

Irish Open SC Championships

Thursday 19th November – Sunday 22nd November 2009
National Aquatic Centre

Meet Conditions

1. There A and B finals for 200m and 400m events where there are more than 26 entries.
2. There will be semi-finals and finals in all 50m events and 100m events where there are more than 26 entrants. Semi-finals will take place on the same day as the heats with finals taking place the day after.
3. Award winners must have achieved the Qualification Standard in the heats for HDW events and in the finals for other events.
4. Standards must have been achieved in Open Competition since July 1st in the previous year.
5. A fine of €50 will apply to swimmers who fail to achieve the Standard for the entered event and who cannot provide proof that they achieved the Standard for the event since the required date
6. Clubs are permitted to enter more than one relay team per event.
7. Current titleholders are entitled to enter so as to defend their title.
8. Members of other Federations may be required to verify their age by presenting their Passports.
9. Drug Testing may take place at any Irish meet. Please understand that by entering the meet you are automatically agreeing to dope testing.
10. **Date of birth and SI registration must be included on entries. Failure to include these will result in entries being rejected.**

Qualifying Standards

<u>MALE</u>			<u>FEMALE</u>	
	Paralympians	EVENT		Paralympians
0:27.00	52.00	50m Freestyle	0:29.90	56.00
0:58.70	1:47.00	100m Freestyle	1:06.50	2:05.00
2:09.60		200m Freestyle	2:24.90	
4:31.30	6:00.00	400m Freestyle	5:01.60	6:40.00
		800m Freestyle	10:21.30	
18:09.80		1500m Freestyle		
0:30.80	55.00	50m Backcrawl	0:34.90	1:08.00
1:05.30	1:49.00	100m Backcrawl	1:14.60	1:55.00
2:22.50		200m Backcrawl	2:38.70	
0:33.30	43.00	50m Breaststroke	0:37.60	1:15.00
1:12.90	1:38.00	100m Breaststroke	1:21.70	2:30.00
2:37.90		200m Breaststroke	2:57.30	
0:28.70	45.00	50m Butterfly	0:31.60	50.00
1:04.30	1:14.00	100m Butterfly	1:11.60	1:27.00
2:21.70		200m Butterfly	2:37.00	
2:24.20	3:00.00	200m Ind.Medley	2:41.40	3:14.00
5:07.00		400m Ind.Medley	5:41.20	4:00.00

There are NO qualifying standards for the Mens 800m Freestyle or Womens 1500m Freestyle. Men who have achieved the standard for the 1500m F/C will be eligible to swim the 800m F/C, and Women who have achieved the standard for the 800m F/C will be eligible to swim the 1500m F/C

