



2014-
2015

Clubs' & Coaches' National & International Handbook



Irish Sport HQ, National Sports Campus,
Blanchardstown, Dublin 15

Contact: Niamh McDonnell – competitions@swimireland.ie

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Swim Ireland Competitions Officer

Niamh McDonnell

competitions@swimireland.ie

+353 1 6251142

+353 86 7750775

Disclaimer:

This handbook is issued as a planning guide for swimmers and coaches. Some of the contents may be subject to change. Such changes will be notified to clubs by email or by means of the Swim Ireland website. We apologise for any errors and/or omissions.

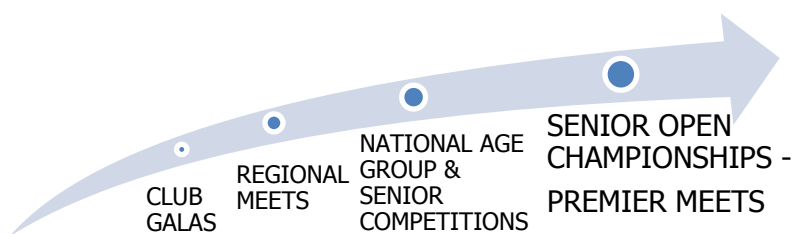
I am delighted to introduce the Club handbook for the 2014-2015 season. This handbook includes information regarding the important dates on the National and International competition calendar, and the relevant qualification standards for these events. Also included is a complete Aquatic Calendar as well as information on the High Performance National Squads.

National Competitions

National Competitions are supported by a Steering Group (who develop and oversee the National competition strategy), National Competitions Committee, Officials' Committee, National Performance Committee, High Performance Team, Office Staff and the newly appointed Swim Ireland Competitions Officer. These volunteers and staff work closely together to plan and seek to deliver high quality National Competitions.

Over the past three years we have successfully overhauled our National Competitions to create the best possible athlete, coach and spectator experience. I would like to take this opportunity to sincerely thank the dedicated band of volunteers and officials who give their commitment, support and time to ensure these competitions are run at a standard that we can be very proud of. We will continue to work to improve and operate to the highest levels possible in this area

Each year there are a huge number of competitions run throughout the country, all falling in to the following pathway:



The Irish Open LC Championships, held in April, are the premier long course meet of the season. In 2013 the event was boosted by the appearance of World Record Holder Katina Hosszu from Hungary, and the Egyptian National Team. In 2015 we hope to build on this event by attracting more high profile swimmers to attend in order to increase the standard and enjoyment of our own swimmers. At this meet, any Irish swimmer looking to be selected for International meets in the summer of 2015 will be required to compete in their main events for selection so this promises to be a highly competitive event. The Irish Open SC Championships are also a Premier Meet and will be run to as high a standard as the LC event.

The Dave McCullagh Memorial, Irish Age Group Championships & Summer Open and Irish Age Groups – Division 2, are also expected to be run at a high standard, but slightly below the premier meets. Regional events should run at a level just below these National Meets, with Club Meets making up the rest of the competition calendar.

A review of all competitions took place at the end of the 2012 Olympic cycle and we have put together a calendar of dates and provisional venues for all National Competitions being held between now and Rio 2016. We do not expect any major changes to be made to any competition format, only some minor tweaks as required to improve the experience at events for our swimmers.

We are adding Schools swimming to the competition pathway over the coming season, as well as introducing Meet Licensing for ALL meets throughout this Olympic cycle. This will help to ensure that events we run are athlete centred and allow all to compete to the best of their ability. Further information on this will be released in due course.

International Competitions

A review of the International Competition programme took place after the 2012 Olympic Games and showed that 2009-2012 had been the most successful cycle for Irish Swimming, but we are still working to perform at our peak at the big meets.

The International Competition programme is an extensive programme. A decision was made to send smaller teams to World Championships and European Long Course Championships, comprised of swimmers who can potentially reach semi-finals and finals at the meets. This was achieved through Meet Qualifying Standards, linked to international benchmarks.

European Short Course Championships, European Junior Championships, World Cups etc. are Developmental meets where bigger teams will be competing, but most swimmers will have the ability to reach semi-finals.

All of this is backed up by a highly successful National Squads Programme also outlined in this handbook, containing information on how to be selected for the squad and what is expected of each squad member. Also contained within are the selection criteria and qualification standards for the 2015 European Junior Championships (part of the European Games), European Youth Olympic Festival, World University Games and World Long Course Championships.

I would like to wish all Irish swimmers, coaches, officials and volunteers the very best of luck for the coming season

Yours in Swimming



Sarah Keane, CEO



Swim Ireland Vision

Our Vision

To inspire and empower people in Ireland of all ages and abilities to participate in our sport and to embrace a healthy lifestyle

Our Core Value

To regulate our sport and operate to the highest standards of care to ensure we provide a safe and secure environment for all our participants and those who support and work with them

Our Strategic Goals

To provide visible, direct and practical support on the ground to regions and clubs, develop and grow the disciplines, promote a pathway to cater for all abilities and levels of interest within the sport and raise the profile of the sport

To improve coach standards across the board, continue to deliver high quality qualifications, continued professional development and licensing programme, promote the Swim Ireland Child Learn To Swim programmes and further develop the competitive programmes

To win a medal at World/Olympic level, qualify 6 swimmers on FINA A Standard and achieve performances at the 2016 Olympics, and deliver continued medal success at European level

To develop commercial revenue, increase the market share of Swim Ireland programmes within the industry, connect commercially with the recreational swimmer and increase self-generated (non grant or membership fees) revenue to 46% of overall turnover

To establish Swim Ireland as the established voice of the aquatic industry and providing strong leadership to the sport



General Event Regulations

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

The following General Event Rules will apply to ALL National Meets:

- 1. Meet Host/Approval By:** Irish Amateur Swimming Association Ltd. / Swim Ireland
- 2. Conditions of Sanction**
 - 2.1.** This competition is certified in accordance with the rules and regulations of Swim Ireland and FINA.
- 3. Equipment**
 - 3.1.** Omega electronic timing system with integrated Hy-tek software.
- 4. Eligibility**
 - 4.1.** Open to all eligible, current Swim Ireland registered competitive members who achieve the qualification standards. Entry Standards must have been achieved in Open Competition in the preceding fifteen months. Only times which appear on the national database will be accepted. Times will only be accepted for the National Database when Electronic Timing is in operation. A fine of €50 will apply to swimmers who fail to achieve the standard for the entered event and who cannot provide proof that they achieved the standard for the event since the required date.
 - 4.2.** Entries will also be accepted from members of other federations. Members of other federations may be required to verify their age by presenting their passports.
- 5. Disability Swimming**
 - 5.1.** Swimmers will be required to achieve specific standards for their classification in order to enter National Competitions. *These standards will be issued to all clubs.*
- 6. Seeding**
 - 6.1.** Seeding for lane placing will be based on entry times using the Hy-tek software.
 - 6.2.** In accordance with FINA regulations the following shall apply:
If one heat, it shall be seeded as a final and swum only during the final session.
When there are two or more heats in an event, there shall be a minimum of three swimmers seeded into any one preliminary heat, but subsequent scratches may reduce the number of swimmers in such heat to less than three.
 - 6.3.** B Finals: There shall be no "B" finals in any events with less than 20 entrants. If following withdrawals there are less than 6 swimmers remaining in the "B" final, then the "B" final will not be swum.
 - 6.4.** Semi-Finals: If there are less than 11 entrants in an event, then preliminary heats will be swum and the fastest 8/10 swimmers will advance to the final – there will be no semi-finals.
- 7. Entry Conditions**
 - 7.1.** It will be a condition of entry that all Irish swimmers must have a valid Swim Ireland Registration No. for the current season. Foreign swimmers are also required to provide proof of membership with their National Federation.
- 8. Team Leaders Meeting**
 - 8.1.** The Team Leaders Meeting will take place before the start of each competition (exact time and location will be advised for each competition in the meet conditions). Attendance at this meeting is mandatory. Each club must be represented by one or more delegates. A club (not a delegate) attending the meeting may also represent a maximum of one additional club. Any such representation must be declared in writing at the meeting. The representative is authorised to make withdrawals. A fine of €100 will be issued to clubs who fail attend or are not represented at this meeting.

9. Scratches

- 9.1.** All withdrawals from heats or timed finals on the first day of competition must be made at the Team Leaders Meeting. If a club is not represented at the Team Leaders Meeting and has not previously advised the recorder of their scratches it will be deemed that all swimmers are competing in their entered events. Subsequent withdrawals from heats or timed finals or 'no show' on the first day of competition will be subject to a fine. Withdrawals from heats or timed finals on the second and all subsequent days can be made at a time to be advised at the Team Leaders Meeting.
- Withdrawals from heats or timed finals or "no show" after the team leaders meeting or the specified time will be subject to a fine of €50.
- 9.2.** A swimmer who withdraws outside the specified time limits due to illness or injury will not be subject to a fine in the event that they produce a doctor's certificate to Swim Ireland within 72 hours after the end of the competition. Once a swimmer withdraws due to illness or injury they will not be eligible to compete in the remainder of the competition.
- 9.3.** Withdrawals from semi-finals or finals (including reserves) may be made up to 30 minutes from the announcement of the semi-final or final. Withdrawals after this time or "no show" (including reserves) will be subject to a fine of €50.

10. Relay Entries

- 10.1.** Clubs are permitted to enter more than one relay team per event. The names of the 4 relay team members swimming in the race and the order of swimming must be declared on the official Team Declaration Sheet and submitted to the Recorder no later than 30 minutes before the start of the session in which the race takes place. Failure to do so will be subject to a fine of €50 and disqualification of the relay team.
- 10.2.** The swimmers may change between heats and finals, but 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 FINA Rule SW 10.12.

