



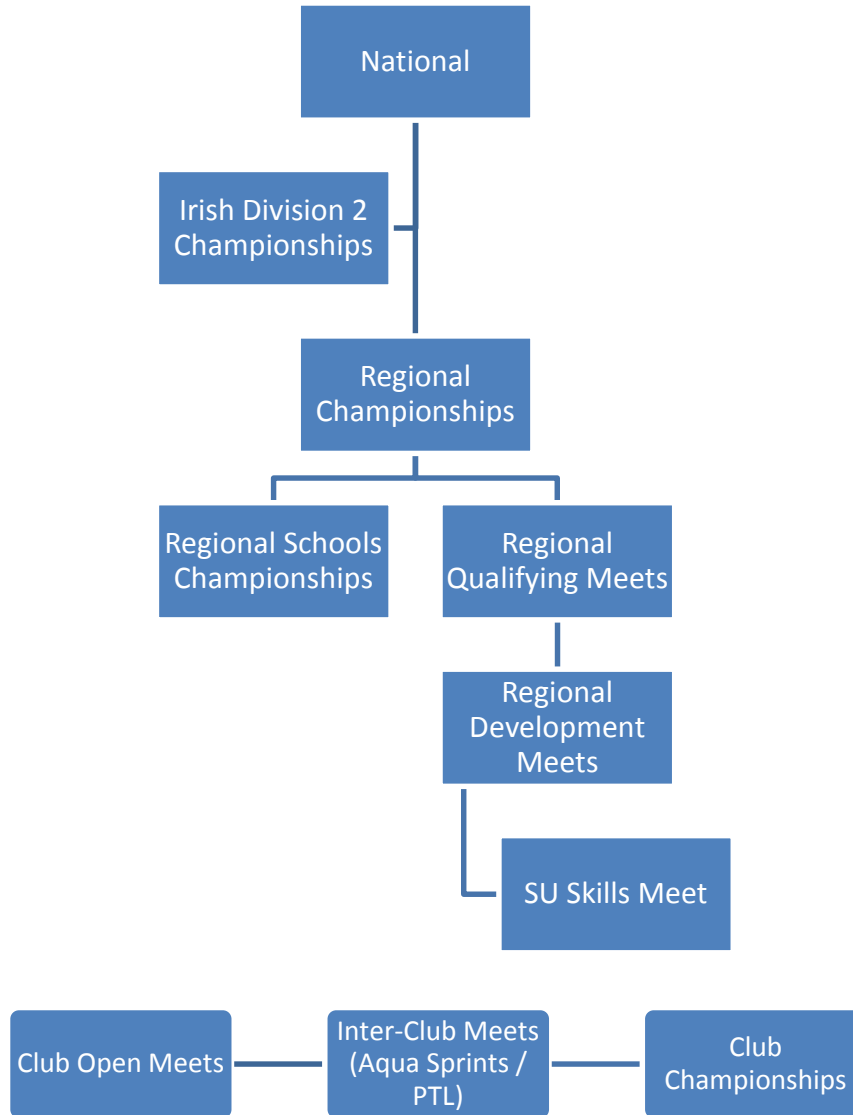
Competition Handbook 2017 – 2018

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Competition Structure Information 2017-2018



(please refer to the Summary of Qualification Process on page)

All meets (other than Schools Competitions) to be aged up to 31st December in the year of competition. The plan follows a sequential swimming development model in age bands as follows:

- Intra-Club Meets from 8 years upwards
- Inter-Club Meets, Club Open Meets and Schools Meets (aged up to 31st August) from 9 years upwards
- Regional Development Meets and Regional Qualifying Meets from 10 years upwards
- Regional Championships and National Division 2 Meets from 11 years upwards
- National Meets/Championships from 12 years upwards

Summary of Qualification Process

(further information is contained in the relevant Meet Conditions)

Name	Regional Qualifying Meets (10&over)
Qualification Criteria	100/200m IM qualifying standards to be achieved in SU Development Meets Two additional qualifying standards in eligible events can be achieved in Development Meets or Licensed Club Open Meets
Qualification Period	12 months prior to the entry closing date

Name	Regional Age Group Championships (11-13yrs)
Qualification Criteria	Long Course or Short Course Qualification Standards All licensed meets with electronic timing can be used to achieve qualification standards
Qualification Period	12 months prior to the entry closing date

Name	Regional Youth & Senior Championships (15&over)
Qualification Criteria	Long Course or Short Course qualification standards All licensed meets with electronic timing can be used to achieve qualification standards
Qualification Period	12 months prior to the entry closing date

Name	Irish National Division 2 LC Meet (11&over)
Qualification Criteria	Long Course standards with short course conversions All licensed meets with electronic timing can be used to achieve qualification standards
Qualification Period	1 st January to 18 th June 2018

Name	Irish Summer National LC Championships (12&over)
Qualification Criteria	Long Course standards only Regional Qualifying Meets (if held LC), Regional Age Group Championships, Regional Youth & Senior Championships, Dave Mc Cullagh Meet, Irish LC Championships
Qualification Period	1 st January to 18 th June 2018

