

**SWIM
IRELAND**

An island
of swimmers

2023 Christmas Cracker (Fun Gala)



National Aquatic Centre
Sport Ireland Campus, Dublin
17th December 2023



MEET CONDITIONS

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 25m pool. The competition pool has anti-turbulence lane ropes, wedge starting blocks.

Diving blocks will be in place (at the start end of the pool only) which swimmers DO NOT have to use if they are not comfortable)

QUALIFICATION CRITERIA AND INFORMATION

This competition is open to novice swimmers **ONLY**. (A novice is defined as never having won an individual medal in Open competition. An Open competition is one in which two or more clubs have competed and includes Regional/National Schools competitions.) **Times achieved at this gala cannot be used for entry into other competitions, as the emphasis is on fun and participation.**

Age group is for 7 -12 years of age.

As per Swim Ireland Tech Suit policy: No racing tech suits allowed at this meet.

ENTRIES

Entry Forms

Electronic Hy-tek entries are accepted via Hy-tek to the **Swim Ireland Office** at entries@swimireland.ie

Clubs who do not have hy-tek should email their entries to entries@swimireland.ie

ALL entries must be accompanied by a proof of times report produced by hy-tek. If your club does not use hy-tek, you must provide proof of all entry times through links or screenshots.

Entry Limits

Swimmers may enter up to four individual events & 2 relays.

Swimmers who are faster than the "Cut Off Times" in an event are not eligible to swim in that event but may swim in other events.

Swimmers must be entered into individual events to participate in relays.

Entry Deadlines

Entries must be received by **Friday 1st December 2023**

Payment for entries must be received by **Friday 8th December 2023**

Entry Fees

€15.00/£13.00 to cover up to four individual events.

€20.00/£18.00 per relay.

Parents & Coaches races are free to enter.

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.

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

Payment Options

Please reference all payments as "Christmas Cracker 2023" and include club details.

Bank Transfer:

EURO

Bank: AIB

Sort Code: 932515

Account Number: 59772048

IBAN: IE03 AIBK 9325 1559 7720 48

BIC: AIBKIE2D

Sterling

Bank: Danske Bank

Sort Code: 950111

Account Number: 51051490

IBAN: GB55 DABA 9501 1151 0514 90

BIC: DABAGB2B

Cheque/Postal Order:

Made payable to Swim Ireland



SWIMMING COMPETITION FORMAT

The competition will consist of the following:

7- & 8-Year Olds – 50m in all four strokes,

9- & 10-year-olds - 50m in all four strokes,

11- & 12-year-olds – 50m in all four and 100m Individual Medley

Relays – 7-9, and 10-12 4x25m FTR, 4x25m MTR, Cannon 6x25m FTR (1 Boy, 1 Girl from each age group).

All events will be H.D.W.

Age is as 31st. December 2023

Medals and Awards

Each swimmer will be given a participation medal. Top club will be awarded overall club trophy. Points will be awarded in the following way: Double points for relays.

1 st placed swimmer will get 10 points,	2 nd placed swimmer will get 9 points,
3 rd placed swimmer will get 8 points,	4 th placed swimmer will get 7 points.
5 th placed swimmer will get 6 points,	6 th placed swimmer will get 5 points,
7 th placed swimmer will get 4 points,	8 th placed swimmer will get 3 points,
9 th placed swimmer will get 2 points,	10 th placed swimmer will get 1 point.

COMPETITION INFORMATION

CUT OFF STANDARDS

Swimmers must be **slower** than the time to compete in the event.