11. Complaints & Protests

- 11.1.** 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. 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:
- 11.1.1. 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.
- 11.1.2. If conditions endanger the competitors or the competition
- 11.2.** A protest may be made against a decision of the referee; however, no protest shall be allowed against decisions of fact.
- 11.3.** 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.
- 11.4.** In addition to FINA Rules the Swim Ireland Complaints and Disciplinary Rules shall apply. In all matters arising during the swim meet the responsible person named in the Swim Ireland Complaints and Disciplinary Rules shall be the **referee**, in respect any misconduct which occurs within the geographical area of the pool deck or the **technical director** for acts of misconduct which occurs outside the geographical area of the pool deck. Please note exception No. 1.3. (b) "Breaches of any technical provisions of any Competition Rules (other than in respect of eligibility). Such breaches shall be dealt with in accordance with the provisions of such Competition Rules for Swimming, Water Polo and Diving. For the avoidance of doubt, this paragraph shall not cause matters outside any technical breaches of any Competition Rules (as may be determined by any Complaints and Disciplinary Body at its discretion) to be excluded from the provisions of these Rules and Procedures;"
- 11.4.1. Competition rules shall include FINA and Swim Ireland Rules.

12. Photography

12.1. 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 must be in accordance with Swim Ireland Guidelines.

13. Officials

13.1. All clubs entering National meets will be expected to provide at least 1 meet official for every four swimmers entered, to a maximum of 3 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. All officials should be qualified to at least Level 1 and should be dressed in white.

14. Accreditation

14.1. Accreditation will be provided for Swimmers, Coaches, Team Managers and Officials and must be worn for the duration of the competition.

15. Anti-Doping

15.1. 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 Irish Sports Council/WADA/FINA Anti-Doping rules. For further information visit the Anti-Doping section of the Irish Sports Council website.

16. Warm-up Schedule

16.1. Warm-up will be mixed unless otherwise advised at the Team Leaders Meeting.

16.2. Morning Sessions: 90 minutes duration – if warm ups are not mixed, this will be 45 minutes per gender

16.3. Evening Sessions: 60 minutes duration

The information contained in this handbook is basic information, more comprehensive Meet Conditions will be published for each meet. This information will be posted on the Swim Ireland website and circulated to all clubs.

Please note that all Swim Ireland Competitions are Age on Day on the first day of the competition with the exception of Schools and Masters competitions.

NATIONAL SWIM WEEK



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. Swimmers will not be allowed up the stairs to the balcony unless they are dry.
- iii. Where there is a balcony or rail - swimmers are not permitted to climb over it.
- iv. Glass bottles are not permitted outside designated refreshment areas.

In line with Swim Ireland rules no person may video, film or take photographs at this event without having received permission and registered their details with the main pool reception and event organiser (or similar responsible person)

SWIM FOR A MILE



Irish Open SC National Championships
Lagan Valley LeisurePlex, Lisburn
12th – 14th December, 2014

MEET CONDITIONS

Should be read in conjunction with the General Meet Regulations

Pool Specifications:	25 metre, 8 lane, indoor competition pool with wave-breaker lane ropes. Warm-up/swim-down pool also available during the meet.
Meet Type:	Open National Championships, 25m Senior Meet. There will be A and B finals for all 50m; 100m; 200m and 400m individual events, subject to "Seeding" below.
Entry Limit:	There will be no entry limit for this event.
Entry Form:	Electronic Hy-tek entries are accepted via Hy-tek to the Swim Ireland Office at entries@swimireland.ie Paper entries should be posted to the Swim Ireland Office at Irish Sport HQ, National Sports Campus, Blanchardstown, Dublin 15, Ireland marked "2014 IRISH SC NATIONALS". Paper entries are only required where Hy-tek is not used.
Entry Deadline:	Tuesday 11 th November, 2014 for ALL entries. Payment for Hy-tek entries must be received by Friday 14 th November, 2014
Entry Fees:	Individual entries cost €8.00 Relay entries cost €32.00 No entry will be processed until the appropriate fee has been received at the Swim Ireland Office . Payment options are detailed in the Entry Summary Sheet.
Distance Events:	800m & 1500m Freestyle events and all relay events will be Heat Declared Winners (HDW). The Men's 800m Freestyle and Women's 1500m Freestyle will have one heat only. Swimmers will enter in the usual manner and the fastest eight in each will swim.
Scoring:	Scoring for overall awards will be based on FINA points system.
Awards:	Medals are awarded for top-3 placings and top-3 Irish placings should these be different. All swimmers should be properly attired in a tracksuit or t-shirt and shorts for medal ceremonies. The "Swimmer of the Meet" will be based on FINA points and will be awarded to the Irish swimmer who attains the highest points in one swim.
Further Information:	Please direct all queries to competitions@swimireland.ie or +353-1-6251142.



Irish Open SC National Championships
 Lagan Valley LeisurePlex, Lisburn
 12th – 14th December, 2014

ORDER OF EVENTS

Session 1: Friday 12th December			Session 3: Saturday 13th December			Session 5: Sunday 14th December		
1	M	50m Freestyle	15	W	50m Freestyle	29	W	400m Ind. Medley
2	W	100m Breaststroke	16	M	100m Breaststroke	30	M	400m Ind. Medley
3	M	200m Backstroke	17	W	200m Backstroke	31	W	50m Butterfly
4	W	200m Butterfly	18	M	200m Butterfly	32	M	50m Butterfly
5	M	100m Butterfly	19	W	100m Butterfly	33	W	200m Freestyle
6	W	50m Backstroke	20	M	50m Backstroke	34	M	200m Freestyle
7	M	50m Breaststroke	21	W	50m Breaststroke	35	W	100m Backstroke
8	W	200m Ind. Medley	22	M	200m Ind. Medley	36	M	100m Backstroke
9	M	400m Freestyle	23	W	400m Freestyle	37	W	200m Breaststroke
10	W	100m Freestyle	24	M	100m Freestyle	38	M	200m Breaststroke
11	M	100m Ind. Medley	25	W	100m Ind. Medley	39	W	4x50m MTR (HDW)
12	W	800m Freestyle (HDW)	26	M	1500m Freestyle (HDW)	40	M	4x50m MTR (HDW)
Session 2: Friday 12th December			Session 4: Saturday 13th December			Session 6: Saturday 14th December		
12	W	800m Free (Fastest Heat)	26	M	1500m Free (Fastest Heat)	43	W	1500m Free (1 Heat)
1	M	B & A Final 50m Freestyle	15	W	B & A Final 50m Freestyle	44	M	800m Free (1 Heat)
2	W	B & A Final 100m Breaststroke	16	M	B & A Final 100m Breaststroke	29	W	B & A Final 400m Ind. Medley
3	M	B & A Final 200m Backstroke	17	W	B & A Final 200m Backstroke	30	M	B & A Final 400m Ind. Medley
4	W	B & A Final 200m Butterfly	18	M	B & A Final 200m Butterfly	31	W	B & A Final 50m Butterfly
5	M	B & A Final 100m Butterfly	19	W	B & A Final 100m Butterfly	32	M	B & A Final 50m Butterfly
6	W	B & A Final 50m Backstroke	20	M	B & A Final 50m Backstroke	33	W	B & A Final 200m Freestyle
7	M	B & A Final 50m Breaststroke	21	W	B & A Final 50m Breaststroke	34	M	B & A Final 200m Freestyle
8	W	B & A Final 200m Ind. Medley	22	M	B & A Final 200m Ind. Medley	35	W	B & A Final 100m Backstroke
9	M	B & A Final 400m Freestyle	23	W	B & A Final 400m Freestyle	36	M	B & A Final 100m Backstroke
10	W	B & A Final 100m Freestyle	24	M	B & A Final 100m Freestyle	37	W	B & A Final 200m Breaststroke
11	M	B & A Final 100m Ind. Medley	25	W	B & A Final 100m Ind. Medley	38	M	B & A Final 200m Breaststroke
13	W	4x100m MTR (HDW)	27	M	4x100m FTR (HDW)	41	W	4x50m FTR (HDW)
14	M	4x100m MTR (HDW)	28	W	4x100m FTR (HDW)	42	M	4x50m FTR (HDW)



Irish Open SC National Championships
Lagan Valley LeisurePlex, Lisburn
12th – 14th December, 2014

QUALIFICATION STANDARDS

Male		Event	Female	
SC	LC		LC	SC
26.28	26.81	50 Freestyle	30.39	29.79
57.02	58.16	100 Freestyle	1.05.07	1.03.79
2.06.27	2.08.80	200 Freestyle	2.21.48	2.18.71
4.37.10	4.42.64	400 Freestyle	5.01.03	4.55.13
		800 Freestyle	10.07.99	9.56.07
18.00.47	18.22.08	1500 Freestyle		
30.32	30.93	50 Backstroke	35.17	34.48
1.07.11	1.08.45	100 Backstroke	1.14.00	1.12.55
2.25.66	2.28.57	200 Backstroke	2.39.36	2.36.24
32.38	33.03	50 Breaststroke	39.30	38.53
1.14.43	1.15.83	100 Breaststroke	1.24.90	1.23.24
2.48.22	2.51.58	200 Breaststroke	3.04.57	3.00.95
27.65	28.20	50 Butterfly	31.87	31.25
1.02.89	1.04.15	100 Butterfly	1.12.01	1.10.60
2.26.73	2.29.66	200 Butterfly	2.39.88	2.36.75
*		100 I.M.		*
2.22.36	2.25.21	200 I.M.	2.37.92	2.34.82
5.04.16	5.10.24	400 I.M.	5.39.47	5.32.81

*The 100 I.M. is open to swimmers who have qualified for the 200 I.M.