Name	Irish SC Open (12&over)
Qualification Criteria	Short Course standards only Achieved at Regional Qualifying Meets, Regional SC Championships, Irish SC Open (previous year), Regional Senior Schools Meet
Qualification Period	1 st December 2016 to 6 th November 2017

Name	Irish LC Championships (12&over)
Qualification Criteria	Long Course standards only Irish Age Group & Summer Nationals 2017, Overseas International Meets 2017, Bangor Open/Gerry Ryan/Leinster LC Meet January 2018, Dave Mc Cullagh 2018
Qualification Period	1 st July 2017 to 19 th February 2018

Skills Meets

Swim Ulster will introduce an additional tier to the competition pathway from September 2017.

The Long Term Athlete Development guidelines suggest that athletes aged 9-12yrs of age in the Learn to Train or Swim Skills phase of the pathway should focus on the development of agility, balance/buoyancy and co-ordination, basic technique and skills and the development of short speed (under 8 seconds).

We all have a genetic ceiling on our aerobic and anaerobic capacity and anthropometric measurement (height, arm span etc.) that limit our performance, however there is no ceiling to how good our technique can be if we are willing to continually develop and refine it.

The objectives of the Skills Meets are as follows:

1. To offer a standardised skills assessment as a prerequisite for entry into the Development Meets from September 2018
2. To motivate swimmers and parents towards the development of technique and skills in a 'technique limited' sport
3. To offer a reward based on personal improvement and the achievement of standards based on identified critical success factors in swimming

From 1st September 2018 athletes will be required to achieve a skills passport to enter the Development Meets. This gives athletes born 2009 sixteen months to achieve the required standard.

Development Meets

These meets continue to be the first introduction to regional racing opportunities for club members therefore it is important that athletes, coaches and parents have an enjoyable experience.

Amended Format for 2017-2018:

- Technical assessment will continue on the 100m and 200m Individual Medley
 - Disqualification via an Infraction Sheet
 - Streamline **head past the flags**
- Individual Events – 50m Butterfly, 100m Backstroke, 100m Breaststroke, 100m Freestyle, 100m and 200m Individual Medley
- 75m Kick – Team Challenge
- Relay Events – 4 x 25m Mixed Medley and 4 x 25m Mixed Butterfly Kick

75m Kick Team Challenge:

- Clubs are encouraged to run time trials in the 75m Kick and submit the results to Swim Ulster
- On receipt of the results athletes will be awarded Time Band Certificates
- Clubs can enter a maximum of three under 12yrs in the 75m Kick event
- Clubs are encouraged to use different swimmers in each meet but this is not mandatory
- Kick will be executed using an alignment board supplied by Swim Ulster
- Points will be awarded to the top 10 places in each meet and a trophy will be awarded to the club with the highest total points score following the completion of Meet 4

Promotion from Development Meets to Qualifying Meets:

During the 2017-2018 Season athletes wishing to qualify for the Qualifying Meets are required to achieve the following qualifying criteria:

1. Individual Medley – 100m IM for 10yrs, 200m IM for 11&over (legal strokes and streamlining - **head past the flags**)
2. Plus, two other qualifying times from eligible events

Swimmers must achieve the IM qualifying time in a Swim Ulster Development Meet however they can achieve the two additional qualifying times in a Licensed Club Open Meet.

Ulster LC Open Championships

This meet will be held long course in 2017 to provide athletes training in Ulster an opportunity to qualify for the Commonwealth Games in 2018. Times achieved at this meet can be used for Dave Mc Cullagh, Ulster Age Group Championships and Ulster Youth & Senior Championships.

In 2017 the Ulster Championships will also be used as a qualifying opportunity for Commonwealth Games nomination. The following changes have been made in 2017:

- Finals in the 400m Freestyle and Individual Medley
- Fastest Heat of 800/1500m Freestyle in the final session
- Seeding slowest to fastest in all events
- Removal of 100m IM (awarded at Irish SC Nationals 2017)
- Removal of 4 x 50m Freestyle and Medley Relays
- Addition of a Belfast 2021 Age Group Festival on Saturday
- Limited to 3 non-Ulster athletes in finals

The methodology for generating the open standards is a 3 year rolling average of 24th place from the annual open rankings. In the event that the times are slower than 2016, the 2016 standards will be used.

