



2017
Irish Age Group Championships
& Summer Open

ENTRY RULES & FORMS

National Aquatic Centre, Dublin
Wednesday 19th – Sunday 23rd July 2017



SPÓRT ÉIREANN
SPORT IRELAND



MEET CONDITIONS

These Meet Conditions must be read in conjunction with the Swim Ireland General Event Rules available on the SI website at <http://www.swimireland.ie/high-performance-swimming/national-competitions/competition-rules-safety>

Meet Location:	National Aquatic Centre, Dublin
Pool Specification:	10 lane 50m pool; anti-turbulence lane ropes; wedge starting blocks; backstroke ledges; 6 lane 25m warm up/swim down pool
Meet Type:	<p>National Age Groups and Open National Championships, 50m Meet.</p> <p>Please note that age groups are based on a swimmer's Year of Birth</p> <p>Individual Age Groups:</p> <p>Girls: 12&U(2005+); 13/14(2004/2003); 15-16(2002/2001); 17&O(2000+)</p> <p>Boys: 13&U(2004+); 14/15(2003/2002); 16-17(2001/2000); 18&O(1999+)</p> <p>Heats will be run in 10 lane format. Session A will include all swimmers in the older two age groups and Session B will include all swimmers in the younger two age groups.</p> <p>There will be one final in each age group in 100m, 200m and 400m event and the 50m freestyle.</p> <p>The 800m and 1500m events will be Timed Finals. Medals will be presented in each age category.</p> <p>The 50m back, 50m breast and 50m butterfly are for 17&O girls and 18&O boys only and will have 1 final</p>
Session Times:	<p>As per order of events.</p> <p>1st AM heats sessions: Girls 15-16(2002/2001); 17&O(2000+); Boys 16-17(2001/2000); 18&O(1999+)</p> <p>2nd AM heats sessions: Girls 12&U(2005+); 13/14(2004/2003); Boys 13&U(2004+); 14/15(2003/2002);</p> <p>PM finals sessions: ALL age groups</p>
Entry Limit:	<p>There will be no entry limit for this event however there will be a maximum of 2 foreign swimmers permitted to swim in each final.</p> <p>Swimmers may only enter events in which they have qualified</p> <p>Entries from individual overseas swimmers must be accompanied by a letter/email from the secretary of the club giving the swimmer permission to attend the competition.</p>
Team Leaders Meeting:	<p>Technical meeting will take place on Tuesday 18th July, at 7.30pm in the Campus Conference Centre, National Sports Campus. Attendance at this meeting is mandatory. Each club must be represented by one or more delegates. A delegate attending the meeting may also represent a maximum of two additional clubs. Any such representation must be declared in writing at the meeting. The representative is authorised to make withdrawals. A fine of €100 will be issued to clubs who fail to attend or are not represented at this meeting.</p>
Entry Form:	<p>Electronic Hy-tek entries are accepted via Hy-tek to the Swim Ireland Office at entries@swimireland.ie</p> <p>Paper entries should be posted to the Swim Ireland Office at Irish Sport HQ, National Sports Campus, Blanchardstown, Dublin 15, Ireland marked "2017 IAGSO".</p> <p>If entries are made by Hy-tek it is not necessary to post entry forms.</p>
Entry Deadline:	<p>Tuesday 20th June, 2017 for Hy-tek and Paper entries.</p> <p>Payment should be received by Friday 30th June, 2017</p>

