



Irish Division 2 Age Groups
UL Arena, Limerick
26th – 29th June, 2014

MEET INFORMATION
QUALIFICATION STANDARDS

FEMALE										
	IAG D2		IAG D2		IAG D2		IAG D2		IAG D2	
	10 & U		11 & 12		13 & 14		15 & 16		17 & 18	
Event	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC
100 FC	1.19.96	1.18.39	1.16.36	1.14.86	1.12.03	1.10.62	1.10.46	1.09.08	1.10.35	1.08.97
200 FC	2.54.48	2.51.06	2.46.63	2.43.36	2.37.50	2.34.41	2.35.51	2.32.46	2.32.97	2.29.97
400 FC	6.14.99	6.07.64	5.58.10	5.51.08	5.34.74	5.28.18	5.28.31	5.21.87	5.25.47	5.19.09
800 FC	13.27.68	13.11.84	12.51.29	12.36.17	11.32.02	11.18.45	11.09.43	10.56.30	10.57.36	10.44.47
100 BC	1.33.31	1.31.48	1.29.10	1.27.35	1.23.87	1.22.23	1.21.57	1.19.97	1.20.01	1.18.44
200 BC	3.19.81	3.15.89	3.10.81	3.07.07	3.01.34	2.57.78	2.59.68	2.56.16	2.52.30	2.48.92
100 BRS	1.47.01	1.44.91	1.41.22	1.39.24	1.36.61	1.34.72	1.34.93	1.33.07	1.30.92	1.29.14
200 BRS	3.51.62	3.47.02	3.39.04	3.34.75	3.27.84	3.23.76	3.19.63	3.15.72	3.17.68	3.13.80
100 FLY	1.33.98	1.32.14	1.29.75	1.27.99	1.22.90	1.21.27	1.20.19	1.18.62	1.17.86	1.16.33
200 FLY	3.34.99	3.30.77	3.25.30	3.21.27	3.04.97	3.01.34	2.54.45	2.51.03	2.52.86	2.49.47
200 IM	3.23.16	3.19.18	3.14.01	3.10.21	3.02.71	2.59.13	2.58.79	2.55.28	2.50.75	2.47.40
400 IM	7.07.57	6.59.19	6.48.32	6.40.31	6.30.38	6.22.73	6.11.60	6.04.31	6.07.04	5.59.84

MALE										
	IAG D2		IAG D2		IAG D2		IAG D2		IAG D2	
	11 & U		12 & 13		14 & 15		16 & 17		18	
Event	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC
100 FC	1.17.37	1.15.85	1.13.88	1.12.43	1.08.47	1.07.13	1.04.48	1.03.22	1.02.88	1.01.65
200 FC	2.50.48	2.47.14	2.42.80	2.39.61	2.30.21	2.27.26	2.22.92	2.20.12	2.19.26	2.16.53
400 FC	6.00.99	5.53.91	5.44.73	5.37.97	5.19.47	5.13.21	5.09.68	5.03.61	5.05.59	4.59.60
1500 FC	24.30.30	24.01.47	23.24.07	22.56.54	20.48.96	20.24.47	20.12.68	19.48.90	19.51.56	19.28.20
100 BC	1.29.10	1.27.35	1.25.08	1.23.41	1.19.12	1.17.57	1.17.53	1.16.01	1.14.01	1.12.56
200 BC	3.13.48	3.09.69	3.04.76	3.01.14	2.51.79	2.48.42	2.41.35	2.38.19	2.40.63	2.37.48
100 BRS	1.44.96	1.42.90	1.39.28	1.37.33	1.30.54	1.28.76	1.27.58	1.25.86	1.21.21	1.19.62
200 BRS	3.50.35	3.45.83	3.37.89	3.33.62	3.15.33	3.11.50	3.06.28	3.02.63	3.03.76	3.00.16
100 FLY	1.32.24	1.30.43	1.28.09	1.26.36	1.17.16	1.15.65	1.12.50	1.11.08	1.09.36	1.08.00
200 FLY	3.21.97	3.18.01	3.12.87	3.09.09	2.54.18	2.50.76	2.41.81	2.38.64	2.41.81	2.38.64
200 IM	3.11.74	3.07.98	3.03.10	2.59.51	2.52.67	2.49.28	2.41.90	2.38.73	2.37.00	2.33.92
400 IM	6.44.12	6.36.20	6.25.93	6.18.36	6.04.19	5.57.05	5.37.27	5.30.66	5.35.43	5.28.85



