

**SWIM
IRELAND**

An island
of swimmers

2025 Irish Winter Championships (25M)

EVENT GUIDE

National Aquatic Centre,

Dublin, Ireland

12th – 14th December 2025



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MEET CONDITIONS

VENUE INFORMATION

All training and competition will take place in the National Aquatic Centre, Dublin, Ireland.

The National Aquatic Centre is a 10 lane 25m 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

Short Course OR Hy-Tek converted Long Course times achieved from the 1st December 2024 to the 23rd November 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.

Para-swimmers

Athletes who wish to enter a non-para event can only do so at the discretion of the Para Swimming Head Coach. 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](#).

Swimmers with Hearing Impairments

Athletes who wish to enter using these qualification standards MUST be registered with Deaf Sport Ireland

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

Male & 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**. Please note that meet mobile results are not official results.

Please contact Swim Ireland Office at entries@swimireland.ie if you require any assistance or advice regarding above.

Entry Fees

Individual entries cost €12/£11 per event.

Relay entries cost €27/£24 per event.

No entry will be processed until the appropriate fee has been received at the Swim Ireland Office.

*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 Wednesday 26th November 2025.**

Payment for ALL entries must be received by **5.00pm Friday 5th December 2025**

Relay Entries

Clubs are permitted to enter up to two relay teams per event. All swimmers competing in a relay team must be entered in the Hytek meet entry file, even if they are *not swimming in individual events* Swimmers not entered in an Individual events can be added to relay teams entries in the meet entry file.

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 60 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.

Relay teams that swim in an order that is different from the declared order of swimming shall be disqualified in accordance with WA Rule SW 10.12.

Relay swimmers must be registered members of the club they are swimming for.

Payment Options

Please reference all payments as "Irish Winter Championships '25" 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:

Full Olympic Programme plus 100m Individual Medley. 4x50m Medal relay and 4x50m Freestyle relay events per gender plus 4x50m Mixed Medley relays and 4x50m Freestyle Mixed relays.

- All Individual Events up to and including 400m will have A, and B finals (as indicated below)
- 800m/1500m Events will be HDW events. The Fastest 10 Male & Open athletes and Fastest 10 Female athletes will race in the evening session with all other athletes racing in a combined event in the morning session
- All Relays will be HDW Events racing in the morning session

Finals

- **Championship 'A' Final** – Fastest 10 athletes from the heats (all ages, maximum of two non-Irish athletes within this final)
- **'B' Final** – Athletes ranked 11th – 20th from the Heats (all ages, maximum of two non-Irish athletes within this final) where there are a minimum of 24 entrants in the event, and, following withdrawals, a minimum of 6 athletes remain
- **Relays** – A maximum of two relay teams ('A' and 'B') can be entered per club per relay event. There are no age categories in relays

Awards

All Ages Awards – Male & Open & Female All Ages (Irish & Commemorative). Other than in HDW events, times achieved in A Finals only will be considered in the awarding of All Ages medals.

Junior Awards – Male & Open & Female born 2007 or later. Times achieved in A Finals supersede times achieved in B Finals and times achieved in the Heats in the awarding of Junior medals

Top Club Award - The Top Club award will be presented to the highest scoring club using the Hytek Quality Club scoring method which ranks teams by the average score of each athlete. The average score will be factored on a team size of 8 athletes as a minimum. Clubs can only score in one relay per relay event

COMPETITION RULES

These Meet Conditions must be read in conjunction with the Swim Ireland General Event Rules available [HERE](#). Please note that the [Swim Ireland Eligibility Policy](#) will be enforced at this competition

Withdrawals

All withdrawals must be submitted via the online form (this form will be available following the closing date for entries).

Withdrawals from **day 1** must be submitted via the **online** form by **3pm** on **Thursday 11th** December.

Withdrawals for **days 2 and 3** must be submitted through the swim office table at the event 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 at [Sport Ireland Anti-Doping](#).

