



Irish Open SC National Championships  
Lagan Valley LeisurePlex, Lisburn  
16<sup>th</sup>-18<sup>th</sup> December, 2011

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**MEET CONDITIONS**

Meet Host:	Irish Amateur Swimming Association / Swim Ulster
Approval By:	Irish Amateur Swimming Association / Swim Ireland
Conditions of Sanction:	This competition is certified in accordance with the rules and regulations of Swim Ireland and FINA.
Meet Location:	Lagan Valley LeisurePlex, 18 Lisburn Leisure Park, Lisburn, BT28 1LP Tel: 028-92672121 Fax: 028-92674322 <a href="http://www.lisburncity.gov.uk">www.lisburncity.gov.uk</a>
Pool Specifications:	25 metre, 8 lane, indoor competition pool with wave-breaker lane ropes. Warm-up/swim-down pool also available during the meet.
Meet Type:	Open National Championships, 25m Senior Meet. There will be A and B finals for all 50m; 100m; 200m and 400m individual events.
Equipment:	Omega electronic timing system with integrated Hy-tek software. Minimum of 2 stop-watches per lane.
Session Times:	Session 1: Friday 16 <sup>th</sup> December Warm-up 8.00am; Competition 9.30am Session 2: Friday 16 <sup>th</sup> December Warm-up 4.30pm; Competition 5.30pm Session 3: Saturday 17 <sup>th</sup> December Warm-up 8.00am; Competition 9.30am Session 4: Saturday 17 <sup>th</sup> December Warm-up 4.30pm; Competition 5.30pm Session 5: Sunday 18 <sup>th</sup> December Warm-up 8.00am; Competition 9.30am Session 6: Sunday 18 <sup>th</sup> December Warm-up 3.30pm; Competition 4.30pm
Eligibility:	<p>Open to all current Swim Ireland registered competitive members who achieve the qualification standards (page 5). Entry Standards must have been achieved in Open Competition in the preceding twelve months. Only times which appear on the national database will be accepted. Times not appearing on the national database must be verified by providing a copy of the meet results, signed by the Lead Referee for the event. 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.</p> <p>Entries will also be accepted from foreign swimmers, with a limit of 2 foreign swimmers per final (2 per A final and 2 per B final). Foreign swimmers are not eligible for awards and will receive commemorative medals for top 3 placing's. Members of other federations may be required to verify their age by presenting their passports.</p>
Disability Swimming:	Paralympic swimmers are eligible to enter this competition once the relevant





Irish Open SC National Championships  
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16<sup>th</sup>-18<sup>th</sup> December, 2011

	qualification criteria are met.
Seeding:	Seeding for lane placing will be based on entry times using the Hy-tek software.
Entry Limit:	There will be no entry limit for this event.
Entry Conditions:	It will be a condition of entry that all Irish swimmers must have a valid Swim Ireland Registration No. for the 2011/2012 season. Foreign swimmers are also required to provide proof of membership with their National Federation.
Technical Meeting:	Technical meeting will take place on Thursday 15 <sup>th</sup> December, time and location tbc. All withdrawals for the first session must be made at the technical meeting. Withdrawals for all subsequent sessions can be made before the start of the finals on the previous day.
Scratches:	Failure to withdraw from a heat or timed final will be subject to a €50 fine. Withdrawals from semi-finals or finals must be made within 30 minutes from the announcement of the semi-final or final, otherwise swimmers will be subject to a €50 fine. A swimmer who has to withdraw due to medical grounds will not be subject to a fine if they can provide a doctors certificate within 72 hours.
Entry Form:	Electronic Hy-tek entries are accepted via Hy-tek to the <b>Swim Ireland Office</b> at <a href="mailto:entries@swimireland.ie">entries@swimireland.ie</a> Paper entries should be posted to the <b>Swim Ireland Office</b> at Sport HQ, 13 Joyce Way, Parkwest, Dublin 12, Ireland marked "2011 IRISH SC NATIONALS".
Entry Deadline:	Monday 21 <sup>st</sup> November, 2011 for Hy-tek entries. Monday 14 <sup>th</sup> November, 2011 for Paper entries. Additional entries will be accepted from Regional Championships taking place on 3 <sup>rd</sup> /4 <sup>th</sup> December but must be received into the Swim Ireland Office (with appropriate payment) by the 5 <sup>th</sup> December. No changes to existing entries will be permitted.
Entry Fees:	Individual entries cost €7.00/£6.30 per event. Relay entries cost €28.00/£25.20 per event. No entry will be processed until the appropriate fee has been received at the <b>Swim Ireland Office</b> . Payment options are detailed in the Entry Summary Sheet.
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 Recorder no later than 30 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.  The swimmers may change between heats and finals, but all competing swimmers must be entered in the meet. 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.





