SWIM IRELAND | Masters

2026

IRISH MASTERS LC INTERNATIONAL OPEN MEET (50M)

TEAM INFORMATION

SPORT IRELAND NATIONAL AQUATIC CENTRE
SPORT IRELAND CAMPUS
DUBLIN, IRELAND

3rd - 4th July 2026

SPORT IRELAND

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VENUE INFORMATION

All training and competition will take place in the National Aquatic Centre, Sport Ireland Campus, Blanchardstown, Dublin 15

The National Aquatic Centre is a 10 lane 50m pool. The competition pool has anti-turbulence lane ropes, wedge starting blocks and backstroke ledges.

Refer to Appendix 1 for Venue Layout Plan

Entrance and Exit will be via the main doors at the front of the building, all attendees that wish to enter the Teams area must enter via the accreditation desk. Swim Ireland takes safeguarding seriously and strives to create a positive and safe environment for all who participate in swimming. Please ensure the wellbeing of every individual involved by complying with this, do not use other access doors to enter the Teams Area or leave access doors open which would allow person who are not permitted in these areas to enter.

EVENT KEY CONTACTS			
Title	**Name**	**Number**	**E-mail**
Organiser's Event Manager	Pat Daly	086 0247676	patdaly@swimireland.ie
NAC Contact Duty Manager	Duty Manager (on call throughout)	086 782 4329	nacdutymanagers@sportirelandcampus.ie

Officials and Coaches Area

The officials room which is located on the deck near the turn end of the pool.

There will be a coach's area on deck, beside the official's room. This area can be used for coaches only and not swimmers.

Team Seating

Team seating is available on the gallery area. The designated areas are detailed in appendix 1. For teams seated in the gallery area, no items must be hung over the glass at the front of the gallery. Athletes must ensure footwear is always worn when using the stairs and in the gallery area.

Key Dates and timings

Date	Time	Activity	Location
~~Wednesday 1st July~~	~~20.30~~	~~Team Leader Meeting~~	~~Online~~ **CANCELLED**
Friday 3rd July	**10.45**	**Competition commences**	**Competition Pool**
Saturday 4th July	**10.45**	**Competition commences**	**Competition Pool**
Saturday 4th July	18.00	Competition ends	Competition Pool

TEAM INFROMATION

Team Leaders Meeting:

Technical briefing that was due to take place on Wednesday 1st July @ 20:00 via Zoom has been cancelled. The Team Leaders presentation slides will be shared instead via email.

Team Staff Briefing

There will be no briefing on the event days. If you have any queries during the meet, please speak to either the Event Manager or Meet Director.

Heat Sheets

Heat sheets will be issued via this WhatsApp group.

Finalised **Heat sheets** for Day 1 will be posted to the WhatsApp group on the evening before as soon as possible after the withdrawal deadline for day 1 of 3pm.

For subsequent days, finalised Heat sheets for the next day will be posted to the WhatsApp group on the evening before as soon as possible after the withdrawal deadline of 6pm. No withdrawals will be accepted after the deadline.

We are attempting to reduce paper wastage, so only 1no. paper copy of heat sheets per clubs will be provided.

Communication

Communication will be via a WhatsApp broadcast which team staff should sign up to. Details of how to sign up are included in this document Appendix 3. **The group is for *over 18s only*.**

Relay Team changes and Heat updates made on the day of an event will be posted on the day to the WhatsApp group, they **will not** appear on the paper copies of Heat sheets.

Results will also be posted to the WhatsApp group, as soon as possible after all heats of the events are completed and signed off by the Meet Referee.

Phones use poolside is permitted by Officials, Coaches and Team Managers **only** for operational purposes; however Video and Photography is ***strictly prohibited poolside*** with the only exception being the Swim Ireland appointed Official Event Photographer.

Officials

Clubs that have been assigned an Officials role, should ensure they supply a Level 1 Qualified Official to act as their Official. This is in the best interest of your swimmers and is designed to help ensure that backup times from the stopwatches are as accurate as possible should they be required. The eLearning course can be booked **HERE** and takes approximately 90min to complete.

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

Officials briefing will take place 30 minutes before the start of each session and all officials must sign in at the accreditation desk in advance of this. These briefings will take place in the officials room.

