



Irish Open Swimming Championships
National Aquatic Centre, Dublin
30th April – 3rd May, 2015

MEET CONDITIONS

This competition is a FINA Approved Meet where swimmers can achieve the FINA “A” and “B” Swimming Qualifying Standard Times for the 2016 Olympic Games

Meet Location:	National Aquatic Centre, Dublin								
Pool Specifications:	50 metre, 10 lane, indoor competition pool with wave-breaker lane ropes. 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. The 800m and 1500m events will be Timed Finals with the fastest heat swimming in the finals session								
Session Times:	<table><tr><td>Session 1: Thursday 30th April Warm-up 8.00am; Competition 9.45am</td><td>Session 5: Saturday 2nd May Warm-up 8.00am; Competition 9.45am</td></tr><tr><td>Session 2: Thursday 30th April Warm-up 4.15pm; Competition 5.30pm</td><td>Session 6: Saturday 2nd May Warm-up 4.15pm; Competition 5.30pm</td></tr><tr><td>Session 3: Friday 1st May Warm-up 8.00am; Competition 9.45am</td><td>Session 7: Sunday 3rd May Warm-up 8.00am; Competition 9.45am</td></tr><tr><td>Session 4: Friday 1st May Warm-up 4.15pm; Competition 5.30pm</td><td>Session 8: Sunday 3rd May Warm-up 3.15pm; Competition 4.30pm</td></tr></table>	Session 1: Thursday 30 th April Warm-up 8.00am; Competition 9.45am	Session 5: Saturday 2 nd May Warm-up 8.00am; Competition 9.45am	Session 2: Thursday 30 th April Warm-up 4.15pm; Competition 5.30pm	Session 6: Saturday 2 nd May Warm-up 4.15pm; Competition 5.30pm	Session 3: Friday 1 st May Warm-up 8.00am; Competition 9.45am	Session 7: Sunday 3 rd May Warm-up 8.00am; Competition 9.45am	Session 4: Friday 1 st May Warm-up 4.15pm; Competition 5.30pm	Session 8: Sunday 3 rd May Warm-up 3.15pm; Competition 4.30pm
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Entry Limit:	There will be no entry limit for this event however there will be a maximum of 4 foreign swimmers permitted to swim in each final (A & B final where applicable).								
Technical Meeting:	Technical meeting will take place on Wednesday 29 th April, time and location TBC. Attendance at this meeting is mandatory. Each club must be represented by one or more delegates. A club (not a delegate) attending the meeting may also represent a maximum of one additional club. 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.								
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 "2015 IRISH OPEN SWIMMING CHAMPIONSHIPS". <i>If entries are made by Hy-tek it is not necessary to post entry forms.</i>								
Entry Deadline:	Tuesday 31 st March, 2014 for ALL entries. Payments should be received by Friday 3 rd April								
Entry Fees:	Individual entries cost €8.00 per event. Relay entries cost €32.00 per event. 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.								
Distance Events:	800m & 1500m Freestyle events will be Timed Finals with the Fastest Heat swimming in the finals session.								
Relay Entries:	Clubs are permitted to enter more than one relay team per event. 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. The swimmers may change between heats and finals. 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.								
Distance Events:	800m & 1500m Freestyle events will be Timed Finals with the Fastest Heat swimming in the finals session.								
Scoring:	There will be no scoring for this event.								
Awards:	Medals are awarded for top-3 placings and top-3 Irish placings should these be different. All swimmers should be properly attired in a tracksuit or t-shirt and shorts with footwear for medal ceremonies.								
Anti-Doping:	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.								
Health & Safety:	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.								
Further Info:	Niamh McDonnell, Competition Coordinator, Swim Ireland, +353-1-6251142, entries@swimireland.ie								

Please note: these meet conditions should be read in conjunction with the General Event Regulations available on the Swim Ireland website



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ORDER OF EVENTS

Session 1: Thursday 30th April			Session 2: Thursday 30th April		
1	M	50m Breaststroke	11	M	1500m Freestyle (Fastest Heat)
2	W	50m Breaststroke	12	W	800m Freestyle (Fastest Heat)
3	M	200m Freestyle	1	M	Semi-Finals 50m Breaststroke
4	W	200m Freestyle	2	W	Semi-Finals 50m Breaststroke
5	M	100m Backstroke	5	M	Semi-Finals 100m Backstroke
6	W	100m Backstroke	6	W	Semi-Finals 100m Backstroke
7	M	200m Butterfly	3	M	B & A Final 200m Freestyle
8	W	200m Butterfly	4	W	B & A Final 200m Freestyle
9	M	4x100m FTR	7	M	B & A Final 200m Butterfly
10	W	4x100m FTR	8	W	B & A Final 200m Butterfly
11	M	1500m Freestyle (Slower heats)	1	M	Final 50m Breaststroke
12	W	800m Freestyle (Slower heats)	2	W	Final 50m Breaststroke
			9	M	4x100m FTR
			10	W	4x100m FTR
Session 3: Friday 1st May			Session 4: Friday 1st May		
13	M	100m Freestyle	19	M	Semi-Finals 50m Butterfly
14	W	100m Freestyle	20	W	Semi-Finals 50m Butterfly
15	M	100m Breaststroke	13	M	Semi-Finals 100m Freestyle
16	W	100m Breaststroke	14	W	Semi-Finals 100m Freestyle
17	M	400m Individual Medley	15	M	Semi-Finals 100m Breaststroke
18	W	400m Individual Medley	16	W	Semi-Finals 100m Breaststroke
19	M	50m Butterfly	17	M	B & A Final 400m Individual Medley
20	W	50m Butterfly	18	W	B & A Final 400m Individual Medley
21	M	4x200m FTR	5	M	Final 100m Backstroke
22	W	4x200m FTR	6	W	Final 100m Backstroke
			19	M	Final 50m Butterfly
			20	W	Final 50m Butterfly
			21	M	Final 4x200m FTR
			22	W	Final 4x200m FTR



