

LEINSTER MINOR SCHOOLS - 14th Jan 2024 - National Aquatic Centre

We are delighted to be welcoming our Minor Schools swimmers to racing this weekend.

Please read this notice carefully for important information regarding the event.

Schedule of Events

(times are approx. please be ready for your event 15mins before its scheduled start)

Session 1 WARM UP – 9.00 to 9.30 Girls ,9.30 to 10am BOYS

Event	Starts at
1 Girls 9-10 50 Freestyle	10:15 AM
2 Boys 9-10 50 Freestyle	10:29 AM
3 Girls 9-10 50 Breaststroke	10:41 AM
4 Boys 9-10 50 Breaststroke	10:51 AM
5 Girls 9-10 50 Backstroke	11:00 AM
6 Boys 9-10 50 Backstroke	11:13 AM
7 Girls 9-10 50 Butterfly	11:24 AM
8 Boys 9-10 50 Butterfly	11:29 AM
10 Minute Break to allow swimmers prepare for relays	
9 Girls 10 & Under 200 Medley Relay	11:43 am
10 Boys 10 & Under 200 Medley Relay	11:47 am
11 Girls 10 & Under 200 Freestyle Relay	11:52 am
12 Boys 10 & Under 200 Freestyle Relay	11:57 am
FINISH TIME	12:01 pm

SESSION 2 - WARMUP , Girls 12.45 to 1.15 , Boys 1.15 to 1.45

Event	Starts at
13 Girls 11-12 50 Freestyle	02:00 PM
14 Boys 11-12 50 Freestyle	02:28 PM
15 Girls 11-12 50 Breaststroke	02:46 PM
16 Boys 11-12 50 Breaststroke	03:06 PM
17 Girls 11-12 50 Backstroke	03:17 PM
18 Boys 11-12 50 Backstroke	03:40 PM
19 Girls 11-12 50 Butterfly	03:54 PM
20 Boys 11-12 50 Butterfly	04:01 PM
21 Girls 11-12 100 IM	04:07 PM
22 Boys 11-12 100 IM	04:30 PM
10 Minute Break to allow swimmers prepare for relays	
23 Girls 11-12 200 Medley Relay	04:57 PM
24 Boys 11-12 200 Medley Relay	05:06 PM
25 Girls 11-12 200 Freestyle Relay	05:11 PM
26 Boys 11-12 200 Freestyle Relay	05:23 PM
FINISH TIME	05:27 PM

VENUE SAFETY & INFORMATION FOR PARENTS

All accidents, however minor must be reported, in writing, to Leinster Swimming.

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

1. 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.

2. Starting

- It is the responsibility of competitors, coaches and school representatives 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
- In the event of a false start, swimmers should perform a safe entry and not fall into the water.
- Swimmers will be required to line up prior to their event. The announcer will remind swimmers when they need to proceed to line up, however, it is the responsibility of the swimmer to ensure they are there on time. There will be volunteers on hand to assist.

3. Warm-Up

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

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

- Swimmers are not permitted to enter dry areas without first having changed and put on footwear
- Swimmers will not be allowed up the stairs to the balcony unless they are dry
- Where there is a balcony or rail - swimmers are not permitted to climb over it
- Glass bottles are not permitted outside designated refreshment areas.
- **Parents are not permitted to be around the pool deck at any time during the competition. Leinster Swimming will have designated helpers around the decking area to help younger swimmers.**

Results

Results will be posted on the Swim Ireland noticeboards on both sides of the spectator areas and on the app Meet Mobile. Please allow time for results to be posted on noticeboard, approx. 30 minutes after the end of each event. Events are Heat Declared Winner (HDW)

Medal presentations

Medals will be presented at the end of Session 1 and end of Session 2. Swimmers must be fully clothed in a t-shirt and bottoms to receive their medals. If you wish to take a photo you must do so from the spectators' area and must have received permission from NAC, displaying supplied wristband.

Qualifying for Irish Minor Schools

Swimmers achieving the published Irish Minor Schools qualification times are entitled to put themselves forward to the Irish Minor Schools competition. This is scheduled for Sat March 25th in the NAC. The results file will indicate those qualifying swims with ISQ beside the result.

Swimmers can enter ONLY 2 events in Irish Minor schools. Entry will be via jotform and details will be published on the results noticeboard.

Volunteers

Volunteers are essential to the success of Swim Ireland events. Volunteers will be required on the day competition, please make yourself known to the information desk if you are available for one of the sessions.

Getting to the Venue

The National Aquatic Centre (NAC) is based in Blanchardstown, Dublin 15. If you are unfamiliar with the venue follow the link above to google maps. If you are travelling to the venue in the afternoon please allow extra time for traffic around Blanchardstown shopping centre.

Parking

There is free parking available at the NAC, please follow directions from staff and only park in designated areas. Owners of vehicles will be asked to move if they are causing an obstruction.

Access to the NAC

Proceed up the external stone staircase which will bring you directly in to the spectator area for the competition. There is ample seating available for spectators and swimmers.

Changing Rooms

Changing rooms are provided for swimmers on the ground floor and can be accessed from the spectators' area. These will be well signposted in the venue on the day of the competition.

Accessibility

There is a lift in the main reception of the NAC and there are areas reserved for spectators and swimmers who use a wheelchair or require assistance. There are also accessible toilets on both sides of the spectator areas.

Cafe

The cafe serves a range of hot & cold food and drinks. They will be open from 9am-5pm on the day of the competition.

Photography

The NAC operates a strict photography policy in line with Swim Ireland's Photography and Filming Policy. To register you will need to go to the main NAC reception and present photographic ID. You will be provided with a wristband which must be visible and worn on the wrist of the person who registered. Please do not take photos of other children; no child should be photographed unless fully clothed, in a t-shirt and bottoms.

Phones are not permitted in changing areas and must be switched off