

**SWIM
IRELAND**

**2021 Irish National Team Trials -
2021 International Summer Meets**

Meet Licence: 5L-20/21-N001

ENTRY CONDITIONS & INFORMATION

National Aquatic Centre, Dublin

Tuesday 20th – Saturday 24th April 2021



2021 Irish National Team Trials
National Aquatic Centre, Dublin
 20th – 24th April 2021



MEET CONDITIONS

Introduction:	This document relates to the staging of an elite level competition in April 2021. The 2021 Irish National Team Trials are intended explicitly to facilitate a pathway for qualification to the 2021 Olympic Games, the 2021 LEN European Championships (50m), the 2021 LEN European Junior Championships, the 2021 FISU World University Games and the 2021 FINA World Junior Championships. This document will be constantly reviewed in line with Government of Ireland announcements	
Meet Location:	National Aquatic Centre, Sport Ireland Campus, Blanchardstown, Dublin 15	
Pool Specification:	10 lane 50m pool; anti-turbulence lane ropes; wedge starting blocks; backstroke ledges; 6 lane 25m warm up/swim down pool	
Meet Type:	Full Olympic Programme plus 50m Butterfly (Para Only) 50m/100m/200m Events – Three Rounds 400m/800m/1500m Events – Two Rounds Round 1 – Lanes 2-7 (Six Lanes) Round 2/3 – Lanes 1-8 (Eight Lanes)	
Session Times:	Session 1: Tuesday 20 th April Warm-up (Mixed) 0815; Competition 1000 Session 2: Tuesday 20 th April Warm-up (Mixed) 1545; Competition 1730 Session 3: Wednesday 21 st April Warm-up (Mixed) 0815; Competition 1000 Session 4: Wednesday 21 st April Warm-up (Mixed) 1545; Competition 1730 Session 5: Thursday 22 nd April Warm-up (Mixed) 0815; Competition 1000	Session 6: Thursday 22 nd April Warm-up (Mixed) 1545; Competition 1730 Session 7: Friday 23 rd April Warm-up (Mixed) 0815; Competition 1000 Session 8: Friday 23 rd April Warm-up (Mixed) 1545; Competition 1730 Session 9: Saturday 24 th April Warm-up (Mixed) 0815; Competition 1000 Session 10: Saturday 24 th April Warm-up (Mixed) 1545; Competition 1730
Age:	Qualifying Times to reflect two age groups per gender. Age Groups as Junior (Males born 2003-2006 and Females born 2004-2007) and Open (Males and Females from all years of birth)	
Qualification Criteria:	Times must have been achieved in a Long Course (50m) pool in the period 1 st January 2019 – 21 st March 2021	
Entry Eligibility:	<p>To be eligible for entry, athletes must be either:</p> <ol style="list-style-type: none"> 1. Athletes registered with a Swim Ireland club who hold an Irish passport 2. Athletes registered with a Swim Ireland club who can provide evidence that they have commenced an Irish passport application 3. Athletes registered with a Swim Ireland club who are eligible to represent Northern Ireland in Commonwealth Games/Commonwealth Youth Games <p>To be eligible for entry, athletes must also:</p> <ol style="list-style-type: none"> 1. Provide a negative PCR test certificate from a test which has been undertaken within 60 hours of their first point of attendance at the NAC for the meet 2. Provide a photocopy of their Irish passport <u>or</u> an email confirmation that an Irish passport has been applied for on arrival at the NAC <u>or</u> evidence/confirmation that they are eligible to represent Northern Ireland in Commonwealth Games/Commonwealth Youth Games 	

