



2025

IRISH OPEN CHAMPIONSHIPS

**SPORT IRELAND NATIONAL
AQUATIC CENTRE**

Dublin, Ireland

Saturday 12th-16th April

**SWIM
IRELAND**

MEET CONDITIONS

VENUE INFORMATION

All training and competition will take place in the National Aquatic Centre, Sport Ireland Campus, Blanchardstown, Dublin 15

The National Aquatic Centre is a 10 lane 50m pool. The competition pool has anti-turbulence lane ropes, wedge starting blocks and backstroke ledges.

The warm up/swim down pool is a 25m pool consisting of 6 lanes.

QUALIFICATION CRITERIA AND INFORMATION

Consideration times may be achieved Long Course only in the Period 1st July 2024 – 16th March 2025

Times must have been achieved in meets licenced at Level 3 or higher to be eligible to be used for entry into this meet.

Athletes who achieve one Qualifying Time only may choose one additional event to enter; this event must be one which is most closely associated with the event in which they have achieved the Qualifying Time

Para-swimmers

Athletes who wish to enter a non-para event can only do so at the discretion of the Paralympics Ireland Performance Director. This will only be granted with clear performance rationale.

Athletes must have a National Classification with Paralympics Ireland to compete at National level competition. Please contact Paralympics Ireland directly for this information: [classification](#).

Qualification times for all athletes can be found further in this document.

SWIM IRELAND TRANSGENDER POLICY

Please note that this competition will be run under the stipulations of the [Swim Ireland Transgender and Non-Binary Participation and Competition Policy](#).

Female Category – athletes with a birth sex of female

Open Category – athletes with a birth sex of male, trans or non-binary competitors and any competitor not eligible for the Female category

Further information on this can be found in the Policies section on the [Swim Ireland website](#)

ENTRIES

Entry Forms

Electronic Hy-tek entries are accepted via Hy-tek to the **Swim Ireland Office** at entries@swimireland.ie

Clubs who do not have hy-tek can [download Hytek lite](#) to complete the entry file

ALL entries must be accompanied by a proof of times report produced by hy-tek. If your club does not use hy-tek, you must provide proof of all entry times through links or official results links

Entry Fees

Individual entries cost €12/£11 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.

*Please note that entries are non-refundable once the final date for payment has passed AND accreditations will not be approved/issued until full payment of entries and any outstanding fees have been received.



Entry Deadlines

Closing date for entries is **5.00pm Monday 24th March 2025**.

Payment for ALL entries must be received by **5.00pm Friday 11th April 2025**.

Payment Options

Please reference all payments as "Irish Open Championships 2025" and include club details.

Bank Transfer:

Euro

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

Sterling

Bank: Danske Bank

Sort Code: 950111

Account Number: 51051490

IBAN: GB55 DABA 9501 1151 0514 90

BIC: DABAGB2B

SWIMMING COMPETITION FORMAT

The competition will consist of the following:

- **50m Freestyle, 100m Events & 200m Events** – Heats, Semi-Finals, Junior Finals & Championship Finals
- **50m Form Strokes** – Heats, 'B' Finals & Championship Finals
- **400m Events** – Heats, Junior Finals & Championship Finals
- **800m & 1500m Freestyle Events** – Heats, Championship Finals

Semi-Finals

- Fastest 20 athletes from the heats (all ages and a maximum of six non-Irish athletes) constructed as per World Aquatics regulations

Finals

- **Championship Finals** – Fastest 10 athletes from the Semi-Finals (all ages and a maximum of two non-Irish athletes)
- **50m Form Stroke Championship Finals** – Fastest 10 athletes from the Heats (all ages and a maximum of two non-Irish athletes)
- **Junior Finals** – Fastest 10 athletes from (in order of priority) the Semi-Finals and Heats (aged 18 years & under and a maximum of two non-Irish athletes) that have not qualified for the Championship Final (where applicable)
- **50m Form Stroke 'B' Finals** – Athletes ranked 11th – 20th from the Heats (all ages and a maximum of two non-Irish athletes)