Irish Open SC National Championships  
Lagan Valley LeisurePlex, Lisburn  
16<sup>th</sup>-18<sup>th</sup> December, 2011

Distance Events:	800m & 1500m Freestyle events and all relay events will be Heat Declared Winners (HDW). Women's 1500m and Men's 800m Freestyle will be Invitational events with the fastest 8 swimmers from Women's 800m & Men's 1500m Freestyle events selected.
Scoring:	Scoring for overall awards will be based on FINA points system.
Awards:	Medals are awarded for top-3 placings. All swimmers should be properly attired in a tracksuit or t-shirt and shorts for medal ceremonies. The "Swimmer of the Meet" will be based on FINA points and will be awarded to the Irish swimmer who attains the highest points in one swim.
Rules:	Swim Ireland rules govern this event. Referees decision is final in all instances.
Swimwear	All swimmers must abide by the FINA rules regarding swimwear.
Complaints & Protests	<p>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:</p> <ul style="list-style-type: none"><li>▪ 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.</li><li>▪ If conditions endanger the competitors or the competition</li><li>▪ A protest may be made against a decision of the referee; however, no protest shall be allowed against decisions of fact.</li></ul> <p>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 forfeit 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.</p>
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.
Officials:	Meet Director(s): TBC Lead Referee: TBC Starter: TBC Head Marshall: TBC Stroke Judge: TBC





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16<sup>th</sup>-18<sup>th</sup> December, 2011

	Turn Judge: TBC Announcer: TBC  All clubs entering National meets must provide at least 1 meet official for every four swimmers entered, to a maximum of 3 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.
Accreditation	There will be no requirement for Accreditation for this meet.
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.
Warm-Up Schedule  Warm-up will be mixed.  Morning Sessions: 90 minutes duration  Evening Sessions: 60 minutes duration	The initial part is a general warm-up as follows: LANE 1 Push off 25's or 50's pace (Circle swimming) 2 Push off 25's or 50's pace (Circle swimming) 3 Swimming and pulling only (push off) 4 Swimming and pulling only (push off) 5 Swimming and pulling only (push off) 6 Swimming and pulling only (push off) 7 Swimming and pulling only (push off) 8 Push off 25's or 50's pace (Circle swimming)  The final 30 minutes is a controlled warm-up as follows: LANE 1 Push off 25's pace (Circle swimming) 2 Racing start one length only 3 Swimming and pulling only (push off) 4 Swimming and pulling only (push off) 5 Swimming and pulling only (push off) 6 Swimming and pulling only (push off) 7 Racing start one length only 8 Push off 25's pace (Circle swimming)
Event Sponsor(s)	There will be no event sponsor for this event
Official Programme	Available for purchase at the event.
Hotel Accommodation:	Premier Inn, 136-144 Hillsborough Road, Lisburn, BT27 5QY Tel: 0871-5279253
Further Information:	Pat Donovan Honorary Recorder +353-86-8187241 <a href="mailto:patdonovan2@eircom.net">patdonovan2@eircom.net</a>  Robert Mooney High Performance Coordinator Swim Ireland +353-1-6251127 <a href="mailto:entries@swimireland.ie">entries@swimireland.ie</a>





