doctor's note. Withdrawals from finals (including reserves) may be made up to 30 minutes from the announcement of the final. Withdrawals after this time or 'no shows' will be subject to a fine of €50.</p> <p>Scratches to the meet recording desk by 5pm the evening before the relevant event.</p>  |
| <b>Heats</b>                     | <p>Heats will run as open, non-seeded events.</p> <p>Heat Declared Winner (HDW) for 400m, 800m, 1500m and relay events.</p>  |
| <b>Finals</b>                    | <p>Heat Declared Winner (HDW) for 400m, 800m, 1500m and relay events.</p> <p>10 places will be available for each Regional Final, one Connacht and one Leinster, which will be run in each 50m, 100m and 200m event in each age-band, 12yrs and 13/14yrs.</p> <p>A Super Final will be reserved for the fastest 10 athletes in each 50m, 100m and 200m event regardless of region and age band. At most, two places will be appointed to athletes outside of Connacht and Leinster in the Super Final only. The region-specific finals are closed to athletes outside of that region.</p>  |
| <b>Awards</b>                    | <p>Medals awarded to the top three places in each event for age-bands 12yrs and 13/14yrs in each region.</p> <p>Commemorative medals will be awarded to finishers outside of Connacht and Leinster in the first two places of the Super Final.</p>   |
| <b>Qualification Pathway</b>     | <p>Times can be used for entry to 2025 Irish Summer National Age Group Championships, 2025 Regional Championships (25m) and 2025 Irish Winter National Championships (25m)</p>   |

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| <b>Accreditation</b>                     | Wristband accreditation will be used at this meet, max 3 per club, extra allocation may be awarded depending on numbers after entries have been submitted.  |
| <b>Officials</b>                         | 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.<br><br>Officials will be arranged by the region in accordance with the licence category. Officials may seek specific duties for experience, on request.  |
| <b>World Aquatic Rules</b>               | This competition will be run under World Aquatics rules. It is not a requirement for swimmers to wear World Aquatics approved swimwear in this competition.   |
| <b>Tech Suit</b>                         | In accordance with the <a href="#">Swim Ireland Tech Suit Policy</a> , athletes aged 12 years will not be permitted to compete in a tech suit.  |
| <b>Transgender and non-Binary Policy</b> | 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:<br><br>1. Female: athletes with a birth sex of female.<br><br>2. Open: athletes with a birth sex of male, trans or non-binary competitors and any competitor not eligible for the Female category.  |
| <b>Data Protection</b>                   | 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.) |
| <b>Photography</b>                       | NO photography will be permitted on deck, as per the Swim Ireland Competition Photography and Change Areas Briefing Note, <a href="#">HERE</a>  |
| <b>Hydration</b>                         | Please note that, as an environment-friendly measure, timekeepers/officials/coaches are encouraged to bring their own bottles.  |
| <b>First Aid</b>                         | 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.  |