Irish Open SC Championships

Thursday 19th November – Sunday 22nd November 2009

National Aquatic Centre

Order of Events

SESSION 1: THURSDAY 19TH 10 AM			SESSION 5: SATURDAY 10AM		
			23	Mens	800m Freestyle HDW
1	Men's	200m Backstroke	24	Women's	800m Freestyle HDW)
2	Women's	200m Backstroke	25	Men's	100m Breaststroke
3	Men's	50m Butterfly	26	Women's	100m Breaststroke
4	Women's	50m Butterfly	27	Men's	200m Ind. Medley
5	Men's	400m Freestyle	28	Women's	200m Ind. Medley
6	Women's	400m Freestyle	29	Men's	100m Backstroke
7	Men's	50m Breaststroke	30	Women's	100m Backstroke
8	Women's	50m Breaststroke	31	Men's	50m Freestyle
9	Men's	100m Ind.Medley	32	Women's	50m Freestyle
10	Women's	100m Ind.Medley	33	Men's	4x200m Freestyle Relay
11	Men's	4x100m Freestyle Relay	34	Women's	4x200m Freestyle Relay
12	Women's	4x100m Freestyle Relay	35	Boys	4x100m Medley Relay
			36	Girls	4x100m Medley Relay
SESSION 2: Thursday 5pm Semi Final 3, 4. Final 1 ,2. Semi Final 7, 8. Final 5, 6. Semi Final 9 ,10. Finals 11, 12			SESSION 6: Saturday 5pm Fastest Heat 23 & 24, Semi Finals 25, 26. Finals 13,14, 27, 28. Semi Finals 29, 30. Finals 21, 22. Semi Finals 31,32. Finals 20, 19, 33, 34, 35, 36		
SESSION 3: FRIDAY 10am			SESSION 7: SUNDAY 10am		
13	Men	100m Freestyle	37	Women's	400m Ind.Medley
14	Women's	100m Freestyle	38	Men's	400m Ind.Medley
15	Men's	1500m Freestyle HDW	39	Women's	200m Butterfly
16	Women's	1500m Freestyle HDW	40	Men's	200m Butterfly
17	Men's	200m Breaststroke	41	Women's	200m Freestyle
18	Women's	200m Breaststroke	42	Men's	200m Freestyle
19	Men's	50m Backstroke	43	Girls	4x100m Freestyle Relay
20	Women's	50m Backstroke	44	Boys	4x100m Freestyle Relay
21	Men's	100m Butterfly	45	Women's	4x100m Medley Relay
22	Women's	100m Butterfly	46	Men's	4x100m Medley Relay
SESSION 4: Friday 5pm Semi Finals 13,14. Fastest Heat 15& 16. Finals 3, 4, 18, 17 Semi Finals 20,19, Finals 9, 10, 7,8. Semi Finals 21, 22			SESSION 8: Sunday 5pm Finals 37, 38,31,32, 29, 30, 40, 39, 25, 26, 42, 41, 43, 44,45,46		

SWIM IRELAND
Irish Open SC Championships
 Thursday 19th November – Sunday 22nd November 2009
 National Aquatic Centre

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: _____

I hereby declare that the particulars below are correct and that I am an eligible competitor in accordance with Swim Ireland Laws and will abide by the conditions laid down by the Association for this competition. I am aware that **RANDOM DRUG TESTING** may take place during this competition and I agree, if selected, to comply with the approved medical control procedures and to submit a sample of urine for analysis at an accredited laboratory.

MALE ENTRY FORM

Standards MUST have been achieved in Open Competition since July 1st. 2008.

€7.00 per Individual Entry

Event No	EVENT	Time Achieved	When & Where time achieved (including Date, Meet, Etc)
1	200m Backstroke		
3	50m Butterfly		
5	400m Freestyle		
7	50m Breaststroke		
9	100m Ind. Medley		
13	100m Freestyle		
15	1500m Freestyle		
17	200m Breaststroke		
19	50m Backstroke		
21	100m Butterfly		
23	800m Freestyle		
25	100m Breaststroke		
27	200m Ind. Medley		
29	100m Backstroke		
31	50m Freestyle		
38	400m Ind. Medley		
40	200m Butterfly		
42	200m Freestyle		

Signature of Competitor: _____ Date: _____

I certify that the above information is correct: _____

Club Secretary

Before signing, please check that the above entries and times are correct and that you have read the form fully. If you are **under 16 years of age** on the first day of the competition, your parent/guardian should fill out the following paragraph:

I agree to my son/daughter/ward, if selected, being submitted to the Medical Control procedure and to him/her submitting a sample of urine for analysis at an accredited laboratory.

Signed: _____ Date: _____

Parent/Guardian

SWIM IRELAND
Irish Open SC Championships
 Thursday 19th November – Sunday 22nd November 2009
 National Aquatic Centre

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: _____

I hereby declare that the particulars below are correct and that I am an eligible competitor in accordance with Swim Ireland Laws and will abide by the conditions laid down by the Association for this competition. I am aware that **RANDOM DRUG TESTING** may take place during this competition and I agree, if selected, to comply with the approved medical control procedures and to submit a sample of urine for analysis at an accredited laboratory.

FEMALE ENTRY FORM

Standards MUST have been achieved in Open Competition since July 1st. 2008.