SU Invitational/Dave McCullagh Memorial Meet
Aurora Leisure Centre, Bangor
6th – 8th March, 2015

MEET CONDITIONS

Should be read in conjunction with the General Meet Regulations

Pool Specifications:	50 metre, 10 lane, indoor competition pool with wave-breaker lane ropes. 25 metre warm-up/swim-down pool also available during the meet.
Meet Type:	There will be A and B finals for all 50m; 100m; 200m and 400m individual events, subject to "Seeding" below.
Entry Limit:	There will be no entry limit for this event.
Entry Deadline:	Tuesday 3 rd February, 2015 for both Hy-tek and Paper entries. Payment should be received by Friday 6 th February, 2015
Entry Form:	Electronic Hy-tek entries are accepted via Hy-tek to the Swim Ireland Office at entries@swimireland.ie Paper entries should be posted to the Swim Ireland Office at Irish Sport HQ, National Sports Campus, Blanchardstown, Dublin 15, Ireland marked "2015 SU Dave McCullagh". Paper entries are only required where Hy-tek is not used.
Entry Fees:	Individual entries cost €8.00 per event. Relay entries cost €32.00 per event. No entry will be processed until the appropriate fee has been received at the Swim Ireland Office . Payment options are detailed in the Entry Summary Sheet.
Distance Events:	800m & 1500m Freestyle events will be Timed Finals, with the fastest heat taking place during the final's session.
Scoring:	Top 10 swimmers in each event receive points (10-1) based on final results. The Irish club team with the highest cumulative points are awarded the Dave McCullagh Memorial Trophy.
Further Info:	Please direct all queries to competitions@swimireland.ie or +353-1-6251142.



Dave McCullagh Memorial Meet
Aurora Leisure Centre, Bangor
6th – 8th March, 2015

ORDER OF EVENTS

Session 1: Friday 6th March			Session 3: Saturday 7th March			Session 5: Sunday 8th March		
1	M	50m Backstroke	13	M	50m Butterfly	25	M	50m Freestyle
2	W	50m Backstroke	14	W	50m Butterfly	26	W	50m Freestyle
3	M	100m Freestyle	15	M	200m Freestyle	27	M	50m Breaststroke
4	W	100m Freestyle	16	W	200m Freestyle	28	W	50m Breaststroke
5	M	200m Butterfly	17	M	100m Backstroke	29	M	200m Backstroke
6	W	200m Butterfly	18	W	100m Backstroke	30	W	200m Backstroke
7	M	100m Breaststroke	19	M	200m Breaststroke	31	M	100m Butterfly
8	W	100m Breaststroke	20	W	200m Breaststroke	32	W	100m Butterfly
9	W	400m Ind. Medley	21	M	400m Ind. Medley	33	M	200m Ind. Medley
10	M	4x100m FTR	22	M	4x200m FTR	34	W	200m Ind. Medley
11	W	4x200m FTR	23	W	4x100m FTR	35	M	400m Freestyle
12	M	1500m Freestyle (HDW)	24	W	800m Freestyle (HDW)	36	W	400m Freestyle
						37	M	4x100m MTR
						38	W	4x100m MTR
Session 2: Friday 6th March			Session 4: Saturday 7th March			Session 6: Sunday 8th March		
1	M	50m Backstroke	13	M	50m Butterfly	25	M	50m Freestyle
2	W	50m Backstroke	14	W	50m Butterfly	26	W	50m Freestyle
3	M	100m Freestyle	15	M	200m Freestyle	27	M	50m Breaststroke
4	W	100m Freestyle	16	W	200m Freestyle	28	W	50m Breaststroke
5	M	200m Butterfly	17	M	100m Backstroke	29	M	200m Backstroke
6	W	200m Butterfly	18	W	100m Backstroke	30	W	200m Backstroke
7	M	100m Breaststroke	19	M	200m Breaststroke	31	M	100m Butterfly
8	W	100m Breaststroke	20	W	200m Breaststroke	32	W	100m Butterfly
12	M	1500m Free (Fastest Heat)	21	M	400m Ind. Medley	33	M	200m Ind. Medley
9	W	400m Ind. Medley	24	W	800m Free (Fastest Heat)	34	W	200m Ind. Medley
10	M	4x100m FTR	22	M	4x200m FTR	35	M	400m Freestyle
11	W	4x200m FTR	23	W	4x100m FTR	36	W	400m Freestyle
						37	M	4x100m MTR
						38	W	4x100m MTR



Dave McCullagh Memorial Meet
Aurora Leisure Centre, Bangor
6th – 8th March, 2015

QUALIFICATION STANDARDS

Male		Event	Female	
SC	LC		LC	SC
26.28	26.81	50 Freestyle	30.39	29.79
57.02	58.16	100 Freestyle	1.05.07	1.03.79
2.06.27	2.08.80	200 Freestyle	2.21.48	2.18.71
4.37.10	4.42.64	400 Freestyle	5.01.03	4.55.13
		800 Freestyle	10.07.99	9.56.07
18.00.47	18.22.08	1500 Freestyle		
30.32	30.93	50 Backstroke	35.17	34.48
1.07.11	1.08.45	100 Backstroke	1.14.00	1.12.55
2.25.66	2.28.57	200 Backstroke	2.39.36	2.36.24
32.38	33.03	50 Breaststroke	39.30	38.53
1.14.43	1.15.83	100 Breaststroke	1.24.90	1.23.24
2.48.22	2.51.58	200 Breaststroke	3.04.57	3.00.95
27.65	28.20	50 Butterfly	31.87	31.25
1.02.89	1.04.15	100 Butterfly	1.12.01	1.10.60
2.26.73	2.29.66	200 Butterfly	2.39.88	2.36.75
2.22.36	2.25.21	200 I.M.	2.37.92	2.34.82
5.04.16	5.10.24	400 I.M.	5.39.47	5.32.81



Irish Open LC National Championships
National Aquatic Centre, Dublin
30th April – 3rd May, 2015

MEET CONDITIONS

Should be read in conjunction with the General Meet Regulations

Pool Specifications:	50 metre, 10 lane, indoor competition pool with wave-breaker lane ropes. 25 metre warm-up/swim-down pool also available during the meet.
Meet Type:	Open National Championships, 50m Senior Meet. There will be semi-finals for all 50m and 100m; A and B finals for 200m and 400m individual events. The 800m and 1500m events will be Timed Finals with the fastest heat swimming in the finals session
Entry Limit:	There will be no entry limit for this event.
Entry Deadline:	Tuesday 31 st March, 2015 for ALL entries. Payment for Hy-tec entries must be received by Friday 4 th April, 2015
Entry Form:	Electronic Hy-tec entries are accepted via Hy-tec to the Swim Ireland Office at entries@swimireland.ie Paper entries should be posted to the Swim Ireland Office at Irish Sport HQ, National Sports Campus, Blanchardstown, Dublin 15, Ireland marked "2015 Irish LC Championships" Paper entries are only required where Hy-tec is not used.
Entry Fees:	Individual entries cost €8.00per event. Relay entries cost €32.00 per event. No entry will be processed until the appropriate fee has been received at the Swim Ireland Office . Payment options are detailed in the Entry Summary Sheet.
Distance Events:	800m & 1500m Freestyle events will be Timed Finals with the fastest heat taking place during the finals session
Further Info:	Please direct all queries to competitions@swimireland.ie or +353-1-6251142.



Irish Open LC National Championships
National Aquatic Centre, Dublin
30th April – 3rd May, 2015

ORDER OF EVENTS

Session 1: Thursday 30th April			Session 3: Friday 1st May			Session 5: Saturday 2nd May			Session 7: Sunday 3rd May		
1	M	50m Breaststroke	13	M	100m Freestyle	23	W	400m Freestyle	31	W	200m Individual Medley
2	W	50m Breaststroke	14	W	100m Freestyle	24	M	400m Freestyle	32	M	200m Individual Medley
3	M	200m Freestyle	15	M	100m Breaststroke	25	W	100m Butterfly	33	W	50m Backstroke
4	W	200m Freestyle	16	W	100m Breaststroke	26	M	100m Butterfly	34	M	50m Backstroke
5	M	100m Backstroke	17	M	400m Individual Medley	27	W	200m Backstroke	35	W	50m Freestyle
6	W	100m Backstroke	18	W	400m Individual Medley	28	M	200m Backstroke	36	M	50m Freestyle
7	M	200m Butterfly	19	M	50m Butterfly	29	W	4x100m MTR	37	W	200m Breaststroke
8	W	200m Butterfly	20	W	50m Butterfly	30	M	4x100m MTR	38	M	200m Breaststroke
9	M	4x100m FTR	21	M	4x200m FTR				39	W	1500m Freestyle (Slower heats)
10	W	4x100m FTR	22	W	4x200m FTR				40	M	800m Freestyle (Slower heats)
11	M	1500m Freestyle (Slower heats)									
12	W	800m Freestyle (Slower heats)									
Session 2: Thursday 30th April			Session 4: Friday 1st May			Session 6: Saturday 2nd May			Session 8: Sunday 3rd May		
11	M	1500m Freestyle (Fastest Heat)	19	M	Semi-Finals 50m Butterfly	14	W	Final 100m Freestyle	33	W	Semi-Finals 50m Backstroke
12	W	800m Freestyle (Fastest Heat)	20	W	Semi-Finals 50m Butterfly	13	M	Final 100m Freestyle	34	M	Semi-Finals 50m Backstroke
1	M	Semi-Finals 50m Breaststroke	13	M	Semi-Finals 100m Freestyle	16	W	Final 100m Breaststroke	39	W	1500m Freestyle (Fastest Heat)
2	W	Semi-Finals 50m Breaststroke	14	W	Semi-Finals 100m Freestyle	15	M	Final 100m Breaststroke	37	W	Semi-Finals 50m Freestyle
5	M	Semi-Finals 100m Backstroke	15	M	Semi-Finals 100m Breaststroke	23	W	B & A Final 400m Freestyle	38	M	Semi-Finals 50m Freestyle
6	W	Semi-Finals 100m Backstroke	16	W	Semi-Finals 100m Breaststroke	24	M	B & A Final 400m Freestyle	40	M	800m Freestyle (Fastest Heat)
3	M	B & A Final 200m Freestyle	17	M	B & A Final 400m Individual Medley	25	W	Semi-Finals 100m Butterfly	31	W	B & A Final 200m Individual Medley
4	W	B & A Final 200m Freestyle	18	W	B & A Final 400m Individual Medley	26	M	Semi-Finals 100m Butterfly	32	M	B & A Final 200m Individual Medley
7	M	B & A Final 200m Butterfly	5	M	Final 100m Backstroke	27	W	B & A Final 200m Backstroke	37	W	B & A Final 200m Breaststroke
8	W	B & A Final 200m Butterfly	6	W	Final 100m Backstroke	28	M	B & A Final 200m Backstroke	38	M	B & A Final 200m Breaststroke
1	M	Final 50m Breaststroke	19	M	Final 50m Butterfly	29	W	Final 4x100m MTR	33	W	Final 50m Backstroke
2	W	Final 50m Breaststroke	20	W	Final 50m Butterfly	30	M	Final 4x100m MTR	34	M	Final 50m Backstroke
9	M	4x100m FTR	21	M	Final 4x200m FTR				25	W	Final 100m Butterfly
10	W	4x100m FTR	22	W	Final 4x200m FTR				26	M	Final 100m Butterfly
									35	W	Final 50m Freestyle
									36	M	Final 50m Freestyle

