

# Leinster and Connacht Regional Senior Long Course Championships 2025

National Aquatic Centre, Blanchardstown, Dublin

Friday May 16<sup>th</sup> to Sunday May 18<sup>th</sup>

Swim Ireland Licence 4L-24/25-LXXX

Entry details for the Regional Youth/Senior LC Championships 2025 (Licence Level 4).

<b>Venue</b>	National Aquatic Centre, Dublin																			
<b>Host</b>	Swim Ireland Leinster and Swim Ireland Connacht																			
<b>Format</b>	Long Course (50m), 10 lane with electronic timing																			
<b>Sessions</b>	<p><b>Friday 16<sup>th</sup> May 2025</b></p> <table border="1"> <tr> <td>Session 1:</td><td>warm up 07:30</td><td>start 09:00</td></tr> <tr> <td>Session 2:</td><td>warm up 15:30</td><td>start 16:30</td></tr> </table> <p><b>Saturday 17<sup>th</sup> May 2025</b></p> <table border="1"> <tr> <td>Session 3:</td><td>warm up 07:30</td><td>start 09:00</td></tr> <tr> <td>Session 4:</td><td>warm up 15:30</td><td>start 16:30</td></tr> </table> <p><b>Sunday 18<sup>th</sup> May 2025</b></p> <table border="1"> <tr> <td>Session 5:</td><td>warm up 07:30</td><td>start 09:00</td></tr> <tr> <td>Session 6:</td><td>warm up 15:00</td><td>start 16:00</td></tr> </table> <p>Session times are subject to change depending on number of entries received. Clubs will be notified in advance of any changes.</p>		Session 1:	warm up 07:30	start 09:00	Session 2:	warm up 15:30	start 16:30	Session 3:	warm up 07:30	start 09:00	Session 4:	warm up 15:30	start 16:30	Session 5:	warm up 07:30	start 09:00	Session 6:	warm up 15:00	start 16:00
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<b>Individual Events</b>	<p>50m, 100m, 200m, 400m, 800m and 1500m Freestyle  50m, 100m and 200m Backstroke, Breaststroke and  Butterfly 200m and 400m Individual Medley</p> <p>Distance events heats may be limited depending on number of entries received.</p>																			
<b>Relay Events</b>	<p>4x100m Medley Team Relay (Open and Female) Age 15+  4x100m Freestyle Team Relay (Open and Female) Age 15+  4x200m Freestyle Team Relay (Open and Female) Age 15+  4x100m Medley Team Relay (Mixed) Age 15+</p> <p>Relay swimmers <b>must</b> also be competing in individual events in this competition. <b>Maximum of two</b> relay teams per club per event. Mixed relay events must have teams comprising two Open and two Female swimmers. Relay events are HDW.</p>																			
<b>Age Bands</b>	<p>Age bands for individual events are 15/16yrs (2010-09) and 17+ (2008 or earlier)  Ages as 31 December 2025.</p>																			
<b>Eligibility</b>	<p>Swimmers registered with Swim Ireland Connacht and Swim Ireland Leinster clubs, are eligible to enter this meet. Swimmers from outside the island of Ireland are also welcome to enter.</p> <p>Entry times must be equal or faster than the consideration times and must have been achieved at approved meets, Level Two or above, since 1 May 2024. Entries outside these limits will be rejected. Individual entries on NT will be rejected.</p>																			
<b>Entries</b>	<p>Entries on <b>Hy-Tek only</b> by email to <a href="mailto:leinstergalasecretary@swimireland.ie">leinstergalasecretary@swimireland.ie</a>  <b>Entries will NOT be processed unless full payment has been received.</b></p>																			

