

| | Surname | Forename | Captain | YOB | Team |
|---|----------------|-----------------|----------------|------------|-------------|
| 1 | English | Julianne | | 2013 | Cork |
| 2 | Flynn | Annabelle | | 2013 | Cork |
| 3 | Foley | Emily | | 2013 | Cork |
| 4 | Gibbons | Elena | | 2013 | Cork |
| 5 | Heraty | Laoise | | 2013 | Cork |
| 6 | McElligott | Olivia | | 2013 | Cork |
| 7 | Murphy | Isabel | | 2013 | Cork |
| 8 | Stuart | Allie | | 2013 | Cork |
| 9 | Teehan | Isabelle | (Capt) | 2013 | Cork |
| | | | | | |
| | Surname | Forename | Captain | YOB | Team |
| 1 | Barnes | Méabh | | 2013 | Dublin |
| 2 | Costello | Keira | | 2013 | Dublin |
| 3 | King | Anna | | 2013 | Dublin |
| 4 | McKeever | Sadhbh | | 2013 | Dublin |
| 5 | O'Brien | Abbie | | 2013 | Dublin |
| 6 | Rafferty | Emily | (Capt) | 2013 | Dublin |
| 7 | Walsh | Ruby | | 2013 | Dublin |
| 8 | Wohlers | Niamh | | 2013 | Dublin |
| | | | | | |
| | Surname | Forename | Captain | YOB | Team |
| 1 | Conlon | Faye | | 2013 | Galway |
| 2 | Gillen | Clodagh | | 2013 | Galway |
| 3 | Hyland | Emily | | 2013 | Galway |
| 4 | Maguire | Kristine | | 2013 | Galway |
| 5 | McWilliams | Isobel | | 2013 | Galway |
| 6 | O'Sullivan | Sophie | (Capt) | 2013 | Galway |
| 7 | Owens | Johanna | | 2013 | Galway |
| 8 | Peck | Annabelle | | 2013 | Galway |
| 9 | Ryan | Sophie | | 2013 | Galway |
| | | | | | |
| | Surname | Forename | Captain | YOB | Team |
| 1 | Gilmore | Eleanor | | 2013 | Limerick |
| 2 | Kelly | Sofia | | 2013 | Limerick |
| 3 | McDonnell | Nessa | | 2013 | Limerick |
| 4 | Moroney | Abigail | | 2013 | Limerick |
| 5 | Mulrooney | Lisa | | 2013 | Limerick |
| 6 | O'Neill | Robyn | (Capt) | 2013 | Limerick |
| 7 | Walsh | Isabel | | 2013 | Limerick |
| 8 | Ward | Darcey | | 2013 | Limerick |
| | | | | | |
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| | Surname | Forename | Captain | YOB | Team |
|---|----------------|-----------------|----------------|------------|-------------|
| 1 | Boiling | Rosa | (Capt) | 2013 | Tipperary |
| 2 | Carty | Hannah | | 2013 | Tipperary |
| 3 | Hannon | Farrah | | 2013 | Tipperary |
| 4 | Murphy | Anna | | 2013 | Tipperary |
| 5 | Murphy | Elia | | 2013 | Tipperary |
| 6 | Patterson | Mia | | 2013 | Tipperary |
| 7 | Walsh | Amy | | 2013 | Tipperary |
| 8 | Walsh | Éilis | | 2013 | Tipperary |
| | | | | | |
| | Surname | Forename | Captain | YOB | Team |
| 1 | Cronje | Lauren | | 2013 | Wexford |
| 2 | Dunleavy | Robyn | | 2013 | Wexford |
| 3 | Durnin | Eva | | 2013 | Wexford |
| 4 | Kelly | Elsie | | 2013 | Wexford |
| 5 | Matthews | Erin | (Capt) | 2013 | Wexford |
| 6 | McCarthy | Aoife | | 2013 | Wexford |
| 7 | O'Connor | Ailbhe | | 2013 | Wexford |
| 8 | Porter | Evie | | 2013 | Wexford |
| 9 | Sheehan | Elise | | 2013 | Wexford |