

**SWIM
IRELAND**

2025

**MCCULLAGH INTERNATIONAL
OPEN MEET (50m)**

in association with



**THE AURORA SPORTS & LEISURE CENTRE,
BANGOR, NORTHERN IRELAND**

Friday 21st - Sunday 23rd February



MEET CONDITIONS

VENUE INFORMATION

All training and competition will take place in the Aurora Sports & Leisure Complex, Bangor, Northern Ireland.

The Aurora Sports & Leisure Complex is a 10 lane 50m pool. The competition pool has anti-turbulence lane ropes, wedge starting blocks and backstroke ledges.

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

QUALIFICATION CRITERIA AND INFORMATION

Times may be achieved in both Short Course & Long Course in the Period 1st July 2024 – 27th January 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.

Hy-Tek file has been set up to include SC to LC conversions, so clubs do not need to convert times themselves. Other converted times will NOT be accepted.

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.

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 Deadlines

Closing date for entries is **5.00pm Wednesday 29th January 2025**.

Payment for ALL entries must be received by **5.00pm Friday 7th February 2025**

Relay Entries

Clubs are permitted to enter up to two relay teams 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 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 swimmers must be registered members of the club for which they are swimming.

All competing swimmers must be entered in the meet (*even if they are not swimming in individual events*). 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.

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. 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.

Payment Options

Please reference all payments as “McCullagh International ‘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

Sterling

Bank: Danske Bank

Sort Code: 950111

Account Number: 51051490

IBAN: GB55 DABA 9501 1151 0514 90

BIC: DABAGB2B

Cheque/Postal Order:

Made payable to Swim Ireland

SWIMMING COMPETITION FORMAT

The finals will consist of the following:

Full Olympic Programme plus 50m Form Strokes. Three Olympic relay events per gender plus Mixed Medley Relay.

‘A’, ‘B’, and ‘Age Group’ integrated Finals for all available events other than Relays and 800m/1500m (Timed Finals)

A maximum of 2 overseas swimmers permitted in ‘Age Group’ and ‘B’ final.

Please note that following receipt of entries, we MAY revert to split heats sessions if numbers dictate a need for this

Heats & Finals

800m & 1500m Events: Fastest heat swims in the Finals Session; all remaining heats swim in the Heats Session

Relay Events: A maximum of two relay teams (‘A’ and ‘B’) can be entered per club per relay event. All take place as HDW events in the Heats Session

‘A’ Finals: Fastest 10 athletes from the heats (Male & Open and Female, all ages, all nationalities)

Age Group Finals: Fastest 10 athletes (Male & Open and Female 13-14 years) that have not qualified for the A Final (maximum of two non-Irish athletes within the final) in Olympic Events only

‘B’ Finals: Fastest 10 athletes from the heats (Male & Open and Female, all ages) that have not qualified for the A Final or the Age Final and are available in 50m, 100m and 200m events only and only where there are 8 or more athletes who qualify for such a Final (maximum of two non-Irish athletes within the final)

Awards

Medals are awards to

- Top 3 placings in the 'A' Final (Male & Open and Female, all ages)
- Top 3 Irish teams (Male & Open and Female) in the relay placing in relay and commemorative medals to foreign relays placing in top 3.
- Top 3 placings in the Age group finals - medals will be presented to the fastest 13-14 years athletes (Male & Open and Female) with the 'A' Final taking priority over the Age Final in this regard.

A formal award ceremony will take place for the relay and age group winners only.

Scoring

Top 10 swimmers in each event receive points (10-1) based on final results. The Irish club team with the highest cumulative points are awarded the Dave McCullagh Memorial Trophy.

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
Wednesday 19 th February	20.00	Team Leader Meeting	Online
Thursday 20 th February	TBC	Free Training Session	Competition Pool
Friday 21 st February	09.00	Competition commences	Competition & Training Pool
Sunday 23 rd February	19.30	Competition ends	Competition & Training Pool

Free Training Session

There will be limited pool availability for an free training session on Thursday 20th February (time TBC.)

Team Leaders Meeting:

Technical briefing will take place on Wednesday 19th February@ 20.00 via Zoom. 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.