Awards

- Open & Female Championship (Irish & Commemorative) and Open & Female Junior (18 years & under - Irish only)
- **Championship Awards** – Will only take into consideration times/placings achieved in Championships Finals
- **Junior Awards** – Will take into consideration times achieved in the following rounds in order of priority:
 - **Championship Finals**
 - **Junior Finals**
 - **Semi-Finals**
 - **Heats**
- **Para Finals** – The top ten eligible Para competitors (based on IPC points) from the heats shall be allocated places in the published Para Finals, plus two reserves.
Places in the final will be reserved for a minimum of two Para swimmers who are eligible to be considered for selection to represent Ireland in Paralympic international Championships in 2025.
The events in which Para Finals will be held are to be confirmed



Heats Ages

For qualification purposes only the ages will consist of the following:

1. **13-16 years** (competitors born 2009-2012)
2. **17/18 years** (competitors born 2007-2008)
3. **19 years & over** (competitors born 2006 or earlier)

Competition Rules

These Meet Conditions must be read in conjunction with the Swim Ireland General Event Rules available on the [SI website](#).

COMPETITION INFORMATION

Key Dates and timings

Date	Time	Activity	Location
Thursday 10 th April	20.00	Team Leader Meeting	Online
Friday 11 th April	17.00 – 19.00	Open Training Session	Competition Pool
Saturday 12 th April	09.30	Competition commences	Competition & Training Pool
Wednesday 16 th April	19.00	Competition ends	Competition & Training Pool

Pre-Competition Training Session

There will be limited pool availability for a pre competition training session on Friday 11th April from 17.00 – 19.00.

Team Leaders Meeting:

Technical briefing will take place on Thursday 10th April @ 20.00 via Zoom at the link below. Attendance at this meeting is advisable. If a club is not represented at this briefing, you are agreeing to any decisions made at the meeting and agree to abide by them at the meet.

<https://us06web.zoom.us/j/83295947886?pwd=r6bXojsbJhV3U0HBhCKjdp82wRi22O.1>

Session Times

Session	Date	Warm Up Times	Competition Start
Session 1 – Heats	Saturday 12 th April	08.00 – 09.15	09.30
Session 2 – Finals	Saturday 12 th April	15.30 – 16.45	17.00
Session 3 – Heats	Sunday 13 th April	08.00 – 09.15	09.30
Session 4 – Finals	Sunday 13 th April	15.30 – 16.45	17.00
Session 5 – Heats	Monday 14 th April	08.00 – 09.15	09.30
Session 6 – Finals	Monday 14 th April	15.30 – 16.45	17.00
Session 7 – Heats	Tuesday 15 th April	08.00 – 09.15	09.30
Session 8 – Finals	Tuesday 15 th April	15.30 – 16.45	17.00
Session 9 – Heats	Wednesday 16 th April	08.00 – 09.15	09.30
Session 10 – Finals	Wednesday 16 th April	15.30 – 16.45	17.00

Withdrawals

All withdrawals must be submitted via the [online form](#)

Withdrawals from day 1 must be submit via the online form by 3pm on Friday 11th April



Withdrawals for days 2, 3, 4 & 5 can be submitted through the same online form or at the technical delegate desk, by 6pm the previous day, i.e. for day 2, withdrawals must be submitted by 6pm on day 1.

There will be a €50 fine if swimmers are not withdrawn within 30 minutes of the announcement of the results of an event for the final that evening or by 6pm for an event for the next day.

Swimsuits

It is not a requirement for swimmers to be wearing WA approved swimwear in this competition.

[World Aquatic Approved Swim Wear Policy](#)

Anti-Doping

It is a condition of attending a Swim Ireland event that athletes may be required to be tested for prohibited substances in accordance with the Sport Ireland/WADA/World Aquatics Anti-Doping rules.

Further information can be found here [Sport Ireland Anti-Doping](#).

Health and Safety

Please refer to the Health & Safety guidelines at the back of this document and also the [Swim Ireland Code of Practice for Safety \(Swimming\)](#).

Accreditation

Accreditation will be produced through the Go-Membership system. Club administrators will need to apply for accreditation for athletes, team managers & coaches. Please ensure that team managers & coaches meet all of the requirements for accreditations, otherwise they will not be awarded.

