

<b>Swim Meet Title</b>	Castlebar & Longford Invitational Club L3
<b>Licence Number</b>	4C-22/23-C004
<b>Venue</b>	The Leisure Complex at Lough Lannagh, Castlebar and Coral Leisure, The Mall, Longford Town
<b>Date</b>	Castlebar 23 <sup>rd</sup> Oct 2022, Longford 29 <sup>th</sup> and 30 <sup>th</sup> Oct 2022
<b>Host Clubs</b>	Castlebar/Longford Swimming Clubs

<b>FINA Rules</b>	This Meet will be run under FINA Rules.
<b>Format</b>	Short Course – 8 lane/6 Lane
<b>Session Times</b>	<p><b>Sunday 23<sup>rd</sup> Oct Castlebar Session 1 Warm up 10.00hrs Start - 11:00hrs</b></p> <p><b>Session 2 Warm up during interval Start 15.00 hrs</b></p> <p><b>Saturday 29<sup>th</sup> Oct Longford Session 3 Warm up 17.30 hrs Start 18.00hrs</b></p> <p><b>Sunday 30<sup>th</sup> Oct Session 4 Warm up 12.30 hrs Start – 13.15hrs</b></p> <p><b>Session 5 Warm up during interval Start post session 4</b></p>
<b>Fee's</b>	€7 per Individual Event. €14 per Relay team.
	<p>Cheques to be made out to - <b>“Longford Swimming Club”</b>.</p> <p>BANK DETAILS: Permanent TSB, Longford</p> <p>IBAN: IE19IPBS99073152168689</p> <p>BIC: IPBSIE2D :ACCOUNT NO. 52168689</p> <p><i>If you are remitting the fees by cheque, please note the club and the name of the swim meet gala on the back. Fee payment should be arranged concurrently with swim meet entries as it may not be possible to accept all entries. Fee refunds will be advised to clubs on final acceptance of entries.</i></p>
<b>Eligibility</b>	<p>Only swimmers registered with Swim Ireland <b>aged 12y or over, Ages are Year of Birth; as of Dec 31st 2022.</b></p> <p>Entry with NT will be accepted.</p> <p>Relay's Open, HDW.</p>
<b>Entries</b>	Entries <b>on Hy-Tek only</b> . Entries should be emailed to <a href="mailto:castlebarsc.competitionsec@gmail.com">castlebarsc.competitionsec@gmail.com</a>
<b>Entries by:</b>	<b>20:00hrs Saturday 8<sup>th</sup> Oct 2022. No late entry please.</b>

<b>Officials</b>	<i>Clubs must provide volunteers for timekeeping duties. Officials will be arranged directly by the host club or region based on the licence category. Volunteers wishing to fulfil specific roles for experience should contact the Meet Director.</i>
<b>Heats</b>	<i>Clubs will be notified in advance as to any changes to the competition. Numbers of heats may be curtailed to allow the gala to be run off in a reasonable time-frame. 800 x 3 Mixed heats and 1500 x 2 Mixed heats HDW</i>
<b>Scratches</b>	<i>Scratches via email to <a href="mailto:castlebarsec.competitionsec@gmail.com">castlebarsec.competitionsec@gmail.com</a> for sessions 1 and 2 or <a href="mailto:lscgalasecretary@gmail.com">lscgalasecretary@gmail.com</a> for sessions 3-5 or in person at the commencement of warm up (or otherwise as directed at the swim meet).</i>
<b>Finals / Medals</b>	<ul style="list-style-type: none"> <li>• Heat declared winners.</li> <li>• Medals awarded 1<sup>st</sup> 2<sup>nd</sup> &amp; 3<sup>rd</sup> age categories; 12/13y, 14/15y and 16+</li> <li>• 800, 1500 and Relays are Open Events. Mixed limited heats.</li> </ul>
<b>Qualification</b>	<i>Times can be used to qualify for Level 4 Meets Regional SC Championships,</i>
<b>Data Protection</b>	<i>Swim Ireland Connacht and its registered clubs use a software database to manage entries and results of swimming meets, and also to manage competition records of Swimmers. By submitting and accepting entries, consent is hereby given, as required by the Data Protection Act, to the holding of personal information on databases. Personal data held for each swimmer will be name, date of birth, club, Swim Ireland registration number, entry times, achieved times. Certain elements of this data (name, club, age, times, achieved times) may be made public prior to, during or after the meet (e.g. Programmes, results sheets, social media updates etc.)</i>
<b>Hydration</b>	<i>Please note that, as an environment-friendly measure, timekeepers/officials/coaches are encouraged to bring their own re-usable bottles and fill them from the water coolers.</i>
<b>Photography</b>	<i>As per facility policy.</i>
<b>First Aid</b>	<i>First Aid facilities will be provided by facility lifeguards and staff. Fire exits should be noted on arrival. In the event of fire alarm, swimmers and volunteers will take direction from the facility staff and / or Meet Director.</i>

Castlebar			EVENTS HDW	Longford	
				Event	Session 3
				19 Mixed	Open 800 Freestyle (3 heats)
				20 Mixed	Open 1500 Freestyle (2 heats)
Event			Session 1	Session 4	
1	Girls	100 IM		21 Boys	100 IM
2	Boys	200 Breaststroke		22 Girls	200 Butterfly
3	Girls	200 Breaststroke		23 Boys	200 Butterfly
4	Boys	100 Freestyle		24 Girls	100 Breaststroke
5	Girls	100 Freestyle		25 Boys	100 Breaststroke
6	Boys	50 Butterfly		26 Girls	50 Backstroke
7	Girls	50 Butterfly		27 Boys	50 Backstroke
8	Boys	400 Freestyle		28 Girls	400 Freestyle
9	Girls	4x50 Open Free Relay		29 Boys	4x50 Open Medley Relay
Session 2				Session 5	
10	Boys	200 Backstroke		30 Girls	200 Freestyle
11	Girls	200 Backstroke		31 Boys	200 Freestyle
12	Boys	100 Butterfly		32 Girls	100 Backstroke
13	Girls	100 Butterfly		33 Boys	100 Backstroke
14	Boys	50 Breaststroke		34 Girls	50 Freestyle
15	Girls	50 Breaststroke		35 Boys	50 Freestyle
16	Boys	200 IM		36 Girls	200 IM
17	Girls	400 IM		37 Boys	400 IM
18	Boys	4x50 Open Free Relay		38 Girls	4x50 Open Medley Relay