[Team Leaders Meeting Link](#)

Session Times

Session	Date	Warm Up Times	Competition Start
Session 1 – Heats	Friday 21 st February	0730 (Mixed)	0900
Session 2 – Finals	Friday 21 st February	1600 (Mixed)	1730
Session 3 – Heats	Saturday 22 nd February	0730 (Mixed)	0900
Session 4 – Finals	Saturday 22 nd February	1600 (Mixed)	1730
Session 5 – Heats	Sunday 23 rd February	0730 (Mixed)	0900
Session 6 – Finals	Sunday 23 rd February	1500 (Mixed)	1630

Withdrawals

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

- Withdrawals from day 1 must be submitted via the [online form](#) by 3pm on Thursday 20th February
- Withdrawals for days 2 and 3 must be submitted through the same [online form](#) by 6pm the previous day, i.e. for day 2, withdrawals must be submitted by 6pm on day 1
- Withdrawals from finals must be submitted within 30 minutes of the announcement of the results of an event

There will be a €50 fine if swimmers are not withdrawn within the timelines outlined above.

Swimsuits

It is not a requirement for swimmers to wear 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 per session (4 Athletes to 1 Official)

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

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 – Friday 21 st February 2025	Day 2 – Saturday 22 nd February 2025	Day 3 – Sunday 23 rd February 2025
Session 1 Heats Warm Up 0730 Start 0900	Session 3 Heats Warm Up 0730 Start 0900	Session 5 Heats Warm Up 0730 Start 0900
<ul style="list-style-type: none"> Female 800m Freestyle Relay HDW Male & Open 800m Freestyle Relay HDW Female 400m IM Male & Open 15 years & Over 50m Backstroke Female 15 years & Over 50m Backstroke Male & Open 100m Freestyle Female 100m Freestyle Male & Open 200m Butterfly Female 200m Butterfly Male & Open 100m Breaststroke Female 100m Breaststroke Mixed 400m Medley Relay Male & Open 14 years & Over 800m Freestyle HDW Female 14 years & Over 1500m Freestyle HDW 	<ul style="list-style-type: none"> Male & Open 400m Freestyle Relay HDW Female 400m Freestyle Relay HDW Male & Open 400m IM Female 15 years & Over 50m Butterfly Male & Open 15 years & Over 50m Butterfly Female 200m Freestyle Male & Open 200m Freestyle Female 200m Breaststroke Male & Open 200m Breaststroke Female 100m Backstroke Male & Open 100m Backstroke Female 14 years & Over 800m Freestyle HDW Male & Open 14 years & Over 1500m Freestyle HDW 	<ul style="list-style-type: none"> Male & Open 400m Freestyle Female 400m Freestyle Male & Open 15 years & Over 50m Breaststroke Female 15 years & Over 50m Breaststroke Male & Open 14 years & Over 50m Freestyle Female 14 years & Over 50m Freestyle Male & Open 200m IM Female 200m IM Male & Open 100m Butterfly Female 100m Butterfly Male & Open 200m Backstroke Female 200m Backstroke Male & Open 400m Medley Relay HDW Female 400m Medley Relay HDW
Session 2 Finals Warm Up 1600 Start 1730	Session 4 Finals Warm Up 1600 Start 1730	Session 5 Finals Warm Up 1500 Start 1630
<ol style="list-style-type: none"> Female 14 years & Over 1500m Freestyle Fastest Heat Male & Open 14 years & Over 800m Freestyle Fastest Heat Female Age Group 400m IM Final Female 400m IM 'A' Final Male & Open 50m Backstroke 'B' Final Male & Open 50m Backstroke 'A' Final Female 50m Backstroke 'B' Final Female 50m Backstroke 'A' Final Male & Open 100m Freestyle 'B' Final Male & Open 100m Freestyle Age Group Final Male & Open 100m Freestyle 'A' Final Female 100m Freestyle 'B' Final Female 100m Freestyle Age Group Final 	<ol style="list-style-type: none"> Male & Open 14 years & Over 1500m Freestyle Fastest Heat Female 14 years & Over 800m Freestyle Fastest Heat Male & Open Age Group 400m IM Final Male & Open 400m IM 'A' Final Female 50m Butterfly 'B' Final Female 50m Butterfly 'A' Final Male & Open 50m Butterfly 'B' Final Male & Open 50m Butterfly 'A' Final Female 200m Freestyle 'B' Final Female Age Group 200m Freestyle Final Female 200m Freestyle 'A' Final Male & Open Age Group 200m Freestyle Final Male & Open 200m Freestyle 'B' Final 	<ol style="list-style-type: none"> Male & Open Age Group 400m Freestyle Final Male & Open 400m Freestyle 'A' Final Female Age Group 400m Freestyle Final Female 400m Freestyle 'A' Final Male & Open 50m Breaststroke 'B' Final Male & Open 50m Breaststroke 'A' Final Female 50m Breaststroke 'B' Final Female 50m Breaststroke 'A' Final Male & Open 50m Freestyle 'B' Final Male & Open 14 years 50m Freestyle Age Group Final Male & Open 50m Freestyle 'A' Final Female 50m Freestyle 'B' Final Female 14 years 50m Freestyle Age Group Final Female 50m Freestyle 'A' Final