Session times will be confirmed in complete event paperwork



Irish Open LC National Championships
National Aquatic Centre, Dublin
30th April – 3rd May, 2015

QUALIFICATION STANDARDS

Male		Event	Female	
SC	LC		LC	SC
25.84	26.36	50 Freestyle	29.36	28.78
56.03	57.15	100 Freestyle	1.04.10	1.02.84
2.04.45	2.06.94	200 Freestyle	2.19.48	2.16.75
4.30.34	4.35.75	400 Freestyle	4.55.80	4.50.00
9.30.00	9.41.24	800 Freestyle	9.59.18	9.47.43
17.43.63	18.04.90	1500 Freestyle	19.25.01	19.15.00
29.53	30.12	50 Backstroke	34.36	33.69
1.05.16	1.06.46	100 Backstroke	1.13.13	1.11.70
2.22.16	2.25.00	200 Backstroke	2.37.61	2.34.52
32.10	32.74	50 Breaststroke	38.37	37.62
1.12.61	1.14.06	100 Breaststroke	1.23.21	1.21.58
2.43.05	2.46.31	200 Breaststroke	3.01.09	2.57.54
27.65	28.20	50 Butterfly	31.45	30.83
1.02.00	1.03.24	100 Butterfly	1.10.50	1.09.12
2.22.65	2.25.50	200 Butterfly	2.35.23	2.32.19
2.20.70	2.23.51	200 I.M.	2.36.12	2.33.06
4.57.78	5.03.74	400 I.M.	5.35.10	5.28.53



Irish Age Groups Division 2

UL Arena, Limerick

25th – 28th June, 2015

MEET CONDITIONS

Should be read in conjunction with the General Meet Regulations

Meet Type:	<p>National Age Group Meet.</p> <p>Individual Age Groupings: Female: 10 & Under; 11/12; 13/14; 15-18; Male: 11 & Under; 12/13; 14/15; 16- 18</p> <p>Relay Age Groupings: Female: 14 & Under, 15 & Over; Male: 15 & Under, 16 & Over</p> <p>There will be one final per age group for all 100m and 200m events. All 400m, 800m and 1500m events will be Timed Finals with all heats swum in the morning session</p>
Eligibility:	<p>Open to all eligible, current Swim Ireland registered competitive members who achieve the qualification standards. Entry Standards must have been achieved in Open Competition in the preceding fifteen months. Only times which appear on the national database will be accepted. Times will only be accepted for the National Database when Electronic Timing is in operation. A fine of €50 will apply to swimmers who fail to achieve the standard for the entered event and who cannot provide proof that they achieved the standard for the event since the required date.</p> <p>A swimmer who has achieved an Irish Age Groups Championships & Summer Open time in ANY event in the fifteen months prior to that year's Division 2 competition IS NOT permitted to enter Division 2. <i>Should a swimmer enter Division 2 and subsequently achieve an Irish Age Groups Championships & Summer Open time before the start date of Division 2, their entry for Division 2 will be returned.</i> Entry fees can be refunded, or carried forward to the Irish Age Groups Championships.</p> <ul style="list-style-type: none"> Swimmers with ONE Qualifying Time will be permitted to enter TWO additional events from the following list: 200m backstroke, 200m breaststroke, 200m butterfly, 400m freestyle, 400m IM <i>provided they have achieved the consideration standard in Open Competition</i> Swimmers with TWO Qualifying Time will be permitted to enter ONE additional event from the following list: 200m backstroke, 200m breaststroke, 200m butterfly, 400m freestyle, 400m IM <i>provided they have achieved the consideration standard in Open Competition</i> All other swimmers may enter ONLY the events they have qualified in <i>No swimmer will be accepted with NT as a time.</i> <p>If a club is found to have entered a swimmer in Division 2 who has achieved an Irish Age Group Championships & Summer Open qualifying time then the club will be levied with a fine of €500.</p>
Entry Deadline:	<p>Tuesday 2nd June, 2015 for Hy-tek and Paper entries. Payment should be received by Friday 5th June, 2015</p>
Entry Form:	<p>Electronic Hy-tek entries are accepted via Hy-tek to the Swim Ireland Office at entries@swimireland.ie Paper entries should be posted to the Swim Ireland Office at Irish Sport HQ, National Sports Campus, Blanchardstown, Dublin 15, Ireland marked "2015 IAG Division 2" Paper entries are only required where Hy-tek is not used.</p>
Entry Fees:	<p>Individual entries cost €8.00per event. Relay entries cost €32.00 per event.</p> <p>No entry will be processed until the appropriate fee has been received at the Swim Ireland Office. Payment options are detailed in the Entry Summary Sheet.</p>
Relay Entries:	<p>Any relay found to have swum IAG Championship level swimmers will forfeit relay medals which will be awarded to the next eligible relay.</p>
Awards:	<p>Any swimmer found to have entered Division 2 on times slower than they have achieved in the preceding fifteen months will be fined €50 and will forfeit their medal which will be awarded to the next placed swimmer.</p>
Further Info:	<p>Please direct all queries to competitions@swimireland.ie or +353-1-6251142.</p>

*Please note that swimmers who achieve IAG Championships & Summer Open qualification standards at Division 2 are **NOT** eligible to enter IAG Championships.*



Irish Age Groups Division 2

UL Arena, Limerick

25th – 28th June, 2015

QUALIFICATION STANDARDS

FEMALE																
Event	10 & U				11 & 12				13 & 14				15 - 18			
	LC	SC	consider LC	consider SC	LC	SC	consider LC	consider SC	LC	SC	consider LC	consider SC	LC	SC	consider LC	consider SC
100 FC	1.19.96	1.18.39			1.16.36	1.14.86			1.12.03	1.10.62			1.10.46	1.09.08		
200 FC	2.54.48	2.51.06			2.46.63	2.43.36			2.37.50	2.34.41			2.35.51	2.32.46		
400 FC	6.14.99	6.07.64	6.22.49	6.14.99	5.58.10	5.51.08	6.05.26	5.58.10	5.34.74	5.28.18	5.41.43	5.34.74	5.28.31	5.21.87	5.34.88	5.28.31
800 FC	13.27.68	13.11.84			12.51.29	12.36.17			11.32.02	11.18.45			11.09.43	10.56.30		
100 BC	1.33.31	1.31.48			1.29.10	1.27.35			1.23.87	1.22.23			1.21.57	1.19.97		
200 BC	3.15.66	3.11.82	3.19.57	3.15.66	3.06.84	3.03.18	3.10.85	3.06.84	2.57.10	2.53.63	3.00.64	2.57.10	2.54.90	2.51.47	2.58.40	2.54.90
100 BRS	1.47.01	1.44.91			1.41.22	1.39.24			1.36.61	1.34.72			1.34.93	1.33.07		
200 BRS	3.45.07	3.40.66	3.49.57	3.45.07	3.34.93	3.30.72	3.39.23	3.34.93	3.25.12	3.21.10	3.29.22	3.25.12	3.18.01	3.14.13	3.21.97	3.18.01
100 FLY	1.33.98	1.32.14			1.29.75	1.27.99			1.22.90	1.21.27			1.20.19	1.18.62		
200 FLY	3.34.99	3.30.77	3.39.29	3.34.99	3.25.30	3.21.27	3.29.41	3.25.30	3.04.97	3.01.34	3.08.67	3.04.97	2.54.45	2.51.03	2.57.94	2.54.45
200 IM	3.23.16	3.19.18			3.14.01	3.10.21			3.02.71	2.59.13			2.58.79	2.55.28		
400 IM	7.07.57	6.59.19	7.16.12	7.07.57	6.48.32	6.40.31	6.56.49	6.48.32	6.30.38	6.22.73	6.38.19	6.30.38	6.11.60	6.04.31	6.19.03	6.11.60

MALE																
Event	11 & U				12 & 13				14 & 15				16 - 18			
	LC	SC	consider LC	consider SC	LC	SC	consider LC	consider SC	LC	SC	consider LC	consider SC	LC	SC	consider LC	consider SC
100 FC	1.17.37	1.15.85			1.13.88	1.12.43			1.08.47	1.07.13			1.04.48	1.03.22		
200 FC	2.50.48	2.47.14			2.42.80	2.39.61			2.30.21	2.27.26			2.22.92	2.20.12		
400 FC	6.00.99	5.53.91	6.08.21	6.00.99	5.44.73	5.37.97	5.51.62	5.44.73	5.19.47	5.13.21	5.25.86	5.19.47	5.09.68	5.03.61	5.15.87	5.09.68
1500 FC	24.30.30	24.01.47			23.24.07	22.56.54			20.48.96	20.24.47			20.12.68	19.48.90		
100 BC	1.29.10	1.27.35			1.25.08	1.23.41			1.19.12	1.17.57			1.17.53	1.16.01		
200 BC	3.08.33	3.04.64	3.12.10	3.08.33	2.59.85	2.56.32	3.03.45	2.59.85	2.47.44	2.44.16	2.50.79	2.47.44	2.41.35	2.38.19	2.44.58	2.41.35
100 BRS	1.44.96	1.42.90			1.39.28	1.37.33			1.30.54	1.28.76			1.27.58	1.25.86		
200 BRS	3.41.50	3.37.16	3.45.93	3.41.50	3.31.53	3.27.38	3.35.76	3.31.53	3.15.33	3.11.50	3.19.24	3.15.33	3.06.28	3.02.63	3.10.01	3.06.28
100 FLY	1.32.24	1.30.43			1.28.09	1.26.36			1.17.16	1.15.65			1.12.50	1.11.08		
200 FLY	3.21.97	3.18.01	3.26.01	3.21.97	3.12.87	3.09.09	3.16.73	3.12.87	2.54.18	2.50.76	2.57.66	2.54.18	2.41.81	2.38.64	2.45.05	2.41.81
200 IM	3.11.74	3.07.98			3.03.10	2.59.51			2.52.67	2.49.28			2.41.90	2.38.73		
400 IM	6.44.12	6.36.20	6.52.20	6.44.12	6.25.93	6.18.36	6.33.65	6.25.93	6.04.19	5.57.05	6.11.47	6.04.19	5.37.27	5.30.66	5.44.02	5.37.27