Further information on accreditation can be found on the [Swim Ireland website](#).

Accreditation lanyards & pouches can be picked up at the accreditation desk at the venue from the morning of Day 1. We would encourage swimmers and clubs to reuse lanyards and pouches from previous competitions.

Officials

Where we do not have the required number of licenced officials available for a session, clubs will be assigned roles based on the ratio of 4:1 (4 Athletes to 1 Official)

*Please note that this will be based on clubs' original entry list.

As per Swim Ireland's new officials' uniform, officials are asked to wear black bottoms, t-shirts will be provided.

Further information

Please direct all queries to entries@swimireland.ie

Competition Schedule

Day 1 – Saturday 12 th April 2025	Day 2 – Sunday 13 th April 2025	Day 3 – Monday 14 th April 2025	Day 4 – Tuesday 15 th April 2025	Day 5 – Wednesday 16 th April 2025
Session 1 Heats Warm Up 0800 Start 0930	Session 3 Heats Warm Up 0800 Start 0930	Session 5 Heats Warm Up 0800 Start 0930	Session 7 Heats Warm Up 0800 Start 0930	Session 9 Heats Warm Up 0800 Start 0930
Female 100m Backstroke Open 100m Backstroke Female 1500m Freestyle Open 800m Freestyle Female 200m IM Open 200m Freestyle Female 200m Butterfly	Open 100m Breaststroke Female 100m Freestyle Open 100m Butterfly Female 100m Breaststroke Open 50m Freestyle	Open 200m Backstroke Female 200m Backstroke Open 400m Freestyle Female 400m Freestyle Open 200m IM Female 100m Butterfly	Open 1500m Freestyle Female 200m Freestyle Open 200m Breaststroke Female 200m Breaststroke Open 100m Freestyle Female 800m Freestyle Open 200m Butterfly Female 50m Freestyle	Open 50m Backstroke Female 50m Backstroke Open 400m IM Female 400m IM Open 50m Breaststroke Female 50m Breaststroke Open 50m Butterfly Female 50m Butterfly
Irish Masters Relay Championships	Regional Programme Skills Academy Inter-Provincial Competition			
Session 2 Finals Warm Up 1530 Start 1700	Session 4 Finals Warm Up 1530 Start 1700	Session 6 Finals Warm Up 1530 Start 1700	Session 8 Finals Warm Up 1530 Start 1700	Session 10 Finals Warm Up 1530 Start 1700
Female MC 100m Backstroke Final Female 100m Backstroke S-Final 1 Female 100m Backstroke S-Final 2 Open MC 100m Backstroke Final Open 100m Backstroke S-Final 1 Open 100m Backstroke S-Final 2 Female 200m IM S-Final 1 Female 200m IM S-Final 2 Open 200m Freestyle S-Final 1 Open 200m Freestyle S-Final 2 Female 200m Butterfly S-Final 1 Female 200m Butterfly S-Final 2	Open 100m Backstroke Junior Open 100m Backstroke Champ Female 100m Backstroke Junior Female 100m Backstroke Champ Open 50m Freestyle S-Final 1 Open 50m Freestyle S-Final 2 Female 1500m Freestyle Champ Open 800m Freestyle Champ Female MC 100m Breaststroke Final Female 100m Breaststroke S-Final 1 Female 100m Breaststroke S-Final 2 Open 100m Breaststroke S-Final 1 Open 100m Breaststroke S-Final 2 Female 100m Freestyle S-Final 1 Female 100m Freestyle S-Final 2 Open MC 100m Butterfly Final Open 100m Butterfly S-Final 1	Open 200m Backstroke S-Final 1 Open 200m Backstroke S-Final 2 Female 200m Backstroke S-Final 1 Female 200m Backstroke S-Final 2 Open 50m Freestyle Junior Open 50m Freestyle Champ Female 100m Freestyle Junior Female 100m Freestyle Champ Open 100m Breaststroke Junior Open 100m Breaststroke Champ Female 100m Breaststroke Junior Female 100m Breaststroke Champ Open 100m Butterfly Junior Open 100m Butterfly Champ Female 100m Butterfly S-Final 1 Female 100m Butterfly S-Final 2 Open 200m IM S-Final 1	Female 200m Backstroke Junior Female 200m Backstroke Champ Open 200m Backstroke Junior Open 200m Backstroke Champ Female 200m Breaststroke S-Final 1 Female 200m Breaststroke S-Final 2 Open 200m Breaststroke S-Final 1 Open 200m Breaststroke S-Final 2 Female MC 50m Freestyle Final Female 50m Freestyle S-Final 1 Female 50m Freestyle S-Final 2 Open 200m Butterfly S-Final 1 Open 200m Butterfly S-Final 2 Female 100m Butterfly Junior Female 100m Butterfly Champ Open 200m IM Junior Open 200m IM Champ	Open 50m Backstroke 'B' Open 50m Backstroke Champ Female 50m Backstroke 'B' Female 50m Backstroke Champ Open 1500m Freestyle Champ Female 400m IM Junior Female 400m IM Champ Open 200m Butterfly Junior Open 200m Butterfly Champ Female 50m Freestyle Junior Female 50m Freestyle Champ Open 200m Breaststroke Junior Open 200m Breaststroke Champ Female 200m Breaststroke Junior Female 200m Breaststroke Champ Open 400m IM Junior Open 400m IM Champ

