

Connacht and Leinster Regional Age Group Long Course Championships 2025

UL Sport Arena, University of Limerick

Swim Ireland Licence CO01-24/25-C021

Entry details for the Regional Age Group LC Championships 2025 (Licence Level 4).

Venue	UL Sport Arena, Limerick, V94 XT66
Host	Swim Ireland Connacht and Swim Ireland Leinster
Format	Long Course (50m), 10 lane with electronic timing
Sessions	<p>Friday 23 May 2025 Session 1 Finals: Warm-up 1830; Start 1900</p> <p>Saturday 24 May 2025 Session 2 Heats: Warm-up 0900; start 1015 Session 3 Finals: Warm-up 1430; start 1530</p> <p>Sunday 25 May 2025 Session 4 Heats: Warm-up 0900; start 1015 Session 5 Finals: Warm-up 1430; start 1530</p> <p>Session times are subject to change depending on number of entries received. Clubs will be notified in advance of any changes.</p>
Individual Events	<p>50m, 100m, 200m, 400m, 800m and 1500m Freestyle 100m and 200m Backstroke, Breaststroke and Butterfly 200m and 400m Individual Medley</p> <p>400m IM, 800m and 1500m Freestyle are restricted to swimmers aged 13 and over. Distance events heats may be limited depending on number of entries received. Athletes aged 12 years may enter the 400m Freestyle if they have achieved the qualification standard in the 400m or in the 200m Freestyle.</p>
Relay Events	<p>4x100m Freestyle Team Relay (Open and Female) Age 13/14 4x100m Medley Team Relay (Open and Female) Age 13/14 4x200m Freestyle Team Relay (Open and Female) Age 13/14 4x100m Medley Team Relay (Mixed) Age 13/14 4x50m Freestyle Team Relay (Mixed) Age 12 4x50m Medley Team Relay (Mixed) Age 12</p> <p>Relay swimmers must also be competing in individual events in this competition. Maximum of two relay teams per club per event in each age category. Mixed relay events must have teams comprising two open and two female swimmers. Relay events are HDW.</p>
Age Bands	<p>12yrs (2013) and 13/14yrs (2011-12) Age as 31 December 2025.</p>
Eligibility	<p>Swimmers registered with Swim Ireland Connacht clubs, Swim Ireland Leinster clubs, National Centre athletes and swimmers from outside the island of Ireland are eligible to enter this meet.</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.</p>

Entries	<p>Entries on Hy-Tek only by email to connachtentries@swimireland.ie</p> <p>Proof of payment must accompany the entries. Entries will NOT be processed unless full payment has been received.</p> <p>Relay entries must be submitted before the closing date. Names may be added on the day, time permitting.</p> <p>Once the final psych sheet is published there will be NO changes or late entries accepted on the day, modifications at the meet director's discretion.</p>
Fees & Payments	<p>€10 per Individual Event; €20 per Relay Team</p> <p>Proof of payment must accompany the entries.</p> <p>Entries will NOT be processed unless full payment has been received.</p> <p>Account Name: Swim Ireland Connacht IBAN: IE60AIBK93251559772477 BANK: AIBIE2D REFERENCE: CLUB NAME</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>
Entries by:	Friday 9 May 2025 (Strictly no late entries)
Heats	<p>Heats will run as open, non-seeded events.</p> <p>Heat Declared Winner (HDW) for 400m, 800m, 1500m and relay events.</p>
Finals	<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, 12yrs and 13/14yrs.</p> <p>A Super Final will be reserved for the fastest 10 athletes in each 50m, 100m and 200m event regardless of region and age band. At most, two places will be appointed to athletes outside of Connacht and Leinster in the Super Final only. The region-specific finals are closed to athletes outside of that region.</p>
Awards	<p>Medals awarded to the top three places in each event for age-bands 12yrs and 13/14yrs in each region.</p> <p>Commemorative medals will be awarded to finishers outside of Connacht and Leinster in the first two places of the Super Final.</p>
Withdrawals and Scratches	<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 to the meet recording desk by 5pm the evening before the relevant event.</p>
Qualification Pathway	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)
Qualification Times	<p>Both Qualifying and Consideration entry times must have been achieved since 1 May 2024.</p> <p>Qualification times are guaranteed acceptance of entry to this championship meet (except for distance events). Consideration times may be accepted depending on volume of entries.</p> <p>All Entries MUST include an ENTRY TIME in line with Qualification/Consideration Times.</p> <p>'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>

