

# 2023

## LEN EUROPEAN U23 SWIMMING CHAMPIONSHIPS

# DUBLIN

11-13 AUGUST | SPORT IRELAND NATIONAL  
AQUATIC CENTRE





# Information Bulletin 1.

## Welcome to Ireland

Message from the CEO of Swim Ireland, Sarah Keane



Dear European and World Aquatics Family,

Swim Ireland is delighted to host the first ever European U23 Swimming Championships at the Sport Ireland National Aquatic Centre in Dublin and I am honoured to invite you all to Ireland from August 11<sup>th</sup> – 13<sup>th</sup> this year.

The U23 European Swimming Championships will welcome more than 40 nations to Dublin to compete over 3 days of intense competition. We anticipate seeing some of the biggest European and World swimming stars amongst the 600 expected athletes. There will be two sessions per day comprising more than 300 races with around 40 finals.

It is 20 years since Swim Ireland last hosted a major LEN swimming event, the European Short Course Championships in 2003. This is a very exciting time for the sport of swimming in Ireland, and we believe we can deliver a truly memorable competition.

This is a great opportunity for you to visit Ireland, explore our capital city of Dublin and maybe venture further out to visit some of the wonderful sights and experiences on offer.

Thank you to LEN for giving us the opportunity to host this event, we hope that you will all enjoy a weekend to remember in August.

Sarah Keane  
Chief Executive Officer, Swim Ireland  
LEN and World Aquatics Bureau Member



An island  
of swimmers



## Dublin

Dublin, the capital city of Ireland, is a charming city with a history dating back to the Viking times. Dublin is one of Europe's most popular city breaks and no matter your reason for visiting our capital, you are guaranteed a "Céad míle fáilte", a thousand welcomes in Irish. From the invasion of the Vikings in the 8th Century through 700 years of Norman occupation, English rule and the formation of the Republic of Ireland in the 1920's, the city of Dublin has had a rich and varied history. Evidence of this can be found in every corner of the city. From a cultural point of view, that means plenty for visitors to see, from historic sites and landmarks to famous monuments and thought-provoking museums.

**Some interesting places to visit in Dublin.**

### Trinity College Dublin

Trinity College is Ireland's oldest university. It was founded by Queen Elizabeth I in 1592. Due to its picturesque setting and the famous people connected with it - Oscar Wilde studied here - Trinity College is one of the city's main tourist attractions. The Trinity library harbours the world's most famous early medieval manuscript, the Book Of Kells. Trinity's campus is located in the centre of Dublin and is spread across an impressive 47 acres.



### Dublin Castle

Dublin Castle is situated in the very heart of historic Dublin. For more than 700 years, from 1200 until the formation of the Irish Republic in 1921, it was the centre of the English colonial administration in Ireland. In 930, the Vikings built fortifications at the junction of the River Liffey and its tributary, the now underground River Poddle. The site was called Dubh Linn in Gaelic (pronounced Dub Lin), which means Black Water. Today you can still view the remains of the 13th century structure as part of the guided tour. The present Dublin Castle is used by the Irish Government for state events such as the inauguration of the Irish President and state banquets for visiting dignitaries. Amongst the highlights are the Ladies Drawing Room, the Throne Room and St. Patricks Hall.



## Phoenix Park

Just on the outskirts of Dublin City, lies Phoenix Park the biggest enclosed public park of any capital city in Europe. The park was originally created as a royal hunting park in the 1660s and then opened its gates to the public in 1747. A lovely herd of fallow deer still remain in the park to this day. The Phoenix Park is also home to Ireland's national Zoo, Áras an Uachtaráin (the home of our president), and wonderful Victorian flower gardens. It is located only a mile and a half from O'Connell Street in Dublin City. The Glen Pond is set in very scenic surrounds in the Furry Glen. There are many walking tracks and cycle trails available to the public.



A lively and entertaining exhibition on the history and wildlife of the Phoenix Park is on display in the Visitor Centre. Here visitors can receive information and enjoy a historical interpretation of the park from 3500BC to the present day.

Adjoining the Visitor Centre is the fully restored Ashtown Castle, a medieval tower house that probably dates before the 17th century. The castle had been incorporated into an 18th century mansion and was 'rediscovered' when this building was demolished.



## St Patrick's Cathedral

Built in honour of Ireland's patron saint, Saint Patrick's Cathedral stands adjacent to the famous well where tradition has it Saint Patrick baptised converts on his visit to Dublin. The parish church of Saint Patrick on this site was granted collegiate status in 1191 and raised to cathedral status in 1224. The present building dates from 1220. The Cathedral is today the National Cathedral of the Church of Ireland (a church of the Anglican communion) and serves as a popular tourist attraction in Ireland. Today the Cathedral is open to all people as an architectural and historical site, but principally as a place of worship.

