

# Dave McCullagh Memorial LC Gala

Friday 5<sup>th</sup>, Saturday 6<sup>th</sup> and Sunday 7<sup>th</sup>. February 2010  
National 50m Swimming Pool, University Arena, Limerick

## Meet Conditions

1. There will be A & B finals in 50m, 100m and 200m events with over 26 entrants. In events which are not HDW heats and finals will be held regardless of the number of entries
2. Standards must have been achieved in Open Competition since July 1<sup>st</sup> in the previous year.
3. Clubs may enter more than one relay team per event, but swimmers may not be entered on more than one relay per event. Relay panel must be submitted with entries. Only ***one*** relay per event will be eligible for points. All relays will be HDW and will be held in the morning
4. Drug Testing may take place at any meet run under Swim Ireland rules. Please understand that by entering the meet you are automatically agreeing to drug testing.
5. Where Long course times have not been achieved swimmers should enter on short course times. These times will be converted to Long Course using Hy-Tek after entries have been received
6. The fastest heat of the 400m Freestyle will take place with the finals.
7. Award winners must achieve the Consideration Standard in the heats for timed finals events and in the finals for other events.
8. Only times which appear on the National database will be accepted. All swimmers must have achieved the Consideration Standard for the Meet. A fine of €50 will apply to swimmers who fail to achieve the standard for the entered meet and who cannot provide proof that they achieved the standard for the event since the required date.
9. The number of heats may be limited to allow sessions to finish on schedule.

## **Consideration Standards**

<u>MALE</u>			<u>FEMALE</u>			
Short Course	Long Course	Paralym pians	Event	Paralym pians	Short Course	Long Course
0:26.90	0:27.65	43.00	<b>50m Freestyle</b>	1.01.00	0:30.70	0:31.40
59.60	1:01.40	1.33.00	<b>100m Freestyle</b>	2.10.00	1:07.00	1:08.20
2:10.90	2:14.00		<b>200m Freestyle</b>		2:25.80	2:27.50
4:37.50	4:46.90	6.23.00	<b>400m Freestyle</b>		5.06.00	5.12.20
			<b>800m Freestyle</b>		10.30.20	10.35.77
18.23.60	18.48.90		<b>1500m Freestyle</b>			
0:29.80	0:30.40	55.00	<b>50m Backcrawl</b>	1.08.00	0:34.40	0:35.00
1:05.10	1:07.00	1.49.00	<b>100m Backcrawl</b>	1.49.00	1:13.80	1:14.70
2:22.30	2:26.60		<b>200m Backcrawl</b>		2:38.90	2:40.80
0:33.60	0:34.60	43.00	<b>50m Breaststroke</b>	1.15.00	0:38.30	0:39.30
1:14.00	1:16.70	1.55.00	<b>100m Breaststroke</b>	2.38.00	1:23.30	1:25.80
2:40.50	2:45.30		<b>200m Breaststroke</b>		2.58.10	3:01.30
0:29.00	0:29.70	45.00	<b>50m Butterfly</b>	38.00	0:32.40	0:33.10
1:05.50	1:06.30	1.35.00	<b>100m Butterfly</b>	1.27.50	1:12.50	1:13.00
2:22.50	2:25.10		<b>200m Butterfly</b>		2:38.90	2:40.10
2:26.60	2:31.90	3:54.00	<b>200m Ind. Medley</b>	3.11.00	2:43.50	2:46.50
5:11.20	5:20.50		<b>400m Ind. Medley</b>		5:42.60	5:46.80

