



Irish Open Swimming Championships

National Aquatic Centre, Dublin

28th April – 1st May, 2016

MEET CONDITIONS

Should be read in conjunction with the General Meet Regulations

Pool Specifications:	50 metre, 10 lane, indoor competition pool with wave-breaker lane ropes. 25 metre warm-up/swim-down pool also available during the meet.
Meet Type:	Open National Championships, 50m Senior Meet. There will be semi-finals for all 50m and 100m; A and B finals for 200m and 400m individual events subject to "Seeding" outlined in the General Meet Regulations. The 800m and 1500m events will be Timed Finals with the fastest heat swimming in the finals session.
Entry Limit:	There will be no entry limit for this event.
Entry Deadline:	Tuesday 22 nd March, 2016 for ALL entries. Payment for entries must be received by Friday 25 th March, 2016
Entry Form:	Electronic Hy-tek entries are accepted via Hy-tek to the Swim Ireland Office at entries@swimireland.ie Paper entries should be posted to the Swim Ireland Office at Irish Sport HQ, National Sports Campus, Blanchardstown, Dublin 15, Ireland marked "2016 Irish Open Swimming Championships" Paper entries are only required where Hy-tek is not used.
Entry Fees:	Individual entries cost €8.00/£6.00 Relay entries cost €20.00/£15.00 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. <i>Please note that entries are non-refundable once the final date for payment has passed</i>
Distance Events:	800m & 1500m Freestyle events will be Timed Finals with the fastest heat taking place during the finals session
Further Info:	Please direct all queries to entries@swimireland.ie or +353-1-6251142.

Please note that all competition information (incl. qualifying standards and order of events) is subject to change until the final paperwork is published 8-10 weeks before the event



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ORDER OF EVENTS

Session 1: Thursday 28 th April			Session 3: Friday 29 th April			Session 5: Saturday 30 th April			Session 7: Sunday 1 st May		
1	M	50m Breaststroke	13	M	100m Freestyle	23	W	400m Freestyle	31	W	200m Individual Medley
2	W	50m Breaststroke	14	W	100m Freestyle	24	M	400m Freestyle	32	M	200m Individual Medley
3	M	200m Freestyle	15	M	100m Breaststroke	25	W	100m Butterfly	33	W	50m Backstroke
4	W	200m Freestyle	16	W	100m Breaststroke	26	M	100m Butterfly	34	M	50m Backstroke
5	M	100m Backstroke	17	M	400m Individual Medley	27	W	200m Backstroke	35	W	50m Freestyle
6	W	100m Backstroke	18	W	400m Individual Medley	28	M	200m Backstroke	36	M	50m Freestyle
7	M	200m Butterfly	19	M	50m Butterfly	29	W	4x100m MTR	37	W	200m Breaststroke
8	W	200m Butterfly	20	W	50m Butterfly	30	M	4x100m MTR	38	M	200m Breaststroke
9	M	4x100m FTR	21	M	4x200m FTR				39	W	1500m Freestyle (Slower heats)
10	W	4x100m FTR	22	W	4x200m FTR				40	M	800m Freestyle (Slower heats)
11	M	1500m Freestyle (Slower heats)									
12	W	800m Freestyle (Slower heats)									
Session 2: Thursday 28 th April			Session 4: Friday 29 th April			Session 6: Saturday 30 th April			Session 8: Sunday 1 st May		
11	M	1500m Freestyle (Fastest Heat)	19	M	Semi-Finals 50m Butterfly	14	W	Final 100m Freestyle	33	W	Semi-Finals 50m Backstroke
12	W	800m Freestyle (Fastest Heat)	20	W	Semi-Finals 50m Butterfly	13	M	Final 100m Freestyle	34	M	Semi-Finals 50m Backstroke
1	M	Semi-Finals 50m Breaststroke	13	M	Semi-Finals 100m Freestyle	16	W	Final 100m Breaststroke	39	W	1500m Freestyle (Fastest Heat)
2	W	Semi-Finals 50m Breaststroke	14	W	Semi-Finals 100m Freestyle	15	M	Final 100m Breaststroke	37	W	Semi-Finals 50m Freestyle
5	M	Semi-Finals 100m Backstroke	15	M	Semi-Finals 100m Breaststroke	23	W	B & A Final 400m Freestyle	38	M	Semi-Finals 50m Freestyle
6	W	Semi-Finals 100m Backstroke	16	W	Semi-Finals 100m Breaststroke	24	M	B & A Final 400m Freestyle	40	M	800m Freestyle (Fastest Heat)
3	M	B & A Final 200m Freestyle	17	M	B & A Final 400m Individual Medley	25	W	Semi-Finals 100m Butterfly	31	W	B & A Final 200m Individual Medley
4	W	B & A Final 200m Freestyle	18	W	B & A Final 400m Individual Medley	26	M	Semi-Finals 100m Butterfly	32	M	B & A Final 200m Individual Medley
7	M	B & A Final 200m Butterfly	5	M	Final 100m Backstroke	27	W	B & A Final 200m Backstroke	37	W	B & A Final 200m Breaststroke
8	W	B & A Final 200m Butterfly	6	W	Final 100m Backstroke	28	M	B & A Final 200m Backstroke	38	M	B & A Final 200m Breaststroke
1	M	Final 50m Breaststroke	19	M	Final 50m Butterfly	29	W	Final 4x100m MTR	33	W	Final 50m Backstroke
2	W	Final 50m Breaststroke	20	W	Final 50m Butterfly	30	M	Final 4x100m MTR	34	M	Final 50m Backstroke
9	M	4x100m FTR	21	M	Final 4x200m FTR				25	W	Final 100m Butterfly
10	W	4x100m FTR	22	W	Final 4x200m FTR				26	M	Final 100m Butterfly
									35	W	Final 50m Freestyle
									36	M	Final 50m Freestyle



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QUALIFICATION STANDARDS

Male		Event	Female	
SC	LC		LC	SC
25.84	26.36	50 Freestyle	29.36	28.78
56.03	57.15	100 Freestyle	1.04.10	1.02.84
2.04.45	2.06.94	200 Freestyle	2.19.48	2.16.75
4.30.34	4.35.75	400 Freestyle	4.55.80	4.50.00
9.30.00	9.41.24	800 Freestyle	9.59.18	9.47.43
17.43.63	18.04.90	1500 Freestyle	19.25.01	19.15.00
29.53	30.12	50 Backstroke	34.36	33.69
1.05.16	1.06.46	100 Backstroke	1.13.13	1.11.70
2.22.16	2.25.00	200 Backstroke	2.37.61	2.34.52
32.10	32.74	50 Breaststroke	38.37	37.62
1.12.61	1.14.06	100 Breaststroke	1.23.21	1.21.58
2.43.05	2.46.31	200 Breaststroke	3.01.09	2.57.54
27.65	28.20	50 Butterfly	31.45	30.83
1.02.00	1.03.24	100 Butterfly	1.10.50	1.09.12
2.22.65	2.25.50	200 Butterfly	2.35.23	2.32.19
2.20.70	2.23.51	200 I.M.	2.36.12	2.33.06
4.57.78	5.03.74	400 I.M.	5.35.10	5.28.53