Pre-Competition Training Session

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

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) in that session.

*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.

ACCREDITATION

Athletes and Team Staff will only be permitted poolside if they can show official accreditation. This is for the safety and wellbeing of ALL athletes participating in events or activities under the umbrella of Swim Ireland, there are certain requirements for visiting adult team staff attending competitions, see below.

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.

Irish Based Clubs

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 the requirements for accreditations. Athletes, team managers & coaches must have a profile picture on their profile, otherwise their accreditation will not be awarded. Also please ensure that the swim club that they are currently entering the competition under is selected on their profiles as their primary club must, as this is where accreditation will be sent (i.e. if a swimmer is a member of a swim club, and a water polo club, but the water polo club is listed as their primary club, then this is where the accreditation will be sent).

Overseas Athletes

Overseas Athletes require permission from their club to enter this event, so you will need to ask a club representative to confirm entry via email or letter stating that they are a member of good standing and are happy for the swimmer to attend and represent their club at this event. Accreditation will be produced through the Go-Membership system

Further information on how to apply for your accreditation can be found [HERE](#).

Overseas Team Staff

Overseas Team Staff requiring accreditation should submit their requests via the JotForm [HERE](#) . The form is required for each adult member of team staff traveling to the event.

The following must be provided by the club/national federation for each visiting individual:

1. Proof of membership of a WA registered national federation
2. Attendance at a child protection/safeguarding course within the last three (3) years of the prospective event being attended. This must be approved by the same national federation as above.
3. Verification/copy of a vetting or police check (or equivalent) having been undertaken within three (3) years of the prospective event being attended. The vetting or police check (or equivalent) process must be as accepted by the same national federation as above. In line with current legislation, valid Disclosure Certificates/PVG/CRB from any other agency, will not be accepted *

Note*

In the absence of any vetting process being available from the national federation, a letter of good standing from their national federation will be required. The letter of good standing must be dated within the 3 months prior to the start date of the Swim Ireland competition.

Applicants must submit one recent photograph (jpeg format) with the Form. Photographs should be taken under the same rules regarding passport photographs.

Overseas Teams and Athletes should also be aware, some National Federations require that each individual member or group of members wishing to compete overseas need to apply to them for permission by completing an International Permit application, so please check what is required by your own Governing Body.

SAFEGUARDING INFORMATION

The primary safeguarding point of contact at the event in relation to wellbeing and protection matters or accidents is the Meet Director. The secondary point of contact is Kate Hills, Swim Irelands Head of Safeguarding, Ethics & Youth Development katehills@swimireland.ie

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 must be in accordance with Swim Ireland Guidelines.

All devices capable of taking photographs or videos must be switched off when using toilet or changing facilities at any competition venue. Refer to the Full policy [here](#)

Photographs cannot be taken at this event without first having registered the photographer and device at the administration desk. Photographic ID must be presented at registration. A wristband will be given to all those who successfully register a photography device. The wristband must be worn at all times. Once registered, photographs are only permitted from the balcony or in the reception area. **Photos are not permitted on poolside.**