2021 Irish National Team Trials
National Aquatic Centre, Dublin
20th – 24th April 2021



Round 1/2/3:	<p>50m/100m/200m Events – Three Rounds R1: Cyclic seeding not utilized. Maximum of six athletes per heat R2: Fastest 8 athletes from R1 into the second semi-final; next fastest 8 athletes from R1 into the first semi-final R3: Fastest 8 athletes from R2 into the ‘A’ Final; next fastest 8 athletes from R2 into the ‘B’ Final Para athletes will be incorporated into the heats (with R2 being their final round of competition) other than Male 100m Freestyle and Female 50m Butterfly which will run as standalone events</p> <p>400m/800m/1500m Events – Two Rounds R1: Cyclic seeding not utilized. Maximum of six athletes per heat R2: Fastest 8 athletes from R1 into the ‘A’ Final; next fastest 8 athletes from R2 into the ‘B’ Final</p>
Team Leaders Meeting:	<p>Technical briefing will take place on Friday 16th April via Zoom at 19:00. Attendance at this meeting is strongly advisable. Not being represented at the briefing means that a Club is agreeing to abide by any decisions made at the meeting</p>
Withdrawals:	<p>Withdrawals from Day 1 must be emailed to entries@swimireland.ie by 15:00 on Monday 19th April</p> <p>Withdrawals for Days 2, 3, 4 & 6 must be submitted by 17:30 the previous day, i.e. for Day 2, withdrawals must be submitted by 17:30 on Day 1. These withdrawals must be completed on Withdrawal Forms at the Technical Delegate’s Table on poolside. No email scratches will be accepted after 15:00 on Monday 19th April</p> <p>Withdrawals from Round 2 or Round 3 swims must be made within 30 minutes of the announcement of the results for the event. There will be a €50 fine if athletes fail to show up for their event and have not been withdrawn in accordance with these conditions.</p>
Entry Form:	<p>Electronic Hy-tek entries are accepted via Hy-tek to the Swim Ireland Office at entries@swimireland.ie</p>
Entry Deadline:	<p>17:00 Friday 26th March 2021 for ALL entries. Payment for ALL entries must be received by 17:00 Friday 9th April 2021</p>
Entry Fees:	<p>Individual entries cost €10/£9 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> <p><i>Please note that entries are non-refundable once the final date for payment has passed</i></p>
Swimsuits:	<p>All swimsuits must comply with FINA regulations and must bear the FINA approved stamp</p> <p>https://www.fina.org/sites/default/files/frsa.pdf</p>
Anti-Doping:	<p>It is a condition of attending a Swim Ireland event that athletes may be required to be tested for prohibited substances in accordance with Sport Ireland/WADA/FINA Anti-Doping rules. For further information visit the Anti-Doping section of the Sport Ireland website</p>
Health & Safety:	<p>Please refer to the Health & Safety guidelines at the back of this document and also the</p>

2021 Irish National Team Trials
National Aquatic Centre, Dublin
20th – 24th April 2021



	Swim Ireland Code of Practice for Safety (Swimming) on the Swim Ireland website
Open Training Session:	There will be pool availability for open training session on Monday 19 th April 2021 in the period 1700-1900 only
In Meet Training:	Athletes not competing in a particular session/on a particular day will be permitted to train from 0630 – 0800 and following the completion of the heats up to and including 1530 during competition days
Catering:	Athletes are free to make their own accommodation arrangements for this competition. Swim Ireland have a relationship with the Crowne Plaza in Blanchardstown and the hotel will provide you with a preferential rate if you quote 'Swim Ireland' when booking
Accommodation:	It should be noted that the Cafeteria area in the NAC is unlikely to be open during this meet
COVID-19 Specific Protocols:	<p>Please also read the additional "Pre-Event Information" document on the Swim Ireland website</p> <ul style="list-style-type: none"> ▪ All persons present at the meet must provide a negative PCR test certificate from a test which has been undertaken within 60 hours of their first point of attendance at the NAC for the meet. Further information on this is contained in the Pre-Event Information document ▪ All athletes, team staff, event staff and officials MUST limit their movements and submit daily COVID self-screening for 10 days prior to travelling to NAC, during the competition and for 14 days after the competition (i.e. from the 10th April through to and including the 8th May). Further information on this is contained in the Pre-Event Information document ▪ Athletes, coaches and officials should not car pool/lift share in travelling to the NAC ▪ Face coverings must be worn when entering the building ▪ Temperature checks will be taken at the main reception each session and athletes will be required to sign in with a member of NAC staff at that point ▪ Athletes will then proceed to changing village where they can change ▪ Athletes can then proceed to the concourse, using the one way system that is in place, where they will be given a specific seat. This will be their seat for the duration of the competition ▪ Athletes may then proceed to the pool deck using the one way system that is in place ▪ Only when in transit for warm-up or start of race can athletes remove face coverings ▪ Officials and coaches/team staff must wear a face covering at all times ▪ When warm-up, swim down or racing is complete, athletes must once again immediately wear a face covering ▪ When athletes have finished all necessary activity within a session, they must return to the changing village and can then leave the venue via the main reception area ▪ The diving pool area is an athlete preparation and swim down area only. It must not be used for congregation for any other purpose ▪ Where possible, a maximum of 4 athletes per 50m lane and 3 athletes per 25m lane should be observed for warm-up and swim down purposes