Line Up Area

Line Up Area is located on the pool deck, across from the timing side

Swimmers must report here 15 minutes before their race.

They will then proceed to the blocks when directed.

It will be your responsibility to ensure that you are on time for your heat.

Warm-up and cool-down:

Refer to Appendix 4 for Warm-up session times. One lane in the diving pool will be available during the competition.

No fins or paddles to be used during warm-up or cool-down in the competition pool. Swimmers are to exit the pool via the sides.DO NOT TO CLIMB OVER TIMING PADS AS THIS CAN DAMAGE THEM.

X

X

Only swimmers who are competing in the relevant session may participate in the warm-up.

Diving is only permitted in designated sprint lanes.

The organisers reserve the right to change these arrangements. Please listen for announcements.

Warm up / Cooldown Mid sessions Pool

During competition sessions, one lane in the 25m warm-up/swim-down Diving pool will be available for athletes.

This lane will be the one closest to the Competition Pool, and will be available while heat sessions are in progress.

Competition Pool

HEATS - WARM UP PROCEDURE

Distribution of warm up lanes

LANE 0: 75 years + Anti clockwise

LANE 1 SLOW: 55 seconds or slower for 50m Swim clockwise

LANE 2 SLOW: 55 seconds or slower for 50m Swim anti clockwise

LANE 3 MEDIUM: 50-55 seconds for 50m Swim clockwise

LANE 4 MEDIUM: 45-50 seconds for 50m Swim anti clockwise

LANE 5 MEDIUM: 45-50 seconds for 50m Swim clockwise

LANE 6 FAST: 40-45 seconds for 50m Swim anti clockwise

LANE 7 FAST: 40 seconds or faster for 50m Swim clockwise

LANE 8 SPRINT: Sprint Lane Swim one way from Start end

LANE 9 SPRINT: Sprint Lane Swim one way from Start end

Withdrawals

All withdrawals prior to below deadline must be submitted via fastwave.

Withdrawals from **day 1** must be submitted via the **Fastwave** form by **3pm on Thursday 2nd July**. After this time, the any withdrawal will not be added to included in the Meet.

Withdrawals from events on **subsequent days** must be submitted through the swim office table at the event by **6pm the previous day**, i.e. for day 2, withdrawals must be submitted by 6pm on day 1 etc.

Relay Name Forms

Deadline for submission of **relay forms** is 1 hour before the start of the session the relay takes place in.

Swimmers must be listed in the correct order in which they intend to swim.

Forms may be submitted at any time before the deadline and can be re-submitted in the event of any changes up to the deadline. When submitting a relay form a correct entry time must entered, this is to ensure seeding is correct.

There will be a short break between relays & individual events and/or individual events & relays

Competition

There will be no overhead starts, the pool will be cleared after each Heat.

There will be NO allowances for swimmers late to line up

Heat sessions - Athletes can exit from both side of the pool as directed by the referee

Technical Delegates Desk & Recorders/Timing Suite:

The Technical Delegates Desk is located poolside near the Main Starting Blocks. Withdrawals / queries **must** be directed to the **Technical Delegates**. **Team staff and Athletes are not permitted to enter the Recording & timing suite**.

The recorders and timing suit is situated in located poolside offices with a view of the Starting Blocks. Team staff and officials are not permitted to position themselves in a location that would restrict the Recording & timing suite view of the pool.

AGE GROUPS

Age at 31st December 2026.

Individuals: 19yrs – 24yrs, 25yrs – 29yrs, 30yrs – 34yrs etc. and upwards in 5 year intervals.

Relays: 76yrs-99yrs, 100yrs-119yrs, 120yrs-159yrs, 160yrs-199yrs, etc. and upwards in 40 year intervals.

AWARDS

All events will be run as Heat Declared Winner (HDW) events with seeded heats, mixed or Men & Open / Women events.

Gold, Silver & Bronze medals will be awarded to each gender in each event in all age categories.

Disqualifications, Protests & Fines

Disqualification Queries can only be made to the Referee

Protests Must be made in writing on the official form to the Referee. It must be delivered to the Technical Delegate Table not later than 30 minutes after the event together with €50. The decision of the Referee can be referred to the Jury of Appeal.