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Session 5: Saturday 2nd May			Session 6: Saturday 2nd May		
23	W	400m Freestyle	14	W	Final 100m Freestyle
24	M	400m Freestyle	13	M	Final 100m Freestyle
25	W	100m Butterfly	16	W	Final 100m Breaststroke
26	M	100m Butterfly	15	M	Final 100m Breaststroke
27	W	200m Backstroke	23	W	B & A Final 400m Freestyle
28	M	200m Backstroke	24	M	B & A Final 400m Freestyle
29	W	4x100m MTR	25	W	Semi-Finals 100m Butterfly
30	M	4x100m MTR	26	M	Semi-Finals 100m Butterfly
			27	W	B & A Final 200m Backstroke
			28	M	B & A Final 200m Backstroke
			29	W	Final 4x100m MTR
			30	M	Final 4x100m MTR
Session 7: Sunday 3rd May			Session 8: Sunday 3rd May		
31	W	200m Individual Medley	33	W	Semi-Finals 50m Backstroke
32	M	200m Individual Medley	34	M	Semi-Finals 50m Backstroke
33	W	50m Backstroke	39	W	1500m Freestyle (Fastest Heat)
34	M	50m Backstroke	38	M	Semi-Finals 50m Freestyle
35	W	50m Freestyle	37	W	Semi-Finals 50m Freestyle
36	M	50m Freestyle	40	M	800m Freestyle (Fastest Heat)
37	W	200m Breaststroke	35	W	B & A Final 200m Individual Medley
38	M	200m Breaststroke	36	M	B & A Final 200m Individual Medley
39	W	1500m Freestyle (Slower heats)	39	W	B & A Final 200m Breaststroke
40	M	800m Freestyle (Slower heats)	40	M	B & A Final 200m Breaststroke
			25	W	Final 50m Backstroke
			26	M	Final 50m Backstroke
			25	W	Final 100m Butterfly
			26	M	Final 100m Butterfly
			37	W	Final 50m Freestyle
			38	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



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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 No.	Event	Time Achieved	Date Achieved (Including Meet Name)
1	50m Breaststroke		
3	200m Freestyle		
5	100m Backstroke		
7	200m Butterfly		
11	1500m Freestyle		
13	100m Freestyle		
15	100m Breaststroke		
17	400m Ind. Medley		
19	50m Butterfly		
24	400m Freestyle		
26	100m Butterfly		
28	200m Backstroke		
32	200m Ind. Medley		
34	50m Backstroke		
36	50m Freestyle		
38	200m Breaststroke		
40	800m Freestyle		

**Entry Standards must have been achieved in Open Competition in the preceding fifteen months.*

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



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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 No.	Event	Time Achieved	Date Achieved (Including Meet Name)
2	50m Breaststroke		
4	200m Freestyle		
6	100m Backstroke		
8	200m Butterfly		
12	800m Freestyle		
14	100m Freestyle		
16	100m Breaststroke		
18	400m Ind. Medley		
20	50m Butterfly		
23	400m Freestyle		
25	100m Butterfly		
27	200m Backstroke		
31	200m Ind. Medley		
33	50m Backstroke		
35	50m Freestyle		
37	200m Breaststroke		
39	1500m Freestyle		

**Entry Standards must have been achieved in Open Competition in the preceding fifteen months.*

I certify that the above information is correct: _____
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RELAY & ENTRY SUMMARY SHEET

Event No.	Event	No. Teams to Enter
9	Men's 4 x 100m FTR	
10	Women's 4 x 100m FTR	
21	Men's 4 x 200m FTR	
22	Women's 4 x 200m FTR	
29	Women's 4 x 100m MTR	
30	Men's 4 x 100m MTR	

Relay Entries: _____ @ €32 Each = € _____

Individual Entries: _____ @ €8 Each = € _____

TOTAL AMOUNT ENCLOSED: € _____

CLUB: _____ CONTACT: _____

PHONE: _____ EMAIL: _____

Payment Options:

Please reference all payments as "2015 IRISH OPEN SWIMMING CHAMPIONSHIPS" and include club details.

Bank Transfer:

Bank: AIB
Sort Code: 932515
Account Number: 59772048
IBAN: IE03 AIBK 9325 1559 7720 48
BIC: AIBKIE2D

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 +353-1-6251142



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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.



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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.