2021 Irish National Team Trials
National Aquatic Centre, Dublin
20th – 24th April 2021



	<ul style="list-style-type: none">▪ Social distancing must be observed at all times
International Travel	<ul style="list-style-type: none">▪ Swim Ireland will adhere to all Government of Ireland guidelines regarding inward travel to Ireland when staging this competition▪ Please note government restrictions on travel into Ireland at this link - https://www.gov.ie/en/publication/b4020-travelling-to-ireland-during-the-covid-19-pandemic/#what-you-have-to-do-before-you-arrive-into-ireland-from-abroad
Post Competition:	<ul style="list-style-type: none">▪ All athletes will be expected to leave the premises as soon as they have finished competing and completed swim down/recovery protocols▪ Adhere to egress signage▪ If an athlete becomes unwell after competition, they should first contact their GP and read the HSE/NHS guidelines and then inform the Competition Organisers. The Competition organisers will then follow advice provided to them by the HSE/NHS on the next steps
Further Info:	Please direct all queries to entries@swimireland.ie

These Meet Conditions must be read in conjunction with the Swim Ireland General Event Rules available on the SI website at <http://www.swimireland.ie/competitions-events/regulations-and-safety>

2021 Irish National Team Trials
National Aquatic Centre, Dublin
 20th – 24th April 2021



SCHEDULE OF EVENTS

Day 1 – Tue 20th April 2021	Day 2 – Wed 21st April 2021	Day 3 – Thu 22nd April 2021	Day 4 – Fri 23rd April 2021	Day 5 – Sat 24th April 2021
Session 1: 1000 – Heats	Session 3: 1000 – Heats	Session 5: 1000 – Heats	Session 7: 1000 – Heats	Session 9: 1000 – Heats
Male 800m Freestyle R1 Female 800m Freestyle R1 Male 100m Backstroke R1 Female 100m Backstroke R1 Male 100m Breaststroke R1 Female 100m Breaststroke R1 Male 200m Butterfly R1 Male 200m Freestyle R1	Female 100m Butterfly R1 Male 50m Freestyle R1 Female 100m Freestyle R1 Male 100m Freestyle (Para Only) R1	Female 400m Freestyle R1 Male 400m Freestyle R1 Female 200m IM R1 Male 200m IM R1 Female 200m Backstroke R1	Male 1500m Freestyle R1 Female 1500m Freestyle R1 Male 200m Backstroke R1 Female 200m Butterfly R1 Male 200m Breaststroke R1 Female 50m Freestyle R1 Male 100m Butterfly R1 Female 200m Breaststroke R1 Male 100m Freestyle R1 Female 200m Freestyle R1	Female 50m Butterfly (Para Only) R1 Male 400m IM R1 Female 400m IM R1
Day 1 – Tue 20th April 2021	Day 2 – Wed 21st April 2021	Day 3 – Thu 22nd April 2021	Day 4 – Fri 23rd April 2021	Day 5 – Sat 24th April 2021
Session 2: 1730 – Finals	Session 4: 1730 – Finals	Session 6: 1730 – Finals	Session 8: 1730 – Finals	Session 10: 1730 – Finals
Female 100m Backstroke R2 Male 100m Backstroke R2 Female 100m Breaststroke R2 Male 100m Breaststroke R2 Male 200m Butterfly R2 Male 200m Freestyle R2	Male 200m Freestyle R3 Female 100m Backstroke R3 Male 100m Breaststroke R3 Female 100m Breaststroke R3 Male 200m Butterfly R3 Female 100m Butterfly R2 Male 100m Backstroke R3 Female 100m Freestyle R2 Male 50m Freestyle R2 Female 800m Freestyle R2 Male 800m Freestyle R2	Male 100m Freestyle (Para Only) R2 Female 200m IM R2 Male 50m Freestyle R3 Female 200m Backstroke R2 Male 200m IM R2 Female 100m Butterfly R3 Male 400m Freestyle R2 Female 100m Freestyle R3 Female 400m Freestyle R2	Female 200m Backstroke R3 Male 200m Backstroke R2 Female 200m Butterfly R2 Male 200m Breaststroke R2 Female 50m Freestyle R2 Male 100m Butterfly R2 Female 200m Breaststroke R2 Male 100m Freestyle R2 Female 200m Freestyle R2 Male 200m IM R3 Female 200m IM R3	Female 50m Butterfly (Para Only) R2 Male 200m Backstroke R3 Female 200m Butterfly R3 Male 200m Breaststroke R3 Female 50m Freestyle R3 Male 100m Butterfly R3 Female 200m Breaststroke R3 Male 100m Freestyle R3 Female 200m Freestyle R3 Female 400m IM R2 Male 400m IM R2 Female 1500m Freestyle R2 Male 1500m Freestyle R2