14. Female 100m Freestyle 'A' Final 15. Male & Open 200m Butterfly 'B' Final 16. Male & Open Age Group 200m Butterfly Final 17. Male & Open 200m Butterfly 'A' Final 18. Female 200m Butterfly 'B' Final 19. Female Age Group 200m Butterfly Final 20. Female 200m Butterfly 'A' Final 21. Male & Open 100m Breaststroke 'B' Final 22. Male & Open 100m Breaststroke Age Group Final 23. Male & Open 100m Breaststroke 'A' Final 24. Female 100m Breaststroke 'B' Final 25. Female 100m Breaststroke Age Group Final 26. Female 100m Breaststroke 'A' Final	40. Male & Open Age Group 200m Freestyle Final 41. Male & Open 200m Freestyle 'A' Final 42. Female 200m Breaststroke 'B' Final 43. Female Age Group 200m Breaststroke Final 44. Female 200m Breaststroke 'A' Final 45. Male & Open 200m Breaststroke 'B' Final 46. Male & Open Age Group 200m Breaststroke Final 47. Male & Open 200m Breaststroke 'A' Final 48. Female 100m Backstroke 'B' Final 49. Female 100m Backstroke Age Group Final 50. Female 100m Backstroke 'A' Final 51. Male & Open 100m Backstroke 'B' Final 52. Male & Open 100m Backstroke Age Group Final 53. Male & Open 100m Backstroke 'A' Final	68. Male & Open 200m IM 'B' Final 69. Male & Open Age Group 200m IM Final 70. Male & Open 200m IM 'A' Final 71. Female 200m IM 'B' Final 72. Female Age Group 200m IM Final 73. Female 200m IM 'A' Final 74. Male & Open 100m Butterfly 'B' Final 75. Male & Open 100m Butterfly Age Group Final 76. Male & Open 100m Butterfly 'A' Final 77. Female 100m Butterfly 'B' Final 78. Female 100m Butterfly Age Group Final 79. Female 100m Butterfly 'A' Final 80. Male & Open 200m Backstroke 'B' Final 81. Male & Open Age Group 200m Backstroke Final 82. Male & Open 200m Backstroke 'A' Final 83. Female 200m Backstroke 'B' Final 84. Female Age Group 200m Backstroke Final 85. Female 200m Backstroke 'A' Final
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2024 McCullagh International Open Meet Standards

(Long Course OR Hy-Tek* converted Short Course times achieved in the Period 1st July 2024 – 27th January 2025)