Entry Fees:	<p>Individual entries cost €10.00/£9.00</p> <p>Relay entries cost €25.00/£21.50</p> <p>No entry will be processed until the appropriate fee has been received at the Swim Ireland Office. Payment options are detailed in the Entry Summary Sheet.</p> <p><i>Please note that entries are non-refundable once the final date for payment has passed</i></p>
Seeding:	<p>Please note that for this meet, non-conforming times will be seeded in the first heats (i.e. swimmers entered on SC times will be seeded slower than swimmers entered on LC times)</p>
Relay Entries:	<p>Relay Events:</p> <p>Boys 15&U(2002+), Girls 14&U(2003+) – 4x100 MTR, 4x100 FTR, 4x200 FTR</p> <p>Boys 16&O(2001+), Girls 15&O(2000+) – 4x100 MTR, 4x100 FTR, 4x200 FTR</p> <p>ALL relays will be HDW. Please include entry times for relays.</p> <p>Clubs are permitted to enter 2 teams per event however only one team can receive medals. Irish clubs who swim “foreign” swimmers on their relays will receive commemorative medals if they finish in the top 3. Swimmers are not permitted to “swim up”.</p> <p>The names of the 4 relay team members swimming in the race and the order of swimming must be declared on the official Team Declaration Sheet and submitted to the Swim Office Table no later than 60 minutes before the start of the session in which the race takes place. Failure to do so will be subject to a fine of €50 without exception and disqualification of the relay team.</p> <p>All competing swimmers must be entered in the meet (<i>even if they are not swimming in individual events</i>). Relay teams that swim in an order that is different from the declared order of swimming shall be disqualified in accordance with FINA Rule SW 10.12.</p>
Anti-Doping:	<p>It is a condition of attending a Swim Ireland event that swimmers may be required to be tested for prohibited substances in accordance with the Irish Sports Council/WADA/FINA Anti-Doping rules. For further information visit the Anti-Doping section of the Irish Sports Council website.</p>
Health & Safety:	<p>Please refer to the Health & Safety guidelines at the back of this document and also the Swim Ireland Code of Practice for Safety (Swimming) on the Swim Ireland website.</p>
Accreditation:	<p>Photographic accreditation will be required for all coaches and team managers. Swim Ireland reserve the right to issue or refuse accreditation.</p> <p>Applications must be made online at https://form.jotformeu.com/hp@swimireland.ie/teamstaffaccreditationIAGSO for team staff accreditation passes.</p> <p>Coaches and team managers will only be provided with accreditation if they</p> <ul style="list-style-type: none"> • Submit photographs • Meet with Swim Ireland Safeguarding requirements <ul style="list-style-type: none"> ○ Have attended a Safeguarding course (or accepted equivalent) ○ Have undergone a Garda Vetting/Access NI check (or accepted equivalent) <p><i>Applications received prior to 30th June 2017 do not require payment.</i> <i>Applications received after 1st July 2017 will cost €10 per pass.</i></p> <p>Coaches and team managers who are not issued with accreditation passes will not be permitted in the team area at any time.</p>
Further Info:	<p>Please direct all queries to entries@swimireland.ie</p>