EVENT CONTACT

Please direct all queries to entries@swimireland.ie

COMPETITION SCHEDULE

Day 1 Friday 12 th December	Day 2 Saturday 13 th December	Day 3 Sunday 14 th December
Session 1 Heats Male & Male & Open Warm Up 0745-0830; Female Warm Up 0835-0920 Start 0930	Session 3 Heats (Fastest) Female Warm Up 0745-0830; Male & Male & Open Warm Up 0835-0920 Start 0930	Session 5 Heats (Fastest) Male & Male & Open Warm Up 0745-0830; Female Warm Up 0835-0920 Start 0930
Male & Open 50m Backstroke Female 50m Backstroke Male & Open 200m IM Female 200m IM Male & Open 100m Freestyle Female 100m Freestyle Male & Open 200m Butterfly Female 200m Butterfly Male & Open 100m Breaststroke Female 100m Breaststroke Mixed 800m Freestyle HDW Male & Open 200m Freestyle Relay HDW Female 200m Freestyle Relay HDW	Mixed 200m Medley Relay HDW Female 100m Backstroke Male & Open 100m Backstroke Female 400m IM Male & Open 400m IM Female 50m Butterfly Male & Open 50m Butterfly Female 200m Freestyle Male & Open 200m Freestyle Female 200m Breaststroke Male & Open 200m Breaststroke Mixed 1500m Freestyle HDW Mixed 200m Freestyle Relay HDW	Male & Open 200m Backstroke Female 200m Backstroke Male & Open 50m Freestyle Female 50m Freestyle Male & Open 50m Breaststroke Female 50m Breaststroke Male & Open 100m Butterfly Female 100m Butterfly Male & Open 100m IM Female 100m IM Male & Open 400m Freestyle Female 400m Freestyle Male & Open 200m Medley Relay HDW Female 200m Medley Relay HDW
Session 2 Finals Warm Up 1530-1650 Start 1700	Session 4 Finals Warm Up 1530-1650 Start 1700	Session 6 Finals Warm Up 1530-1650 Start 1700
Male & Open 50m Backstroke B & A Finals Female 50m Backstroke B & A Finals Male & Open 200m IM B & A Finals Female 200m IM B & A Finals Male & Open 800m Freestyle Fastest Heat Female 800m Freestyle Fastest Heat Male & Open 100m Freestyle B & A Finals Female 100m Freestyle B & A Finals Male & Open 200m Butterfly B & A Finals Female 200m Butterfly B & A Finals Male & Open 100m Breaststroke B & A Finals Female 100m Breaststroke B & A Finals	Female 100m Backstroke B & A Finals Male & Open 100m Backstroke B & A Finals Female 1500m Freestyle Fastest Heat Male & Open 1500m Freestyle Fastest Heat Female 50m Butterfly B & A Finals Male & Open 50m Butterfly B & A Finals Female 200m Freestyle B & A Finals Male & Open 200m Freestyle B & A Finals Female 200m Breaststroke B & A Finals Male & Open 200m Breaststroke B & A Finals Female 400m IM B & A Finals Male & Open 400m IM B & A Finals	Male & Open 200m Backstroke B & A Finals Female 200m Backstroke B & A Finals Male & Open 50m Freestyle B & A Finals Female 50m Freestyle B & A Finals Male & Open 50m Breaststroke B & A Finals Female 50m Breaststroke B & A Finals Male & Open 100m Butterfly B & A Finals Female 100m Butterfly B & A Finals Male & Open 100m IM B & A Final Female 100m IM B & A Final Male & Open 400m Freestyle B & A Finals Female 400m Freestyle B & A Finals

ENTRY QUALIFICATION STANDARDS

(Short Course OR Hy-Tek converted Long Course times achieved from the 1st December 2024 to the 23rd November 2025)

MALE & OPEN AGES			Event	FEMALE AGES		
Born 2009 - 2012	Born 2007 & 2008	Born 2006 & Earlier		Born 2006 & Earlier	Born 2007 & 2008	Born 2009 - 2012
25.39	24.57	24.27	50m Freestyle	27.69	27.89	28.21
55.31	54.08	53.38	100m Freestyle	59.80	59.84	1:01.03
2:02.88	1:58.62	1:57.63	200m Freestyle	2:11.80	2:12.91	2:13.02
4:21.35	4:13.68	4:10.69	400m Freestyle	4:36.80	4:40.53	4:44.78
9:09.52	9:05.77	8:55.77	800m Freestyle	9:32.88	9:40.25	9:44.84
17:36.28	17:28.96	16:48.56	1500m Freestyle	18:17.82	18:55.95	19:03.29
29.57	28.45	27.78	50m Backstroke	31.41	32.09	32.12
1:03.44	1:01.77	1:00.64	100m Backstroke	1:07.26	1:09.16	1:09.17
2:19.28	2:16.94	2:16.51	200m Backstroke	2:26.87	2:27.95	2:29.70
33.59	31.89	30.81	50m Breaststroke	35.63	36.23	36.50
1:12.93	1:09.80	1:08.32	100m Breaststroke	1:17.69	1:18.08	1:19.01
2:40.44	2:33.28	2:31.64	200m Breaststroke	2:51.10	2:52.73	2:52.74
27.82	26.63	26.30	50m Butterfly	30.01	30.07	30.47
1:02.39	1:00.25	0:59.34	100m Butterfly	1:07.59	1:07.60	1:09.14
2:23.34	2:20.73	2:19.56	200m Butterfly	2:43.25	2:44.05	2:44.06
1:05.94	1:02.37	1:01.59	100m IM	1:09.69	1:10.22	1:10.47
2:20.73	2:16.97	2:14.02	200m IM	2:29.72	2:30.19	2:32.16
5:03.94	4:57.44	4:53.43	400m IM	5:24.39	5:26.30	5:30.69