<b>Relay Entries</b>	<p>Relay entries must be submitted before the closing date. Names may be added on the day, time permitting.</p> <p><b>Once the final Heat Sheets have been published there will be NO changes or late entries accepted on the day.</b> Modifications at the meet director's discretion.</p>
<b>Fees &amp; Payments</b>	<p>€10 per Individual Event; €20 per Relay Team</p> <p>Proof of payment must accompany the entries. <b>Entries will NOT be processed unless full payment has been received.</b></p> <p><b>Name of Account:</b> "Swim Ireland Leinster Region"</p> <p><b>IBAN:</b> IE59AIBK93251559772204</p> <p><b>BIC:</b> AIBKIE2D</p> <p><b>REFERENCE:</b> Please include your club name with all bank transfers, and email the Leinster treasurer to confirm transfer at <a href="mailto:leinstertreasurer@swimireland.ie">leinstertreasurer@swimireland.ie</a>.</p> <p>Swim Ireland Connacht and Swim Ireland Leinster reserve the right to limit entries. In the event that entries are rejected, the entry fee will be refunded to the club.</p>
<b>Entries by:</b>	<p><b>Friday 2<sup>nd</sup> May 2025</b></p> <p><b>Strictly no late entries</b></p>
<b>Scratches</b>	<p>Scratches must be with the Meet Recorder by <b>5pm on the evening preceding the relevant Meet day</b>, e.g. 5pm on Thursday May 15<sup>th</sup> for swims on Friday May 16<sup>th</sup>.</p>
<b>Heats</b>	<p>Heats will run as open, non-seeded events.</p> <p>Heat Declared Winner (HDW) for 400m, 800m, 1500m and relay events.</p>
<b>Finals</b>	<p>Heat Declared Winner (HDW) for 400m, 800m, 1500m and relay events.</p> <p>10 places will be available for each Regional Final, one Connacht and one Leinster, which will be run in each 50m, 100m and 200m event in each age-band, 15-16yrs and 17yrs+</p> <p>A Super Final will be reserved for the fastest 10 athletes in each 50m, 100m and 200m event regardless of region or of age band.</p>
<b>Awards</b>	<p>Medals awarded to the top three places in each event, in each age-group and region.</p> <p>Commemorative medals will be awarded to any non-Leinster or non-Connacht swimmer who finishes in the first two in the Super Final.</p>
<b>Non-Leinster / Connacht Swimmers</b>	<p>Where swimmers from outside Leinster and Connacht enter the meet (either NCD swimmers from other regions in Ireland or swimmers from outside Ireland) they can take at most two places in the Super Final, and cannot swim in the region-specific Finals.</p>
<b>Withdrawals</b>	<p>After the closing date, entry fees will only be refunded for withdrawals supported by a doctor's note. Withdrawals from finals (including reserves) may be made up to 30 minutes from the announcement of the final. Withdrawals after this time or 'no shows' will be subject to a fine of €50.</p> <p>Scratches by 5pm the night before (or otherwise as directed at the swim meet).</p>
<b>Qualification Pathway</b>	<p>Times can be used for entry to 2025 Irish Summer National Age Group Championships, 2025 Regional Championships (25m) and 2025 Irish Winter National Championships (25m)</p>
<b>Qualification Times</b>	<p>Both <b>Qualifying</b> and <b>Consideration</b> entry times must have been achieved since 1 May 2024.</p> <p><b>Qualification</b> times are guaranteed acceptance of entry to this championship meet (except for distance events). <b>Consideration</b> times may be accepted depending on volume of entries.</p> <p>All Entries <b>MUST</b> include an <b>ENTRY TIME</b> in line with Qualification and Consideration Times. 'No Times' (NTs) will be automatically excluded.</p> <p>Where the qualification and consideration times are identical; swimmers who have achieved these times will be guaranteed places in these events.</p>