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## Order of Events

<b>Session 1 – Friday 5.30pm</b>					
<ol style="list-style-type: none"> <li>1. Women 800m Freestyle (HDW)</li> <li>2. Men 1500m Freestyle (HDW)</li> <li>3. Women 400m Ind. Medley (HDW)</li> <li>4. Men 400m Ind. Medley (HDW)</li> </ol>					
<b>Session 2 – Saturday 12am (Warm Up at 11.00am)</b>			<b>Session 4 – Sunday 10am (Warm Up at 9.00am)</b>		
<b>5</b>	Men	200m Butterfly	<b>22</b>	Women	50m Freestyle
<b>6</b>	Women	200m Butterfly	<b>23</b>	Men	50m Freestyle
<b>7</b>	Men	50m Breaststroke	<b>24</b>	Women	200m Backstroke
<b>8</b>	Women	50m Breaststroke	<b>25</b>	Men	200m Backstroke
<b>9</b>	Men	200m Freestyle	<b>26</b>	Women	100m Butterfly
<b>10</b>	Women	200m Freestyle	<b>27</b>	Men	100m Butterfly
<b>11</b>	Men	100m Backstroke	<b>28</b>	Women	400m Freestyle (HDW)
<b>12</b>	Women	100m Backstroke	<b>29</b>	Men	400m Freestyle (HDW)
<b>13</b>	Men	50m Butterfly	<b>30</b>	Women	50m Backstroke
<b>14</b>	Women	50m Butterfly	<b>31</b>	Men	50m Backstroke
<b>15</b>	Men	100m Breaststroke	<b>32</b>	Women	200m Breaststroke
<b>16</b>	Women	100m Breaststroke	<b>33</b>	Men	200m Breaststroke
<b>17</b>	Men	200m Ind. Medley	<b>34</b>	Women	100m Freestyle
<b>18</b>	Women	200m Ind. Medley	<b>35</b>	Men	100m Freestyle
<b>19</b>	Men	4 x 50m FTR (HDW)	<b>36</b>	Women	4 x 50m FTR (HDW)
<b>20</b>	Women	4 x 50m MTR (HDW)	<b>37</b>	Men	4 x 50m MTR (HDW)
<b>21</b>	Women	1500m Freestyle (HDW)	<b>38</b>	Men	800m Freestyle (HDW)
<b>Session 3 – Saturday 5pm</b>			<b>Session 5 – Sunday 4pm</b>		
Finals of Events 5 to 18			Finals of Events 22 to 27 Fastest heat Event 28,29 Finals Events 30 to 35		

# SWIM IRELAND

## Dave McCullagh Memorial LC Gala

Under FINA Law.

Friday 5<sup>th</sup>, Saturday 6<sup>th</sup> and Sunday 7<sup>th</sup>. February 2010  
National 50m Swimming Pool, University Arena, Limerick

**Please complete this form fully and correctly otherwise your entry will not be accepted.**

FULL NAME (*Print*): \_\_\_\_\_ Swim Ireland Reg o. \_\_\_\_\_

CLUB (*Print*): \_\_\_\_\_ D.O.B: \_\_\_\_\_

I hereby declare that the particulars below are correct and that I am an eligible competitor in accordance with Swim Ireland Laws and will abide by the conditions laid down by the Association for this competition. I am aware that **RANDOM DRUG TESTING** may take place during this competition and I agree, if selected, to comply with the approved medical control procedures and to submit a sample of urine for analysis at an accredited laboratory.

### MALE ENTRY FORM

*Standards MUST have been achieved in Open Competition since July 1<sup>st</sup>. 2008s.*

**€7.00 per Individual Entry**

Event No	EVENT	Time Achieved	When & Where time achieved (including Date, Meet, Etc)
2	1500m Freestyle (HDW)		
4	400m Ind. Medley (HDW)		
5	200m Butterfly		
7	50m Breaststroke		
9	200m Freestyle		
11	100m Backstroke		
13	50m Butterfly		
15	100m Breaststroke		
17	200m Ind. Medley		
23	50m Freestyle		
25	200m Backstroke		
27	100m Butterfly		
29	400m Freestyle (HDW)		
31	50m Backstroke		
33	200m Breaststroke		
35	100m Freestyle		
38	800m Freestyle (HDW)		

Signature of Competitor: \_\_\_\_\_ Date: \_\_\_\_\_

I certify that the above information is correct: \_\_\_\_\_

*Club Secretary*

Before signing, please check that the above entries and times are correct and that you have read the form fully. If you are **under 16 years of age** on the first day of the competition, your parent/guardian should fill out the following paragraph:

I agree to my son/daughter/ward, if selected, being submitted to the Medical Control procedure and to him/her submitting a sample of urine for analysis at an accredited laboratory.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

*Parent/Guardian*

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**Please complete this form fully and correctly otherwise your entry will not be accepted.**

FULL NAME (*Print*): \_\_\_\_\_ Swim Ireland Reg o. \_\_\_\_\_

CLUB (*Print*): \_\_\_\_\_ D.O.B: \_\_\_\_\_

I hereby declare that the particulars below are correct and that I am an eligible competitor in accordance with Swim Ireland Laws and will abide by the conditions laid down by the Association for this competition. I am aware that **RANDOM DRUG TESTING** may take place during this competition and I agree, if selected, to comply with the approved medical control procedures and to submit a sample of urine for analysis at an accredited laboratory.