ORDER OF EVENTS

Day 1 - Wed 19 th July 2017	Day 2 - Thu 20 th July 2017	Day 3 - Fri 21 st July 2017	Day 4 - Sat 22 nd Jul 2017	Day 5 - Sun 23 rd Jul 2017
Session 1A: 0845 - Heats	Session 3A: 0845 - Heats	Session 5A: 0845 - Heats	Session 7A: 0845 - Heats	Session 9A: 0845 - Heats
Male 100m Breaststroke (16/17yrs; 18/O) Female 100m Breaststroke (15/16yrs; 17&O) Male 200m Freestyle (16/17yrs; 18&O) Female 200m Freestyle (15/16yrs; 17&O) Male 400m IM (16/17yrs; 18&O) Female 400m IM (15/16yrs; 17&O)	Male 50m Freestyle (16/17yrs; 18&O) Female 50m Freestyle (15/16yrs; 17&O) Male 100m Butterfly (16/17yrs; 18&O) Female 100m Butterfly (15/16yrs; 17&O) Male 200m Breaststroke (16/17yrs; 18&O) Female 200m Breaststroke (15/16yrs; 17&O) Male 1500 Freestyle HDW (16/17yrs; 18&O)	Male 100m Freestyle (16/17yrs; 18&O) Female 400m Freestyle (15/16yrs; 17&O) Male 50m Backstroke (18/Over) Female 50m Backstroke (17/Over) Male 200m IM (16/17yrs; 18&O) Female 200m IM (15/16yrs; 17&O)	Female 100m Freestyle (15/16yrs; 17&O) Male 400m Freestyle (16/17yrs; 18&O) Female 200m Butterfly (15/16yrs; 17&O) Male 200m Butterfly (16/17yrs; 18&O) Female 50m Breaststroke (17/Over) Male 50m Breaststroke (18/Over) Female 100m Backstroke (15/16yrs; 17&O) Male 100m Backstroke (16/17yrs; 18&O)	Female 200m Backstroke (15/16yrs; 17&O) Male 200m Backstroke (16/17yrs; 18&O) Female 50m Butterfly (17/Over) Male 50m Butterfly (18/Over) Female 800m Freestyle HDW (15/16yrs; 17&O)
Session 1B: 1145 - Heats	Session 3B: 1145 – Heats	Session 5B: 1145 – Heats	Session 7B: 1145 – Heats	Session 9B: 1145 - Heats
Male 100m Breaststroke (13&U; 14/15yrs) Female 100m Breaststroke (12&U; 13/14yrs) Male 200m Freestyle (13&U; 14/15yrs) Female 200m Freestyle (12&U; 13/14yrs) Male 400m IM (13&U; 14/15yrs) Female 400m IM (12&U; 13/14yrs) Male 15/U 400m Free Relay HDW Female 14/U 400m Free Relay HDW	Male 50m Freestyle (13&U; 14/15yrs) Female 50m Freestyle (12&U; 13/14yrs) Male 100m Butterfly (13&U; 14/15yrs) Female 100m Butterfly (12&U; 13/14yrs) Male 200m Breaststroke (13&U; 14/15yrs) Female 200m Breaststroke (12&U; 13/14yrs) Male 1500 Freestyle HDW (13&U; 14/15yrs)	Male 100m Freestyle (13&U; 14/15yrs) Female 400m Freestyle (12&U; 13/14yrs) Male 200m IM (13&U; 14/15yrs) Female 200m IM (12&U; 13/14yrs) Male 15/under 800m Freestyle Relay HDW	Female 100m Freestyle (12&U; 13/14yrs) Male 400m Freestyle (13&U; 14/15yrs) Female 200m Butterfly (12&U; 13/14yrs) Male 200m Butterfly (13&U; 14/15yrs) Female 100m Backstroke (12&U; 13/14yrs) Male 100m Backstroke (13&U; 14/15yrs) Female 14/under 800m Freestyle Relay HDW	Female 200m Backstroke (12&U; 13/14yrs) Male 200m Backstroke (13&U; 14/15yrs) Female 14/under 400m Medley Relay HDW Male 15/under 400m Medley Relay HDW Female 800m Freestyle HDW (12&U; 13/14yrs)