Boys			Event	Girls		
7-8 2016/2015	9-10 2014/2013	11-12 2012/2011		7-8 2016/2015	9-10 2014/2013	11-12 2012/2011
49.50	43.00	36.50	50 Freestyle	50.50	44.00	37.50
1.08.00	55.50	44.00	50 Backstroke	1.08.00	55.50	45.50
1.13.50	1.01.00	48.50	50 Breaststroke	1.14.50	1.02.50	49.50
1.07.50	57.50	47.50	50 Butterfly	1.07.50	57.50	50.00
N/A	N/A	1.36.50	100 I.M.	N/A	N/A	1.43.00

ORDER OF EVENTS

Session 1: Warm Up 10:00am to 10.45		
1	Girls 11/12	100m I.M.
2	Boys 7/8, 9/10, 11/12	50m Butterfly
3	Girls 7/8, 9/10, 11/12	50m Freestyle
4	Boys 7-9	4x25m MTR
5	Girls 10-12	4x25m FTR
6	Boys 7/8, 9/10, 11/12	50m Breaststroke
7	Girls 7/8, 9/10, 11/12	50m Backstroke
8	Boys 10-12	4x25m MTR
9	Girls 7-9	4x25m FTR
10	Parents	50m
11	Coaches	50m
Session 2: Warm Up TBC		
12	Boys 11-12	100m I.M.
13	Girls 7/8, 9/10, 11/12	50m Butterfly
14	Boys 7/8, 9/10, 11/12	50m Freestyle
15	Girls 7-9	4x25m MTR
16	Boys 10-12	4x25m FTR
17	Girls 7/8, 9/10, 11/12	50m Breaststroke
18	Boys 7/8, 9/10, 11/12	50m Backstroke
19	Girls 10-12	4x25m MTR
20	Boys 7-9	4x25m FTR
21	Mixed	6x25m Canon Relay

All ages will swim together, but points will be awarded in separate age groups.

Exact warm up times will be confirmed once all entries have been received.

Further information

Please direct all queries to entries@swimireland.ie

Swim Ireland Safety Statement - Issues

Safety is the responsibility of every individual involved in the sport.

Risks identified must be reported to either a Club or Meet Official and formally reported to the facility operator.

All accidents must be formally reported.

General

- By Law all facilities are required to have a Safety Statement in operation. Clubs and Meet Organisers should satisfy themselves that this is the case.
- Any accidents, however minor, must be reported to Swim Ireland (standard Accident Report Form available).
- ALL volunteers who work/help at Swim Ireland events are advised to read the Swim Ireland Safety Statement which is available upon request from the Office.

Clubs

- All Clubs should obtain and read a copy of the Safety Statement of the pool they are hiring.
- It is recommended that clubs identify risks and formally report them in writing to the relevant personnel at the facility.

All Meets

(Club, Regional and National)

- Following a meet at which an incident/accident occurred, the Organiser and Race Referee must complete a Meet Accident Report Form and include their contact details.
- All who attend meets are urged to report any accidents to either the Meet Organiser who immediately reports to the Race Referee or to the Referee directly. Where an accident occurs, Swim Ireland must be informed as soon as possible with a full report presented.
- "Safety at Swim Meets" must be included in all Programmes for all Meets run under Swim Ireland rules. It must also be read out at the start of every session with emphasis placed on item 3 above.
- Officials should be advised by the Race Referee to report any concerns they have over possible risks at the facility and to ensure that reporting procedures are followed.
- Under FINA Law the Referee is in total control of all persons attending the meet and the Referee should take all reasonable steps to ensure their safety.

Safety at Swim Meets

All accidents, however minor must be reported, in writing, to Swim Ireland.

We would ask the co-operation of athletes, coaches, spectators and clubs in the application of the following safety measures. They are in place for everyone's safety.

General

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

Starting

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

Warm-Up

- Athletes and coaches must ensure that they (and athletes in their charge) take no action that would endanger themselves or others.
- The instructions of those in authority must be obeyed immediately.
- Athletes are not permitted to dive or jump into lanes other than sprint lanes and then only when the area is sufficiently clear to make a safe entry.
- Do not start sprinting in a sprint lane until non-sprinting athletes have cleared it.
- On finishing a sprint immediately clear the way for the following athlete(s).

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

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

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