

Swim Connacht Aspiring Champions Series


UL Sport Arena, Limerick

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	UL Sport Arena, Castletroy, Limerick V94 XT66	
Host	Swim Ireland Connacht	
Format	Long Course (50m), 10 lane with electronic timing	
Session Times and Events	<p>Saturday 28 February 2026</p> <p>Session 1: Warm-up 1200; Start 1315</p> <p>Open 4 x 50m MTR</p> <p>Female 4 x 50m FTR</p> <p>Open 200m Freestyle</p> <p>Female 100m Breaststroke</p> <p>Open 100m Backstroke</p> <p>Female 200m Butterfly</p> <p>Open 50m Breaststroke</p> <p>Female 50m Backstroke</p> <p>Open 200m Individual Medley</p> <p>Female 100m Freestyle</p> <p>Open 400m Freestyle</p> <p>Female 400m Individual Medley</p> <p>Open 100m Butterfly</p> <p>Female 200m Backstroke</p> <p>Break (30mins)</p> <p>Session 2: Warm-up (interval); Start 1600</p> <p>Open 50m Freestyle</p> <p>Female 50m Butterfly</p> <p>Open 200m Breaststroke</p> <p>Mixed 4 x 50m FTR</p> <p>Mixed 800m Free (limited Heats)</p> <p>Clubs will be notified in advance as to any changes to the competition.</p> <p>Numbers of heats may be curtailed to allow the gala to be run off in a reasonable timeframe.</p>	<p>Sunday 1 March 2026</p> <p>Session 3: Warm-up 0800; Start 0915</p> <p>Female 4 x 50m MTR</p> <p>Open 4 x 50m FTR</p> <p>Female 200m Freestyle</p> <p>Open 100m Breaststroke</p> <p>Female 100m Backstroke</p> <p>Open 200m Butterfly</p> <p>Female 50m Breaststroke</p> <p>Open 50m Backstroke</p> <p>Female 200m Individual Medley</p> <p>Open 100m Freestyle</p> <p>Female 400m Freestyle</p> <p>Break (60mins)</p> <p>Session 4: Warm-up (interval); Start 1300</p> <p>Open 400m Individual Medley</p> <p>Female 100m Butterfly</p> <p>Open 200m Backstroke</p> <p>Female 50m Freestyle</p> <p>Open 50m Butterfly</p> <p>Female 200m Breaststroke</p> <p>Mixed 4 x 50m MTR</p> <p>Mixed 1500m Freestyle (limited heats)</p>
Eligibility and Age Bands	<p>Only swimmers registered with Connacht clubs are eligible to enter this meet. Minimum entry age 13yrs as on 31 December 2026.</p> <p>Individual Events: Open and Female 13-14yrs, 15-16yrs and 17yrs and over.</p> <p>Open Relays: 13yrs and over.</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>Athletes with a disability must be registered as members of a Swim Ireland affiliated club at the time of entry</p>	

Entries	Individual and relay entries on Hytek only by email to connachtentries@swimireland.ie All entries must be submitted with a payment statement that reflects the total amount due. No changes will be accepted on the day. Modifications are at the meet director's discretion. Clubs may enter both A and B team relays and submit names on the day.
Closing Date	Friday 20 February 2026. Strictly no late entries.
Fees and Payments	€7 per Individual Event; €20 per Relay Team Proof of payment required with entries. Entries will NOT be processed without full payment. Account Name: Swim Ireland Connacht IBAN: IE60AIBK93251559772477 BANK: AIBIE2D REFERENCE: CLUB NAME Swim Ireland Connacht reserve the right to limit entries. Fees will be refunded to the club.
Withdrawals and Scratches	After the closing date, entry fees will only be refunded for withdrawals supported by a doctor's note. Scratches by 3pm the day before (or otherwise as directed at the swim meet).
Awards	No medals.
Qualification	Times achieved can be used to enter the Regional Championships and the Irish Winter National Championships (25m). 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.
Accreditation	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.
Officials	Clubs must provide volunteers for timekeeping duties; two for distance events (800 and 1500). Volunteers should be trained to Level 1 Officials standard. Officials will be arranged by the region in accordance with the licence category. Officials may seek specific duties for experience, on request.
Updates and Communication	 Going paperless! To reduce paper usage, this meet will be using WhatsApp to distribute heat sheets and results. Access via Meet Mobile will also be available (charges may apply).
World Aquatic Rules	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.
Transgender and non-Binary Policy	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: 1. Female: athletes with a birth sex of female. 2. Open: athletes with a birth sex of male, trans or non-binary competitors and any competitor not eligible for the Female category.
Photography	NO photography will be permitted on deck, as per the Swim Ireland Competition Photography and Changing Room Briefing, HERE
Hydration	Please note that, as an environment-friendly measure, timekeepers/officials/coaches are encouraged to bring their own bottles.
First Aid	First Aid support will be provided by the facility's lifeguards/staff. Note fire exits on arrival. In the event of a fire alarm, follow instructions from facility staff and/or the Meet Director.
Data Protection	Swim Ireland Connacht and its affiliated clubs use a software database to manage entries, results and swimmer competition records. By submitting and accepting entries, consent is granted, under the requirements of the Data Protection Act, for the storage and processing of personal information within these databases. The personal data held for each swimmer includes, name, date of birth, club affiliation, Swim Ireland registration number, entry times and achieved times. Certain elements of this data (name, club, age, entry and achieved times) may be publicly shared before, during or after the meet – for example, in programmes, result sheets or social media updates.

Consideration Standards

Aspiring Champions Consideration Standards 2024-2025 (Long Course)

Female							Male/Open					
Open	17&over	16yrs	15yrs	14yrs	13yrs		13yrs	14yrs	15yrs	16yrs	17&over	Open
05:48.05	05:53.88	05:46.18	05:50.08	06:13.06	06:23.82	400m Free	06:23.66	05:58.06	05:24.71	05:16.84	05:25.63	05:21.35
11:40.42	11:47.77	11:39.84	11:51.40	12:34.87	13:22.72	800m Free	12:47.76	12:14.41	10:49.35	10:39.40	10:57.66	10:57.64
22:40.55	22:53.90	22:15.75	23:01.10	24:45.27	25:21.06	1500m Free	25:20.25	24:30.53	22:11.04	21:47.18	21:55.42	21:41.77
06:48.87	06:56.05	06:50.71	06:58.28	07:22.60	07:44.38	400m IM	07:36.43	07:07.10	06:25.94	06:16.68	06:21.60	06:11.39

Aspiring Champions Consideration Standards 2024-2025 (Short Course)

Female							Male/Open					
Open	17&over	16yrs	15yrs	14yrs	13yrs		13yrs	14yrs	15yrs	16yrs	17&over	Open
05:41.09	05:46.80	05:39.26	05:43.08	06:05.60	06:16.14	400m Free	06:15.99	05:50.90	05:18.21	05:10.50	05:19.11	05:14.93
11:26.41	11:33.61	11:25.84	11:37.18	12:19.77	13:06.66	800m Free	12:32.40	11:59.72	10:36.36	10:26.61	10:44.50	10:44.49
22:13.34	22:26.43	21:49.04	22:33.48	24:15.56	24:50.64	1500m Free	24:49.85	24:01.12	21:44.42	21:21.04	21:29.11	21:15.74
06:40.69	06:47.73	06:42.50	06:49.92	07:13.74	07:35.09	400m IM	07:27.30	06:58.56	06:18.22	06:09.15	06:13.96	06:03.97