	Open 100m Butterfly S-Final 2 Female 200m Butterfly Junior Female 200m Butterfly Champ Open 200m Freestyle Junior Open 200m Freestyle Champ Female 200m IM Junior Female 200m IM Champ	Open 200m IM S-Final 2 Female 400m Freestyle Junior Female 400m Freestyle Champ Open 400m Freestyle Junior Open 400m Freestyle Champ	Female 200m Freestyle S-Final 1 Female 200m Freestyle S-Final 2 Open MC 100m Freestyle Final Open 100m Freestyle S-Final 1 Open 100m Freestyle S-Final 2	Female 800m Freestyle Champ Open 100m Freestyle Junior Open 100m Freestyle Champ Female 200m Freestyle Junior Female 200m Freestyle Champ Open 50m Breaststroke 'B' Open 50m Breaststroke Champ Female 50m Breaststroke 'B' Female 50m Breaststroke Champ Open 50m Butterfly 'B' Open 50m Butterfly Champ Female MC 50m Butterfly Final Female 50m Butterfly 'B' Female 50m Butterfly Champ
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CONSIDERATION STANDARDS

(Achieved Long Course Only in the Period 1st July 2024 – 16th March 2025)

OPEN			EVENT	FEMALE		
Born 2009 - 2012	Born 2007 & 2008	Born 2006 & Earlier		Born 2006 & Earlier	Born 2007 & 2008	Born 2009 - 2012
25.74	25.02	24.22	50m Freestyle	27.70	28.07	28.62
55.97	54.79	53.16	100m Freestyle	59.70	1:01.12	1:01.79
2:03.50	2:02.01	1:58.13	200m Freestyle	2:11.99	2:13.60	2:14.24
4:21.77	4:21.76	4:15.40	400m Freestyle	4:39.46	4:46.31	4:47.59
9:04.67	9:04.66	8:59.70	800m Freestyle	9:37.12	9:53.81	9:55.83
17:48.67	17:41.12	17:23.47	1500m Freestyle	18:45.41	18:56.62	18:56.63
30.55	29.05	28.51	50m Backstroke	31.49	32.27	32.75
1:04.48	1:02.95	1:01.31	100m Backstroke	1:07.59	1:08.89	1:09.68
2:21.46	2:20.44	2:16.37	200m Backstroke	2:29.09	2:31.47	2:32.18
34.10	32.04	30.79	50m Breaststroke	35.10	36.05	36.67
1:13.93	1:10.79	1:08.52	100m Breaststroke	1:17.34	1:19.25	1:19.93
2:42.69	2:36.35	2:33.42	200m Breaststroke	2:50.71	2:51.00	2:53.46
28.24	27.04	26.40	50m Butterfly	29.52	29.94	30.84
1:02.74	1:00.31	59.51	100m Butterfly	1:07.23	1:08.63	1:09.22
2:25.37	2:22.14	2:17.05	200m Butterfly	2:31.37	2:38.64	2:42.11
2:23.07	2:18.73	2:16.17	200m IM	2:29.20	2:32.44	2:33.63
5:08.68	4:59.96	4:59.60	400m IM	5:22.92	5:24.33	5:31.30