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ORDER OF EVENTS

Session 1: Thursday 26th June					
1	G	800m Freestyle (HDW)			
2	B	1500m Freestyle (HDW)			
Session 2: Friday 27th June (Heats)			Session 4: Saturday 28th June (Heats)		
3	G	400m Ind. Medley (HDW)	15	B	400m Freestyle (HDW)
4	B	400m Ind. Medley (HDW)	16	G	100m Butterfly
5	G	100m Backstroke	17	B	100m Butterfly
6	B	100m Backstroke	18	G	200m Backstroke
7	G	200m Freestyle	19	B	200m Backstroke
8	B	200m Freestyle	20	G	200m Ind. Medley
9	G	100m Breaststroke	21	B	200m Ind. Medley
10	B	100m Breaststroke			
Session 3: Friday 27th June (Finals)			Session 5: Saturday 28th June (Finals)		
5	G	100m Backstroke	16	G	100m Butterfly
6	B	100m Backstroke	17	B	100m Butterfly
7	G	200m Freestyle	18	G	200m Backstroke
8	B	200m Freestyle	19	B	200m Backstroke
9	G	100m Breaststroke	20	G	200m Ind. Medley
10	B	100m Breaststroke	21	B	200m Ind. Medley
11	G	14&U 4x50m MTR (HDW)			
12	B	15&U 4x50m MTR (HDW)			
13	G	15&O 4x50m MTR (HDW)			
14	B	16&O 4x50m MTR (HDW)			
Session 6: Sunday 29th June (Heats)			Session 7: Sunday 29th June (Finals)		
22	G	400m Freestyle (HDW)	23	B	200m Breaststroke
23	B	200m Breaststroke	24	G	200m Breaststroke
24	G	200m Breaststroke	25	B	200m Butterfly
25	B	200m Butterfly	26	G	200m Butterfly
26	G	200m Butterfly	27	B	100m Freestyle
27	B	100m Freestyle	28	G	100m Freestyle
28	G	100m Freestyle			
			29	B	15&U 4x50m FTR (HDW)
			30	G	14&U 4x50m FTR (HDW)
			31	B	16&O 4x50m FTR (HDW)
			32	G	15&O 4x50m FTR (HDW)



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MEET CONDITIONS

Meet Host:	Irish Amateur Swimming Association / Swim Ireland
Approval By:	Irish Amateur Swimming Association / Swim Ireland
Conditions of Sanction:	This competition is certified in accordance with FINA rules and under the event regulations of Swim Ireland. By entering this event, swimmers are agreeing to comply with these rules and regulations.
Meet Location:	University Arena, University of Limerick, Castletroy, Limerick. Tel: +353 61 213555 http://www.universityarena.com
Pool Specifications:	25 metre, 8 lane indoor competition pool with wave-breaker lane ropes. There will be a warm-up/swim-down area available during the meet.
Meet Type:	National Age Group Meet. Individual Age Groupings: Female: 10 & Under; 11/12; 13/14; 15/16; 17/18; Male: 11 & Under; 12/13; 14/15; 16/17; 18 Relay Age Groupings: Female: 14 & Under, 15 & Over; Male: 15 & Under, 16 & Over There will be one final per age group for all 100m and 200m events. All 400m, 800m and 1500m events will be Timed Finals with all heats swum in the morning session
Equipment:	Omega electronic timing system with integrated Hy-tek software. Minimum of 2 stop-watches per lane.
Session Times:	Session 1: Thursday 26 th June Warm-up 3.00pm; Competition 4.00pm Session 2: Friday 27 th June Warm-up 8.00am; Competition 9.15am Session 3: Friday 27 th June Warm-up 4.30pm; Competition 5.30pm Session 4: Saturday 28 th June Warm-up 8.00am; Competition 9.15am Session 5: Saturday 28 th June Warm-up 4.30pm; Competition 5.30pm Session 6: Sunday 29 th June Warm-up 8.00am; Competition 9.15am Session 7: Sunday 29 th June Warm-up 4.30pm; Competition 5.30pm
Eligibility:	<p>Open to all eligible, current Swim Ireland registered competitive members who achieve the qualification standards. Entry Standards must have been achieved in Open Competition in the preceding fifteen months. Only times which appear on the national database will be accepted. Times will only be accepted for the National Database when Electronic Timing is in operation. 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>A swimmer who has achieved an Irish Age Groups Championships & Summer Open time in ANY event in the twelve months prior to that year's Division 2 competition IS NOT permitted to enter Division 2. <i>Should a swimmer enter Division 2 and subsequently achieve an Irish Age Groups Championships & Summer Open time before the start date of Division 2, their entry for Division 2 will be returned.</i> Entry fees can be refunded, or carried forward to the Irish Age Groups Championships.</p> <p>Anyone who qualifies for the Irish Age Groups Championships & Summer Open at Division 2 may enter for this meet at the Division 2 competition. Entry forms and the relevant fees must be returned to the recorders table by the end of the final session of Division 2. Entries will not be accepted after Division 2 is completed.</p> <ul style="list-style-type: none"> Swimmers with ONE Qualifying Time will be permitted to enter TWO additional event from the following list: 200m backstroke, 200m breaststroke, 200m butterfly, 400m freestyle, 400m IM Swimmers with TWO Qualifying Time will be permitted to enter ONE additional event from the following list: 200m backstroke, 200m breaststroke, 200m butterfly, 400m freestyle, 400m IM All other swimmers may enter ONLY the events they have qualified in <i>No swimmer will be accepted with NT as a time.</i> <p>If a club is found to have entered a swimmer in Division 2 who has achieved an Irish Age Group Championships & Summer Open qualifying time then the club will be levied with a fine of €500.</p>