MALE & OPEN					EVENT	FEMALE				
Born 2012	Born 2011	Born 2009 & 2010	Born 2007 & 2008	Born 2006 & Earlier		Born 2006 & Earlier	Born 2007 & 2008	Born 2009 & 2010	Born 2011	Born 2012
n/a	26.25	26.25	25.40	24.58	50m Freestyle	28.12	28.49	29.19	29.19	n/a
via 200m		57.09	55.61	53.96	100m Freestyle	1:00.64	1:02.04	1:03.03	via 200m	
2:15.85		2:05.97	2:03.84	1:59.90	200m Freestyle	2:13.97	2:15.60	2:16.92	2:27.66	
4:47.95		4:27.01	4:25.69	4:19.23	400m Freestyle	4:43.65	4:50.60	4:53.34	5:16.35	
n/a	9:59.14	9:15.56	9:12.83	9:07.80	800m Freestyle	9:45.78	10:02.72	10:07.75	10:55.41	n/a
n/a	19:35.54	18:10.04	17:57.04	17:39.12	1500m Freestyle	19:02.29	19:13.67	19:19.36	20:50.29	n/a
n/a		31.16	29.49	28.94	50m Backstroke	31.96	32.75	33.41	n/a	
via 200m		1:05.77	1:03.89	1:02.23	100m Backstroke	1:08.60	1:09.92	1:11.07	via 200m	
2:35.61		2:24.29	2:22.55	2:18.42	200m Backstroke	2:31.33	2:33.74	2:35.22	2:47.40	
n/a		34.78	32.52	31.25	50m Breaststroke	35.63	36.59	37.40	n/a	
via 200m		1:15.41	1:11.85	1:09.55	100m Breaststroke	1:18.50	1:20.44	1:21.53	via 200m	
2:58.96		2:45.94	2:38.70	2:35.72	200m Breaststroke	2:53.27	2:53.57	2:56.93	3:10.81	
n/a		28.80	27.45	26.80	50m Butterfly	29.96	30.39	31.46	n/a	
via 200m		1:03.99	1:01.21	1:00.40	100m Butterfly	1:08.24	1:09.66	1:10.60	via 200m	
2:39.91		2:28.28	2:24.27	2:19.11	200m Butterfly	2:33.64	2:41.02	2:45.35	2:58.32	
2:37.38		2:25.93	2:20.81	2:18.21	200m IM	2:31.44	2:34.73	2:36.70	2:48.99	
via 200m		5:14.85	5:04.46	5:04.09	400m IM	5:27.76	5:29.19	5:37.93	via 200m	

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 to Long Course times.