Irish Open SC National Championships  
Lagan Valley LeisurePlex, Lisburn  
16<sup>th</sup>-18<sup>th</sup> December, 2011

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**ORDER OF EVENTS**

<b>Session 1: Friday 16<sup>th</sup> December</b>			<b>Session 3: Saturday 17<sup>th</sup> December</b>			<b>Session 5: Sunday 18<sup>th</sup> December</b>		
1	M	50m Freestyle	15	W	50m Freestyle	29	W	400m Ind. Medley
2	W	100m Breaststroke	16	M	100m Breaststroke	30	M	400m Ind. Medley
3	M	200m Backstroke	17	W	200m Backstroke	31	W	50m Butterfly
4	W	200m Butterfly	18	M	200m Butterfly	32	M	50m Butterfly
5	M	100m Butterfly	19	W	100m Butterfly	33	W	200m Freestyle
6	W	50m Backstroke	20	M	50m Backstroke	34	M	200m Freestyle
7	M	50m Breaststroke	21	W	50m Breaststroke	35	W	100m Backstroke
8	W	200m Ind. Medley	22	M	200m Ind. Medley	36	M	100m Backstroke
9	M	400m Freestyle	23	W	400m Freestyle	37	W	200m Breaststroke
10	W	100m Freestyle	24	M	100m Freestyle	38	M	200m Breaststroke
11	M	100m Ind. Medley	25	W	100m Ind. Medley	39	W	4x100m MTR (HDW)
12	W	800m Freestyle (HDW)	26	M	1500m Freestyle (HDW)	40	M	4x100m MTR (HDW)
<b>Session 2: Friday 16<sup>th</sup> December</b>			<b>Session 4: Saturday 17<sup>th</sup> December</b>			<b>Session 6: Sunday 18<sup>th</sup> December</b>		
12	W	800m Free (Fastest Heat)	26	M	1500m Free (Fastest Heat)	43	W	1500m Free (Invitational)
1	M	B & A Final	15	W	B & A Final	44	M	800m Free (Invitational)
2	W	B & A Final	16	M	B & A Final	29	W	B & A Final
3	M	B & A Final	17	W	B & A Final	30	M	B & A Final
4	W	B & A Final	18	M	B & A Final	31	W	B & A Final
5	M	B & A Final	19	W	B & A Final	32	M	B & A Final
6	W	B & A Final	20	M	B & A Final	33	W	B & A Final
7	M	B & A Final	21	W	B & A Final	34	M	B & A Final
8	W	B & A Final	22	M	B & A Final	35	W	B & A Final
9	M	B & A Final	23	W	B & A Final	36	M	B & A Final
10	W	B & A Final	24	M	B & A Final	37	W	B & A Final
11	M	B & A Final	25	W	B & A Final	38	M	B & A Final
13	W	4x50m MTR (HDW)	27	M	4x50m FTR (HDW)	41	W	4x100m FTR (HDW)
14	M	4x50m MTR (HDW)	28	W	4x50m FTR (HDW)	42	M	4x100m FTR (HDW)





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**QUALIFICATION STANDARDS**

Male		Event	Female	
Paralympians	Open		Open	Paralympians
00:52.00	00:27.07	50 Freestyle	00:30.16	00:56.00
01:47.00	00:59.61	100 Freestyle	01:06.41	02:05.00
	02:11.49	200 Freestyle	02:24.48	
06:00.00	04:39.54	400 Freestyle	05:03.87	06:40.00
		800 Freestyle	10:20.41	
	18:18.69	1500 Freestyle		
	00:32.12	50 Backstroke	00:35.47	
01:49.00	01:07.92	100 Backstroke	01:14.76	01:55.00
	02:29.03	200 Backstroke	02:36.60	
00:43.00	00:36.17	50 Breaststroke	00:39.57	01:15.00
01:38.00	01:15.49	100 Breaststroke	01:24.00	02:30.00
	02:37.90	200 Breaststroke	03:02.10	
00:45.00	00:30.43	50 Butterfly	00:34.24	00:50.00
01:14.00	01:06.09	100 Butterfly	01:15.27	01:27.00
	02:35.70	200 Butterfly	02:50.58	
	01:12.23	100 I.M.	01:17.90	
03:00.00	02:27.49	200 I.M.	02:40.51	03:14.00
	05:21.59	400 I.M.	05:40.81	