### FEMALE ENTRY FORM

*Standards MUST have been achieved in Open Competition since July 1<sup>st</sup>. 2008s.*

**€7.00 per Individual Entry**

Event No	EVENT	Time Achieved	When & Where time achieved (including Date, Meet, Etc)
1	800m Freestyle (HDW)		
3	400m Ind. Medley (HDW)		
6	200m Butterfly		
8	50m Breaststroke		
10	200m Freestyle		
12	100m Backstroke		
14	50m Butterfly		
16	100m Breaststroke		
18	200m Ind. Medley		
21	1500m Freestyle (HDW)		
22	50m Freestyle		
24	200m Backstroke		
26	100m Butterfly		
28	400m Freestyle (HDW)		
30	50m Backstroke		
32	200m Breaststroke		
34	100m Freestyle		

Signature of Competitor: \_\_\_\_\_ Date: \_\_\_\_\_

I certify that the above information is correct: \_\_\_\_\_

*Club Secretary*

Before signing, please check that the above entries and times are correct and that you have read the form fully. If you are **under 16 years of age** on the first day of the competition, your parent/guardian should fill out the following paragraph:

I agree to my son/daughter/ward, if selected, being submitted to the Medical Control procedure and to him/her submitting a sample of urine for analysis at an accredited laboratory.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

*Parent/Guardian*

# SWIM IRELAND

## Dave McCullagh Memorial LC Gala

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National 50m Swimming Pool, University Arena, University of  
Limerick, Limerick

### RELAY & SUMMARY SHEET

Event No	Event	Please Tick
36	Women 4 x 50m F.T.R.	
19	Men 4 x 50m F.T.R.	

Event No	Event	Please Tick
20	Women 4 x 50m M.T.R.	
37	Men 4 x 50m M.T.R.	

Relay Entries: \_\_\_\_\_ @ €28.00 Each = € \_\_\_\_\_

Individual Entries: \_\_\_\_\_ @ €7.00 Each = € \_\_\_\_\_

Results: \_\_\_\_\_ @ €5.00 per set = € \_\_\_\_\_

**TOTAL AMOUNT ENCLOSED:** € \_\_\_\_\_

CLUB: \_\_\_\_\_ CONTACT: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

PHONE [H]: \_\_\_\_\_ EMAIL: \_\_\_\_\_

**\*FAX ENTRIES WILL NOT BE ACCEPTED\***

**Closing Date for Entries on Hy-Tek  
entries to [patdonovan2@eircom.net](mailto:patdonovan2@eircom.net)**

**Tuesday 19<sup>th</sup> January 2010**

**Closing Date for paper Entries**

**Friday 8<sup>th</sup> . January 2010**

Entries & payment to:  
Swim Ireland  
Sports HQ,  
13 Joyce Way  
Park West, Dublin 12

# SWIM MEET RULES

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It is Swim Ireland's objective to operate Meets in accordance with the Rules, and in the interests of the enjoyment and development of all those involved. Please help us develop a spirit of co-operation and of fair play.

## Meet Conditions

Each Meet has Conditions of Entry, which are specific to each meet listed on the relevant page. The following general rules apply to all National Meets, which will be run in accordance with FINA Rules and will have electronic timing, semi automatic timing (back up buttons) and manual timing.

## Officials

All clubs entering National Meets must provide at least one meet official for every four swimmers entered, subject to a maximum of three officials per session. A roster will be issued to competing clubs. Officials must check in with the meet organiser at least 45 minutes prior to the start of each session.

Failure of the required officials to check in will result in the club being scratched from the session".  
**Clubs who do not provide the requisite officials will be scratched from the competition.**

## Technical Meeting

The event Technical Meeting for all team managers and coaches will be held the evening before the first session or at such time as advised by the Meet Director.

## Postings and Withdrawals

Posting of programmes for the ENTIRE competition must be made at the Technical Meeting. All withdrawals from heats or timed finals must be made at the technical meeting. If a club fails to attend the technical meeting it will be deemed that all swimmers are competing in their entered events.

**Withdrawals from heats or timed finals or "no show" after the technical meeting will be subject to a fine of €50 without exception.**

A swimmer will not be subject to a fine in the event that they produce a doctor's certificate to Swim Ireland within 72 hours of the end of the competition. Once a swimmer has been declared unfit to swim they will not be eligible to compete in the remainder of the competition.