Fines of €50 are issued to Clubs when a swimmer fails to swim in either heats or finals, unless they have been correctly withdrawn in advance, using the appropriate form and before the relevant deadline.

GENERAL INFORMATION

Spectators

Spectating will be permitted at the event although numbers will be limited to a maximum of 200.

Spectators should enter and exit via the main doors at the front of the building and are not permitted to enter the Team Areas.

Parking

There will be car park stewards in attendance for this event. When you come in the main gate, you will be instructed to turn right immediately, continue along the side of the building, you will then be guided onto the grass area for parking.

If the grass area becomes full, you will be instructed to park in another area of the campus. Please be respectful to the car park stewards.

Event Contact

Please direct all queries to entries@swimireland.ie

SWIM IRELAND POLICY

Swimsuits

It **is not** a requirement for swimmers to be wearing WA approved swimwear in this competition, but all swimwear must meet the World Aquatic Approved Swim Wear Policy & Swim Ireland Policy.

World Aquatic Approved Swim Wear Policy

Swimmers have a choice between wearing non-tech swimsuits or WA-approved tech swimsuits.

Full details of the Swim Ireland Swimwear policy (updated Jan 2026) can be found **HERE**

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.

If selected for testing swimmers will be chaperoned at all times until a sample is obtained

Further information can be found at Sport Ireland Anti-Doping.

Health and Safety

Please refer to the Health & Safety guidelines at the back of this document and the Swim Ireland Code of Practice for Safety (Swimming).

Swim Ireland Transgender Policy

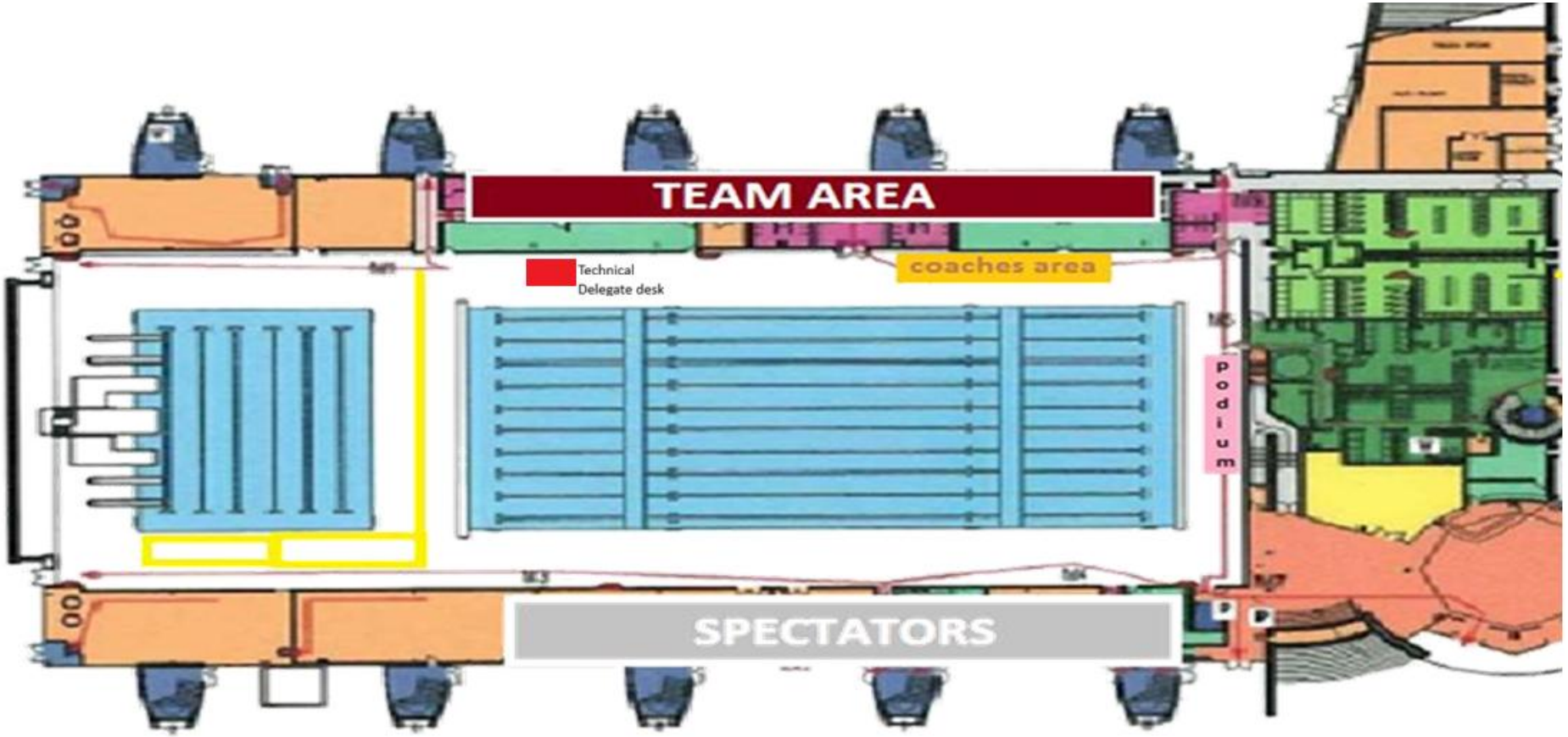
Please note that this competition will be run under the stipulations of the Swim Ireland Transgender and Non-Binary Participation and Competition Policy.