<b>Proof of Entry</b>	<i>In addition to the Hy-Tek entry file, clubs must submit proof of times achieved with entries which includes a list of the meets at which the entry times were achieved. This is generated by ticking the 'Include Proof of Time' checkbox on the 'Meet Entry Report' dialogue box.</i>
<b>Accreditation</b>	<i>Wristband accreditation will be used at this meet, max 3 per club, extra allocation may be awarded depending on numbers after entries have been submitted.</i>
<b>Officials</b>	<i>Clubs must provide officials in the ratio of one official to every four swimmers for each Session (this includes the senior gala officials). Different arrangements may apply to the rostering of officials for long distance events (800m, 1500m). Timekeeping and Turn Judge volunteers should be trained to Level 1 Officials standard.  Officials will be arranged by the region in accordance with the licence category. Officials may seek specific duties for experience, on request.</i>
<b>World Aquatic Rules</b>	<i>This competition will be run under World Aquatics rules. It is not a requirement for swimmers to wear World Aquatics approved swimwear in this competition.</i>
<b>Swim Ireland Policy</b>	<i>In accordance to the Swim Ireland Transgender and Non-Binary Participation and Competition Policy, <a href="#">HERE</a>, this competition will be conducted within relevant age specific groups and will be conducted in two categories:  1. Female: athletes with a birth sex of Female.  2. Open: athletes with a birth sex of Male, trans or non-binary competitors and any competitor not eligible for the Female category.</i>
<b>Swim Ireland Reg. Number</b>	<i>A Swim Ireland registration number <b>must be included with every entry</b>. This number is the unique identifier of every swimmer in the national database.</i>
<b>Entry Name Protocols</b>	<i>The results from this Championship Meet will be added to the Swim Ireland and Leinster databases. To ensure that results get attributed correctly to swimmers, please ensure the format of names within your Team Manager (or similar) database, and provided with entries, is as follows:  All those with a <b>Mac/Mc</b> surname need to have a space after the Mac/Mc (e.g. Mac Mullen, Mc Donnell);  All those with an <b>O</b> need to be written as e.g. O'Donnell (no space before or after the apostrophe). This is irrespective of whether or not that is how the swimmer normally writes their name.</i>
<b>Code of Conduct</b>	<i>It is a pre-condition to a swimmer being entered for this meet that all parents / guardians who attend and/or assume officiating duties (timekeeping etc) have consented to be subject to the SI Code of Conduct.</i>
<b>Data Protection</b>	<i>Swim Ireland Leinster and Connacht Regions both use a software database to manage entries and results of swim meets, and competition records of swimmers. By submitting and accepting entries, consent is hereby given, as required by the Data Protection Act, to the holding of personal information on databases. Personal data held for each swimmer will be name, date of birth, club, Swim Ireland registration number, entry times, achieved times. Certain elements of this data (name, club, age, times, achieved times) may be made public prior to, during or after the meet (e.g. programmes, results sheets, social media updates etc.)</i>
<b>Photography</b>	<i>NO photography will be permitted on deck, as per the Swim Ireland Competition Photography and Changing Room Briefing, <a href="#">HERE</a></i>
<b>Hydration</b>	<i>Please note that, as an environment-friendly measure, timekeepers/officials/coaches are encouraged to bring their own water bottles.</i>
<b>First Aid</b>	<i>First Aid facilities will be provided by facility lifeguards and staff. Fire exits should be noted on arrival. In the event of fire alarm, swimmers and volunteers will take direction from the facility staff and / or Meet Director.</i>

**LEINSTER AND CONNACHT REGIONAL SENIOR LC CHAMPIONSHIPS 2025**  
**ORDER of EVENTS - HEATS**

<b>Friday May 16<sup>th</sup></b>	<b>Saturday May 17<sup>th</sup></b>	<b>Sunday May 18<sup>th</sup></b>
<b>Session One</b> <b>Warm-Up 07:30</b>	<b>Session Three</b> <b>Warm-Up 07:30</b>	<b>Session Five</b> <b>Warm-Up 07:30</b>
<b>Age Groups 15/16 and 17+</b>	<b>Age Groups 15/16 and 17+</b>	<b>Age Groups 15/16 and 17+</b>
<b>Ev</b> <b>1.</b> 200 Breast - Open <b>2.</b> 100 Breast - Female <b>3.</b> 1500 Freestyle – Open (HDW) <b>4.</b> 100 Back - Female <b>5.</b> 100 Back - Open <b>6.</b> 50 Freestyle - Female <b>7.</b> 50 Butterfly - Open <b>8.</b> 200 Butterfly - Female <b>9.</b> 200 Freestyle - Open <b>10.</b> 400 Freestyle – Female (HDW) <b>11.</b> 200 I.M. – Open	<b>Ev</b> <b>14.</b> 400 I.M. – Open (HDW) <b>15.</b> 800 Freestyle – Female (HDW) <b>16.</b> 50 Back – Open <b>17.</b> 50 Back – Female <b>18.</b> 100 Breast – Open <b>19.</b> 100 Butterfly – Female <b>20.</b> 200 Butterfly – Open <b>21.</b> 400 I.M. – Female (HDW) <b>22.</b> 100 Freestyle – Open <b>23.</b> 50 Breast – Female <b>24.</b> 800 Freestyle – Open (HDW) <b>25.</b> 200 Freestyle – Female	<b>Ev</b> <b>28.</b> 200m IM - Female <b>29.</b> 50 Breast – Open <b>30.</b> 50 Butterfly – Female <b>31.</b> 200 Back – Open <b>32.</b> 200 Back – Female <b>33.</b> 50 Freestyle – Open <b>34.</b> 200 Breast – Female <b>35.</b> 100 Butterfly – Open <b>36.</b> 100 Freestyle – Female <b>37.</b> 400 Freestyle – Open (HDW) <b>38.</b> 1500 Freestyle – Female (HDW)