2021 Irish National Team Trials
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 20th – 24th April 2021



QUALIFICATION STANDARDS

MALE		EVENT	FEMALE	
Junior Born 2003-2006	Open		Open	Junior Born 2004-2007
24.54	23.66	50m Freestyle	26.63	27.62
54.16	52.21	100m Freestyle	58.46	1:00.63
1:59.33	1:55.05	200m Freestyle	2:06.08	2:10.77
4:12.86	4:03.79	400m Freestyle	4:26.49	4:36.41
8:48.86	8:29.88	800m Freestyle	9:11.86	9:32.40
16:44.60	16:08.56	1500m Freestyle	17:46.44	18:26.12
1:00.04	57.89	100m Backstroke	1:04.77	1:07.18
2:11.01	2:06.31	200m Backstroke	2:20.17	2:25.38
1:06.82	1:04.42	100m Breaststroke	1:12.10	1:14.78
2:25.34	2:20.13	200m Breaststroke	2:36.43	2:42.25
57.94	55.86	100m Butterfly	1:02.26	1:04.58
2:09.88	2:05.22	200m Butterfly	2:18.06	2:23.20
2:13.43	2:08.65	200m IM	2:22.50	2:27.80
4:45.26	4:35.03	400m IM	4:59.42	5:10.56

2021 Irish National Team Trials
National Aquatic Centre, Dublin
20th – 24th April 2021



Entry Summary Sheet

No. Individual Entries: _____ @ €10 Each = € _____

TOTAL AMOUNT ENCLOSED: € _____

CLUB: _____ CONTACT: _____

PHONE: _____ EMAIL: _____

Payment Options:

Please reference all payments as "2021 Irish National Team Trials" 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

2021 Irish National Team Trials
National Aquatic Centre, Dublin
20th – 24th April 2021



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

- 1) 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.
- 2) Any accidents, however minor, must be reported to Swim Ireland (standard Accident Report Form available).
- 3) 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

- 1) All Clubs should obtain and read a copy of the Safety Statement of the pool they are hiring.
- 2) 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)

- 1) 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.
- 2) 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.
- 3) "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.
- 4) 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.
- 5) 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.

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 athletes are sufficiently competent to dive start from competition starting blocks. Alternatively, athletes are reminded that they may start from the poolside.
- ii. In the event of a false start, athletes should perform a safe entry and not fall into the water.

3. Warm-Up

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

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

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

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