Proof of Entry	<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>
Accreditation	<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>
Officials	<i>Clubs must provide volunteers for timekeeping duties. Different arrangements may apply to the rostering of officials for long distance events (800m, 1500m). Volunteers should be trained to Level 1 Officials standard.</i> <i>Officials will be arranged by the region in accordance with the licence category. Officials may seek specific duties for experience, on request.</i>
World Aquatic Rules	<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>
Tech Suit	<i>In accordance with the Swim Ireland Tech Suit Policy, athletes aged 12 years will not be permitted to compete in a tech suit.</i>
Transgender and non-Binary Policy	<i>In accordance to the Swim Ireland Transgender and Non-Binary Participation and Competition Policy, HERE, this competition will be conducted within relevant age specific groups and will be conducted in two categories:</i> <i>1. Female: athletes with a birth sex of female.</i> <i>2. Open: athletes with a birth sex of male, trans or non-binary competitors and any competitor not eligible for the Female category.</i>
Data Protection	<i>Swim Ireland Connacht and its registered clubs 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>
Photography	<i>NO photography will be permitted on deck, as per the Swim Ireland Competition Photography and Change Areas Briefing Note, HERE</i>
Hydration	<i>Please note that, as an environment-friendly measure, timekeepers/officials/coaches are encouraged to bring their own bottles.</i>
First Aid	<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>

Friday 23 May 2025	Saturday 24 May 2025	Sunday 25 May 2025
Session 1: Finals	Session 2: Heats	Session 4: Heats
1. Open 13+ 800m Free HDW 2. Mixed 13+ 400m Medley Relay HDW 3. Female 13+ 800m Free HDW 4. Open 13+ 400m IM HDW 5. Female 13+ 400m IM HDW	6. Female 12yrs+ 400 Free HDW 7. Open 12yrs+ 50 Free 8. Female 12yrs+ 200 Back 9. Open 12yrs+ 200 Breast 10. Female 12yrs+ 100 Breast 11. Open 12yrs+ 100 Back 12. Female 12yrs+ 200 IM 13. Open 12yrs+ 200 Free 14. Female 12yrs+ 200 Fly 15. Open 12yrs+ 100 Fly 16. Female 12yrs+ 100 Free 17. Mixed 12yrs 200 Free Relay HDW 18. Female 13yrs+ 800 Free Relay HDW 19. Open 13yrs+ 1500 Free HDW	22. Open 12yrs+ 400 Free HDW 23. Female 12yrs+ 50 Free 24. Open 12yrs+ 200 Back 25. Female 12yrs+ 200 Breast 26. Open 12yrs+ 100 Breast 27. Female 12yrs+ 100 Back 28. Open 12yrs+ 200 IM 29. Female 12yrs+ 200 Free 30. Open 12yrs+ 200 Fly 31. Female 12yrs+ 100 Fly 32. Open 12yrs+ 100 Free 33. Mixed 12yrs 200 Medley Relay HDW 34. Open 13yrs+ 800 Free Relay HDW 35. Female 13yrs+ 1500 Free HDW
	Session 3: Finals	Session 5: Finals
	Open 50 Free CNN 12yrs, LEN 12yrs, CNN 13/14yrs, LEN 13/14yrs, SUPERFINAL Female 200 Back CNN 12yrs, LEN 12yrs, CNN 13/14yrs, LEN 13/14yrs, SUPERFINAL Open 200 Breast CNN 12yrs, LEN 12yrs, CNN 13/14yrs, LEN 13/14yrs, SUPERFINAL Female 100 Breast CNN 12yrs, LEN 12yrs, CNN 13/14yrs, LEN 13/14yrs, SUPERFINAL Open 100 Back CNN 12yrs, LEN 12yrs, CNN 13/14yrs, LEN 13/14yrs, SUPERFINAL Female 200 IM CNN 12yrs, LEN 12yrs, CNN 13/14yrs, LEN 13/14yrs, SUPERFINAL Open 200 Free CNN 12yrs, LEN 12yrs, CNN 13/14yrs, LEN 13/14yrs, SUPERFINAL Female 200 Fly CNN 12yrs, LEN 12yrs, CNN 13/14yrs, LEN 13/14yrs, SUPERFINAL Open 100 Fly CNN 12yrs, LEN 12yrs, CNN 13/14yrs, LEN 13/14yrs, SUPERFINAL Female 100 Free CNN 12yrs, LEN 12yrs, CNN 13/14yrs, LEN 13/14yrs, SUPERFINAL 20. Open 13yrs+ 400 Free Relay HDW 21. Female 13yrs+ 400 Medley Relay HDW	Female 50 Free LEN 12yrs, CNN 12yrs, LEN 13/14yrs, CNN 13/14yrs, SUPERFINAL Open 200 Back LEN 12yrs, CNN 12yrs, LEN 13/14yrs, CNN 13/14yrs, SUPERFINAL Female 200 Breast LEN 12yrs, CNN 12yrs, LEN 13/14yrs, CNN 13/14yrs, SUPERFINAL Open 100 Breast LEN 12yrs, CNN 12yrs, LEN 13/14yrs, CNN 13/14yrs, SUPERFINAL Female 100 Back LEN 12yrs, CNN 12yrs, LEN 13/14yrs, CNN 13/14yrs, SUPERFINAL Open 200 IM LEN 12yrs, CNN 12yrs, LEN 13/14yrs, CNN 13/14yrs, SUPERFINAL Female 200 Free LEN 12yrs, CNN 12yrs, LEN 13/14yrs, CNN 13/14yrs, SUPERFINAL Open 200 Fly LEN 12yrs, CNN 12yrs, LEN 13/14yrs, CNN 13/14yrs, SUPERFINAL Female 100m Fly LEN 12yrs, CNN 12yrs, LEN 13/14yrs, CNN 13/14yrs, SUPERFINAL Open 100 Free LEN 12yrs, CNN 12yrs, LEN 13/14yrs, CNN 13/14yrs, SUPERFINAL 36. Female 13yrs+ 400 Free Relay HDW 37. Open 13yrs+ 400 Medley Relay HDW

