

**SWIM
IRELAND**

2024

**IRISH SENIOR SCHOOLS
RELAY CHAMPIONSHIPS**

**SPORT IRELAND NATIONAL AQUATIC CENTRE
DUBLIN, IRELAND
SATURDAY, 23 MARCH 2024**



MEET CONDITIONS

VENUE INFORMATION

The National Aquatic Centre is a 10 lane 25m pool. The competition pool has anti-turbulence lane ropes, wedge starting blocks and backstroke ledges.

ENTRY DEADLINE

Closing date for entries is 5.00pm Friday 1st March 2024.

ENTRY CRITERIA

Schools are permitted to enter one relay teams per event / per age group. The names of the 4 relay team members swimming in the race and the order of swimming must be declared on the entry form. Amendments can be made up to 1 hour before the event starts on the Team Declaration Sheet and submitted to the Swim Office Table.

Relay swimmers must be current, full time students in the school they are swimming for. All competing swimmers must be entered in the meet.

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

Relay entries cost €27 per event.

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

Entry Form and Payment using the JotForm link:

<https://form.jotform.com/240375050210339>

*Please note that entries are non-refundable once the final date for payment has passed

All enquiries to entries@swimireland.ie

SWIMMING COMPETITION FORMAT

For Schools Swimming the swimmers age is their age on 31st August 2024 and ages are automatically calculated by the software used to run the competition.

- Junior: age 13-14; born between 01/09/2009 and 31/08/2011
- Inter: age 15-16; born between 01/09/2007 and 31/08/2009
- Senior: age 17-19; born between 01/09/2005 and 31/08/2007

Relay teams must comprise 2 swimmers who are in their own age group and up to 2 swimmers may swim up to make a relay team. Swimmers cannot swim down an age group

Relay teams are Male / Female and Mixed.

For a Mixed team, 2 swimmers must be male and 2 swimmers must be female

ORDER OF EVENTS

Warm up mixed 10.00am to 10.35am – Session starts 10.45am.

1	Girls Junior Freestyle Relay	10	Girls Junior Medley Relay
2	Boys Junior Freestyle Relay	11	Boys Junior Medley Relay
3	Mixed Junior Freestyle Relay	12	Mixed Junior Medley Relay
4	Girls Inter Freestyle Relay	13	Girls Inter Medley Relay
5	Boys Inter Freestyle Relay	14	Boys Inter Medley Relay
6	Mixed Inter Freestyle Relay	15	Mixed Inter Medley Relay
7	Girls Senior Freestyle Relay	16	Girls Senior Medley Relay
8	Boys Senior Freestyle Relay	17	Boys Senior Medley Relay
9	Mixed Senior Freestyle Relay	18	Mixed Senior Medley Relay

AWARDS

Medals are awards to:

Top 3 placings in each event / age category

SWIMSUITS

It is not a requirement for swimmers to be wearing WA approved swimwear in this competition.
World Aquatic Approved Swim Wear Policy

HEALTH & 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)

OFFICIALS

Where we do not have the required number of licenced officials available for a session, schools will be assigned roles based on the ratio of 2:1 (2 relay teams to 1 Official)

As per Swim Ireland's new officials' uniform, officials are asked to wear black bottoms, t-shirts will be provided.

HEALTH AND SAFETY

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.
- 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.
- 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.