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Disability Swimming:	Open to disability swimmers subject to approval from the Head of Paralympic Swimming
Seeding:	<p>Seeding for lane placing will be based on entry times using the Hy-tek software.</p> <p>In accordance with FINA regulations the following shall apply: SW 3.1.1.1 If one heat, it shall be seeded as a final and swum only during the final session. SW 3.1.1.2 If two heats, the fastest swimmer shall be seeded in the second heat, next fastest in the first heat, next fastest in the second heat, next in the first heat, etc. SW 3.1.1.3 If three heats, the fastest swimmer shall be placed in the third heat, next fastest in the second, next fastest in the first. The fourth fastest swimmer shall be placed in the third heat, the fifth in the second heat, and the sixth fastest in the first heat, the seventh fastest in the third heat, etc. SW 3.1.1.5 Exception: When there are two or more heats in an event, there shall be a minimum of three swimmers seeded into any one preliminary heat, but subsequent scratches may reduce the number of swimmers in such heat to less than three.</p>
Entry Limit:	<i>The number of heats in an event MAY be limited depending on time constraints. Clubs will be informed no less than 7 days prior to the start of the competition if events will be limited</i>
Entry Conditions:	It will be a condition of entry that all Irish swimmers must have a valid Swim Ireland Registration No. for the 2013/2014 season. These registration numbers must be provided with entries (both paper and Hy-Tek).
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 "2014 IRISH AGE GROUP DIVISION 2". Paper entries are only required where Hy-tek IS NOT used.</p>
Entry Deadline:	<p>Tuesday 3rd June 2014 for Hy-tek and Paper entries.</p> <p>Payment should be received by Friday 6th June</p>
Relay Entries:	<p>For relay events only, swimmers are permitted to swim up but can only compete in relays in one age group. One swimmer on the team must be in the correct age group. Swimming down an age group is not permitted. The Panel of relay swimmers must be submitted with the entries.</p> <p>Relay swimmers must be entered in an individual event or must be slower than the qualification standards. 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. Any relay found to have swum Irish Age Group Division 1 Championship level swimmers will forfeit relay medals which will be awarded to the next eligible relay.</p>
Awards:	<p>Medals are awarded for top-3 placings. All swimmers should be properly attired in a tracksuit or t-shirt and shorts for medal ceremonies.</p> <p>Swimmers who exceed the Irish Age Group Championships & Summer Open Standards by 2% in the heat of an event will be awarded a Speeding Certificate and will not be eligible to take part in the final of the event. Swimmers who exceed the time by 2% in the final will be awarded a Speeding Certificate and will not be eligible for a medal in the event. Any swimmer found to have entered Division 2 on times slower than they have achieved in the preceding fifteen months will be fined €50 and will forfeit their medal which will be awarded to the next placed swimmer.</p>
Technical Meeting:	Technical meeting will take place at 7.30pm on Thursday 26 th June (after session 1). Meeting venue TBC. All withdrawals for session 2/3 must be made at the technical meeting. Withdrawals for all subsequent sessions can be made before 4.30pm on the previous day. Attendance at this meeting is mandatory for each club. A fine of €100 will be issued to clubs who fail to be represented at this meeting.
Scratches:	Failure to withdraw from a heat or timed final will be subject to a €50 fine. Withdrawals from finals must be made within 30 minutes from the announcement of the 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. Scratching with a medical cert will apply for the remainder of the competition.
Swimwear:	All swimmers must abide by the FINA rules regarding swimwear.
Rules:	Swim Ireland rules govern this event. Referee's decision is final in all instances subject to complaints and protests as outlined below.
Complaints & 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