## Useful Information

### Host

The host of the Championships is Swim Ireland in collaboration with Sport Ireland and under the control and supervision of the LEN Bureau.

### Venue

Sport Ireland National Aquatic Centre, Sport Ireland Campus, Snugborough Road, Blanchardstown, Dublin 15, D15 EPN4.



### Key Contacts for the Local Organising Committee (LOC)

General enquiries [info.u23@swimireland.ie](mailto:info.u23@swimireland.ie) & [swimming@len.eu](mailto:swimming@len.eu)

Entry enquiries and/or entry submissions [entries.u23@swimireland.ie](mailto:entries.u23@swimireland.ie) & [swimming@len.eu](mailto:swimming@len.eu)

Accommodation enquiries [accommodation.u23@swimireland.ie](mailto:accommodation.u23@swimireland.ie) & [swimming@len.eu](mailto:swimming@len.eu)

[Online Preliminary entry and accommodation form](#)

Volunteer enquiries [volunteers.u23@swimireland.ie](mailto:volunteers.u23@swimireland.ie)

LOC Address

Irish Sports HQ, National Sports Campus, Blanchardstown, Dublin 15, Ireland.

Zoë Payne - +353 (0)86467 8275



## Applications for Visa/Preclearance

You do not have to apply for an Irish visa/preclearance if you are:

A national from an EU member state

A national from an EEA member state

If you are a Visa-required national and you are visiting for a period of 90 days or less, you will find useful guidelines and details on:

[Coming to visit Ireland - Immigration Service Delivery \(irishimmigration.ie\)](http://irishimmigration.ie)

## Event Schedule – Key dates

<b>Earliest Arrival</b>	8 <sup>th</sup> August
<b>Training Dates</b>	8 <sup>th</sup> – 10 <sup>th</sup> August
<b>Competition Days</b>	11 <sup>th</sup> – 13 <sup>th</sup> August
<b>Latest Departure Date</b>	14 <sup>th</sup> August

**Team leader's meeting** – Thursday 10<sup>th</sup> August at 14:00

**Officials meeting** – Thursday 10<sup>th</sup> August at 16:00



## Supervision of the Event

**Management Committee:** the LEN Technical Swimming Committee

**Jury of Appeal:** will be in accordance with LEN Rules and Regulations.

**Passport Check:** The Head of Delegation must present the passport of each team member before collecting the accreditation cards. The data on accreditation card will be compared to the data on valid passports of all participants and staff members.

**Floorplan** – Competition pools, will be published in the next information bulletin.

## Anti- Doping

During the Championship anti-doping protocols will be conducted. All competitors participating in the event may be required to be tested for doping control.

## Insurance

The insurance of the participants is the responsibility of the respective federations. Insurance must also ensure that it is valid in the case of a Covid-19 infection.

## Arrival and Transport

The Organising Committee will facilitate airport welcome and transportation services for the duration of the event. Transportation services provided will be between the airport, the official team hotels and the competition venue. Requests for travel must be made by completing the online form which can be found below.

[Online Arrival and Travel form.](#)

During the training and competition period, transport (bus service) between the pool and the official hotels will be organised for the event. It is mandatory that only the buses provided by the LOC are used and not public transport or others.

## Entry Conditions

The Championships shall be open to all LEN Federations. For the 2023 LEN European U23 Swimming Championships, LEN reserves the right to invite other members of World Aquatics to participate in these Championships, hereinafter referred to as “Non-LEN Federations”. All competitors shall be aged between 19 and 23 years by 31 December in the year of competition with the minimum age category being 19 years. In addition, a competitor who has achieved an “A” qualifying time for the World Aquatics Championships 2023 shall compete in that event in Fukuoka 2023 to be eligible to compete in the equivalent event in Dublin. For the avoidance of doubt, i) if a swimmer has achieved an “A” qualification time for Fukuoka 2023 but is not part of his / her national team traveling to Japan, or ii) has not achieved an “A” qualifying time for Fukuoka 2023, he / she may still compete in Dublin, as long as he / she meets the age criterion.

Exceptionally for the 2023 Championships a Federation may enter a maximum of one competitor per event in the age category 14-18 years (born 2005-2009) as part of its four competitors per event (see U23-SW2.3 below).