Female Category – athletes with a birth sex of female

Male & Open Category – athletes with a birth sex of male, trans or non-binary competitors and any competitor not eligible for the Female category

Further information on this can be found in the Policies section on the Swim Ireland website

Appendix 1 – Venue Layout Plan



Appendix 2 – Competition Schedule

SWIM IRELAND | Masters

IRISH MASTERS LC INTERNATIONAL

ORDER OF EVENTS

3rd - 4th July 2026

Session 1 **Warm Up: 9.30 - 10.30** **Start Time: 10.45am** **Friday, 3rd July**

Event No:	Gender	Event
101	Mixed	800 Freestyle
102	Open	400 Individual Medley
103	Female	400 Individual Medley
104	Open	4x200 Freestyle Relay
105	Female	4x200 Freestyle Relay

Session 2 **Warm Up: 1.30 - 2.30pm** **Start Time: 2.45pm** **Friday, 3rd July**

Event No:	Gender	Event
201	Mixed	4x50 Freestyle Relay
202	Open	200 Backstroke
203	Female	200 Backstroke
204	Open	100 Breaststroke
205	Female	100 Breaststroke
206	Open	50 Butterfly
207	Female	50 Butterfly
208	Open	100 Freestyle
209	Female	100 Freestyle
210	Open	200 IM
211	Female	200 IM
212	Mixed	4x50 Medley Relay

All events will be run as Heat Declared Winner (HDW) events

Session 3 Warm Up: 9.30-10.30am Start Time: 10.45am Saturday, 4th July

Event No:	Gender	Event
301	Female	200 Butterfly
302	Open	200 Butterfly
303	Female	50 Freestyle
304	Open	50 Freestyle
305	Female	100 Backstroke
306	Open	100 Backstroke
307	Female	50 Breaststroke
308	Open	50 Breaststroke
309	Female	4x50 Medley Relay
310	Open	4x50 Medley Relay
311	Female	400 Freestyle
312	Open	400 Freestyle

Session 4 Warm Up: 2.00-3.00pm Start Time: 3.15pm Saturday, 4th July

Event No:	Gender	Event
401	Female	200 Breaststroke
402	Open	200 Breaststroke
403	Female	100 Butterfly
404	Open	100 Butterfly
405	Female	200 Freestyle
406	Open	200 Freestyle
407	Female	50 Backstroke
408	Open	50 Backstroke
409	Female	4x50 Freestyle Relay
410	Open	4x50 Freestyle Relay
411	Mixed	1500 Freestyle