€7.00 per Individual Entry

Event No	EVENT	Time Achieved	When & Where time achieved (including Date, Meet, Etc)
2	200m Backstroke		
4	50m Butterfly		
6	400m Freestyle		
8	50m Breaststroke		
10	100m Ind. Medley		
14	100m Freestyle		
16	1500m Freestyle		
18	200m Breaststroke		
20	50m Backstroke		
22	100m Butterfly		
24	800m Freestyle		
26	100m Breaststroke		
28	200m Ind. Medley		
30	100m Backstroke		
32	50m Freestyle		
38	400m Ind. Medley		
40	200m Butterfly		
42	200m Freestyle		

Signature of Competitor: _____ Date: _____

I certify that the above information is correct: _____

Club Secretary

Before signing, please check that the above entries and times are correct and that you have read the form fully. If you are **under 16 years of age** on the first day of the competition, your parent/guardian should fill out the following paragraph:

I agree to my son/daughter/ward, if selected, being submitted to the Medical Control procedure and to him/her submitting a sample of urine for analysis at an accredited laboratory.

Signed: _____ Date: _____

Parent/Guardian

SWIM IRELAND

Irish Open SC Championships

Thursday 19th November – Sunday 22nd November 2009

National Aquatic Centre

RELAY & SUMMARY SHEET

F.T.R. Event No			Please Tick F.T.R.	M.T.R. Event No	Please Tick M.T.R
12	Women	4 x 100m		45	
11	Men	4 x 100m		46	
34	Women	4 x 200m		N/A	N/A
33	Men	4 x 200m		N/A	N/A
43	Junior Girls	4 x 100m		36	
44	Junior Boys	4 x 100m		35	

Relay Entries: _____ @ €28.00 Each = € _____

Individual Entries: _____ @ €7.00 Each = € _____

Results: _____ @ €5.00 per set = € _____

TOTAL AMOUNT ENCLOSED: € _____

FAX ENTRIES WILL NOT BE ACCEPTED

CLUB: _____ CONTACT: _____

Email ADDRESS: _____

PHONE [H]: _____ [W]: _____

Closing Date for Entries

Friday 23rd. October 2009

Entries & payment to:

**Swim Ireland
Sport HQ
13 Joyce Way
Park West, Dublin 12**

Swim Meet Rules

It is Swim Ireland's objective to operate Meets in accordance with the Rules, and in the interests of the enjoyment and development of all those involved. Please help us develop a spirit of co-operation and of fair play.

Meet Conditions

Each Meet has Conditions of Entry, which are specific to each meet listed on the relevant page. The following general rules apply to all National Meets, which will be run in accordance with FINA Rules and will have electronic timing, semi automatic timing (back up buttons) and manual timing.

Officials: All clubs entering National Meets must provide at least one meet official for every four swimmers entered, subject to a maximum of three officials per session. A roster will be issued to competing clubs. Officials must check in with the meet organiser at least 45 minutes prior to the start of each session. Failure of the required officials to check in will result in the club being scratched from the session".

Clubs who do not provide the requisite officials will be scratched from the competition.

Technical Meeting

The event Technical Meeting for all team managers and coaches will be held the evening before the first session or at such time as advised by the Meet Director.

Postings and Withdrawals

Posting of programmes for the ENTIRE competition must be made at the Technical Meeting.

All withdrawals from heats or timed finals must be made at the technical meeting. If a club fails to attend the technical meeting it will be deemed that all swimmers are competing in their entered events. Withdrawals from heats or timed finals or "no show" after the technical meeting will be subject to a fine of €50 without exception.

A swimmer will not be subject to a fine in the event that they produce a doctor's certificate to Swim Ireland within 72 hours of the end of the competition. Once a swimmer has been declared unfit to swim they will not be eligible to compete in the remainder of the competition.

Withdrawals from semi-finals or finals (including reserves) may be made up to 30 minutes from the publication of the semi-final or final. Withdrawals after this time or "no show" (including reserves) will be subject to a fine of €50 without exception.