Session 3: 1700 - Finals	Session 6: 1700 - Finals	Session 9: 1700 - Finals	Session 8: 1700 - Finals	Session 10: 1700 - Finals
Male 100m Breaststroke (13/Under ; 14/15 years ; 16/17 years ; 18/Over)	Male 50m Freestyle (13/Under ; 14/15 years ; 16/17 years ; 18/Over)	Male 100m Freestyle (13/Under ; 14/15 years ; 16/17 years ; 18/Over)	Female 100m Freestyle (12/Under ; 13/14 years ; 15/16 years ; 17/Over)	Male 200m Backstroke (13/Under ; 14/15 years ; 16/17 years ; 18/Over)
Female 100m Breaststroke (12/Under ; 13/14 years ; 15/16 years ; 17/Over)	Female 50m Freestyle (12/Under ; 13/14 years ; 15/16 years ; 17/Over)	Female 400m Freestyle (12/Under ; 13/14 years ; 15/16 years ; 17/Over)	Male 400m Freestyle (13/Under ; 14/15 years ; 16/17 years ; 18/Over)	Female 200m Backstroke (12/Under ; 13/14 years ; 15/16 years ; 17/Over)
Male 200m Freestyle (13/Under ; 14/15 years ; 16/17 years ; 18/Over)	Male 100m Butterfly (13/Under ; 14/15 years ; 16/17 years ; 18/Over)	Male 50m Backstroke (18/Over)	Female 200m Butterfly (12/Under ; 13/14 years ; 15/16 years ; 17/Over)	Male 50m Butterfly (18/Over)
Female 200m Freestyle (12/Under ; 13/14 years ; 15/16 years ; 17/Over)	Female 100m Butterfly (12/Under ; 13/14 years ; 15/16 years ; 17/Over)	Female 50m Backstroke (17/Over)	Male 200m Butterfly (13/Under ; 14/15 years ; 16/17 years ; 18/Over)	Female 50m Butterfly (17/Over)
Male 400m IM (13/under ; 14/15 years ; 16/17 years ; 18/Over)	Male 200m Breaststroke (13/Under ; 14/15 years ; 16/17 years ; 18/Over)	Male 200m IM (13/Under ; 14/15 years ; 16/17 years ; 18/Over)	Female 50m Breaststroke (17/Over)	Male 16/Over 400m Medley Relay HDW
Female 400m IM (12/Under ; 13/14 years ; 15/16 years ; 17/Over)	Female 200m Breaststroke (12/Under ; 13/14 years ; 15/16 years ; 17/Over)	Female 200m IM (12/Under ; 13/14 years ; 15/16 years ; 17/Over)	Male 50m Breaststroke (18/Over)	Female 15/Over 400m Medley Relay HDW
Male 16/Over 400m Freestyle Relay HDW		Male 16/Over 800m Freestyle Relay HDW		
Female 15/Over 400m Freestyle Relay HDW			Female 100m Backstroke (12/Under ; 13/14 years ; 15/16 years ; 17/Over)	
			Male 100m Backstroke (13/Under ; 14/15 years ; 16/17 years ; 18/Over)	
			Female 15/Over 800m Freestyle Relay HDW	

Session times are subject to change following the receipt of all entries.

Any updates will be posted online at <http://www.swimireland.ie/high-performance-swimming/national-competitions/next-national-competition/>

QUALIFICATION STANDARDS

FEMALE								
	2005 & younger		2004 & 2003		2002 & 2001		2000 & older	
Event	LC	SC	LC	SC	LC	SC	LC	SC
50 FC	33.63	32.97	30.19	29.60	28.65	28.09	28.04	27.49
100 FC	1.10.62	1.09.24	1.04.98	1.03.71	1.03.48	1.02.24	1.01.91	1.00.70
200 FC	2.32.36	2.29.37	2.21.99	2.19.21	2.18.15	2.15.78	2.16.76	2.14.08
400 FC	5.28.43	5.21.99	5.06.83	5.00.81	4.58.62	4.52.76	4.52.03	4.46.30
800 FC	11.24.90	11.11.47	10.22.04	10.09.84	10.05.22	9.53.35	9.54.41	9.42.75
50 BC							32.79	32.15
100 BC	1.21.16	1.19.57	1.15.50	1.14.02	1.14.29	1.12.83	1.11.23	1.09.83
200 BC	2.51.32	2.47.96	2.40.26	2.37.12	2.38.50	2.35.39	2.35.41	2.32.36
50 BRS							36.31	35.60
100 BRS	1.34.51	1.32.66	1.25.68	1.24.00	1.24.58	1.22.92	1.20.50	1.18.92
200 BRS	3.18.79	3.14.89	3.07.04	3.03.37	3.04.57	3.00.95	3.00.00	2.56.47
50 FLY							30.09	29.50
100 FLY	1.23.01	1.21.38	1.14.21	1.12.75	1.13.38	1.11.94	1.11.00	1.09.61
200 FLY	3.09.88	3.06.16	2.44.82	2.41.59	2.41.35	2.38.19	2.39.88	2.36.75
200 IM	2.55.16	2.51.73	2.41.26	2.38.10	2.37.61	2.34.52	2.36.00	2.32.94
400 IM	6.17.65	6.10.25	5.58.31	5.51.28	5.43.69	5.36.95	5.39.47	5.32.81