All events will be run as Heat Declared Winner (HDW) events

Appendix 3 – WhatsApp Broadcast

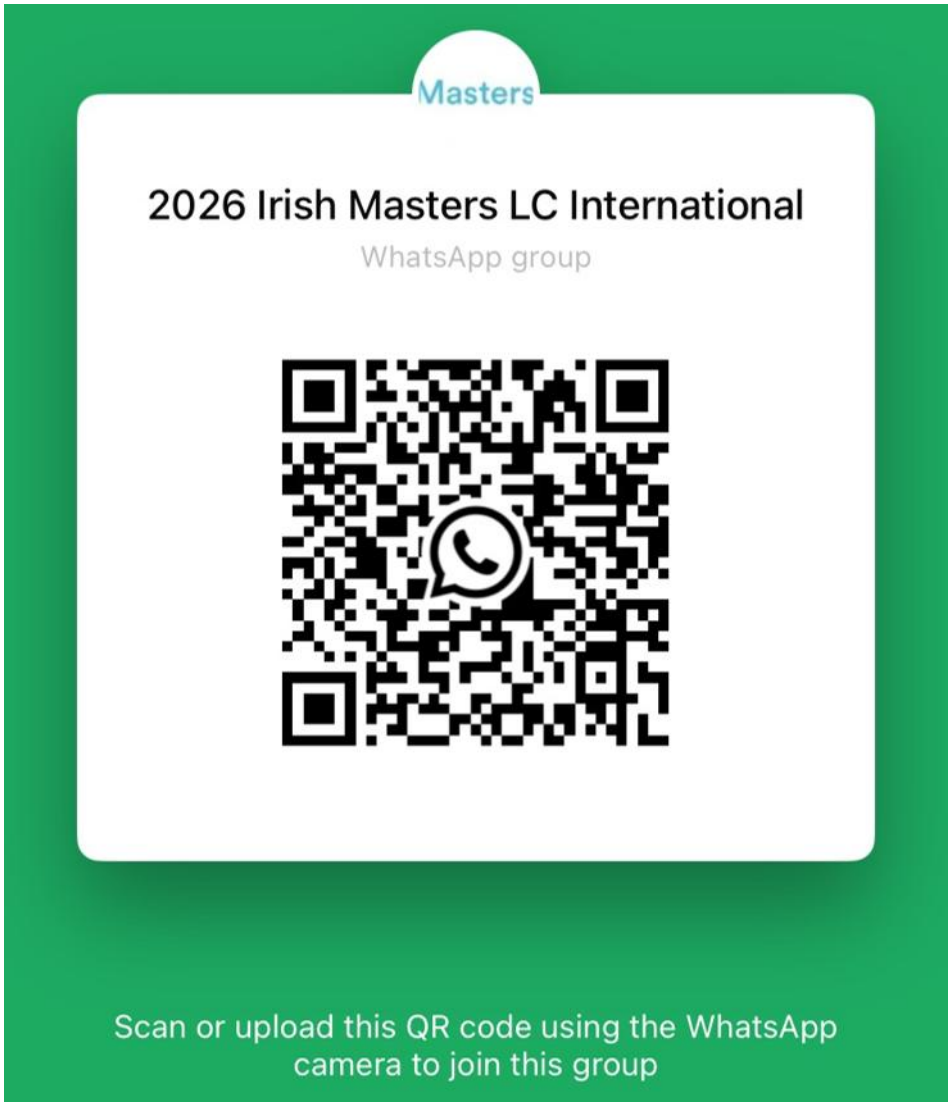
Communication will be via a WhatsApp broadcast which team staff should sign up to. We ask that clubs share both the Link and QR Code to the WhatsApp group below with *team managers and coaches*, as some individuals are unable to use the QR code to join the group. **The group is for *over 18s only*.**

Heat Sheets, Results, Announcements and Updates will be posted to this group.

Join using this link;

https://chat.whatsapp.com/I61DJxFix3Q1BAjkChhHAF

or QR Code below



Appendix 4 – Session Times

Session	Date	Warm Up Times	Competition Start	Session Finish (approx.)
Session 1 – Heats	Friday 3rd July	9.30 to 10.30 – Mixed Gender	10.45am	12.20pm
Session 2 - Heats	Friday 3rd July	1.30 to 2.30pm – Mixed Gender	2.45pm	4.10pm
Session 3 – Heats	Saturday 4th July	9.30 to 10.30 – Mixed Gender	10.45am	12.45pm
Session 4 – Heats	Saturday 4th July	2.00 to 3.00pm – Mixed Gender	3.15pm	6pm

HEALTH & 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 Organizers 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.
- 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.

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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.