Connacht and Leinster Regional Age Group Long Course Championships 2026

UL Sport Arena, University of Limerick

Swim Ireland Licence CO01-25/26-C021

Entry details for the Regional Age Group Long Course Championships 2026 (Licence Level 4).

Venue	*UL Sport Arena, Limerick, V94 XT66*
Host	*Swim Ireland Connacht and Swim Ireland Leinster*
Format	*Long Course (50m), 10 lane with electronic timing*
Sessions	*Friday 8 May 2026* *Session 1 Finals: Warm-up 1830; Start 1900* *Saturday 9 May 2026* *Session 2 Heats: Warm-up 0800; start 0915* *Session 3 Finals: Warm-up 1430; start 1530* *Sunday 10 May 2026* *Session 4 Heats: Warm-up 0800; start 0915* *Session 5 Finals: Warm-up 1430; start 1530* *Session times are subject to change depending on number of entries received.* *Clubs will be notified in advance as to any changes to the competition.*
Individual Events	*50m, 100m, 200m, 400m, 800m and 1500m Freestyle* *50m, 100m and 200m Backstroke, Breaststroke and Butterfly* *200m and 400m Individual Medley* *Qualification to the 50m stroke events will be via the corresponding 100m and 200m events.* *400m IM, 800m and 1500m Freestyle are restricted to swimmers aged 13 and over.* *Athletes aged 12 years may enter the 400m Freestyle if they have achieved the qualification standard in the 400m or the 200m Freestyle.* *Distance events heats may be limited depending on number of entries received.*
Relay Events	*4x100m Freestyle Team Relay (Open and Female) Age 13/14* *4x100m Medley Team Relay (Open and Female) Age 13/14* *4x200m Freestyle Team Relay (Open and Female) Age 13/14* *4x100m Medley Team Relay (Mixed) Age 13/14* *4x50m Freestyle Team Relay (Mixed) Age 12* *4x50m Medley Team Relay (Mixed) Age 12* *Relay swimmers **must** also be competing in individual events in this competition.* ***Maximum of two** 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.*
Age Bands	*12 yrs (2014) and 13/14 yrs (2012-13)* *Age as 31 December 2026.*

Eligibility	*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.*
	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 2025.
	Entries outside these limits will be rejected.
Entries	*Entries on **Hy-Tek 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.*
	Relay entries must be submitted before the closing date. Names may be added on the day, time permitting.
Fees & Payments	*€10 per Individual Event; €25 per Relay Team*
	*Proof of payment must accompany entries. **Entries will NOT be processed without full payment.***
	***Account Name:** Swim Ireland Connacht* ***IBAN:** IE60AIBK93251559772477 **BANK:** AIBIE2D **REFERENCE:** CLUB NAME*
	Swim Ireland Connacht and Swim Ireland Leinster reserve the right to limit entries. In the event that entries are rejected, the entry fee will be refunded to the club.
Entries by:	***Monday 27 April 2026.** Strictly no late entries.*
Heats	*Heats will run as open, non-seeded events.*
Finals	*Heat Declared Winner (HDW) applies to the 400m, 800m, 1500m and relay events.*
	10 places will be offered for each regional final (one Connacht and one Leinster) for the 12 yrs and 13/14 yrs age groups in each region. All 50m events will run as one age group (12/14 yrs).
Awards	*Medals will be awarded to the top three finishers in each event for the 12 yrs and 13/14 yrs age groups in each region. For the 50m events, medals will be awarded for the combined 12-14 yrs age group.*
	Commemorative medals will be awarded to finishers from outside Connacht and Leinster who place in the top two.
Withdrawals and Scratches	*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.*
	Scratches to the meet recording desk by 5pm the evening before the relevant event.
Qualification Pathway	*Times can be used for entry to 2026 Irish Summer National Age Group Championships, 2026 Regional Championships (25m) and 2026 Irish Winter National Championships (25m)*
Qualification Times	*Both qualifying and consideration entry times must have been achieved since 1 May 2025.*
	Qualification times are guaranteed acceptance of entry to this championship meet (except for distance events). Consideration times may be accepted depending on volume of entries.
	*All entries **MUST** include an **ENTRY TIME** in line with Qualification/Consideration Standards. 'No Times' (NTs) will be automatically excluded.*
	Where the qualification and consideration times are identical; swimmers who have achieved these times will be guaranteed places in these events.