**LEINSTER AND CONNACHT REGIONAL SENIOR LC CHAMPIONSHIPS 2025**  
**ORDER of EVENTS - FINALS**

<b>Friday May 16<sup>th</sup></b>	<b>Saturday May 17<sup>th</sup></b>	<b>Sunday May 18<sup>th</sup></b>
<b>Session Two</b> <b>Warm-Up 15:30</b>	<b>Session Four</b> <b>Warm-Up 15:30</b>	<b>Session Six</b> <b>Warm-Up 15:00</b>
<p align="center"><b>Individual Finals (45 races)</b>  <b>Five Finals in each event, as follows:</b>  <b>Conn 15/16, Lein 15/16</b>  <b>Conn 17+, Lein 17+</b>  <b>SuperFinal for ten fastest qualifiers overall</b></p> <p>200 Breast – Open  100 Breast – Female  100 Back – Open  100 Back – Female  50 Butterfly – Open  50 Freestyle – Female  200 Freestyle – Open  200 Butterfly – Female  200 I.M. – Open</p> <p><b>RELAYS – HDW</b>  <b>12.</b> 4 x 100 Medley Relay – Female 15+ Age Group (HDW)  <b>13.</b> 4 x 100 Medley Relay – Open 15+ Age Group (HDW)</p>	<p align="center"><b>Individual Finals (40 races)</b>  <b>Five Finals in each event, as follows:</b>  <b>Conn 15/16, Lein 15/16</b>  <b>Conn 17+, Lein 17+</b>  <b>SuperFinal for ten fastest qualifiers overall</b></p> <p>50 Back – Open  50 Back – Female  100 Breast – Open  100 Butterfly – Female  200 Butterfly – Open  50 Breast – Female  100 freestyle - Open  200 Freestyle – Female</p> <p><b>RELAYS – HDW</b>  <b>26.</b> 4 x 100 Freestyle Relay – Open 15+ Age Group (HDW)  <b>27.</b> 4 x 100 Freestyle Relay – Female 15+ Age Group (HDW)</p>	<p align="center"><b>Individual Finals (45 races)</b>  <b>Five Finals in each event, as follows:</b>  <b>Conn 15/16, Lein 15/16</b>  <b>Conn 17+, Lein 17+</b>  <b>SuperFinal for ten fastest qualifiers overall</b></p> <p>200 I.M. – Female  50 Breast – Open  50 Butterfly – Female  200 Back – Open  200 Back – Female  50 Freestyle – Open  200 Breast – Female  100 Butterfly – Open  100 Freestyle – Female</p> <p><b>RELAYS – HDW</b>  <b>39.</b> 4 x 200 Freestyle Relay – Female 15+ Age Group (HDW)  <b>40.</b> 4 x 200 Freestyle Relay – Open 15+ Age Group (HDW)  <b>41.</b> 4 x 100 Medley Relay – Mixed 15+ Age Group (HDW)</p>