Note : The names of swimmers qualified (including reserves) for the semi-finals or finals may be published by announcement on the PA system or by printed results.

Relays

Entry forms for relay events may include up to 8 swimmers.

The names of the four relay team members swimming in a race and the order of swimming must be declared on the official Team Declaration Sheet and submitted to the Recorder no later than one hour before the start of the session in which the race takes place. The swimmers may change between heats and finals, but all competing swimmers must be included in the list of 8 swimmers submitted with the entry list.

Relay teams not declared on the official Team Declaration Sheet and submitted to the Recorder no later than one hour before the start of the session shall be withdrawn and such withdrawal shall be subject to a fine of €50 without exception.

Relay teams that swim in an order that is different from the order of swimming declared on the Team Declaration Sheet shall be disqualified in accordance with FINA SW 10.12.

Ages

Ages are as the first day of competition

Warm Up

Warm up for heat sessions will be mixed and will generally commence 90 minutes before the session start time and end 15 minutes before the session start time.. Finals session warm up start 60 minutes before the finals start time and end 15 minutes before the finals session and are mixed gender. The above may be altered at the discretion of the gala organiser.

Warm up for short course competition where a separate warm up pool is available will be mixed, and will commence 60 minutes before the session start time and end 15 minutes before the session start time.

Official Times

Official times are required to qualify for Swim Ireland Meets or Squads or for consideration for selection to teams representing Ireland in non-Swim Ireland events or for Record application. Times from club time-trials will not be accepted.

Official Times are times achieved in events which are Open, have electronic timing, the minimum number of officials and Official Results. That minimum number of officials shall include a Race Referee, a Starter, finish, turn and stroke judges and a Recorder who may be the electronic timing operator.

Official times achieved in away competitions may be submitted if accompanied by a copy of the official result signed by the race referee and including electronic timing slips, name of meet, venue, pool length and date of the swim. Hand-written results or times not accompanied by the above information will not be accepted.

Qualifying times may be checked. False times may result in the club being suspended from the competition.

Complaints and Protests

A Team leader or Club Coach may ask a referee to explain a decision involving a DQ or other matter. Such requests must be made only to the Referee and not to any other meet official.

If the team leader or club coach is not satisfied with the explanation he/she may then protest the decision, subject to FINA Rules.

Where a Protest is made concerning the outcome of a final then the awards for that event will be held until the Protest is heard.

If conditions causing a potential protest are noted prior to the event any protest must be lodged before the signal to start is given.

Protests involve a formal procedure and may be made in accordance with FINA Rule GR 9.2

Protests are made to the Referee in writing.

A protest may be made:

If the officials have not observed the relevant FINA and Swim Ireland rules and regulations for the conduct of the competition or have misinterpreted such rules or regulations.

If conditions endanger the competitors or the competition

A protest may be made against a decision of the referee; however, no protest shall be allowed against decisions of fact.

The protest must be made within 30 minutes of the end of the respective heats or finals session in which the matter giving rise to the protest took place.

The protest must be made in writing to the referee, and accompanied by a fee of €50.

The referee will either uphold or reject the protest and will give the decision in writing. If the protest is upheld, the fee will be returned and any DQ will be overturned. If the referee rejects the protest the fee is forfeited and any DQ will be confirmed.

The rejection or upholding of a protest by the referee may be appealed to a Jury of Appeal whose decision is final. Under FINA Rules the matter ends with the Jury of Appeal.

Presentation Ceremonies

All swimmers must be properly attired in a tracksuit or t-shirt and shorts for medal ceremonies. ,and must attend at the medal presentation area 5 minutes before the relevant ceremony

Photography

It is a condition of attending a Swim Ireland event that swimmers accept they may be photographed or filmed as part of the occasion, either as an individual or as a member of a group. Swimmers may also appear in a photograph or video inadvertently. Parents and swimmers must accept this. All photography and/or filming will be in accordance with Swim Ireland Guidelines.

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 Sports Council Anti Doping rules.

Swimwear

All swimmers must abide by the FINA rules regarding swimwear.

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.