Heats may be limited in order to manage session timelines.

Please note that the meet hy-tek entry file will be set to automatically convert Long Course times.

Clubs should NOT attempt to make any conversions themselves

PARA SWIMMER QUALIFICATION STANDARDS

Male & Open	Event	Female	Male & Open	Event	Female	Male & Open	Event	Female
1:24.38	50m Freestyle - S1	1:25.11	1:30.85	50m Backstroke - S1	1:28.86	52.09	50m Butterfly - S4	58.34
1:11.83	50m Freestyle - S2	1:18.60	1:14.56	50m Backstroke - S2	1:21.88	44.91	50m Butterfly - S5	57.46
55.14	50m Freestyle - S3	1:03.33	1:04.13	50m Backstroke - S3	1:12.93	41.19	50m Butterfly - S6	47.61
47.63	50m Freestyle - S4	48.54	58.70	50m Backstroke - S4	1:05.54	1:27.72	100m Butterfly - S7	1:39.01
40.65	50m Freestyle - S5	47.42	50.55	50m Backstroke - S5	59.05	1:13.92	100m Butterfly - S8	1:28.39
37.52	50m Freestyle - S6	43.54	2:51.20	100m Backstroke - S1	2:55.66	1:12.69	100m Butterfly - S9	1:24.84
35.96	50m Freestyle - S7	42.43	2:21.24	100m Backstroke - S2	2:42.45	1:09.84	100m Butterfly - S10	1:22.52
34.15	50m Freestyle - S8	40.14	2:06.03	100m Backstroke - S3	2:44.40	1:14.34	100m Butterfly - S11	1:34.37
32.74	50m Freestyle - S9	37.93	1:58.60	100m Backstroke - S4	2:15.54	1:07.99	100m Butterfly - S12	1:20.51
31.00	50m Freestyle - S10	36.42	1:49.36	100m Backstroke - S5	1:58.12	1:08.04	100m Butterfly - S13	1:20.14
32.91	50m Freestyle - S11	38.47	1:34.67	100m Backstroke - S6	1:45.25	1:10.80	100m Butterfly - S14	1:24.73
30.12	50m Freestyle - S12	34.71	1:29.17	100m Backstroke - S7	1:43.09	3:46.13	150m IM - SM3	4:21.39
30.24	50m Freestyle - S13	35.00	1:24.96	100m Backstroke - S8	1:39.03	3:15.56	150m IM - SM4	3:55.70
2:58.15	100m Freestyle - S1	3:02.16	1:19.99	100m Backstroke - S9	1:31.92	3:43.01	200m IM - SM5	4:07.63
2:37.49	100m Freestyle - S2	2:50.76	1:16.80	100m Backstroke - S10	1:26.39	3:19.28	200m IM - SM6	3:40.83
2:03.05	100m Freestyle - S3	2:00.23	1:23.77	100m Backstroke - S11	1:36.97	3:08.18	200m IM - SM7	3:37.72
1:43.31	100m Freestyle - S4	1:46.76	1:13.05	100m Backstroke - S12	1:25.02	2:56.21	200m IM - SM8	3:22.51
1:29.38	100m Freestyle - S5	1:41.20	1:11.78	100m Backstroke - S13	1:23.67	2:48.30	200m IM - SM9	3:11.68
1:23.12	100m Freestyle - S6	1:34.72	1:17.63	100m Backstroke - S14	1:26.52	2:41.83	200m IM - SM10	3:02.39
