Leinster and Connacht Regional Senior Long Course Championships 2026

National Aquatic Centre, Blanchardstown, Dublin
Friday May 22nd to Sunday May 24th

Swim Ireland Licence 4L-25/26-LXXX

Entry details for the Regional Youth/Senior LC Championships 2026 (Licence Level 4). This meet is open to swimmers registered with clubs in **Swim Ireland Connacht** and **Swim Ireland Leinster**, **National Centre** athletes, and swimmers from outside the island or Ireland.

Venue	*National Aquatic Centre, Dublin*
Host	*Swim Ireland Leinster and Swim Ireland Connacht*
Format	*Long Course (50m), 10 lane with electronic timing*
Sessions	*Friday 22nd May 2026*
		Session 1:	warm up 07:30	start 09:00
		Session 2:	warm up 15:30	start 16:30

Saturday 23rd May 2026

	Session 3:	warm up 07:30	start 09:00
	Session 4:	warm up 15:30	start 16:30

Sunday 24th May 2026

	Session 5:	warm up 07:30	start 09:00
	Session 6:	warm up 15:00	start 16:00

Session times are subject to change depending on number of entries received. Clubs will be notified in advance of any changes.

Individual Events	*50m, 100m, 200m, 400m, 800m and 1500m Freestyle* *50m, 100m and 200m Backstroke, Breaststroke and Butterfly* *200m and 400m Individual Medley*
Relay Events	*4x100m Freestyle Team Relay (Open and Female) Age 15+* *4x100m Medley Team Relay (Open and Female) Age 15+* *4x200m Freestyle Team Relay (Open and Female) Age 15+* *4x100m Medley Team Relay (Mixed) Age 15+* *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	*15/16yrs (2011-10) and 17+ (2009+)* *Age as 31 December 2026.*
Eligibility	*Only swimmers registered with Swim Ireland Connacht and 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 leinstergalasecretary@swimireland.ie
	Relay entries must be submitted before the closing date. Names may be added on the day, time permitting.
	Once the final Heat Sheets have been published there will be NO changes or late entries accepted on the day. Modifications at the meet director's discretion.
Fees & Payments	€10 per Individual Event; €20 per Relay Team
	Proof of payment must accompany the entries. **Entries will NOT be processed unless full payment has been received.** **Name of Account:** "Swim Ireland Leinster Region" **IBAN:** IE59AIBK93251559772204 **BIC**: AIBKIE2D **REFERENCE:** Please include your club name with all bank transfers, and email the Leinster treasurer to confirm transfer at leinstertreasurer@swimireland.ie.
	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:	**Friday 8th May 2026** **Strictly no late entries**
Heats	Heats will run as open, non-seeded events. Heat Declared Winner (HDW) for 400m, 800m, 1500m and relay events.
Finals	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, 15-16yrs and 17yrs+
	A Super Final will be reserved for the fastest 10 athletes in each 50m, 100m and 200m event regardless of region or age band.
Awards	Medals awarded to the top three places in each event, in each age-group and region.
Withdrawals	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 by 5pm the night before (or otherwise as directed at the swim meet).
Qualification Pathway	Times can be used for entry to 2026 Irish Summer National Age Group Championships and 2026 Irish Summer National Youth and Senior Championships.
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. Paralympic and special needs swimmers may enter without meeting the Consideration Times.
	All Entries **MUST** include an **ENTRY TIME** in line with Qualification and Consideration Times. '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.

Officials	Clubs must provide officials in the ratio of one official to every four swimmers for each Session (this includes the senior gala officials and the competitions team). Different arrangements may apply to the rostering of officials for long distance events (800m, 1500m). Timekeeping and Turn Judge volunteers should be trained at least to Level 1 Officials standard.
World Aquatic Rules	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.
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.
Swim Ireland Reg. Number	A Swim Ireland registration number **must be included with every entry**. This number is the unique identifier of every swimmer in the national database.
Entry Name Protocols	The results from this Championship Meet will be added to the Swim Ireland and Leinster databases. To ensure that results get attributed correctly to swimmers, please ensure the format of names within your Team Manager (or similar) database, and provided with entries, is as follows: All those with a **Mac/Mc** surname need to have a space after the Mac/Mc (e.g. Mac Sweeney, Mc Donnell); All those with an **O** need to be written as e.g. O'Donnell (no space before or after the apostrophe). This is irrespective of whether or not that is how the swimmer normally writes their name.
Code of Conduct	It is a pre-condition to a swimmer being entered for a Leinster Region gala that all parents / guardians who attend and/or assume officiating duties (timekeeping etc) have consented to be subject to the SI Code of Conduct.
Data Protection	Swim Ireland Leinster and Connacht Regions both 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 Changing Room Briefing, HERE
Hydration	Please note that, as an environment-friendly measure, timekeepers/officials/coaches are encouraged to bring their own water 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.