| Friday 23 May 2025   | Saturday 24 May 2025  | Sunday 25 May 2025   |
|--|---|--|
| Session 1: Finals  | Session 2: Heats  | Session 4: Heats   |
| 1. Open 13+ 800m Free HDW<br>2. Mixed 13+ 400m Medley Relay HDW<br>3. Female 13+ 800m Free HDW<br>4. Open 13+ 400m IM HDW<br>5. Female 13+ 400m IM HDW | 6. Female 12yrs+ 400 Free HDW<br>7. Open 12yrs+ 50 Free<br>8. Female 12yrs+ 200 Back<br>9. Open 12yrs+ 200 Breast<br>10. Female 12yrs+ 100 Breast<br>11. Open 12yrs+ 100 Back<br>12. Female 12yrs+ 200 IM<br>13. Open 12yrs+ 200 Free<br>14. Female 12yrs+ 200 Fly<br>15. Open 12yrs+ 100 Fly<br>16. Female 12yrs+ 100 Free<br>17. Mixed 12yrs 200 Free Relay HDW<br>18. Female 13yrs+ 800 Free Relay HDW<br>19. Open 13yrs+ 1500 Free HDW  | 22. Open 12yrs+ 400 Free HDW<br>23. Female 12yrs+ 50 Free<br>24. Open 12yrs+ 200 Back<br>25. Female 12yrs+ 200 Breast<br>26. Open 12yrs+ 100 Breast<br>27. Female 12yrs+ 100 Back<br>28. Open 12yrs+ 200 IM<br>29. Female 12yrs+ 200 Free<br>30. Open 12yrs+ 200 Fly<br>31. Female 12yrs+ 100 Fly<br>32. Open 12yrs+ 100 Free<br>33. Mixed 12yrs 200 Medley Relay HDW<br>34. Open 13yrs+ 800 Free Relay HDW<br>35. Female 13yrs+ 1500 Free HDW   |
|  | Session 3: Finals   | Session 5: Finals  |
|  | <b>Open 50 Free</b><br>CNN 12yrs, LEN 12yrs, CNN 13/14yrs, LEN 13/14yrs, SUPERFINAL<br><br><b>Female 200 Back</b><br>CNN 12yrs, LEN 12yrs, CNN 13/14yrs, LEN 13/14yrs, SUPERFINAL<br><br><b>Open 200 Breast</b><br>CNN 12yrs, LEN 12yrs, CNN 13/14yrs, LEN 13/14yrs, SUPERFINAL<br><br><b>Female 100 Breast</b><br>CNN 12yrs, LEN 12yrs, CNN 13/14yrs, LEN 13/14yrs, SUPERFINAL<br><br><b>Open 100 Back</b><br>CNN 12yrs, LEN 12yrs, CNN 13/14yrs, LEN 13/14yrs, SUPERFINAL<br><br><b>Female 200 IM</b><br>CNN 12yrs, LEN 12yrs, CNN 13/14yrs, LEN 13/14yrs, SUPERFINAL<br><br><b>Open 200 Free</b><br>CNN 12yrs, LEN 12yrs, CNN 13/14yrs, LEN 13/14yrs, SUPERFINAL<br><br><b>Female 200 Fly</b><br>CNN 12yrs, LEN 12yrs, CNN 13/14yrs, LEN 13/14yrs, SUPERFINAL<br><br><b>Open 100 Fly</b><br>CNN 12yrs, LEN 12yrs, CNN 13/14yrs, LEN 13/14yrs, SUPERFINAL<br><br><b>Female 100 Free</b><br>CNN 12yrs, LEN 12yrs, CNN 13/14yrs, LEN 13/14yrs, SUPERFINAL<br><br>20. Open 13yrs+ 400 Free Relay HDW<br>21. Female 13yrs+ 400 Medley Relay HDW | <b>Female 50 Free</b><br>LEN 12yrs, CNN 12yrs, LEN 13/14yrs, CNN 13/14yrs, SUPERFINAL<br><br><b>Open 200 Back</b><br>LEN 12yrs, CNN 12yrs, LEN 13/14yrs, CNN 13/14yrs, SUPERFINAL<br><br><b>Female 200 Breast</b><br>LEN 12yrs, CNN 12yrs, LEN 13/14yrs, CNN 13/14yrs, SUPERFINAL<br><br><b>Open 100 Breast</b><br>LEN 12yrs, CNN 12yrs, LEN 13/14yrs, CNN 13/14yrs, SUPERFINAL<br><br><b>Female 100 Back</b><br>LEN 12yrs, CNN 12yrs, LEN 13/14yrs, CNN 13/14yrs, SUPERFINAL<br><br><b>Open 200 IM</b><br>LEN 12yrs, CNN 12yrs, LEN 13/14yrs, CNN 13/14yrs, SUPERFINAL<br><br><b>Female 200 Free</b><br>LEN 12yrs, CNN 12yrs, LEN 13/14yrs, CNN 13/14yrs, SUPERFINAL<br><br><b>Open 200 Fly</b><br>LEN 12yrs, CNN 12yrs, LEN 13/14yrs, CNN 13/14yrs, SUPERFINAL<br><br><b>Female 100m Fly</b><br>LEN 12yrs, CNN 12yrs, LEN 13/14yrs, CNN 13/14yrs, SUPERFINAL<br><br><b>Open 100 Free</b><br>LEN 12yrs, CNN 12yrs, LEN 13/14yrs, CNN 13/14yrs, SUPERFINAL<br><br>36. Female 13yrs+ 400 Free Relay HDW<br>37. Open 13yrs+ 400 Medley Relay HDW |