1:18.60	100m Freestyle - S7	1:31.46	1:50.81	50m Breaststroke - SB1	2:05.81	2:55.83	200m IM - SM11	3:23.88
1:13.88	100m Freestyle - S8	1:26.62	1:07.42	50m Breaststroke - SB2	1:33.51	2:37.52	200m IM - SM12	3:01.31
1:10.71	100m Freestyle - S9	1:22.02	1:01.72	50m Breaststroke - SB3	1:14.51	2:37.90	200m IM - SM13	3:00.40
1:07.38	100m Freestyle - S10	1:18.13	56.67	50m Breaststroke - SB4	1:04.22	2:42.65	200m IM - SM14	3:03.59
1:12.83	100m Freestyle - S11	1:24.72	55.26	50m Breaststroke - SB5	1:00.91	2:41.83	200m IM - SM10	3:02.39
1:05.64	100m Freestyle - S12	1:14.91	1:45.58	100m Breaststroke - SB6	2:06.28	6:13.00	400m Freestyle - S6	6:33.58
1:05.61	100m Freestyle - S13	1:15.86	1:43.79	100m Breaststroke - SB7	2:00.62	5:48.97	400m Freestyle - S7	6:21.31
6:08.70	200m Freestyle - S1	6:14.90	1:34.02	100m Breaststroke - SB8	1:47.76	5:28.34	400m Freestyle - S8	6:00.43
5:14.58	200m Freestyle - S2	6:16.29	1:29.40	100m Breaststroke - SB9	1:43.84	5:14.43	400m Freestyle - S9	5:48.93
4:10.38	200m Freestyle - S3	4:34.94	1:37.72	100m Breaststroke - SB11	1:52.28	5:00.55	400m Freestyle - S10	5:35.39
3:44.34	200m Freestyle - S4	3:47.75	1:27.08	100m Breaststroke - SB12	1:40.57	5:35.66	400m Freestyle - S11	6:10.15
3:17.27	200m Freestyle - S5	3:36.92	1:25.81	100m Breaststroke - SB13	1:41.03	5:04.70	400m Freestyle - S12	5:30.27
2:29.63	200m Freestyle - S14	2:49.34	1:29.33	100m Breaststroke - SB14	1:43.79	4:57.82	400m Freestyle - S13	5:27.25

ENTRY STANDARDS FOR ATHLETES WITH HEARING IMPAIRMENTS

(Short Course OR Hy-Tek converted Long Course times achieved from the 1st December 2024 to the 23rd November 2025)

MALE & OPEN	Event	FEMALE
29.07	50m Freestyle	33.66
1:02.22	100m Freestyle	1:11.40
2:13.62	200m Freestyle	2:36.06
5:09.06	400m Freestyle	5:51.90
10:42.60	800m Freestyle	11:13.20
20:34.20	1500m Freestyle	21:35.40
32.64	50m Backstroke	37.13
1:16.50	100m Backstroke	1:25.68
2:45.44	200m Backstroke	3:04.62
36.21	50m Breaststroke	44.88
1:19.56	100m Breaststroke	1:33.84
2:48.81	200m Breaststroke	3:27.06
31.11	50m Butterfly	36.72
1:09.36	100m Butterfly	1:20.58
2:46.26	200m Butterfly	3:02.58
2:38.10	200m IM	3:03.60
5:44.76	400m IM	6:37.80

Heats may be limited in order to manage session timelines.