



## **Munster Aspiring Champions**

### **ENTRY RULES & FORMS**

**( Under Swim Ireland Rules )**

**Licence 3L-23/24-M022 (A)**

**SUNDAY MARCH 3rd and SUNDAY MARCH 10TH**

## MEET CONDITIONS

<b>Meet Location:</b>	University of Limerick
<b>Date</b>	<b>Sunday 3rd March 2024    Sunday 10th March 2024</b>
<b>Sessions:</b>	9am Warm up 10 am start
<b>Age:</b>	Age as 31 <sup>st</sup> December 2024
<b>Qualification Criteria:</b>	Swimmers must be at least 13 years of age by 31 <sup>st</sup> December 2024. Relay Age Groups 13-16 and 17 & over
<b>Heats &amp; Finals:</b>	<b>All events will be HDW and will be Long Course</b> There will be no finals
<b>Withdrawals:</b>	Withdrawals must be made two days before the start of the event. There will be a €50 fine if swimmers are not withdrawn by 5pm for an event for the next day.
<b>Entry Deadline:</b>	<b>Entries to be received on or before Thursday 15th February. Please put your envelopes in the box at reception with the following information</b> <b>Gala Name and Date:</b> <b>Swimmer Name:</b> <b>Event title:</b> <b>Fee enclosed:</b>
<b>Entry Fees:</b>	Individual entries cost €7 per event. Relay entries cost €20 per event.  <i>Please note that entries are non-refundable once the final date for payment has passed. The date for payment is 23<sup>rd</sup> February.</i>
<b>Individual Entries :</b>	<b>Entries will be limited to 4 events per day.</b> There are no qualifying times, but where a swimmer has a time this should be submitted.
<b>Relay Entries:</b>	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 45 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.  All competing relay 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.
<b>Awards:</b>	Bands will be awarded to all swimmers for each event where they meet the time standard.
<b>Anti-Doping:</b>	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 Sport Ireland/WADA/FINA Anti-Doping rules. For further information visit the <a href="#">Anti-Doping section of the Sport Ireland website</a> .
<b>Swimsuits:</b>	All swimsuits must comply with FINA regulations and should bear the FINA approved stamp

<b>Health &amp; Safety:</b>	Please refer to the Health & Safety guidelines in SwimMunster Handbook and also the Swim Ireland Code of Practice for Safety (Swimming) on the Swim Ireland website.
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**AS THIS EVENT IS BEING RAN OVER TWO SUNDAYS, DAY A IS SUNDAY MARCH 3rd, AND DAY B IS MARCH 10<sup>th</sup>**

**ORDER OF EVENTS**

	<b>Session 1 Day A Sunday 3rd</b>		<b>Session 1 Day B Sunday 10th</b>
1	Mixed 800 Freestyle	20	Female 200m IM
2	Male 100m Backstroke	21	Male 400m IM
3	Female 200m Backstroke	22	Female 400m Freestyle
4	Male 200 IM	23	Male 200m Freestyle
5	Female 100 Breaststroke	24	Female 200m Breaststroke
6	Male 100 Freestyle	25	Male 50m Backstroke
7	Female 50m Butterfly	26	Female 50m Freestyle
8	Male 200m Butterfly	27	Male 50m Breaststroke
9	Female 4x50m MTR	28	Female 4x50m FTR
10	Male 4x50m FTR	29	Male 4x50m MTR
	<b>Session 2 Day A Sunday 3rd</b>		<b>Session 2 Day B Sunday 10th</b>
11	Male 100m Butterfly	30	Female 200m Freestyle
12	Female 200m Butterfly	31	Male 100 Breaststroke
13	Male 200m Breaststroke	32	Female 100 Butterfly
14	Female 100m Freestyle	33	Male 200m Backstroke
15	Male 400m Freestyle	34	Female 100m Backstroke
16	Female 400m IM	35	Male 50m Butterfly
17	Male 50m Freestyle	36	Female 50m Breaststroke
18	Female 50m Backstroke	37	Mixed 4 x 50 MTR
19	Mixed 4 x 50 FTR	38	Mixed 1500m Freestyle

**Competing clubs must provide at least one official for every six swimmers**