Proof of Entry	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.
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. Different arrangements may apply to the rostering of officials for long distance events (800m, 1500m). 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). Click **HERE**.
Rules	This competition will be run under World Aquatics rules.
Tech Suit	In accordance with the **Swim Ireland Tech Suit Policy**, athletes aged 12 yrs will not be permitted to compete in a tech suit.
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.
Data Protection	Swim Ireland Connacht, Swim Ireland Leinster 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.)
Photography	NO photography will be permitted on deck, as per the Swim Ireland Competition Photography and Change Areas Briefing Note, **HERE**
Hydration	Please note that, as an environment-friendly measure, timekeepers/officials/coaches are encouraged to bring their own bottles.
First Aid	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 8 May 2026	Saturday 9 May 2026	Sunday 10 May 2026
Session 1: Finals	**Session 2: Heats**	**Session 4: Heats**
1. Male & Open 13+ 800m Free HDW 2. Mixed 13+ 400m Medley Relay HDW 3. Female 13+ 800m Free HDW 4. Male & Open 13+ 400m IM HDW 5. Female 13+ 400m IM HDW	6. Female 12-14yrs 50m Fly 7. Male & Open 12yrs+ 50 Free 8. Female 12yrs+ 200 Back 9. Male & Open 12yrs+ 200 Breast 10. Female 12yrs+ 100 Breast 11. Male & Open 12yrs+ 100 Back 12. Female 12yrs+ 200 IM 13. Male & Open 12yrs+ 200 Free 14. Female 12yrs+ 200 Fly 15. Male & Open 12yrs+ 100 Fly 16. Female 12yrs+ 100 Free 17. Male & Open 12yrs+ 50 Breast 18. Female 12yrs+ 50 Back 19. Male & Open 13yrs+ 1500 Free HDW 20. Female 12yrs+ 400 Free HDW 21. Mixed 12yrs 200 Free Relay HDW	22. Male & Open 12yrs+ 50m Fly 23. Female 12yrs+ 50m Free 24. Male & Open 12yrs+ 200 Back 25. Female 12yrs+ 200 Breast 26. Male & Open 12yrs+ 100 Breast 27. Female 12yrs+ 100 Back 28. Male & Open 12yrs+ 200 IM 29. Female 12yrs+ 200 Free 30. Male & Open 12yrs+ 200 Fly 31. Female 12yrs+ 100 Fly 32. Male & Open 12yrs+ 100 Free 33. Female 12yrs+ 50m Breast 34. Male & Open 12yrs+ 50m Back 35. Female 13yrs+ 1500 Free HDW 36. Male & Open 12yrs+ 400 Free HDW 37. Mixed 12yrs 200 Medley Relay HDW
	Session 3: Finals	**Session 5: Finals**
	Connacht Finals 12 & 13/14 **Leinster Finals 12 & 13/14** *(50m Finals 12/14)* Female 13yrs+ 800m Free Relay HDW Female 12-14yrs 50m Fly Male & Open 12yrs+ 50 Free Female 12yrs+ 200 Back Male & Open 12yrs+ 200 Breast Female 12yrs+ 100 Breast Male & Open 12yrs+ 100 Back Female 12yrs+ 200 IM Male & Open 12yrs+ 200 Free Female 12yrs+ 200 Fly Male & Open 12yrs+ 100 Fly Female 12yrs+ 100 Free Male & Open 12yrs+ 50 Breast Female 12yrs+ 50 Back Male & Open 13yrs+ 400 Free Relay HDW Female 13yrs+ 400 Medley Relay HDW	**Leinster Finals 12 & 13/14** **Connacht Finals 12 & 13/14** *(50m Finals 12/14)* Male & Open 13yrs+ 800m Free Relay HDW Male & Open 12yrs+ 50m Fly Female 12yrs+ 50m Free Male & Open 12yrs+ 200 Back Female 12yrs+ 200 Breast Male & Open 12yrs+ 100 Breast Female 12yrs+ 100 Back Male & Open 12yrs+ 200 IM Female 12yrs+ 200 Free Male & Open 12yrs+ 200 Fly Female 12yrs+ 100 Fly Male & Open 12yrs+ 100 Free Female 12yrs+ 50m Breast Male & Open 12yrs+ 50m Back Female 13yrs+ 400 Free Relay HDW Male & Open 13yrs+ 400 Medley Relay HDW