LEINSTER AND CONNACHT REGIONAL SENIOR LC CHAMPIONSHIPS 2026
ORDER of EVENTS - HEATS

Friday May 22nd	Saturday May 23rd	Sunday May 24th
Session One Warm-Up 07:15	Session Three Warm-Up 07:15	Session Five Warm-Up 07:15
Age Groups 15/16 and 17+	Age Groups 15/16 and 17+	Age Groups 15/16 and 17+
Ev **1.** 200 Breast - Open **2.** 100 Breast - Female **3.** 1500 Freestyle – Open (HDW) **4.** 100 Back - Female **5.** 100 Back - Open **6.** 50 Freestyle - Female **7.** 50 Butterfly - Open **8.** 200 Butterfly - Female **9.** 200 Freestyle - Open **10.** 400 Freestyle – Female (HDW) **11.** 200 I.M. – Open	Ev **14.** 400 I.M. – Open (HDW) **15.** 800 Freestyle – Female (HDW) **16.** 50 Back – Open **17.** 50 Back – Female **18.** 100 Breast – Open **19.** 100 Butterfly – Female **20.** 200 Butterfly – Open **21.** 400 I.M. – Female (HDW) **22.** 100 Freestyle – Open **23.** 50 Breast – Female **24.** 800 Freestyle – Open (HDW) **25.** 200 Freestyle – Female	Ev **28.** 200m IM - Female **29.** 50 Breast – Open **30.** 50 Butterfly – Female **31.** 200 Back – Open **32.** 200 Back – Female **33.** 50 Freestyle – Open **34.** 200 Breast – Female **35.** 100 Butterfly – Open **36.** 100 Freestyle – Female **37.** 400 Freestyle – Open (HDW) **38.** 1500 Freestyle – Female (HDW)

LEINSTER AND CONNACHT REGIONAL SENIOR LC CHAMPIONSHIPS 2026
ORDER of EVENTS - FINALS

Friday May 22nd	Saturday May 23rd	Sunday May 24th
Session Two	**Session Four**	**Session Six**
Warm-Up 15:30	**Warm-Up 15:30**	**Warm-Up 15:00**
Individual Finals (45 races)	**Individual Finals (40 races)**	**Individual Finals (45 races)**
Five Finals in each event, as follows:	**Five Finals in each event, as follows:**	**Five Finals in each event, as follows:**
Conn 15/16, Lein 15/16	**Conn 15/16, Lein 15/16**	**Conn 15/16, Lein 15/16**
Conn 17+, Lein 17+	**Conn 17+, Lein 17+**	**Conn 17+, Lein 17+**
SuperFinal for ten fastest qualifiers overall	**SuperFinal for ten fastest qualifiers overall**	**SuperFinal for ten fastest qualifiers overall**
200 Breast – Open	50 Back – Open	200 I.M. – Female
100 Breast – Female	50 Back – Female	50 Breast – Open
100 Back – Open	100 Breast – Open	50 Butterfly – Female
100 Back – Female	100 Butterfly – Female	200 Back – Open
50 Butterfly – Open	200 Butterfly – Open	200 Back – Female
50 Freestyle – Female	50 Breast – Female	50 Freestyle – Open
200 Freestyle – Open	100 freestyle - Open	200 Breast – Female
200 Butterfly – Female	200 Freestyle – Female	100 Butterfly – Open
200 I.M. – Open		100 Freestyle – Female
RELAYS – HDW	**RELAYS – HDW**	**RELAYS – HDW**
12. 4 x 100 Medley Relay – Female 15+ Age Group (HDW)	**26.** 4 x 100 Freestyle Relay – Open 15+ Age Group (HDW)	**39.** 4 x 200 Freestyle Relay – Female 15+ Age Group (HDW)
13. 4 x 100 Medley Relay – Open 15+ Age Group (HDW)	**27.** 4 x 100 Freestyle Relay – Female 15+ Age Group (HDW)	**40.** 4 x 200 Freestyle Relay – Open 15+ Age Group (HDW)
		41. 4 x 100 Medley Relay – Mixed 15+ Age Group (HDW)