PARA SWIMMER QUALIFICATION STANDARDS

Male & Open	Event	Women	Male & Open	Event	Women	Male & Open	Event	Women
01:24.38	50 m Freestyle - S1	01:25.11	01:30.85	50 m Backstroke - S1	01:28.86	00:52.09	50 m Butterfly - S4	00:58.34
01:11.83	50 m Freestyle - S2	01:18.60	01:14.56	50 m Backstroke - S2	01:21.88	00:44.91	50 m Butterfly - S5	00:57.46
00:55.14	50 m Freestyle - S3	01:03.33	01:04.13	50 m Backstroke - S3	01:12.93	00:41.19	50 m Butterfly - S6	00:47.61
00:47.63	50 m Freestyle - S4	00:48.54	00:58.70	50 m Backstroke - S4	01:05.54	01:27.72	100 m Butterfly - S7	01:39.01
00:40.65	50 m Freestyle - S5	00:47.42	00:50.55	50 m Backstroke - S5	00:59.05	01:13.92	100 m Butterfly - S8	01:28.39
00:37.52	50 m Freestyle - S6	00:43.54	02:51.20	100 m Backstroke - S1	02:55.66	01:12.69	100 m Butterfly - S9	01:24.84
00:35.96	50 m Freestyle - S7	00:42.43	02:21.24	100 m Backstroke - S2	02:42.45	01:09.84	100 m Butterfly - S10	01:22.52
00:34.15	50 m Freestyle - S8	00:40.14	02:06.03	100 m Backstroke - S3	02:44.40	01:14.34	100 m Butterfly - S11	01:34.37
00:32.74	50 m Freestyle - S9	00:37.93	01:58.60	100 m Backstroke - S4	02:15.54	01:07.99	100 m Butterfly - S12	01:20.51
00:31.00	50 m Freestyle - S10	00:36.42	01:49.36	100 m Backstroke - S5	01:58.12	01:08.04	100 m Butterfly - S13	01:20.14
00:32.91	50 m Freestyle - S11	00:38.47	01:34.67	100 m Backstroke - S6	01:45.25	01:10.80	100 m Butterfly - S14	01:24.73
00:30.12	50 m Freestyle - S12	00:34.71	01:29.17	100 m Backstroke - S7	01:43.09	03:46.13	150 m IM - SM3	04:21.39
00:30.24	50 m Freestyle - S13	00:35.00	01:24.96	100 m Backstroke - S8	01:39.03	03:15.56	150 m IM - SM4	03:55.70
02:58.15	100 m Freestyle - S1	03:02.16	01:19.99	100 m Backstroke - S9	01:31.92	03:43.01	200 m IM - SM5	04:07.63
02:37.49	100 m Freestyle - S2	02:50.76	01:16.80	100 m Backstroke - S10	01:26.39	03:19.28	200 m IM - SM6	03:40.83
02:03.05	100 m Freestyle - S3	02:00.23	01:23.77	100 m Backstroke - S11	01:36.97	03:08.18	200 m IM - SM7	03:37.72
01:43.31	100 m Freestyle - S4	01:46.76	01:13.05	100 m Backstroke - S12	01:25.02	02:56.21	200 m IM - SM8	03:22.51
01:29.38	100 m Freestyle - S5	01:41.20	01:11.78	100 m Backstroke - S13	01:23.67	02:48.30	200 m IM - SM9	03:11.68
01:23.12	100 m Freestyle - S6	01:34.72	01:17.63	100 m Backstroke - S14	01:26.52	02:41.83	200 m IM - SM10	03:02.39
01:18.60	100 m Freestyle - S7	01:31.46	01:50.81	50 m Breaststroke - SB1	02:05.81	02:55.83	200 m IM - SM11	03:23.88
01:13.88	100 m Freestyle - S8	01:26.62	01:07.42	50 m Breaststroke - SB2	01:33.51	02:37.52	200 m IM - SM12	03:01.31
01:10.71	100 m Freestyle - S9	01:22.02	01:01.72	50 m Breaststroke - SB3	01:14.51	02:37.90	200 m IM - SM13	03:00.40
01:07.38	100 m Freestyle - S10	01:18.13	00:56.67	50 m Breaststroke - SB4	01:04.22	02:42.65	200 m IM - SM14	03:03.59
01:12.83	100 m Freestyle - S11	01:24.72	00:55.26	50 m Breaststroke - SB5	01:00.91	02:41.83	200 m IM - SM10	03:02.39
01:05.64	100 m Freestyle - S12	01:14.91	01:45.58	100 m Breaststroke - SB6	02:06.28	06:13.00	400 m Freestyle - S6	06:33.58
01:05.61	100 m Freestyle - S13	01:15.86	01:43.79	100 m Breaststroke - SB7	02:00.62	05:48.97	400 m Freestyle - S7	06:21.31
06:08.70	200 m Freestyle - S1	06:14.90	01:34.02	100 m Breaststroke - SB8	01:47.76	05:28.34	400 m Freestyle - S8	06:00.43
05:14.58	200 m Freestyle - S2	06:16.29	01:29.40	100 m Breaststroke - SB9	01:43.84	05:14.43	400 m Freestyle - S9	05:48.93
04:10.38	200 m Freestyle - S3	04:34.94	01:37.72	100 m Breaststroke - SB11	01:52.28	05:00.55	400 m Freestyle - S10	05:35.39
03:44.34	200 m Freestyle - S4	03:47.75	01:27.08	100 m Breaststroke - SB12	01:40.57	05:35.66	400 m Freestyle - S11	06:10.15
03:17.27	200 m Freestyle - S5	03:36.92	01:25.81	100 m Breaststroke - SB13	01:41.03	05:04.70	400 m Freestyle - S12	05:30.27
02:29.63	200 m Freestyle - S14	02:49.34	01:29.33	100 m Breaststroke - SB14	01:43.79	04:57.82	400 m Freestyle - S13	05:27.25

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.
- The Race Referee should advise officials 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.