### **U23-SW 2.2 Events are (men and women):**

- a) Freestyle 50 m, 100 m, 200 m, 400 m, 800 m, 1500 m; b) Breaststroke 50 m, 100 m, 200 m;
- c) Backstroke 50 m, 100 m, 200 m; d) Butterfly 50 m, 100 m, 200 m; e) Individual Medley 200 m, 400 m;
- f) Relay events may be included in the Competition Programme at the discretion of the LEN TSC
- g) Skins races may be included in the Competition Programme at the discretion of the LEN TSC.

**U23-SW 2.3** In individual events a maximum of four (4) entries per Federation and per event may be submitted. Notwithstanding times and places achieved in the heats, only the two (2) fastest swimmers of each Federation may: a) proceed to the finals; b) take part in a swim off; c) be nominated as a reserve. In any event where heats are not held a maximum of two (2) swimmers per Federation may take part in finals. A maximum of two swimmers from Non-LEN Federations may proceed to compete in the final.

**U23-SW 2.4** In relay events entries for one (1) team per Federation and per event may be submitted. All swimmers entered for the Championships may swim in relays.

**U23-SW 2.5** The order of the events will be circulated by the LEN Office



## Event Programme

Day 1 – Friday 11 <sup>th</sup> August 2023	Day 2 – Saturday 12 <sup>th</sup> August 2023	Day 3 – Sunday 13 <sup>th</sup> August 2023
<b>Session 1 Heats: Start Time 9.30am</b>	<b>Session 1 Heats: Start Time 9.30am</b>	<b>Session 1 Heats: Start Time 9.30am</b>
W 50M BREASTSTROKE M 200M BACKSTROKE W 100M BUTTERFLY M 200M FREESTYLE W 50M BACKSTROKE M 50M BREASTSTROKE W 200M FREESTYLE M 100M BUTTERFLY W 200M IND MEDLEY Mixed 4x100M MEDLEY W 800M FREESTYLE* M 1500M FREESTYLE*	W 400M FREESTYLE M 400M FREESTYLE W 100M BREASTSTROKE M 50M BACKSTROKE W 200M BUTTERFLY M 50M FREESTYLE W 100M BACKSTROKE M 200M BREASTSTROKE W 50M FREESTYLE M 200M BUTTERFLY W 400M IND MEDLEY* M 400M IND MEDLEY*	W 200M BREASTSTROKE M 100M BACKSTROKE W 50M BUTTERFLY M 100M FREESTYLE W 200M BACKSTROKE M 100M BREASTSTROKE W 100M FREESTYLE M 50M BUTTERFLY M 200M IND MEDLEY Mixed 4x100M FREESTYLE W 1500M FREESTYLE* M 800M FREESTYLE*
<b>Session 2 Finals: Start Time: 18.00pm</b>	<b>Session 2 Finals: Start Time: 18.00pm</b>	<b>Session 2 Finals: Start Time: 18.00pm</b>
W 50M BREASTSTROKE M 200M BACKSTROKE W 100M BUTTERFLY M 200M FREESTYLE W 800M FREESTYLE** W 50M BACKSTROKE M 50M BREASTSTROKE W 200M FREESTYLE M 100M BUTTERFLY W 200M IND MEDLEY M 1500M FREESTYLE** Mixed 4x100M MEDLEY	W 100M BREASTSTROKE M 50M BACKSTROKE W 200M BUTTERFLY M 50M FREESTYLE W 400M FREESTYLE W 100M BACKSTROKE M 200M BREASTSTROKE W 50M FREESTYLE M 200M BUTTERFLY W 400M IND MEDLEY** M 400M IND MEDLEY** M 400M FREESTYLE SKINS - 50M FREESTYLE	W 200M BREASTSTROKE M 100M BACKSTROKE W 50M BUTTERFLY M 100M FREESTYLE W 1500M FREESTYLE** W 200M BACKSTROKE M 100M BREASTSTROKE W 100M FREESTYLE M 50M BUTTERFLY M 200M IND MEDLEY M 800M FREESTYLE** Mixed 4x100M FREESTYLE

\*Slowest heats

\*\*Fastest Heats

## Prize Money

The following prize money will be available for the 2023 LEN U23 European Swimming Championships (Only applicable to European athletes)

Total Prize money - €5000

€2500 – Women

€2500 – Men

Prize money to be allocated as follows:

1<sup>st</sup> €1000

2<sup>nd</sup> €600

3<sup>rd</sup> €400

4<sup>th</sup> €300

5<sup>th</sup> €200

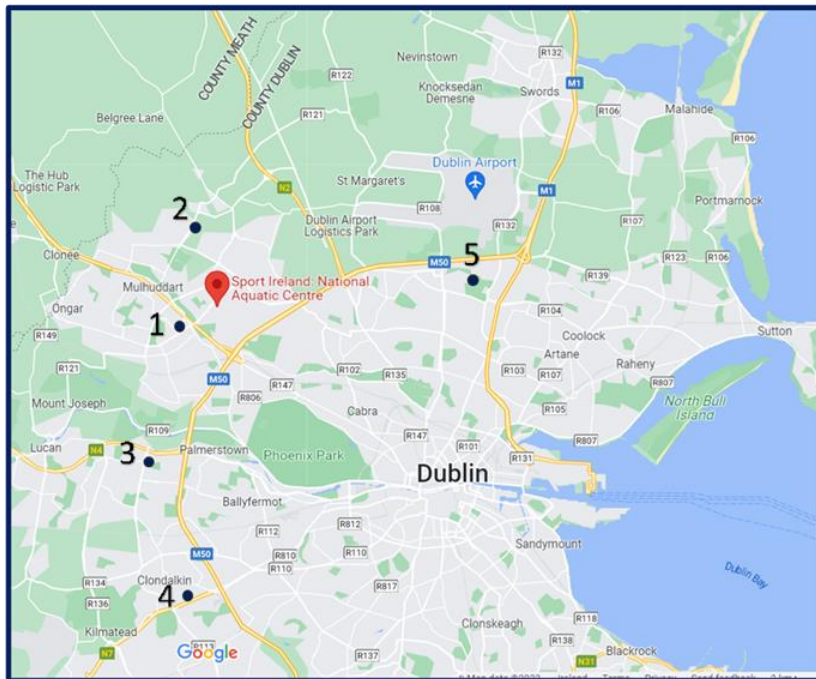
Best Performances according to World Aquatics point system.



## Accommodation

The organising committee is in charge of the accommodation process and have ensured that the best rates have been secured for the duration of the competition. Single and twin rooms are available in all hotels. Triple rooms are available but on a limited basis. The reservations will be made on a first-come first-served basis. All rates are per person per night, on a full board basis (breakfast, lunch and dinner) and inclusive of transportation. Reservations will be confirmed upon receipt of your requests and deposit payment. Requests for accommodation must be made by completing the preliminary accommodation online form, which can be accessed at the link below.

[Online Preliminary entry and accommodation form](#)



### Key to Hotels

1. **Crowne Plaza Hotel, Blanchardstown**
2. **Carlton Hotel, Blanchardstown**
3. **Clayton Hotel, Liffey Valley**
4. **Louis Fitzgerald Hotel, Newlands Cross**
5. **Crowne Plaza, Dublin Airport**

\*More details regarding the hotels and amenities can be found later in this document.

## Summary of hotels

Hotels	Distance to pool	Single Room (Per person)	Twin Room (Per Person)	Triple Room (Per Person)
Crowne Plaza Hotel, Blanchardstown	2.2km	€250	€200	NA
Carlton Hotel, Blanchardstown	4.7km	€220	€180	NA
Clayton Hotel, Liffey Valley	8.4km	€220	€180	€160
Louis Fitzgerald Hotel, Newlands Cross	13.1km	€210	€175	€155
Crowne Plaza, Dublin Airport	11.9km	€230	€185	NA

### \*Prices include - Full Board and transport

The Organising Committee will facilitate airport welcome and departure transportation services.

**Training and Competition** - During the training and competition period, transport (bus service) between the pool and the official hotels will be organized for the event.



## LEN Hotel

### 1. Crowne Plaza Dublin-Blanchardstown (4 Star)



The Crowne Plaza Dublin-Blanchardstown has 188 stylish guest bedrooms complete with plasma TV screens and King Koil Pillow Top beds. Crowne Plaza Dublin-Blanchardstown Hotel is just off the M50 motorway, 20 minutes drive from Dublin city centre and with plenty of complimentary parking.

**Address:** Blanchardstown Town Centre, Blanchardstown, Dublin, D15 T1FD

**Distance from Venue**

2.2km, 7 minutes

**Distance from Dublin Airport**

17.4km, 17 minutes

**Rates – Full Board**

Single: €250 (per person)

Twin/Double: €200 (per person)

## Team Hotels

### 1. Crowne Plaza Dublin-Blanchardstown (4 Star)



The Crowne Plaza Dublin-Blanchardstown has 188 stylish guest bedrooms complete with plasma TV screens and King Koil Pillow Top beds. Crowne Plaza Dublin-Blanchardstown Hotel is just off the M50 motorway, 20 minutes drive from Dublin city centre and with plenty of complimentary parking.