IRISH OPEN CHAMPIONSHIPS
Sport Ireland National Aquatic Centre
12th-16th April 2025



PARA SWIMMER QUALIFICATION STANDARDS

Men	Event	Women	Men	Event	Women	Men	Event	Women
01:22.84	50 m Freestyle - S1	01:23.30	01:27.58	50 m Backstroke - S1	01:27.55	01:47.40	50 m Breaststroke - SB1	02:01.65
01:10.08	50 m Freestyle - S2	01:17.19	01:12.52	50 m Backstroke - S2	01:20.36	01:06.16	50 m Breaststroke - SB2	01:30.09
00:54.34	50 m Freestyle - S3	01:02.13	01:02.40	50 m Backstroke - S3	01:11.72	01:00.44	50 m Breaststroke - SB3	01:12.76
00:43.54	50 m Freestyle - S4	00:47.93	00:57.27	50 m Backstroke - S4	01:04.21	00:54.81	50 m Breaststroke - SB4	01:03.06
00:39.86	50 m Freestyle - S5	00:46.72	00:49.22	50 m Backstroke - S5	00:57.65	00:54.12	50 m Breaststroke - SB5	00:59.63
00:36.89	50 m Freestyle - S6	00:42.69	02:46.81	100 m Backstroke - S1	02:53.98	01:43.13	100 m Breaststroke - SB6	00:57.70
00:35.22	50 m Freestyle - S7	00:41.50	02:18.38	100 m Backstroke - S2	02:39.76	01:41.33	100 m Breaststroke - SB7	00:57.84
00:33.48	50 m Freestyle - S8	00:39.35	02:01.84	100 m Backstroke - S3	02:38.13	01:31.81	100 m Breaststroke - SB8	00:49.74
00:32.13	50 m Freestyle - S9	00:37.20	01:58.55	100 m Backstroke - S4	02:12.83	01:27.24	100 m Breaststroke - SB9	00:46.67
00:30.41	50 m Freestyle - S10	00:35.74	01:48.82	100 m Backstroke - S5	01:57.65	01:35.65	100 m Breaststroke - SB11	00:50.90
00:32.30	50 m Freestyle - S11	00:37.67	01:33.12	100 m Backstroke - S6	01:43.68	01:25.45	100 m Breaststroke - SB12	00:46.08
00:29.61	50 m Freestyle - S12	00:34.10	01:27.49	100 m Backstroke - S7	01:41.17	01:23.69	100 m Breaststroke - SB13	00:48.29
00:29.66	50 m Freestyle - S13	00:34.29	01:23.52	100 m Backstroke - S8	01:37.34	01:27.24	100 m Breaststroke - SB14	01:41.28
02:54.81	100 m Freestyle - S1	03:00.54	01:18.69	100 m Backstroke - S9	01:30.41	00:50.83	50 m Butterfly - S4	00:58.01
02:33.57	100 m Freestyle - S2	02:46.52	01:15.44	100 m Backstroke - S10	01:24.93	00:43.94	50 m Butterfly - S5	00:56.11
02:00.91	100 m Freestyle - S3	01:58.96	01:22.50	100 m Backstroke - S11	01:35.28	00:40.28	50 m Butterfly - S6	00:46.63
01:41.51	100 m Freestyle - S4	01:45.55	01:11.99	100 m Backstroke - S12	01:23.78	01:25.88	100 m Butterfly - S7	01:37.65
01:27.76	100 m Freestyle - S5	01:39.68	01:10.59	100 m Backstroke - S13	01:22.37	01:12.88	100 m Butterfly - S8	01:26.86
01:21.61	100 m Freestyle - S6	01:33.18	01:16.34	100 m Backstroke - S14	01:24.95	01:11.70	100 m Butterfly - S9	01:23.51
01:17.23	100 m Freestyle - S7	01:29.43	06:08.63	400 m Freestyle - S6	06:27.76	01:08.76	100 m Butterfly - S10	01:20.89
01:12.48	100 m Freestyle - S8	01:25.10	05:43.72	400 m Freestyle - S7	06:15.90	01:13.04	100 m Butterfly - S11	01:34.14
01:09.54	100 m Freestyle - S9	01:20.56	05:23.63	400 m Freestyle - S8	05:55.60	01:07.02	100 m Butterfly - S12	01:19.21
01:06.16	100 m Freestyle - S10	01:16.70	05:10.12	400 m Freestyle - S9	05:44.20	01:06.86	100 m Butterfly - S13	01:18.33
01:11.59	100 m Freestyle - S11	01:22.87	04:56.05	400 m Freestyle - S10	05:29.96	01:09.58	100 m Butterfly - S14	01:23.17
01:04.60	100 m Freestyle - S12	01:13.63	05:31.49	400 m Freestyle - S11	06:04.57	03:43.11	150 m IM - SM3	04:23.21
01:04.32	100 m Freestyle - S13	01:14.38	05:00.18	400 m Freestyle - S12	05:25.83	03:12.16	150 m IM - SM4	03:49.48
01:06.58	100 m Freestyle - 14	01:16.05	04:53.40	400 m Freestyle - S13	05:21.94	03:39.07	200 m IM - SM5	04:05.31
05:53.09	200 m Freestyle - S1	06:07.73				03:16.29	200 m IM - SM6	03:38.04
05:08.30	200 m Freestyle - S2	06:02.91				03:05.75	200 m IM - SM7	03:34.44
04:07.67	200 m Freestyle - S3	04:17.26				02:53.82	200 m IM - SM8	03:19.21
03:27.06	200 m Freestyle - S4	03:45.91				02:45.82	200 m IM - SM9	03:09.18
03:12.74	200 m Freestyle - S5	03:34.64				02:39.21	200 m IM - SM10	02:59.85
						02:52.72	200 m IM - SM11	03:20.61
						02:35.59	200 m IM - SM12	02:59.42
						02:35.46	200 m IM - SM13	02:57.56
						02:40.04	200 m IM - SM14	03:00.39