Irish Age Groups Division 2

UL Arena, Limerick
25th – 28th June, 2015

ORDER OF EVENTS

Session 1: Thursday 25th June								
1	G	800m Freestyle (HDW)						
2	B	1500m Freestyle (HDW)						
Session 2: Friday 26th June			Session 4: Saturday 27th June			Session 6: Sunday 28th June		
1	G	400m Ind. Medley (HDW)	13	B	400m Freestyle (HDW)	20	G	400m Freestyle (HDW)
2	B	400m Ind. Medley (HDW)	14	G	100m Butterfly	21	B	200m Breaststroke
3	G	100m Backstroke	15	B	100m Butterfly	22	G	200m Breaststroke
4	B	100m Backstroke	16	G	200m Backstroke	23	B	200m Butterfly
5	G	200m Freestyle	17	B	200m Backstroke	24	G	200m Butterfly
6	B	200m Freestyle	18	G	200m Ind. Medley	25	B	100m Freestyle
7	G	100m Breaststroke	19	B	200m Ind. Medley	26	G	100m Freestyle
8	B	100m Breaststroke						
Session 3: Friday 26th June			Session 5: Saturday 27th June			Session 7: Sunday 28th June		
3	G	100m Backstroke	14	G	100m Butterfly	21	B	200m Breaststroke
4	B	100m Backstroke	15	B	100m Butterfly	22	G	200m Breaststroke
5	G	200m Freestyle	16	G	200m Backstroke	23	B	200m Butterfly
6	B	200m Freestyle	17	B	200m Backstroke	24	G	200m Butterfly
7	G	100m Breaststroke	18	G	200m Ind. Medley	25	B	100m Freestyle
8	B	100m Breaststroke	19	B	200m Ind. Medley	26	G	100m Freestyle
9	G	14&U 4x50m MTR (HDW)				27	G	14&U 4x50m FTR (HDW)
10	B	15&U 4x50m MTR (HDW)				28	B	15&U 4x50m FTR (HDW)
11	G	15&O 4x50m MTR (HDW)				29	G	15&O 4x50m FTR (HDW)
12	B	16&O 4x50m MTR (HDW)				30	B	16&O 4x50m FTR (HDW)

Session times will be confirmed in complete event paperwork



Irish Age Group Championships & Summer Open

National Aquatic Centre

15th – 19th July, 2015

MEET CONDITIONS

Should be read in conjunction with the General Meet Regulations

Meet Type:	<p>National Age Groups and Open National Championships, 50m Meet.</p> <p>Individual Age Groupings (Swimmers may only compete in their own age group): Female: 12 & Under, 13/14, 15/16, 17 & Over; Male: 13 & Under, 14/15, 16/17, 18 & Over</p> <p>Heats will be run in 10 lane format with all age groups together. There will be semi-finals and finals for the 50m Free, which is an Open Event.</p> <p>In the 12 & Under and 13/14 age groups for girls, and the 13 & Under and 14/15 age group for boys each 100m and 200m event will have one final in each age group.</p> <p>The 15/16 and open girls, and the 16/17 and open boys will swim together with A & B finals in each 100m and 200m event. Medals will be awarded in BOTH age groups. If there are not 3 swimmers from each age group in the finals, the remaining medallists will be awarded from their heat swims. <i>Please note that a swimmer in an A final will be awarded a higher finishing place than a swimmer in a B final, regardless of who swims the faster time in the final. A swimmer who scratches from a final forfeits the chance to win a medal even if there are less than 3 swimmers in their age group in the finals</i></p> <p>The 800m and 1500m Events will be Timed Finals. Medals will be presented in each age category. The 400m Freestyle and 400m IM will be Timed Finals. Medals will be presented in each age category. There will also be an Open Final in both 400m events for the top 10 swimmers.</p>
Eligibility:	<p>Open to all eligible, current Swim Ireland registered competitive members who achieve the qualification standards. Entry Standards must have been achieved in Open Competition in the preceding fifteen months. Only times which appear on the national database will be accepted. Times will only be accepted for the National Database when Electronic Timing is in operation. A fine of €50 will apply to swimmers who fail to achieve the standard for the entered event and who cannot provide proof that they achieved the standard for the event since the required date. Irish Open title holders are entitled to enter so as to defend their title. Entries are also accepted from overseas swimmers. Members of other federations may be required to verify their age.</p> <p>There will be a maximum of 4 foreign swimmers permitted to swim in each final (A & B final where applicable).</p> <ul style="list-style-type: none"> Swimmers with ONE Qualifying Time will be permitted to enter TWO additional event from the following list: 200m backstroke, 200m breaststroke, 200m butterfly, 400m freestyle, 400m IM <i>provided they have achieved the consideration standard in Open Competition</i> Swimmers with TWO Qualifying Time will be permitted to enter ONE additional event from the following list: 200m backstroke, 200m breaststroke, 200m butterfly, 400m freestyle, 400m IM <i>provided they have achieved the consideration standard in Open Competition</i> All other swimmers may enter ONLY the events they have qualified in <i>No swimmer will be accepted with NT as a time.</i>
Entry Deadline:	<p>Tuesday 16th June, 2015 for Hy-tek and Paper entries. Payment should be received by Friday 19th June, 2015</p>
Entry Form:	<p>Electronic Hy-tek entries are accepted via Hy-tek to the Swim Ireland Office at entries@swimireland.ie Paper entries should be posted to the Swim Ireland Office at Irish Sport HQ, National Sports Campus, Blanchardstown, Dublin 15, Ireland marked "2015 Irish Age Group Championships" Paper entries are only required where Hy-tek is not used.</p>
Entry Fees:	<p>Individual entries cost €8.00per event. Relay entries cost €32.00 per event.</p> <p>No entry will be processed until the appropriate fee has been received at the Swim Ireland Office. Payment options are detailed in the Entry Summary Sheet.</p>
Relay Entries:	<p>Relay Events: Boys 15 & Under, Girls 14 & Under – 4x100 MTR, 4x100 FTR Boys Open, Girls Open – 4x100 MTR, 4x100 FTR, 4x200 FTR ALL relays will be HDW</p>
Further Info:	<p>Please direct all queries to competitions@swimireland.ie or +353-1-6251142</p>

MALE		QT	FEMALE	
LC	SC	OPEN	LC	SC
26.81	26.28	50 FC	30.39	29.79



Irish Age Group Championships & Summer Open

National Aquatic Centre

15th – 19th July, 2015

QUALIFICATION STANDARDS

FEMALE																
	12 & U				13 & 14				15 & 16				17 +			
Event	LC	SC	consid LC	consid SC	LC	SC	consid LC	consid SC	LC	SC	consid LC	consid SC	LC	SC	consid LC	consid SC
100 FC	1.10.62	1.09.24			1.06.62	1.05.31			1.05.17	1.03.89			1.05.07	1.03.79		
200 FC	2.34.11	2.31.09			2.25.67	2.22.81			2.23.83	2.21.01			2.21.48	2.18.71		
400 FC	5.31.21	5.24.72	5.37.83	5.31.21	5.09.60	5.03.53	5.15.79	5.09.60	5.03.65	4.57.70	5.09.72	5.03.65	5.01.03	4.55.13	5.07.05	5.01.03
800 FC	11.53.37	11.39.38			10.40.05	10.27.50			10.19.15	10.07.01			10.07.99	9.56.07		
100 BC	1.22.41	1.20.79			1.17.58	1.16.06			1.15.44	1.13.96			1.14.00	1.12.55		
200 BC	2.52.81	2.49.42	2.56.27	2.52.81	2.43.80	2.40.59	2.47.08	2.43.80	2.41.76	2.38.59	2.45.00	2.41.76	2.39.36	2.36.24	2.42.55	2.39.36
100 BRS	1.34.51	1.32.66			1.30.21	1.28.44			1.28.64	1.26.90			1.24.90	1.23.24		
200 BRS	3.18.79	3.14.89	3.20.77	3.18.79	3.09.72	3.06.00	3.13.51	3.09.72	3.04.57	3.00.95	3.08.26	3.04.57	3.04.57	3.00.95	3.08.26	3.04.57
100 FLY	1.23.01	1.21.38			1.16.67	1.15.17			1.14.17	1.12.72			1.12.01	1.10.60		
200 FLY	3.09.88	3.06.16	3.13.68	3.09.88	2.51.08	2.47.73	2.54.50	2.51.08	2.41.35	2.38.19	2.44.58	2.41.35	2.39.88	2.36.75	2.43.08	2.39.88
200 IM	2.59.44	2.55.92			2.48.99	2.45.68			2.45.36	2.42.12			2.37.92	2.34.82		
400 IM	6.17.65	6.10.25	6.25.20	6.17.65	6.01.07	5.53.99	6.08.29	6.01.07	5.43.69	5.36.95	5.50.56	5.43.69	5.39.47	5.32.81	5.46.26	5.39.47