MALE								
	2004 & younger		2003 & 2002		2001 & 2000		1999 & older	
Event	LC	SC	LC	SC	LC	SC	LC	SC
50 FC	31.88	31.25	28.43	27.87	26.00	25.49	24.35	23.87
100 FC	1.07.29	1.05.97	1.02.50	1.01.27	58.50	57.35	57.66	56.53
200 FC	2.25.23	2.22.38	2.15.32	2.12.67	2.08.80	2.06.27	2.06.32	2.03.84
400 FC	5.08.69	5.02.64	4.49.26	4.43.59	4.38.00	4.32.55	4.32.50	4.27.16
1500 FC	21.17.21	20.52.17	19.15.16	18.52.51	18.41.60	18.19.61	18.22.08	18.00.47
50 BC							29.09	28.52
100 BC	1.18.42	1.16.88	1.11.33	1.09.93	1.08.48	1.07.14	1.07.19	1.05.87
200 BC	2.44.76	2.41.53	2.33.24	2.30.24	2.28.16	2.25.25	2.25.00	2.22.16
50 BRS							31.52	30.90
100 BRS	1.30.89	1.29.11	1.22.00	1.20.39	1.18.15	1.16.62	1.15.83	1.14.43
200 BRS	3.15.64	3.11.80	2.55.13	2.51.70	2.51.73	2.48.36	2.51.58	2.48.22
50 FLY							26.57	26.05
100 FLY	1.21.47	1.19.87	1.09.86	1.08.49	1.07.06	1.05.75	1.04.15	1.02.89
200 FLY	2.58.39	2.54.89	2.41.09	2.37.93	2.27.31	2.24.42	2.24.00	2.21.18
200 IM	2.49.35	2.46.03	2.33.11	2.30.11	2.28.42	2.25.51	2.25.21	2.22.36
400 IM	5.56.94	5.49.94	5.18.49	5.12.25	5.11.94	5.05.82	5.10.24	5.04.16

MALE ENTRY FORM

Please complete this form fully and correctly otherwise your entry will not be accepted.

FULL NAME (*Print*): _____ Swim Ireland Reg No. _____

CLUB (*Print*): _____ Date of Birth: _____

Event	Time Achieved	Date Achieved (Including Meet Name)
100m Breaststroke		
200m Freestyle		
400m Ind. Medley		
50m Freestyle		
100m Butterfly		
200m Breaststroke		
1500m Freestyle		
100m Freestyle		
50m Backstroke **		
200m Ind. Medley		
400m Freestyle		
200m Butterfly		
50m Breaststroke **		
100m Backstroke		
200m Backstroke		
50m Butterfly **		

Entry Standards must have been achieved in Open Competition since 1st October 2016

****these events are for 18&Over swimmers only**

I certify that the above information is correct: _____
(Club Secretary)

FEMALE ENTRY FORM

Please complete this form fully and correctly otherwise your entry will not be accepted.

FULL NAME (*Print*): _____ Swim Ireland Reg No. _____

CLUB (*Print*): _____ Date of Birth: _____

Event	Time Achieved	Date Achieved (Including Meet Name)
100m Breaststroke		
200m Freestyle		
400m Ind. Medley		
50m Freestyle		
100m Butterfly		
200m Breaststroke		
400m Freestyle		
50m Backstroke **		
200m Ind. Medley		
100m Freestyle		
200m Butterfly		
50m Breaststroke **		
100m Backstroke		
200m Backstroke		
50m Butterfly **		
800m Freestyle		

Entry Standards must have been achieved in Open Competition since 1st October 2016

****these events are for 17&Over swimmers only**

I certify that the above information is correct: _____
(Club Secretary)

RELAY & ENTRY SUMMARY SHEET

Event	A Team	B Team	Event	A Team	B Team
Boys 16&Over 4x100 FTR			Boys 15&Under 4x100 FTR		
Girls 15&Over 4x100 FTR			Girls 14&Under 4x100 FTR		
Boys 16&Over 4x200 FTR			Boys 15&Under 4x200 FTR		
Girls 15&Over 4x200 FTR			Girls 14&Under 4x200 FTR		
Girls 15&Over 4x100 MTR			Girls 14&Under 4x100 MTR		
Boys 16&Over 4x100 MTR			Boys 15&Under 4x100 MTR		

Relay Entries: _____ @ €25 Each = € _____

Individual Entries: _____ @ €10 Each = € _____

TOTAL AMOUNT ENCLOSED: € _____

CLUB: _____ CONTACT: _____

PHONE: _____ EMAIL: _____

Payment Options:

Please reference all payments as "2017 IAGSO" and include club details.