# Connacht and Leinster Regional Senior Long Course Championships 2025

National Aquatic Centre, Dublin

## Qualification Standards 2024-2025 (Long Course)

Female					Open				
18&over	17yrs	16yrs	15yrs		15yrs	16yrs	17yrs	18yrs	19&over
00:30.35	00:30.86	00:31.52	00:31.88	50m Free	00:28.56	00:28.19	00:27.76	00:27.74	00:26.93
01:06.47	01:07.77	01:08.93	01:09.20	100m Free	01:02.36	01:02.02	01:00.27	01:00.26	01:00.02
02:31.87	02:33.80	02:33.82	02:34.13	200m Free	02:21.66	02:21.26	02:19.23	02:18.89	02:18.88
05:12.88	05:15.06	05:17.01	05:20.59	400m Free	04:57.35	04:50.14	04:49.91	04:48.88	04:48.87
10:35.82	10:36.25	10:47.10	10:57.79	800m Free	10:00.42	09:51.22	09:51.20	09:51.19	09:51.18
20:35.07	20:35.08	20:35.09	21:17.02	1500m Free	20:30.73	20:08.68	19:42.50	19:30.24	19:30.23
00:34.26	00:34.26	00:34.26	00:34.26	50m Back	00:30.72	00:30.72	00:30.72	00:30.72	00:30.72
01:16.78	01:19.69	01:19.73	01:19.99	100m Back	01:14.56	01:12.25	01:12.18	01:11.84	01:11.25
02:52.97	02:54.11	02:55.39	02:56.84	200m Back	02:44.85	02:44.38	02:43.52	02:42.59	02:42.58
00:38.27	00:38.27	00:38.27	00:38.27	50m Breast	00:34.13	00:34.13	00:34.13	00:34.13	00:34.13
01:28.06	01:29.21	01:30.95	01:31.09	100m Breast	01:24.99	01:22.12	01:19.54	01:19.15	01:18.56
03:20.66	03:22.86	03:23.54	03:24.09	200m Breast	03:12.12	03:08.70	03:00.60	02:59.53	02:59.52
00:31.97	00:31.97	00:31.97	00:31.97	50m Butterfly	00:28.56	00:28.56	00:28.56	00:28.56	00:28.56
01:18.62	01:22.26	01:22.65	01:23.20	100m Butterfly	01:11.59	01:10.62	01:07.84	01:07.53	01:07.27
03:02.48	03:06.05	03:11.03	03:12.77	200m Butterfly	02:58.21	02:55.22	02:47.98	02:45.01	02:42.82
02:54.20	02:54.63	02:56.25	02:56.97	200m IM	02:42.64	02:39.96	02:39.86	02:39.01	02:39.00
06:14.49	06:17.41	06:23.21	06:30.27	400m IM	06:00.09	05:51.45	05:46.15	05:40.17	05:38.99

## Consideration Standards 2024-2025 (Long Course)

Female					Open				
18&over	17yrs	16yrs	15yrs		15yrs	16yrs	17yrs	18yrs	19&over
00:31.26	00:32.09	00:32.79	00:33.16	50m Free	00:29.70	00:29.31	00:28.87	00:28.57	00:27.74
01:08.47	01:10.48	01:11.69	01:11.96	100m Free	01:04.85	01:04.50	01:02.68	01:02.07	01:01.82
02:36.43	02:39.95	02:39.98	02:40.29	200m Free	02:27.33	02:26.91	02:24.80	02:23.05	02:23.04
05:22.27	05:27.67	05:29.69	05:33.41	400m Free	05:09.25	05:01.75	05:01.51	04:57.55	04:57.54
10:35.82	10:36.25	10:47.10	10:57.79	800m Free	10:00.42	09:51.22	09:51.20	09:51.19	09:51.18
20:35.07	20:35.08	20:35.09	21:17.02	1500m Free	20:30.73	20:08.68	19:42.50	19:30.24	19:30.23
00:35.29	00:35.63	00:35.63	00:35.63	50m Back	00:31.95	00:31.95	00:31.95	00:31.64	00:31.64
01:19.08	01:22.88	01:22.92	01:23.19	100m Back	01:17.54	01:15.14	01:15.06	01:13.99	01:13.39
02:58.16	03:01.07	03:02.41	03:03.91	200m Back	02:51.45	02:50.95	02:50.06	02:47.47	02:47.46
00:39.41	00:39.80	00:39.80	00:39.80	50m Breast	00:35.50	00:35.50	00:35.50	00:35.16	00:35.16
01:30.71	01:32.78	01:34.59	01:34.73	100m Breast	01:28.39	01:25.40	01:22.72	01:21.52	01:20.91
03:26.68	03:30.97	03:31.68	03:32.25	200m Breast	03:19.81	03:16.25	03:07.82	03:04.91	03:04.90
00:32.93	00:33.25	00:33.25	00:33.25	50m Butterfly	00:29.70	00:29.70	00:29.70	00:29.41	00:29.41
01:20.98	01:25.55	01:25.95	01:26.53	100m Butterfly	01:14.46	01:13.44	01:10.55	01:09.56	01:09.29
03:07.95	03:13.49	03:18.67	03:20.48	200m Butterfly	03:05.34	03:02.23	02:54.70	02:49.96	02:47.71
02:59.43	03:01.61	03:03.30	03:04.05	200m IM	02:49.14	02:46.36	02:46.26	02:43.78	02:43.77
06:25.72	06:32.50	06:38.53	06:45.88	400m IM	06:14.50	06:05.51	06:00.00	05:50.37	05:49.16