MALE																
	13 & U				14 & 15				16 & 17				18 +			
Event	LC	SC	consid LC	consid SC	LC	SC	consid LC	consid SC	LC	SC	consid LC	consid SC	LC	SC	consid LC	consid SC
100 FC	1.08.33	1.06.99			1.03.33	1.02.09			59.64	58.47			58.16	57.02		
200 FC	2.30.58	2.27.63			2.18.92	2.16.20			2.12.19	2.09.60			2.08.80	2.06.27		
400 FC	5.18.84	5.12.59	5.25.22	5.18.84	4.55.48	4.49.69	5.01.39	4.55.48	4.46.42	4.40.80	4.52.15	4.46.42	4.42.64	4.37.10	4.48.29	4.42.64
1500 FC	21.38.62	21.13.16			19.15.16	18.52.51			18.41.60	18.19.61			18.22.08	18.00.47		
100 BC	1.18.69	1.17.15			1.13.18	1.11.75			1.11.71	1.10.30			1.08.45	1.07.11		
200 BC	2.46.34	2.43.08	2.49.67	2.46.34	2.34.87	2.31.83	2.37.97	2.34.87	2.29.24	2.26.31	2.32.22	2.29.24	2.28.57	2.25.66	2.31.54	2.28.57
100 BRS	1.32.70	1.30.88			1.24.53	1.22.87			1.21.77	1.20.17			1.15.83	1.14.43		
200 BRS	3.15.64	3.11.80	3.19.55	3.15.64	3.02.38	2.58.80	3.06.03	3.02.38	2.53.93	2.50.52	2.57.41	2.53.93	2.51.58	2.48.22	2.55.01	2.51.58
100 FLY	1.21.47	1.19.87			1.11.37	1.09.97			1.07.06	1.05.75			1.04.15	1.02.89		
200 FLY	2.58.39	2.54.89	3.01.96	2.58.39	2.41.09	2.37.93	2.44.31	2.41.09	2.29.66	2.26.73	2.32.65	2.29.66	2.29.66	2.26.73	2.32.65	2.29.66
200 IM	2.49.35	2.46.03			2.39.70	2.36.57			2.29.75	2.26.81			2.25.21	2.22.36		
400 IM	5.56.94	5.49.94	6.04.08	5.56.94	5.36.84	5.30.24	5.43.58	5.36.84	5.11.94	5.05.82	5.18.18	5.11.94	5.10.24	5.04.16	5.16.44	5.10.24



Irish Age Group Championships & Summer Open

National Aquatic Centre

15th – 19th July, 2015

ORDER OF EVENTS

Session 1: Wednesday 15th July			Session 3: Thursday 16th July			Session 6: Friday 17th July			Session 9: Saturday 18th July			Session 11: Sunday 19th July		
1	B	400 Freestyle	8	G	200 IM	15	G	100 Butterfly	23	B	200 Backstroke	31	B	50 Freestyle
2	G	50 Freestyle	9	B	100 Freestyle	16	B	200 Freestyle	24	G	200 Freestyle	32	G	100 Freestyle
3	B	200 Breaststroke	10	G	400 Freestyle	17	G	100 Breaststroke	25	B	100 Butterfly	33	B	200 IM
4	G	200 Butterfly	11	B	200 Butterfly	18	B	400 IM	26	G	200 Breaststroke	34	G	400 IM
5	B	100 Backstroke	12	G	100 Backstroke	19	G	200 Backstroke	27	B	100 Breaststroke			
6	G	U14 4x100 FTR				20	B	U15 4x100 MTR	28	G	U14 4x100 MTR			
									29	B	U15 4x100 FTR			
			Session 4: Thursday 16th July			Session 7: Friday 17th July						Session 12: Sunday 19th July		
			13	B	1500 Freestyle HDW	21	G	800 Freestyle HDW				35	B	800 Freestyle HDW
												36	G	1500 Freestyle HDW
Session 2: Wednesday 15th July			Session 5: Thursday 16th July			Session 8: Friday 17th July			Session 10: Saturday 18th July			Session 13: Sunday 19th July		
1	B	400 Freestyle (one final)	8	G	200 IM	15	G	100 Butterfly	23	B	200 Backstroke	31	B	50 Freestyle
2	G	50 Freestyle	9	B	100 Freestyle	16	B	200 Freestyle	24	G	200 Freestyle	32	G	100 Freestyle
3	B	200 Breaststroke	10	G	400 Freestyle (one final)	17	G	100 Breaststroke	25	B	100 Butterfly	33	B	200 IM
4	G	200 Butterfly	11	B	200 Butterfly	18	B	400 IM (one final)	26	G	200 Breaststroke	34	G	400 IM (one final)
5	B	100 Backstroke	12	G	100 Backstroke	19	G	200 Backstroke	27	B	100 Breaststroke	35	B	Open 4x100 MTR
7	G	Open 4x100 FTR	14	G	4x200 FTR	22	B	Open 4x100 FTR	30	B	4x200 FTR	36	G	Open 4x100 MTR

The 800 freestyle for boys is open to those who qualify for the 1500 freestyle and the 1500 freestyle for girls is open to those who qualify for the 800 freestyle. The number of heats in these events will be limited; however there will be a minimum number in each age group accepted. Further details on this will be included in the final event paperwork published later in the season.



NATIONAL AQUATICS CALENDAR 2104/2015

Legend	National		HPC		International				Schools				Leinster				Munster				Connacht				Ulster													
	Open Water							Masters							Club				Waterpolo				Diving				Closed Days/Weekends											
	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	
September 2014	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30								
4-Nations Waterpolo Tournament																																						
Anti-Bullying Workshop - Dublin																																						
Anti-Bullying Workshop - Enniscorthy																																						
National CPD Weekend																																						
National Squads Orientation Day																																						
SI Officials School																																						
Connacht B/C Wknd 1																																						
Setanta U15 Waterpolo Cup																																						
Castlebar A Gala																																						
Dublin SC Masters Sprint Meet																																						
Anti-Bullying Workshop - Limerick																																						
October 2014																																						
SU Dev Meet 1 (Larne)																																						
NAC/Cormorant Gala																																						
Wellbeing Workshop - Belfast																																						
Anti-Bullying Workshop - Lisburn																																						
Leisureland Cup																																						
St Fiacc's Gala																																						
Waterford Invitational																																						
Wexford Festival Gala																																						
SU Autumn Meet (Lisburn)																																						
Dolphin Open																																						
Celtic Irish Open Masters SC Meet																																						
Mallow Invitational																																						
Leinster Graded 1																																						
Malta Invitational Waterpolo Tournament																																						
National Squads Event Camp																																						

	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T
November 2014						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30		
Munster SC C'ships																																					
Junior International Diving Competition																																					
Claremorris A Gala																																					
Anti-Bullying Workshop - Mallow																																					
Anti-Bullying Workshop - Tuam																																					
Wellbeing Workshop - Cookstown																																					
Leinster Winter C'ships																																					
Junior 4-Nations W'polo (Boys & Girls)																																					
Munster Grade C																																					
War Memorial																																					
Ulster Masters																																					
Anti-Bullying Workshop - Ulster																																					
U19 Nat Waterpolo Cup																																					
ESB Gala																																					
Diving Nationals																																					
Longford A Gala																																					
Askeaton Open																																					
Connacht B/C Wknd 2																																					
Munster Grade B																																					
Leinster Distance 1																																					
Limerick Distance TBC																																					
Kingdom Invitation																																					
Ulster SC C'ships (Lisburn)																																					
	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T
December 2014	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						
World SC C'ships																																					
Mallow Masters																																					
SU Dev Meet 2 (D'gannon)																																					
Swim4Life C'mas Cracker																																					
Munster Schools																																					
Irish Open SC C'ships																																					
Connacht SC C'ships																																					

	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	
January 2015				1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				
National Squads Camps Clontard U12 Development Waterpolo Tournament																																						
Connacht Schools TBC																																						
National Waterpolo Squad training TBC																																						
Munster Grade C																																						
Bangor LC Meet																																						
SU Dev Meet 3 (Lisburn)																																						
Munster Grade B																																						
Tutor Conference																																						
Tuam A Meet																																						
Leinster Graded 2																																						
National Squads Ed Day																																						
Leinster Distance 2																																						
Munster Distance																																						
Connacht B/C Wknd 3																																						
U16 Nat Waterpolo Cup																																						
Armagh Championships																																						
City of Derry Masters																																						
Gerry Ryan Limerick Inv																																						
February 2015	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	
Gerry Ryan Limerick Inv							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28				
National Swim Week																																						
Munster Grade A																																						
Irish Minor Schools																																						
Brother Phillip Cup & Ladies Knock-Out Cup																																						
SU Spring Meet (Bangor)																																						
Sundays Well Masters																																						
Sundays Well Invitational																																						
NAC Charity Gala																																						
Nenagh Invitational																																						
Cormorant Gala																																						
Ennis Invitation																																						

	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T							
March 2015							1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31
Cormorant Gala																																					
Tigersharks Invitational																																					
Cranny Gala																																					
SU Dev Meet 4 (Larne/Omagh)																																					
Dave McCullagh Memorial																																					
Irish Open LC Masters Championships																																					
Munster Grade C																																					
National CPD Week																																					
Munster Grade B																																					
Coolmine Gala																																					
National Squad Ed Day																																					
Connacht B/C Wknd 4																																					
Leinster LC C'ships																																					
Munster LC C'ships																																					
Ulster Age & Youth C'ships																																					
Tallaght Gala																																					
Kingdom Masters																																					
Athlone A Meet																																					
	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T							
April 2015			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30					
Easter																																					
Munster Division 2																																					
Teacher/Coach Conference																																					
Trojan Gala																																					
Antrim Championships																																					
Swim for a Mile - TBC																																					
U14 National Waterpolo Cup - Galway																																					
Irish Senior Waterpolo Cup																																					
Ulster PTSA League Finals																																					
Lisburn Age Group Meet																																					
Leinster Open/Graded Gala																																					
North Munster Meet																																					
Irish LC C'ships																																					

	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	
May 2015					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31			
Irish LC C'ships				NAC																																		
National Squads Info Day																																						
SWIM IRELAND AGM (closed day)																																						
Schools Interpro																																						
Munster Grade C																																						
8-Nations Women's Waterpolo Tournament																																						
Keith Buchanan Mem Relay																																						
Ards Open Meet																																						
Munster Grade B																																						
Aer Lingus Gala																																						
Connacht B/C Wknd 5																																						
SU Summer Meet - Lisburn																																						
Connacht/Munster AG (LC)																																						
New Ross																																						
U12 Mixed Waterpolo Cup - NAC																																						
National Squads Conclusion & Selection Day																																						
Leinster Age Groups Div 1																																						
Connacht B/C Reg/Div 2																																						
Sundays Well Inv/Fermoy Inv																																						
June 2015	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	
	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30								
NAC Long Course Gala																																						
Bangor LC																																						
Dolphin Minnows 6th or 7th																																						
National CPD Weekend																																						
Wexford Small Fry/Last Chance																																						
B/C Laser SC																																						
European Games - Diving																																						
European Games - Swimming																																						
SU Swim Festival - Dev (Newry)																																						
IAG Division 2																																						