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Qualification Standards 2025-2026 (Long Course)

Female				Open		
14yrs	**13yrs**	**12yrs**		**12yrs**	**13yrs**	**14yrs**
32.56	32.84	34.81	**50m Free**	34.94	32.19	30.11
1.10.15	1.12.03	1.16.57	**100m Free**	1.15.53	1.11.03	1.06.22
2.31.45	2.37.40	2.47.86	**200m Free**	2.44.88	2.35.44	2.27.62
5.22.99	5.32.31	5.32.31	**400m Free**	5.32.28	5.32.17	5.10.01
10.59.85	11.41.68		**800m Free**		11.11.12	10.41.97
21.38.31	22.09.60		**1500m Free**		21.44.12	21.13.87
1.20.36	1.23.06	1.27.42	**100m Back**	1.27.38	1.22.53	1.18.13
2.52.88	2.58.18	3.08.50	**200m Back**	3.07.55	2.56.47	2.47.79
1.34.20	1.36.48	1.41.81	**100m Breast**	1.42.41	1.34.46	1.28.58
3.23.45	3.26.76	3.40.84	**200m Breast**	3.38.52	3.27.93	3.14.72
1.22.50	1.26.60	1.30.81	**100m Butterfly**	1.29.25	1.24.66	1.17.12
3.13.61	3.15.47	3.15.47	**200m Butterfly**	3.13.16	3.13.16	3.02.12
2.56.10	3.00.94	3.09.41	**200m IM**	3.07.21	2.55.79	2.48.23
6.23.30	6.40.12		**400m IM**		6.35.18	6.09.78

Consideration Standards 2025-2026 (Long Course)

Female				Open		
14yrs	**13yrs**	**12yrs**		**12yrs**	**13yrs**	**14yrs**
34.19	34.48	36.55	**50m Free**	36.68	33.80	31.62
1.12.95	1.14.90	1.19.63	**100m Free**	1.18.34	1.13.87	1.08.86
2.37.50	2.43.77	2.54.57	**200m Free**	2.51.25	2.41.64	2.33.51
5.34.24	5.43.88		**400m Free**		5.53.74	5.20.81
			800m Free			
			1500m Free			
1.26.02	1.28.92	1.33.58	**100m Back**	1.30.87	1.25.83	1.21.25
3.04.75	3.10.72	3.21.79	**200m Back**	3.15.03	3.03.51	2.54.49
1.37.97	1.40.33	1.45.85	**100m Breast**	1.46.49	1.38.42	1.32.12
3.31.57	3.35.02	3.49.66	**200m Breast**	3.47.24	3.36.23	3.22.49
1.25.08	1.30.05	1.34.43	**100m Butterfly**	1.32.81	1.28.04	1.20.20
3.21.23	3.23.28	3.23.28	**200m Butterfly**	3.20.87	3.20.87	3.09.39
3.03.19	3.08.16	3.16.97	**200m IM**	3.14.68	3.02.81	2.54.94
6.36.54	6.54.05		**400m IM**		6.48.94	6.22.65

Qualification to the 50m stroke events will be via the corresponding 100m and 200m events