Withdrawals from semi-finals or finals (including reserves) may be made up to 30 minutes from the publication of the semi-final or final. Withdrawals after this time or "no show" (including reserves) will be subject to a fine of €50 without exception. *Note: The names of swimmers qualified (including reserves) for the semi-finals or finals may be published by announcement on the PA system or by printed results.*

## Relays

Entry forms for relay events may include up to 8 swimmers. The names of the four relay team members swimming in a race and the order of swimming must be declared on the official Team Declaration Sheet and submitted to the Recorder no later than one hour before the start of the session in which the race takes place. The swimmers may change between heats and finals, but all competing swimmers must be included in the list of 8 swimmers submitted with the entry list.

Relay teams not declared on the official Team Declaration Sheet and submitted to the Recorder no later than one hour before the start of the session shall be withdrawn and such withdrawal shall be subject to a fine of €50 without exception. Relay teams that swim in an order that is different from the order of swimming declared on the Team Declaration Sheet shall be disqualified in accordance with FINA SW 10.12.

## Ages

Ages are as at the first day of the competition. A Novice is a swimmer who has never won any medal at an Open Competition, including Club, Regional and National Meets. This includes events run by the Irish Schools Swimming Association.

## Warm Up

Warm up for heat sessions *will be mixed* and will generally commence 90 minutes before the session start time and end 15 minutes before the session start time. Finals session warm up start 60 minutes before the finals start time and end 15 minutes before the finals session and are mixed gender.

The above may be altered at the discretion of the gala organiser. Warm up for short course competition where a separate warm up pool is available will be mixed, and will commence 60 minutes before the session start time and end 15 minutes before the session start time.

### **Official Times**

Official times are required to qualify for Swim Ireland Meets or Squads or for consideration for selection to teams representing Ireland in non-Swim Ireland events or for Record application. Times from club time-trials will not be accepted. Official Times are times achieved in events which are Open, have electronic timing, the minimum number of officials and Official Results. That minimum number of officials shall include a Race Referee, a Starter, finish, turn and stroke judges and a Recorder who may be the electronic timing operator.

Official times achieved in away competitions may be submitted if accompanied by a copy of the official result signed by the race referee and including electronic timing slips, name of meet, venue, pool length and date of the swim. Hand-written results or times not accompanied by the above information will not be accepted. Qualifying times may be checked. False times may result in the club being suspended from the competition.

### **Complaints and Protests**

A Team leader or Club Coach may ask a referee to explain a decision involving a DQ or other matter. Such requests must be made only to the Referee and not to any other meet official. If the team leader or club coach is not satisfied with the explanation he/she may then protest the decision, subject to FINA Rules.

Where a Protest is made concerning the outcome of a final then the awards for that event will be held until the Protest is heard. If conditions causing a potential protest are noted prior to the event any protest must be lodged before the signal to start is given.

Protests involve a formal procedure and may be made in accordance with FINA Rule GR 9.2. Protests are made to the Referee in writing. A protest may be made:

- If the officials have not observed the relevant FINA and Swim Ireland rules and regulations for the conduct of the competition or have misinterpreted such rules or regulations.
- If conditions endanger the competitors or the competition
- A protest may be made against a decision of the referee; however, no protest shall be allowed against decisions of fact.

The protest must be made within 30 minutes of the end of the respective heats or finals session in which the matter giving rise to the protest took place. The protest must be made in writing to the referee, and accompanied by a fee of €50.

The referee will either uphold or reject the protest and will give the decision in writing. If the protest is upheld, the fee will be returned and any DQ will be overturned. If the referee rejects the protest the fee is forfeit and any DQ will be confirmed. The rejection or upholding of a protest by the referee may be appealed to a Jury of Appeal whose decision is final. Under FINA Rules the matter ends with the Jury of Appeal.

### **Presentation Ceremonies**

All swimmers must be properly attired in a tracksuit or t-shirt and shorts for medal ceremonies.

### **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 will be in accordance with Swim Ireland Guidelines.

### **Anti Doping**

It is a condition of attending a Swim Ireland event that swimmers may be required to be tested for prohibited substances in accordance with the Sports Council Anti Doping rules.

### **Swimwear**

All swimmers must abide by the FINA rules regarding swimwear.

# 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**

- 1) 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.
- 2) Any accidents, however minor, must be reported to Swim Ireland (standard Accident Report Form available).
- 3) 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**

- 1) All Clubs should obtain and read a copy of the Safety Statement of the pool they are hiring.
- 2) 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)

- 1) 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.
- 2) 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.
- 3) "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.
- 4) 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.
- 5) Under FINA 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 swimmers, coaches, spectators and clubs in the application of the following safety measures. They are in place for everyone's safety.

## 1. General;

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

## 2. Starting;

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

## 3. Warm-Up;

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

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

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

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