Bank Transfer:

EURO

Bank: AIB

Sort Code: 932515

Account Number: 59772048

IBAN: IE03 AIBK 9325 1559 7720 48

BIC: AIBKIE2D

Sterling

Bank: Danske Bank

Sort Code: 950111

Account Number: 51051490

IBAN: GB55 DABA 9501 1151 0514 90

BIC: DABAGB2B

Cheque/Postal Order:

Made payable to Swim Ireland

Credit Card:

Credit card payments can be made over the phone by calling the Swim Ireland office at +353-1-6251127

Swim Ireland Safety Statement - Issues

Safety is the responsibility of every individual involved in the sport.

**Risks identified must be reported to either a Club or Meet Official
and formally reported to the facility operator.**

All accidents must be formally reported.

General

- 1) By Law all facilities are required to have a Safety Statement in operation. Clubs and Meet Organisers should satisfy themselves that this is the case.
- 2) Any accidents, however minor, must be reported to Swim Ireland (standard Accident Report Form available).
- 3) ALL volunteers who work/help at Swim Ireland events are advised to read the Swim Ireland Safety Statement which is available upon request from the Office.

Clubs

- 1) All Clubs should obtain and read a copy of the Safety Statement of the pool they are hiring.
- 2) It is recommended that clubs identify risks and formally report them in writing to the relevant personnel at the facility.

All Meets

(Club, Regional and National)

- 1) Following a meet at which an incident/accident occurred, the Organiser and Race Referee must complete a Meet Accident Report Form and include their contact details.
- 2) All who attend meets are urged to report any accidents to either the Meet Organiser who immediately reports to the Race Referee or to the Referee directly. Where an accident occurs, Swim Ireland must be informed as soon as possible with a full report presented.
- 3) "Safety at Swim Meets" must be included in all Programmes for all Meets run under Swim Ireland rules. It must also be read out at the start of every session with emphasis placed on item 3 above.
- 4) Officials should be advised by the Race Referee to report any concerns they have over possible risks at the facility and to ensure that reporting procedures are followed.
- 5) Under FINA Law the Referee is in total control of all persons attending the meet and the Referee should take all reasonable steps to ensure their safety.

Safety at Swim Meets

All accidents, however minor must be reported, in writing, to Swim Ireland.

We would ask the co-operation of swimmers, coaches, spectators and clubs in the application of the following safety measures. They are in place for everyone's safety.

1. General;

- i. Everyone attending Meets must familiarise themselves with the locations and operation of emergency exits.
- ii. Anyone observing anything they consider to be a safety hazard should report it to a Meet Official.
- iii. All persons attending Meets must take all steps to ensure their own safety and the safety of others.
- iv. All walkways must be kept clear of bags, equipment, etc.

2. Starting;

- i. It is the responsibility of competitors, coaches and clubs to ensure that all swimmers are sufficiently competent to dive start from competition starting blocks. Alternatively, swimmers are reminded that they may start from the poolside.
- ii. In the event of a false start, swimmers should perform a safe entry and not fall into the water.

3. Warm-Up;

- i. Swimmers and coaches must ensure that they (and swimmers in their charge) take no action that would endanger themselves or others.
- ii. The instructions of those in authority must be obeyed immediately.
- iii. Swimmers are not permitted to dive or jump into lanes other than sprint lanes and then only when the area is sufficiently clear to make a safe entry.
- iv. Do not start sprinting in a sprint lane until non-sprinting swimmers have cleared it.
- v. On finishing a sprint immediately clear the way for the following swimmer(s).

4. Around the Pool (e.g. spectator area, foyer area, etc.)

- i. Swimmers are not permitted to enter dry areas without first having changed and put on footwear.
- ii. Where there is a balcony or rail - swimmers are not permitted to climb over it.
- iii. Glass bottles are not permitted outside designated refreshment areas.

Thank you for your co-operation in making the Meets a safe experience for all.