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	<p>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"> ▪ 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. <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:	<p>Technical Director: TBC Meet Director(s): TBC Lead Referee: TBC</p> <p>All Irish clubs entering National meets must provide at least 1 meet official for every four swimmers entered (in a session), 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.</p>																																
Accreditation:	Accreditation will be provided for Swimmers, Coaches, Team Managers and Officials.																																
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:	<p>The initial part is a general warm-up as follows:</p> <table> <tr> <td>Lane 1</td><td>Push off 50s or 100s pace (Circle swimming)</td></tr> <tr> <td>Lane 2</td><td>Push off 50s or 100s pace (Circle swimming)</td></tr> <tr> <td>Lane 3</td><td>Swimming and pulling only (push off)</td></tr> <tr> <td>Lane 4</td><td>Swimming and pulling only (push off)</td></tr> <tr> <td>Lane 5</td><td>Swimming and pulling only (push off)</td></tr> <tr> <td>Lane 6</td><td>Swimming and pulling only (push off)</td></tr> <tr> <td>Lane 7</td><td>Push off 50s or 100s pace (Circle swimming)</td></tr> <tr> <td>Lane 8</td><td>Push off 50s or 100s pace (Circle swimming)</td></tr> </table> <p>The final 30 minutes is a controlled warm-up as follows:</p> <table> <tr> <td>Lane 1</td><td>Racing start one length only</td></tr> <tr> <td>Lane 2</td><td>Push off 50s or 100s pace (Circle swimming)</td></tr> <tr> <td>Lane 3</td><td>Push off 50s or 100s pace (Circle swimming)</td></tr> <tr> <td>Lane 4</td><td>Swimming and pulling only (push off)</td></tr> <tr> <td>Lane 5</td><td>Swimming and pulling only (push off)</td></tr> <tr> <td>Lane 6</td><td>Push off 50s or 100s pace (Circle swimming)</td></tr> <tr> <td>Lane 7</td><td>Push off 50s or 100s pace (Circle swimming)</td></tr> <tr> <td>Lane 8</td><td>Racing start one length only</td></tr> </table>	Lane 1	Push off 50s or 100s pace (Circle swimming)	Lane 2	Push off 50s or 100s pace (Circle swimming)	Lane 3	Swimming and pulling only (push off)	Lane 4	Swimming and pulling only (push off)	Lane 5	Swimming and pulling only (push off)	Lane 6	Swimming and pulling only (push off)	Lane 7	Push off 50s or 100s pace (Circle swimming)	Lane 8	Push off 50s or 100s pace (Circle swimming)	Lane 1	Racing start one length only	Lane 2	Push off 50s or 100s pace (Circle swimming)	Lane 3	Push off 50s or 100s pace (Circle swimming)	Lane 4	Swimming and pulling only (push off)	Lane 5	Swimming and pulling only (push off)	Lane 6	Push off 50s or 100s pace (Circle swimming)	Lane 7	Push off 50s or 100s pace (Circle swimming)	Lane 8	Racing start one length only
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Warm-up will be mixed.																																	
Morning Sessions: 60 minutes duration																																	
Evening Sessions: 45 minutes duration																																	
Official Programme	Available for purchase at the event.																																
Accommodation:	There are a number of hotels located near to the pool. The University also has limited campus accommodation that can be booked (see separate booking form)																																
Further Information:	Please direct all queries to entries@swimireland.ie or +353-1-6251142.																																



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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)
2	1500m Freestyle		
4	400m Ind. Medley		
6	100m Backstroke		
8	200m Freestyle		
10	100m Breaststroke		
15	400m Freestyle		
17	100m Butterfly		
19	200m Backstroke		
21	200m Ind. Medley		
23	200m Breaststroke		
25	200m Butterfly		
27	100m 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)
1	200m Freestyle		
3	400m Ind. Medley		
5	100m Backstroke		
7	200m Freestyle		
9	100m Breaststroke		
16	100m Butterfly		
18	200m Backstroke		
20	200m Ind. Medley		
22	400m Freestyle		
24	200m Breaststroke		
26	200m Butterfly		
28	100m 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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RELAY & ENTRY SUMMARY SHEET

Event No.	Event	No. Teams to Enter
12	Boy's 15&U 4 x 50m MTR	
29	Boy's 15&U 4 x 50m FTR	
11	Girl's 14&U 4 x 50m MTR	
30	Girl's 14&U 4 x 50m FTR	
31	Boy's 16-18 4 x 50m FTR	
14	Boy's 16-18 4 x 50m MTR	
32	Girl's 15-18 4 x 50m FTR	
13	Girl's 15-18 4 x 50m MTR	

Relay Entries: _____ @ €32 Each = € _____

Individual Entries: _____ @ €8 Each = € _____

TOTAL AMOUNT ENCLOSED: € _____

CLUB: _____ CONTACT: _____

PHONE: _____ EMAIL: _____

Payment Options:

Please reference all payments as "2014 IAG DIVISION 2" 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





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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.