**Address:** Blanchardstown Town Centre, Blanchardstown, Dublin, D15 T1FD

**Distance from Venue**

2.2km, 7 minutes

**Distance from Dublin Airport**

17.4km, 17 minutes

**Rates – Full Board**

Single: €250 (per person)

Twin/Double: €200 (per person)



## 2. Carlton Hotel Blanchardstown (4 Star)



The Carlton Hotel Blanchardstown is located within the heart of Dublin 15. This four-star Dublin hotel is conveniently located close to the M50, M2 and M3 motorways.

**Address:** Church Rd, Tyrrelstown, Dublin, D15 EYX5

**Distance from venue**

4.7km, 8 minutes.

**Distance from Dublin Airport**

13.2km, 15 minutes.

**Rates**

Single: €220 (per person)

Twin/Double: €180 (per person)

Triple: Not available

### 3. Clayton Hotel Liffey Valley (4 Star)



This modern hotel is a 5-minute walk to the large shopping centre Liffey Valley, with a wide range of amenities, shops and cinema. It is short drive from Dublin city centre and has a swimming pool, gym and free internet access.

**Address:** Fonthill Rd, Liffey Valley, Dublin, D22 X4W6

**Distance from Venue**

8.4km, 15 minutes

**Distance from Dublin Airport**

20km, 20 minutes

**Rates**

Single: €220 (per person)

Twin/Double: €180 (per person)

Triple: €160 (per person)

#### 4. Louis Fitzgerald Hotel, Newlands Cross (4 Star)



Louis Fitzgerald Hotel is a 4-star hotel located 13.5 km from the centre of Dublin. The hotel features 2 restaurants, and guests can make use of the on-site fitness centre, games and cinema room.

**Address:** 1A Naas Rd, Newlands Cross, Dublin 22, D22 X5N7

**Distance from Venue**

13.1km, 18 minutes

**Distance from Dublin Airport**

22km, 25 minutes

**Rates**

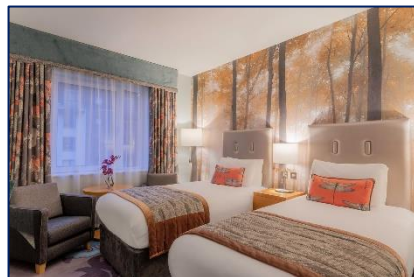
Single: €210 (per person)

Twin/Double: €175 (per person)

Triple: €155 (per person)



## 5. Crowne Plaza, Dublin Airport (4 Star)



Crowne Plaza Dublin Airport is an elegant Dublin airport hotel with bistro dining and superb conference facilities. Overlooking a leafy park, Crowne Plaza Dublin Airport hotel is only 5 minutes by shuttle bus from Dublin Airport (DUB). You'll find us just off the M50 and M1 motorways, only a 15-minute drive from Dublin City Centre.

**Address:** Northwood Park, Santry Demesne, Dublin, D09 KN66

### **Distance from Venue**

11.9km, 15 minutes

### **Distance from Dublin Airport**

4.4km, 9 minutes

### **Rates**

Single: €230 (per person)

Twin/Double: €185 (per person)

Triple: Not available

## Deadline Dates

### Booking Conditions

Preliminary Accommodation Acceptance Deadline ([Online form](#)): - 14<sup>th</sup> April 2023

[Online preliminary accommodation entry form](#)

Final Booking Deadline – 10<sup>th</sup> July 2023

Final Rooming list – 10<sup>th</sup> July 2023

Travel Plan/Flight Details ([Online form](#)) – 14<sup>th</sup> July 2023

### Entry and Accreditation Deadlines

Further information to be provided on entry/accreditation process, however Final entries deadline is 10 days before Day 1 of the competition.

### Payment Conditions

Deposit 50% Deadline by 28<sup>th</sup> April 2023

Final 50% Deadline by 10<sup>th</sup> July 2023

*Cancellation conditions – Any changes made between the 22<sup>nd</sup> April 2023 and 31<sup>st</sup> May 2023 will incur a charge of 25% of the total charges.*

*Cancellations made after the 1<sup>st</sup> June 2023 will incur a 100% penalty of all charges.*

### Beneficiary Details

**Bank:** Allied Irish Bank, West End Retail Park, Blanchardstown, Dublin 15, Ireland.

**IBAN:** IE 03 AIBK 9325 1559 7720 48

**BIC:** AIBKIE2D

**Transfer Reference:** “Federation Name” followed by U23Hotels (e.g. SwimIreland-U23Hotels)