2026 Connacht Regional Short Course Championships

Leisure Complex at Lough Lannagh, Castlebar

Swim Ireland Licence C001-26/27-C014

Enclosed please find entry details for the Swim Connacht Regional SC Championship meet (Licence Level 4). This swim meet is open **only** to swimmers registered with clubs in **Swim Ireland Connacht** Region.

Venue	*Lough Lannagh, Knockacroghery, Castlebar, Co. Mayo, F23 A257*
Host	*Swim Ireland Connacht*
Format	*Short Course (25m), 8 lanes with electronic timing*
Session Times	***Saturday 21 November 2026*** ***Session 1*** *Heats: Warm-up 08:00; start 09:15* ***Session 2*** *Finals: Warm-up 14:30; start 15:30* ***Sunday 22 November 2026*** ***Session 3*** *Heats: Warm-up 08:00; start 09:15* ***Session 4*** *Finals: Warm-up 14:30; start 15:30* *Session times are subject to change depending on number of entries received. Clubs will be notified in advance of any changes.* *Schedule of events as per Appendix 1 to this document.*
Individual Events	*50m, 100m, 200m, 400m, 800m and 1500m Freestyle* *100m and 200m Backstroke, Breaststroke and Butterfly* *100m, 200m and 400m Individual Medley* *400m IM, 800m and 1500m Freestyle are restricted to swimmers aged 13 and over.* *Distance events heats may be limited depending on number of entries received.* *Athletes aged 12-years may enter via the 200m events and may also enter the corresponding 50m event and the 400m Freestyle if they have achieved the 200m Freestyle standard. Athletes aged 12-years may not compete in the 100m events, 400m IM or 800/1500m events.*
Relay Events	*4x200m Freestyle Team Relay (Open, Female and Mixed) Age 13 and over* *4x200m Medley Team Relay (Open, Female and Mixed) Age 13 and over* *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	*12-16-years, 17/18-years and 19-years & over* *Age as 31 December 2026*
Eligibility	*Swimmers registered with Swim Ireland Connacht clubs, National Centre athletes and swimmers from outside the island of Ireland are eligible to enter this meet.* *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.* *Athletes with a disability must be registered as members of a Swim Ireland affiliated club at the time of entry. Members of Paralympics Ireland, Deaf Sport Ireland or the Irish Down Syndrome Association, are required to have a national classification to enter. Clubs should notify the meet organisers of the athlete's disability.* *Entry times must be equal or faster than the consideration times and must have been achieved at approved meets, since 1 May 2025. Times outside these limits will be rejected.*

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Entries	*Entries on **Hy-Tek only** by email to connachtentries@swimireland.ie* *Proof of payment must accompany the entries. **Entries will NOT be processed unless full payment has been received.*** *Relay entries must be submitted before the closing date. Names may be added on the day, time permitting.* ***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.*
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.*
Fees & Payments	*€8 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.* ***Bank Account Name:** Irish Amateur Swimming ASS CLG T/A Swim Ireland Connacht* ***IBAN:** IE60AIBK93251559772477 **BANK:** AIBKIE2D* ***REFERENCE:** YOUR NAME* *Swim Ireland Connacht reserves the right to limit entries. If entries are rejected, the entry fee will be refunded to the club.*
Entries by:	***5pm on Friday 13 November 2026***
Qualifying Times	*Entry times must have been achieved at Level 2 and Level 3 Meets 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 Times. 'No Times' (NTs) will be automatically excluded.* *Hytek converted short course times achieved in the same period will be accepted for entry.* *Where the qualification and consideration times are identical; swimmers who have achieved these times will be guaranteed places in these events.*
Withdrawals and Scratches	*After the closing date, entry fees will only be refunded for withdrawals that are supported by a doctor's note.* *Withdrawals from day 1 must be submitted by 1pm on Friday 20th November. Withdrawals for day 2 must be submitted via the recording desk by 3pm the day before.* *Withdrawals from finals (including reserves) may be made up to 30 minutes from the announcement of the results of an event for the final* *Withdrawals after this time or "no show" (including reserves) will be subject to a fine of €50.*
Finals	*'A' and 'B' Open Finals (for the fastest qualifiers irrespective of age) for all events other than relays and 400m/800m/1500m which will be Heat Declared Winner (HDW) events*
Awards	*Medals awarded for top three places in each event (irrespective of age)*
Qualification	*Times achieved can be used to enter the Irish Winter National Championships (25m) and the McCullagh International Meet (subject to qualification windows) but 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. 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.*
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.*
Tech Suit	*In accordance with the **Swim Ireland Tech Suit Policy**, athletes aged 12 years 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 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 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 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.*