## Connacht and Leinster Regional Age Group Long Course Championships 2025

UL Sport Arena, University of Limerick

### Qualification Standards 2024-2025 (Long Course)

| Female   |          |          |                | Open     |          |          |
|----------|----------|----------|----------------|----------|----------|----------|
| 14yrs    | 13yrs    | 12yrs    |                | 12yrs    | 13yrs    | 14yrs    |
| 00:32.56 | 00:32.84 | 00:34.81 | 50m Free       | 00:34.94 | 00:32.19 | 00:30.11 |
| 01:10.36 | 01:12.39 | 01:17.76 | 100m Free      | 01:15.33 | 01:11.04 | 01:06.22 |
| 02:34.31 | 02:42.69 | 02:51.03 | 200m Free      | 02:47.90 | 02:41.07 | 02:30.55 |
| 05:22.99 | 05:32.31 | 05:32.31 | 400m Free      | 05:32.17 | 05:32.17 | 05:10.01 |
| 10:59.85 | 11:41.68 |          | 800m Free      |          | 11:11.12 | 10:41.97 |
| 21:38.31 | 22:09.60 |          | 1500m Free     |          | 22:08.89 | 21:25.43 |
| 01:20.52 | 01:24.39 | 01:29.63 | 100m Back      | 01:28.65 | 01:23.52 | 01:18.20 |
| 02:58.25 | 03:03.91 | 03:16.20 | 200m Back      | 03:11.08 | 03:04.64 | 02:51.30 |
| 01:34.20 | 01:36.83 | 01:44.79 | 100m Breast    | 01:42.41 | 01:36.17 | 01:28.58 |
| 03:27.88 | 03:33.22 | 03:46.99 | 200m Breast    | 03:42.64 | 03:38.60 | 03:18.40 |
| 01:23.92 | 01:28.13 | 01:31.26 | 100m Butterfly | 01:29.25 | 01:24.66 | 01:17.12 |
| 03:17.26 | 03:21.57 | 03:21.57 | 200m Butterfly | 03:16.81 | 03:16.81 | 03:05.55 |
| 03:00.40 | 03:07.64 | 03:16.28 | 200m IM        | 03:10.74 | 03:02.89 | 02:52.32 |
| 06:30.43 | 06:49.64 |          | 400m IM        |          | 06:42.63 | 06:16.76 |

### Consideration Standards 2024-2025 (Long Course)

| Female   |          |          |                | Open     |          |          |
|----------|----------|----------|----------------|----------|----------|----------|
| 14yrs    | 13yrs    | 12yrs    |                | 12yrs    | 13yrs    | 14yrs    |
| 00:34.19 | 00:34.48 | 00:36.55 | 50m Free       | 00:36.68 | 00:33.80 | 00:31.62 |
| 01:13.88 | 01:16.01 | 01:21.65 | 100m Free      | 01:19.10 | 01:14.59 | 01:09.53 |
| 02:42.03 | 02:50.83 | 02:59.58 | 200m Free      | 02:56.29 | 02:49.12 | 02:38.08 |
| 05:39.14 | 05:48.93 |          | 400m Free      |          | 05:48.78 | 05:25.51 |
|          |          |          | 800m Free      |          |          |          |
|          |          |          | 1500m Free     |          |          |          |
| 01:24.54 | 01:28.61 | 01:34.12 | 100m Back      | 01:33.08 | 01:27.69 | 01:22.11 |
| 03:07.17 | 03:13.11 | 03:26.01 | 200m Back      | 03:20.64 | 03:13.87 | 02:59.86 |
| 01:38.91 | 01:41.67 | 01:50.03 | 100m Breast    | 01:47.53 | 01:40.98 | 01:33.01 |
| 03:38.27 | 03:43.89 | 03:58.34 | 200m Breast    | 03:53.77 | 03:49.53 | 03:28.32 |
| 01:28.12 | 01:32.53 | 01:35.82 | 100m Butterfly | 01:33.71 | 01:28.90 | 01:20.97 |
| 03:27.13 | 03:31.65 | 03:31.65 | 200m Butterfly | 03:26.65 | 03:26.65 | 03:14.83 |
| 03:09.42 | 03:17.02 | 03:26.09 | 200m IM        | 03:20.28 | 03:12.03 | 03:00.94 |
| 06:49.95 | 07:10.13 |          | 400m IM        |          | 07:02.77 | 06:35.60 |