Irish Open SC National Championships  
Lagan Valley LeisurePlex, Lisburn  
16<sup>th</sup>-18<sup>th</sup> December, 2011

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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 Freestyle		
3	200m Backstroke		
5	100m Butterfly		
7	50m Breaststroke		
9	400m Freestyle		
11	100m Ind. Medley		
16	100m Breaststroke		
18	200m Butterfly		
20	50m Backstroke		
22	200m Ind. Medley		
24	100m Freestyle		
26	1500m Freestyle		
30	400m Ind. Medley		
32	50m Butterfly		
34	200m Freestyle		
36	100m Backstroke		
38	200m Breaststroke		

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

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





Irish Open SC National Championships  
Lagan Valley LeisurePlex, Lisburn  
16<sup>th</sup>-18<sup>th</sup> December, 2011

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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	100m Breaststroke		
4	200m Butterfly		
6	50m Backstroke		
8	200m Ind. Medley		
10	100m Freestyle		
12	800m Freestyle		
15	50m Freestyle		
17	200m Backstroke		
19	100m Butterfly		
21	50m Breaststroke		
23	400m Freestyle		
25	100m Ind. Medley		
29	400m Ind. Medley		
31	50m Butterfly		
33	200m Freestyle		
35	100m Backstroke		
37	200m Breaststroke		

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

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





Irish Open SC National Championships  
Lagan Valley LeisurePlex, Lisburn  
16<sup>th</sup>-18<sup>th</sup> December, 2011

**RELAY & ENTRY SUMMARY SHEET**

Event No.	Event	No. Teams to Enter
13	Women's 4 x 50m MTR	
14	Men's 4 x 50m MTR	
27	Men's 4 x 50m FTR	
28	Women's 4 x 50m FTR	
39	Women's 4 x 100m MTR	
40	Men's 4 x 100m MTR	
41	Women's 4 x 100m FTR	
42	Men's 4 x 100m FTR	

Relay Entries: \_\_\_\_\_ @ €28 Each = € \_\_\_\_\_

Individual Entries: \_\_\_\_\_ @ €7 Each = € \_\_\_\_\_

Results: \_\_\_\_\_ @ €5 per set = € \_\_\_\_\_

TOTAL AMOUNT ENCLOSED: € \_\_\_\_\_

CLUB: \_\_\_\_\_ CONTACT: \_\_\_\_\_

PHONE: \_\_\_\_\_ EMAIL: \_\_\_\_\_

**Payment Options:**

Please reference all payments as "2011 IRISH SC NATIONALS" and include club details.

**Bank Transfer:**

Swim Ireland, National Irish Bank, 27 College Green, Dublin 2  
Bank Account Number: 51054805  
Bank Sorting Code: 95-15-01  
IBAN: IE07DABA 9515 0151 0548 05  
BIC/SWIFT: DAVA IE2D

**Cheque/Postal Order:**

Made payable to Swim Ireland

**Credit Card:**

Credit card payments can be made over the phone by calling the Swim Ireland offices at +353-1-6251120





Irish Open SC National Championships  
Lagan Valley LeisurePlex, Lisburn  
16<sup>th</sup>-18<sup>th</sup> December, 2011

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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.





Irish Open SC National Championships  
Lagan Valley LeisurePlex, Lisburn  
16<sup>th</sup>-18<sup>th</sup> December, 2011

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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.*