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Order of Events

Day 1	Day 2
Session 1: Combined Heats	**Session 3: Combined Heats**
1. Mixed 200m Open Freestyle Relay HDW 2. Female 400m Freestyle HDW 3. Open 100m IM 4. Female 50m Butterfly 5. Open 50m Freestyle 6. Female 200m Backstroke 7. Open 200m Breaststroke 8. Female 100m Breaststroke 9. Open 100m Backstroke 10. Female 200m IM 11. Open 200m Freestyle 12. Female 200m Butterfly 13. Open 100m Butterfly 14. Female 100m Freestyle 15. Open 50m Breaststroke 16. Female 50m Backstroke 17.Open 400m IM HDW 18. Female 200m Open Freestyle Relay HDW 19. Open 200m Open Freestyle Relay HDW 20. Mixed 800m Freestyle HDW	21. Mixed 200m Open Medley Relay HDW 22. Open 400m Freestyle HDW 23. Female 100m IM 24. Open 50m Butterfly 25. Female 50m Freestyle 26. Open 200m Backstroke 27. Female 200m Breaststroke 28. Open 100m Breaststroke 29. Female 100m Backstroke 30. Open 200m IM 31. Female 200m Freestyle 32. Open 200m Butterfly 33. Female 100m Butterfly 34. Open 100m Freestyle 35. Female 50m Breaststroke 36. Open 50m Backstroke 37.Female 400m IM HDW 38. Open 200m Open Medley Relay HDW 39. Female 200m Open Medley Relay HDW 40. Mixed 1500m Freestyle HDW
Session 2: Finals & Presentations	**Session 4: Finals & Presentations**
3. Open 100m IM Open A&B Final 4. Female 50m Butterfly Open A&B Final 5. Open 50m Freestyle Open A&B Final 6. Female 200m Backstroke Open A&B Final 7. Open 200m Breaststroke Open A&B Final 8. Female 100m Breaststroke Open A&B Final 9. Open 100m Backstroke Open A&B Final 10. Female 200m IM Open A&B Final 11. Open 200m Freestyle Open A&B Final 12. Female 200m Butterfly Open A&B Final 13. Open 100m Butterfly Open A&B Final 14. Female 100m Freestyle Open A&B Final 15. Open 50m Breaststroke Open A&B Final 16. Female 50m Backstroke Open A&B Final	23. Female 100m IM Open A&B Final 24. Open 50m Butterfly Open A&B Final 25. Female 50m Freestyle Open A&B Final 26. Open 200m Backstroke Open A&B Final 27. Female 200m Breaststroke Open A&B Final 28. Open 100m Breaststroke Open A&B Final 29. Female 100m Backstroke Open A&B Final 30. Open 200m IM Open A&B Final 31. Female 200m Freestyle Open A&B Final 32. Open 200m Butterfly Open A&B Final 33. Female 100m Butterfly Open A&B Final 34. Open 100m Freestyle Open A&B Final 35. Female 50m Breaststroke Open A&B Final 36. Open 50m Backstroke Open A&B Final