	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T							
July 2015			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31				
World University Games						Gwangju City, South Korea																															
IPC Swimming World Championships															Glasgow																						
IAG C'ships & Summer Open																																					
European Youth Olympic Festival																											Tbilisi, Georgia										
World LC C'ships (Open Water)																								Kazan, Russia													
	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T							
August 2015						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	
World LC C'ships (Swimming)							Kazan, Russia																														
World Masters Championships															Kazan, Russia																						

Please note that while every effort is made to ensure the above dates are correct, they may be changed. Please keep an eye on the Swim Ireland website and the relevant Regional/Club/Discipline websites for further information

2016 Key Dates – subject to change:

- International Camp: January 29th – February 10th
- International Meet: February 12th – 14th
- Dave McCullagh: February 26th – 28th
- International Meet: March 17th – 19th
- Irish Olympic Trials: April 28th – May 1st
- Olympic Squad Day: May 2nd
- International Meet: June 3rd – 5th
- Irish Age Groups – Division 2: June 24th – 26th
- International Meet: 1st-3rd July
- Irish Age Group Championships & Summer Open: July 20th – 24th
- Pre-Olympic Camp Brazil: July 23rd – August 2nd
- Olympic Games: August 6th – 13th
- National Squads Day: September 24th



INTERNATIONAL QUALIFICATION STANDARDS 2015

Competition	European Olympic Games 2015
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Men	European Olympic Games	Women
Long Course	Events	Long Course
00:23.63	50m Freestyle	00:26.85
00:51.40	100m Freestyle	00:57.75
01:52.74	200m Freestyle	02:05.26
03:58.56	400m Freestyle	04:23.36
08:22.46	800m Freestyle	09:08.77
16:01.20	1500m Freestyle	17:48.11
00:57.67	100m Backstroke	01:04.90
02:05.62	200m Backstroke	02:19.88
01:04.31	100m Breaststroke	01:12.77
02:19.14	200m Breaststroke	02:37.71
00:55.40	100m Butterfly	01:02.79
02:03.97	200m Butterfly	02:20.87
02:06.72	200m Individual Medley	02:21.80
04:31.83	400m Individual Medley	05:02.47

Notes:

1. A full qualification procedure will be issued to support the above qualification standards. All additional requirements in the qualification procedure must be met in order to be eligible for consideration
2. Year of eligibility:
 - i. Boys born 1997/1998
 - ii. Girls born 1999/2000

Qualification Meets:

Athletes may qualify for the above international event at the following meets:

1. Dave McCullagh Memorial Meet 2015
2. **International and National events from July 1st 2014)**
3. One Nominated Meet 2015 (**meet must occur be before March 8th**)

Competition	European Youth Olympic Festival 2015
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Boys	European Youth Olympic Festival 2015	Girls
Qualification Times	Events	Qualification Times
00:24.31	50m Freestyle	00:27.70
00:53.04	100m Freestyle	00:59.58
01:56.00	200m Freestyle	02:08.85
04:05.29	400m Freestyle	04:32.33
-	800m Freestyle	09:21.92
16:17.36	1500m Freestyle	-
00:59.39	100m Backstroke	01:06.96
02:10.09	200m Backstroke	02:24.04
01:06.36	100m Breaststroke	01:15.61
02:24.78	200m Breaststroke	02:42.53
00:57.39	100m Butterfly	01:05.31
02:09.26	200m Butterfly	02:28.84
02:10.79	200m Individual Medley	02:26.88
04:40.95	400m Individual Medley	05:11.78

Notes:

1. A full qualification procedure will be issued by October 2014 to support the above qualification standards. All additional requirements in the qualification procedure must be met in order to be eligible for consideration
2. The above qualification standards are subject to ratification from the Olympic Council of Ireland. Any changes will be made with adequate notice given to all relevant parties.
3. The qualification standards are based on 12th Place Average from the last 3 events (2009, 2011, 2013)
4. Only **one** swimmer per event is permitted
5. To be eligible for consideration swimmers **must** hold an Irish Passport.

Qualification Meets:

Athletes may qualify for the above international event at the following meets:

1. Dave McCullagh – March 2015
2. Irish LC National Championships –April 2015

Competition	World Championships 2015
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Men	World Championships 2015	Women
FINA 'A' Standard	Events	FINA 'A' Standard
22.25	50m Freestyle	25.23
49.39	100m Freestyle	55.05
1.48.37	200m Freestyle	1.58.93
3.50.87	400m Freestyle	4.12.47
7.57.69	800m Freestyle	8.35.99
15.13.98	1500m Freestyle	16.33.61
25.52	50m Backstroke	28.60
54.72	100m Backstroke	1.01.25
1.59.19	200m Backstroke	2.12.14
27.58	50m Breaststroke	31.50
1.00.44	100m Breaststroke	1.08.36
2.11.71	200m Breaststroke	2.28.12
23.53	50m Butterfly	26.54
52.52	100m Butterfly	59.18
1.57.37	200m Butterfly	2.11.14
1.59.99	200m Individual Medley	2.13.98
4.19.21	400m Individual Medley	4.44.50
3.19.18	4x100 Freestyle Relay	3.44.99
7.24.46	4x200 Freestyle Relay	8.07.66
3.38.34	4x100 Medley Relay	4.08.07

Notes:

1. A full qualification procedure will be issued by October 2014 to support the above qualification standards. All additional requirements in the qualification procedure must be met in order to be eligible for consideration
2. The above qualification times are set by FINA
3. Final selection of the World Championships Irish Team will be decided by the National Selection Committee

Qualification Meets:

Athletes may qualify for the above international event at the following meets:

1. Irish Open & Youth Championships – July 2014
2. Commonwealth Games – July 2014
3. European LC – August 2014
4. Dave McCullagh – March 2015
5. Irish LC Nationals – April 2015

Competition	World University Games 2015
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Men		World University Games 2015	Women	
Consideration Times	Automatic Times	Events	Automatic Times	Consideration Times
-	00:22.67	50m Freestyle	00:25.59	-
00:50.29	00:49.84	100m Freestyle	00:55.97	00:56.27
01:50.65	01:50.01	200m Freestyle	02:01.17	02:02.23
03:55.74	03:53.51	400m Freestyle	04:16.34	04:19.44
08:08.50	08:04.11	800m Freestyle	08:46.45	08:55.59
15:38.50	15:28.47	1500m Freestyle	16:58.60	16:58.60
-	00:25.78	50m Backstroke	00:29.14	-
00:55.83	00:55.31	100m Backstroke	01:02.20	01:02.66
02:02.08	02:01.01	200m Backstroke	02:13.47	02:14.87
-	00:27.93	50m Breaststroke	00:32.16	-
01:02.11	01:01.48	100m Breaststroke	01:09.54	01:10.29
02:15.54	02:13.95	200m Breaststroke	02:29.95	02:32.06
-	00:24.13	50m Butterfly	00:27.14	-
00:53.56	00:53.11	100m Butterfly	01:00.41	01:00.92
01:59.68	01:58.92	200m Butterfly	02:13.98	02:17.55
02:03.72	02:02.84	200m Ind. Medley	02:16.80	02:18.64
04:26.22	04:23.49	400m Ind. Medley	04:49.83	04:56.63

Notes:

1. A full qualification procedure will be issued by October 2014 to support the above qualification standards once approval has been given from Student Sport Ireland. All additional requirements in the qualification procedure must be met in order to be eligible for consideration.
2. Swimmers wishing to be considered for selection must meet all requirements to be a member of their Federation in line with FINA.
3. The above qualification standards are based on:
 - a. Automatic Times: 8th Place Average from the last three events (2009, 2011, 2013)
 - b. Consideration Times: 8th-16th Place Average from the last three events (2009, 2011, 2013)

Qualification Meets:

Athletes may qualify for the above international event at the following meets:

1. Irish Age Group Championships & Summer Open – July 2014
2. Commonwealth Games – July 2014
3. European LC – August 2014
4. Dave McCullagh – March 2015
5. Irish LC Nationals – April 2015