HEALTH AND SAFETY

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

- 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.
- Any accidents, however minor, must be reported to Swim Ireland (standard Accident Report Form available).
- 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

- All Clubs should obtain and read a copy of the Safety Statement of the pool they are hiring.
- 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)

- 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.
- 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.
- "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.
- 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.
- Under World Aquatics 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 athletes, coaches, spectators and clubs in the application of the following safety measures. They are in place for everyone's safety.

General

- Everyone attending Meets must familiarise themselves with the locations and operation of emergency exits.
- Anyone observing anything they consider to be a safety hazard should report it to a Meet Official.
- All persons attending Meets must take all steps to ensure their own safety and the safety of others.
- All walkways must be kept clear of bags, equipment, etc.

Starting

- It is the responsibility of competitors, coaches and clubs to ensure that all athletes are sufficiently competent to dive start from competition starting blocks. Alternatively, athletes are reminded that they may start from the poolside.
- In the event of a false start, athletes should perform a safe entry and not fall into the water.

Warm-Up

- Athletes and coaches must ensure that they (and athletes in their charge) take no action that would endanger themselves or others.
- The instructions of those in authority must be obeyed immediately.
- Athletes 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.
- Do not start sprinting in a sprint lane until non-sprinting athletes have cleared it.
- On finishing a sprint immediately clear the way for the following athlete(s).

Around the Pool (e.g. spectator area, foyer area, etc.)

- Athletes are not permitted to enter dry areas without first having changed and put on footwear.
- Where there is a balcony or rail - athletes are not permitted to climb over it.
- Glass bottles are not permitted outside designated refreshment areas.

Thank you for your co-operation in making the Meets a safe experience for all.