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Female			Consideration Standards	Open		
2007 & Earlier 19yrs +	2008 & 2009 17-18yrs	2010-2013 13-16yrs		2010-2013 13-16yrs	2008 & 2009 17-18yrs	2007 & Earlier 19yrs +
00:32.67	00:32.91	00:33.29	**50m Free**	00:29.96	00:28.99	00:28.64
01:10.56	01:10.61	01:12.02	**100m Free**	01:05.27	01:03.81	01:02.99
02:35.52	02:36.83	02:36.96	**200m Free**	02:25.00	02:19.97	02:18.80
05:26.62	05:31.03	05:36.04	**400m Free**	05:08.39	04:59.34	04:55.81
11:16.00	11:24.70	11:30.11	**800m Free**	10:48.43	10:44.01	10:32.21
21:35.43	22:20.42	22:29.08	**1500m Free**	20:46.41	20:37.77	19:50.10
00:37.06	00:37.87	00:37.90	**50m Back**	00:34.89	00:33.57	00:32.78
01:19.37	01:21.61	01:21.62	**100m Back**	01:14.86	01:12.89	01:11.56
02:53.31	02:54.58	02:56.65	**200m Back**	02:44.35	02:41.59	02:41.08
00:42.04	00:42.75	00:43.07	**50m Breast**	00:40.12	00:37.63	00:36.36
01:31.67	01:32.13	01:33.23	**100m Breast**	01:26.06	01:22.36	01:20.62
03:21.90	03:23.82	03:23.83	**200m Breast**	03:09.32	03:00.87	02:58.94
00:35.48	00:35.48	00:35.95	**50m Butterfly**	00:32.83	00:31.42	00:31.03
01:19.76	01:19.77	01:21.59	**100m Butterfly**	01:13.62	01:11.10	01:10.02
03:12.63	03:13.58	03:13.59	**200m Butterfly**	02:49.14	02:46.06	02:44.68
01:22.23	01:22.86	01:23.15	**100m IM**	01:17.81	01:13.60	01:12.68
02:56.67	02:57.22	02:59.55	**200m IM**	02:46.06	02:41.62	02:38.14
06:22.78	06:25.03	06:30.21	**400m IM**	05:58.65	05:50.98	05:46.25

Female			Qualifying Standards	Open		
2007 & Earlier 19yrs +	2008 & 2009 17-18yrs	2010-2013 13-16yrs		2010-2013 13-16yrs	2008 & 2009 17-18yrs	2007 & Earlier 19yrs +
00:31.84	00:32.07	00:32.44	**50m Free**	00:29.20	00:28.26	00:27.91
01:08.77	01:08.82	01:10.18	**100m Free**	01:03.61	01:02.19	01:01.39
02:31.57	02:32.85	02:32.97	**200m Free**	02:21.31	02:16.41	02:15.27
05:18.32	05:22.61	05:27.50	**400m Free**	05:00.55	04:51.73	04:48.29
10:58.81	11:07.29	11:12.57	**800m Free**	10:31.95	10:27.64	10:16.14
21:02.49	21:46.34	21:54.78	**1500m Free**	20:14.72	20:06.30	19:19.84
00:36.12	00:36.90	00:36.94	**50m Back**	00:34.01	00:32.72	00:31.95
01:17.35	01:19.53	01:19.55	**100m Back**	01:12.96	01:11.04	01:09.74
02:48.90	02:50.14	02:52.15	**200m Back**	02:40.17	02:37.48	02:36.99
00:40.97	00:41.66	00:41.97	**50m Breast**	00:39.10	00:36.67	00:35.43
01:29.34	01:29.79	01:30.86	**100m Breast**	01:23.87	01:20.27	01:18.57
03:16.76	03:18.64	03:18.65	**200m Breast**	03:04.51	02:56.27	02:54.39
00:34.58	00:34.58	00:35.04	**50m Butterfly**	00:31.99	00:30.62	00:30.25
01:17.73	01:17.74	01:19.51	**100m Butterfly**	01:11.75	01:09.29	01:08.24
03:07.74	03:08.66	03:08.67	**200m Butterfly**	02:44.84	02:41.84	02:40.49
01:20.14	01:20.75	01:21.04	**100m IM**	01:15.83	01:11.73	01:10.83
02:52.18	02:52.72	02:54.98	**200m IM**	02:41.84	02:37.52	02:34.12
06:13.05	06:15.24	06:20.29	**400m IM**	05:49.53	05:42.06	05:37.44

All best LC times will be converted to SC on entry.