Connacht and Leinster Regional Age Group Long Course Championships 2025

UL Sport Arena, University of Limerick

Qualification Standards 2024-2025 (Long Course)

Female				Open		
14yrs	13yrs	12yrs		12yrs	13yrs	14yrs
00:32.56	00:32.84	00:34.81	50m Free	00:34.94	00:32.19	00:30.11
01:10.36	01:12.39	01:17.76	100m Free	01:15.33	01:11.04	01:06.22
02:34.31	02:42.69	02:51.03	200m Free	02:47.90	02:41.07	02:30.55
05:22.99	05:32.31	05:32.31	400m Free	05:32.17	05:32.17	05:10.01
10:59.85	11:41.68		800m Free		11:11.12	10:41.97
21:38.31	22:09.60		1500m Free		22:08.89	21:25.43
01:20.52	01:24.39	01:29.63	100m Back	01:28.65	01:23.52	01:18.20
02:58.25	03:03.91	03:16.20	200m Back	03:11.08	03:04.64	02:51.30
01:34.20	01:36.83	01:44.79	100m Breast	01:42.41	01:36.17	01:28.58
03:27.88	03:33.22	03:46.99	200m Breast	03:42.64	03:38.60	03:18.40
01:23.92	01:28.13	01:31.26	100m Butterfly	01:29.25	01:24.66	01:17.12
03:17.26	03:21.57	03:21.57	200m Butterfly	03:16.81	03:16.81	03:05.55
03:00.40	03:07.64	03:16.28	200m IM	03:10.74	03:02.89	02:52.32
06:30.43	06:49.64		400m IM		06:42.63	06:16.76

Consideration Standards 2024-2025 (Long Course)

Female				Open		
14yrs	13yrs	12yrs		12yrs	13yrs	14yrs
00:34.19	00:34.48	00:36.55	50m Free	00:36.68	00:33.80	00:31.62
01:13.88	01:16.01	01:21.65	100m Free	01:19.10	01:14.59	01:09.53
02:42.03	02:50.83	02:59.58	200m Free	02:56.29	02:49.12	02:38.08
05:39.14	05:48.93		400m Free		05:48.78	05:25.51
			800m Free			
			1500m Free			
01:24.54	01:28.61	01:34.12	100m Back	01:33.08	01:27.69	01:22.11
03:07.17	03:13.11	03:26.01	200m Back	03:20.64	03:13.87	02:59.86
01:38.91	01:41.67	01:50.03	100m Breast	01:47.53	01:40.98	01:33.01
03:38.27	03:43.89	03:58.34	200m Breast	03:53.77	03:49.53	03:28.32
01:28.12	01:32.53	01:35.82	100m Butterfly	01:33.71	01:28.90	01:20.97
03:27.13	03:31.65	03:31.65	200m Butterfly	03:26.65	03:26.65	03:14.83
03:09.42	03:17.02	03:26.09	200m IM	03:20.28	03:12.03	03:00.94
06:49.95	07:10.13		400m IM		07:02.77	06:35.60