Connacht and Leinster Regional Senior Long Course Championships 2026 - Female

National Aquatic Centre, Dublin

	Female 15 QT 26	Female 16 QT 26	Female 17 QT 26	Female 18+ QT 26		Female 15 CT 26	Female 16 CT 26	Female 17 CT 26	Female 18+ CT 26
50m Freestyle	31.84	31.52	30.86	30.17	50m Freestyle				
100m Freestyle	1.08.75	1.08.37	1.07.77	1.05.42	100m Freestyle	1.10.79	1.10.40	1.09.86	1.07.36
200m Freestyle	2.30.18	2.29.77	2.29.77	2.28.57	200m Freestyle	2.34.63	2.34.20	2.34.20	2.32.97
400m Freestyle	5.17.33	5.12.27	5.12.27	5.12.27	400m Freestyle	5.25.13	5.19.95	5.19.95	5.19.93
800m Freestyle	10.57.79	10.47.10	10.36.25	10.31.13	800m Freestyle				
1500m Freestyle	21.14.96	20.35.09	20.35.09	20.20.24	1500m Freestyle				
50m Backstroke	37.51	35.86	35.68	35.5	50m Backstroke				
100m Backstroke	1.19.91	1.17.20	1.17.20	1.16.78	100m Backstroke	1.23.90	1.21.04	1.21.04	1.19.82
200m Backstroke	2.51.79	2.47.78	2.47.78	2.47.78	200m Backstroke	3.00.35	2.56.13	2.56.13	2.53.36
50m Breaststroke	43.41	41.1	40.48	39.88	50m Breaststroke				
100m Breaststroke	1.31.09	1.30.95	1.29.21	1.27.02	100m Breaststroke	1.33.79	1.33.65	1.31.85	1.29.59
200m Breaststroke	3.20.31	3.19.77	3.19.10	3.16.95	200m Breaststroke	3.26.24	3.26.24	3.25.00	3.22.79
50m Butterfly	35.94	34.35	33.84	33.33	50m Butterfly				
100m Butterfly	1.21.10	1.19.88	1.18.68	1.16.87	100m Butterfly	1.23.50	1.22.25	1.21.02	1.19.15
200m Butterfly	3.09.20	3.07.49	3.02.61	2.59.10	200m Butterfly	3.14.80	3.13.05	3.08.02	3.04.40
200m IM	2.53.37	2.51.64	2.51.39	2.50.97	200m IM	2.58.51	2.56.72	2.56.46	2.55.84
400m IM	6.23.04	6.16.11	6.10.42	6.07.55	400m IM	6.32.45	6.25.35	6.19.52	6.16.59

Connacht and Leinster Regional Senior Long Course Championships 2026 – Open / Male

National Aquatic Centre, Dublin

	Open 15 QT 26	Open 16 QT 26	Open 17 QT 26	Open 18+ QT 26		Open 15 CT 26	Open 16 CT 26	Open 17 CT 26	Open 18+ CT 26
50m Freestyle	28.56	28.19	27.76	27.17	50m Freestyle				
100m Freestyle	1.02.36	1.01.35	1.00.27	59.31	100m Freestyle	1.04.21	1.03.17	1.02.06	1.01.06
200m Freestyle	2.19.04	2.17.15	2.16.66	2.15.90	200m Freestyle	2.23.16	2.21.22	2.20.70	2.19.92
400m Freestyle	4.57.35	4.50.14	4.49.91	4.48.88	400m Freestyle	5.04.66	4.57.28	4.57.03	4.57.03
800m Freestyle	10.00.42	9.51.20	9.51.20	9.51.20	800m Freestyle				
1500m Freestyle	20.30.73	20.06.83	19.42.50	19.18.10	1500m Freestyle				
50m Backstroke	34.5	33.26	33.09	31.74	50m Backstroke				
100m Backstroke	1.12.86	1.12.23	1.12.18	1.11.55	100m Backstroke	1.15.02	1.14.37	1.14.31	1.13.66
200m Backstroke	2.39.94	2.39.51	2.39.51	2.39.51	200m Backstroke	2.44.68	2.44.23	2.44.23	2.44.23
50m Breaststroke	39.26	38.72	37.95	35.82	50m Breaststroke				
100m Breaststroke	1.24.25	1.21.93	1.19.54	1.18.22	100m Breaststroke	1.26.74	1.24.36	1.21.90	1.20.54
200m Breaststroke	3.08.56	3.01.23	2.57.25	2.54.51	200m Breaststroke	3.14.15	3.06.60	3.02.50	2.59.69
50m Butterfly	32.61	31.29	30.27	29.22	50m Butterfly				
100m Butterfly	1.11.59	1.08.59	1.07.84	1.05.91	100m Butterfly	1.13.71	1.10.62	1.09.85	1.07.87
200m Butterfly	2.54.91	2.51.97	2.44.87	2.38.54	200m Butterfly	3.00.09	2.57.06	2.47.21	2.43.23
200m IM	2.39.83	2.34.11	2.34.11	2.34.11	200m IM	2.44.35	2.38.69	2.38.69	2.38.69
400m IM	5.53.43	5.44.95	5.39.73	5.26.47	400m IM	6.02.11	5.53.42	5.48.09	5.36.14