NATIONAL SQUADS PROGRAMME 2014/2015

National Squads Programme Qualification Standards 2014-2015

		OLYMPIC FOCUS SQUAD		NATIONAL SENIOR SQUAD		NATIONAL JUNIOR SQUAD			NATIONAL YOUTH SQUAD		
MEN	2012	OPEN		OPEN	1996	1996	1997	1998	1999	2000	2001+
	FINA A Times	FINA A +2%	EURO 2014 QT	FINA A +5%	EJC 16th Avg	EJC 16 Avg+2%	EJC 16 Avg+3%	EJC 16 Avg+5%	EYOF 12 Avg+4%	EYOF 12 Avg+8%	EYOF 12 Avg+12%
50 Freestyle	00:22.11	00:22.55	00:22.74	00:23.22	00:23.64	00:24.11	00:24.35	00:24.82	00:25.29	00:26.26	00:27.23
100 Freestyle	00:48.82	00:49.80	00:49.82	00:51.26	00:51.39	00:52.42	00:52.94	00:53.96	00:55.17	00:57.29	00:59.41
200 Freestyle	01:47.82	01:49.98	01:50.09	01:53.21	01:52.77	01:55.02	01:56.15	01:58.41	02:00.64	02:05.28	02:09.92
400 Freestyle	03:48.92	03:53.50	03:52.92	04:00.37	03:59.14	04:03.93	04:06.32	04:11.10	04:15.10	04:24.91	04:34.72
800 Freestyle	07:59.06	08:08.64	08:09.50	08:23.01	08:23.58	08:33.65	08:38.69	08:48.76	09:09.26	09:29.80	09:50.33
1500 Freestyle	15:11.83	15:30.07	15:39.35	15:57.42	16:01.00	16:20.22	16:29.83	16:49.05	16:56.46	17:35.55	18:14.65
100 Backstroke	00:54.40	00:55.49	00:55.59	00:57.12	00:57.85	00:59.01	00:59.58	01:00.74	01:01.76	01:04.14	01:06.51
200 Backstroke	01:58.48	02:00.85	02:02.23	02:04.40	02:06.02	02:08.54	02:09.80	02:12.32	02:15.30	02:20.50	02:25.70
100 Breaststroke	01:00.79	01:02.01	01:01.89	01:03.83	01:04.55	01:05.84	01:06.48	01:07.77	01:09.01	01:11.67	01:14.32
200 Breaststroke	02:11.74	02:14.37	02:14.62	02:18.33	02:19.82	02:22.62	02:24.02	02:26.81	02:30.57	02:36.36	02:42.15
100 Butterfly	00:52.36	00:53.41	00:53.47	00:54.98	00:55.48	00:56.59	00:57.15	00:58.26	00:59.68	01:01.98	01:04.27
200 Butterfly	01:56.86	01:59.20	02:00.64	02:02.70	02:03.84	02:06.31	02:07.55	02:10.03	02:14.43	02:19.60	02:24.77
200 I.M.	02:00.17	02:02.57	02:03.22	02:06.18	02:07.31	02:09.85	02:11.13	02:13.67	02:16.02	02:21.25	02:26.48
400 I.M.	04:16.46	04:21.59	04:23.48	04:29.28	04:32.09	04:37.53	04:40.25	04:45.70	04:52.18	05:03.42	05:14.66"
WOMEN	2012	OPEN		OPEN	1998	1998	1999	2000	2001	2002	2003+
	FINA A Times	FINA A +2%	EURO 2014 QT	FINA A +5%	EJC 16th Avg	EJC 16 Avg+2%	EJC 16 Avg+3%	EJC 16 Avg+5%	EYOF 12 Avg+4%	EYOF 12 Avg+8%	EYOF 12 Avg+12%
50 Freestyle	00:25.27	00:25.78	00:25.79	00:26.53	00:26.88	00:27.41	00:27.68	00:28.22	00:28.81	00:29.92	00:31.02
100 Freestyle	00:54.57	00:55.66	00:55.93	00:57.30	00:57.78	00:58.93	00:59.51	01:00.67	01:01.97	01:04.35	01:06.73
200 Freestyle	01:58.33	02:00.70	02:01.88	02:04.25	02:05.46	02:07.97	02:09.22	02:11.73	02:14.01	02:19.16	02:24.32
400 Freestyle	04:09.35	04:14.34	04:16.88	04:21.82	04:24.24	04:29.53	04:32.17	04:37.45	04:43.22	04:54.12	05:05.01
800 Freestyle	08:33.84	08:44.12	08:51.62	08:59.53	09:10.25	09:21.26	09:26.76	09:37.77	09:44.39	10:06.87	10:29.35
1500 Freestyle	16:26.36	16:46.09	16:49.68	17:15.68	17:49.84	18:11.24	18:21.94	18:43.33	18:57.78	19:40.32	20:22.85
100 Backstroke	01:00.82	01:02.04	01:03.14	01:03.86	01:05.04	01:06.34	01:06.99	01:08.29	01:09.64	01:12.32	01:15.00
200 Backstroke	02:10.84	02:13.46	02:16.76	02:17.38	02:20.15	02:22.95	02:24.35	02:27.15	02:29.80	02:35.56	02:41.32
100 Breaststroke	01:08.49	01:09.86	01:10.46	01:11.91	01:13.01	01:14.47	01:15.20	01:16.66	01:18.63	01:21.66	01:24.68
200 Breaststroke	02:26.89	02:29.83	02:33.09	02:34.23	02:38.17	02:41.33	02:42.92	02:46.08	02:49.03	02:55.54	03:02.04
100 Butterfly	00:58.70	00:59.87	01:00.11	01:01.64	01:02.82	01:04.07	01:04.70	01:05.96	01:07.93	01:10.54	01:13.15
200 Butterfly	02:08.95	02:11.53	02:15.19	02:15.40	02:20.89	02:23.71	02:25.12	02:27.94	02:34.80	02:40.75	02:46.70
200 I.M.	02:13.36	02:16.03	02:17.64	02:20.03	02:21.87	02:24.71	02:26.13	02:28.96	02:32.76	02:38.63	02:44.51
400 I.M.	04:41.75	04:47.38	04:57.88	04:55.84	05:03.23	05:09.29	05:12.32	05:18.39	05:24.25	05:36.73	05:49.20

National Squads Programme

National Youth Squad:

The National Youth Squad selection will be based on swimmers who have achieved the outlined qualification standards between January 1st 2014 and August 31st 2014. The National Youth Squad qualification times are based on the average 12th Place Standard at the European Youth Olympic Festival (over 2 EYOF Events) plus the agreed relevant percentage determined by the National Performance Director & National Performance Committee in line with the development pathway for International Standards

Eligible Year of Birth:

- ❖ Boys: 1999 / 2000 / 2001+
- ❖ Girls: 2001 / 2002 / 2003+

National Junior Squad:

The National Junior Squad selection will be based on swimmers who have achieved the outlined qualification standards between January 1st 2014 and August 31st 2014. The National Junior Squad qualification times are based on the average 16th Place Standard at the European Junior Championships (over 4 years) plus an agreed relevant percentage determined by the National Performance Director and National Performance Committee in line with the development pathway for International Qualification

Eligible Year of Birth:

- ❖ Boys: 1996 / 1997 / 1998
- ❖ Girls: 1998 / 1999 / 2000

National Senior Squad:

The National Senior Squad selection will be based on those who have achieved the outlined qualification standards between January 1st 2014 and August 31st 2014. The National Senior Squad Times are based on the FINA Olympic 'A' Standard plus 5% for the Open Age Group and 16th place average at European Junior Championships for males born 1996 and females born 1998

Eligible Year of Birth:

- ❖ Boys: 1996 / Open Age (FINA +5%)
- ❖ Girls: 1998 / Open Age (FINA +5%)

2016 Olympic Focus Squad:

The Olympic Focus Squad will be selected based on those who have achieved the outlined qualification standards between January 1st 2014 and August 31st 2014. A brief outline of the qualification standards for this Focus Squad includes;

- ❖ [2014 European Championships Qualification Times](#)
- ❖ Proposed FINA A Standard plus 2% (based on 2012 Olympic A Standard)
- ❖ 4-6 Swimmers with personal best times which **combined** satisfy the 2015 World Championships Relay Qualification Standard
Note: If selected on a relay basis swimmers must demonstrate their commitment to the event and compete where necessary as a relay together.
- ❖ Open Water swimmers who have competed at a FINA World Cup or LEN European Cup and have demonstrated an ability to reach Rio 2016
Note: Personal best times in the 1500m Freestyle pool event will also be considered in this selection
- ❖ Individuals who perform to a significantly high standard between July 1st and August 31st indicating accelerated potential towards Rio 2016 (ahead of the outlined development pathway within the National Squads Programme)

The final selection of the 2016 Olympic Focus Squad shall be determined by the National Performance Director and the Senior Coaching Panel, and their decision shall be final.

Carding Scheme 2015

SPORT: SWIMMING	
Category:	International Carding Scheme Criteria for 2015
Podium (Olympic events only)	<ul style="list-style-type: none"> • Top 1-3 in World LC Annual Rankings (based on two per nation) in Olympic events • Top 1-3 in 10k Open Water Event at European Championships 2014, plus an equivalent performance in another similar standard event
World Class	<ul style="list-style-type: none"> • 1-8 in the World LC Annual Rankings (based on two per nation) in Olympic events • Top 1-4 in European Long Course Swimming Championships 2014 or an equivalent standard event • Top 1-6 in the Open Water Event at the European Open Water Championships 2014
International	<ul style="list-style-type: none"> • Olympic FINA 'A' standard+ 1% • Top 16 in World LC Annual Rankings (based on two per nation) • Top 12 in Open Water Event at European Open Water Championships 2014 • Top 8 in the European Long Course Swimming Championships 2014

NOTES:

- Annual Rankings refers to "end of season" official FINA rankings only:
 - LC (Long Course) – 31st Dec each year
- Performance criteria must be achieved by swimmers, at designated events between 1st January 2014 and 31st December 2014 for swimmers to receive funding in 2015 under this Scheme
- Swimmers whose applications are successful for the 2014 Scheme may need to provide receipts for eligible expenditure to receive funding allocation
- To be eligible for inclusion on the Scheme, athletes must be members of the Swim Ireland National Squad Programme and have signed the Athlete Commitment Agreement



Contact Us

Swim Ireland Competitions Team

Swim Ireland Competitions Officer

Niamh McDonnell
competitions@swimireland.ie
+353 1 6251142
+353 86 7750775

Chair of Swim Ireland Officials Committee & Member of the Competitions Steering Group
Ray Kendal

Honorary Recorder & Member of the Competitions Steering Group

Pat Donovan
entries@swimireland.ie

Technical Director

Geoff Massey
td@swimireland.ie

Chair of National Performance Committee
Ronan McNevin

Chair of National Competitions Committee
TBC

Swim Ireland High Performance Team

National Performance Director

Peter Banks
npd@swimireland.ie
+353 1 6251129
+353 86 7808734

High Performance Administrator

Niamh O'Sullivan
hp@swimireland.ie
+353 1 6251127
+353 86 4110497

High Performance Systems Development Manager

Shane Keane
hpsystems@swimireland.ie
+353 1 6251170
+353 87 6486291

Performance Centre Head Coach (NAC)

Paul Donovan
coachnac@swimireland.ie
+353 86 0318280

Performance Centre Head Coach (Limerick)

Lars Humer
coachlimerick@swimireland.ie
+353 86 8094761

Performance Centre Head Coach (Connacht)

Pearse McGuigan
connachthpcoach@swimireland.ie
+353 86 0412325

Performance Centre Head Coach (Ulster)

Andy Reid
coachulster@swimireland.ie
+44 78 40102588