Ulster Age Group, Youth & Senior Championships

In 2018 each region will run two separate meets – Age Groups (11-14yrs) and Youth & Senior (15&over). The Age Groups will be a three day meet run in June and the Youth & Senior Championships is likely to be a two day meet in May. The methodology for generating the standards is as follows:

- 3 year rolling average of 24th place from the annual age group rankings (age on day of competition)
- 800/1500m Free QT in each age group calculated using the Riegel Formula – average 100m time for 400/800 converted to 100m base time multiplied by 8 or 15 with a 1.06% decay rate added to the total

Swim Ulster Qualifying Meets

The methodology for generating the standards is as follows:

10/11/12yrs 50m Butterfly – top 24 (01/09/15 to 06/08/17) age on day of competition

100m & above (see notes above for 400m IM, 800m Free, 1500m Free) – a 5 year rolling average of 24th place from the annual rankings in each age group (age on day of competition) plus 7%

If the times are slower than 2016, the 2016 standards are used

Andrew Reid

SI Performance Pathway Manager

September 2017



Swim Ulster General Meet Conditions

Entries

Entries must be submitted using Hy-Tek Team Manager or Team Manager Lite software. Electronic entries must be sent as an email attachment to admin@swimulster.net and should include an entry report, fee entry report and completed Summary Sheet. No Entries will be accepted on the day of the event.

Copies of the Team Manager Lite application can be downloaded free of charge from <http://www.hy-tek ltd.com/downloads.html>

Entries can be rejected for the following reasons :

- Incorrectly completed
- Improved entries
- Received after the closing date – **no late entries will be accepted**

The Meet Director reserves the right to limit entries and merge events where numbers allow. In the event that entries are rejected, the entry fee will be refunded and a single payment will be made to the Club in question. **The Swim Ulster office will email confirmation of accepted entries after they are received and it is the responsibility of the Club's Gala Secretary / Coach to check these entries as no changes / additional entries can be made on the day of the Gala.**

The Club must pay for all entries that are on the Entry Report emailed to the Gala Secretary by the payment due date. **No refunds / credits will be made for withdrawals other than in exceptional circumstances or unless supported by a medical certificate.**

All withdrawals must be notified to the Swim Ulster office in advance of the meet. Withdrawal on the day of competition should be brought to the Swim Desk no less than one hour before the session start time.

Relay Sheets

Relay Sheets are to be submitted to the Meet Director no less than one hour prior to the start of the session.

Finals

If a swimmer does not withdraw from a final within the specified time or does not show up for the final a fine of £25 will be levied to their Club.

Age Up Date

The age up date will always be 31st December unless otherwise specified.

Awards

Swimmer MUST present themselves at the allotted time for Award Presentations. Swimmers must ensure that they are suitable clothed (Club t-shirt and shorts or tracksuit) when receiving awards. It is the responsibility of the Coach / Team Manager to ensure that medallists or a deputy be available for presentation as per the presentation schedule.

Warm Up

No hand paddles or fins to be used in the main competition pool during warm up.

Starts

Over the top starts will be used wherever possible.

Seeding

Preliminary Heats – the placing of competitors in the heats will be multi-age, spearheaded and swum slowest to fastest with the fastest 3 heats being cyclically seeded.

Heat Declared Winner Events – All heats will be multi-age, spearheaded and swum slowest to fastest.

Finals – Finalists will be allocated lanes using the spearhead principal from the results of the heats.

Session Times

The session times on Meet Information are provisional. Session timing will be finalised once all entries have been processed and swimmers / clubs will be notified accordingly. Please note that it is the swimmers' responsibility to present themselves, ready to swim, at the Marshalling area in good time prior to the start of the event.

Meet Results

Meet results will be posted on the Swim Ulster website within 72 hours of the end of the gala. Results will also be passed to Swim Ireland for their reference and inclusion in rankings. A Hy-Tec and PDF version of the results will also be sent to the registered Gala Secretary of each Club.



Skills Meets 2017-2018

There will be two Skills Meets held in a number of areas to cover all Swim Ulster Clubs. Ideally these will be in the North East, North West, South East, South West and Belfast areas (see below for suggested groupings).

North	South West	South East	Belfast
Ballymena	Strule Dolphins	Lecale	Alliance
Ballymoney	Riversdale Otters	Kilkeel	City of Belfast
Coleraine	Enniskillen	Newry & Mourne	Donegall
Larne	Marlins	Banbridge	Leander
Mid Ulster	Breifne	Lisburn	Olympia
City of Derry	Sliabh Beagh	East Cavan	Templemore
Limavady	Swilly Seals	Lurgan	Ards
Cookstown	Armagh	Portadown	Bangor
		Dungannon	

Location	Meet 1	Meet 2	Closing Date for Entries / Payment
Belfast – Aurora Bangor	18 th November 2017 3-6pm	21 st , 28 th or 29 th April	<i>3rd November 2017</i>
North – Cookstown	19 th November 2017 3-6pm	21 st , 28 th or 29 th April	<i>3rd November 2017</i>
South West – Omagh	25 th November 2017 3-6pm	21 st , 28 th or 29 th April	<i>10th November 2017</i>
South East - Dungannon	26 th November 2017 3-6pm	21 st , 28 th or 29 th April	<i>10th November 2017</i>

Age Groups: Minimum age 9 years
Athletes aged 13yrs can bypass the Skills Meets if they choose to do so

Age Up Date: 31st December 2018

Awards: Athletes will receive a Skills Passport following the completion of each meet

Multi-Class / Disability Swimmers – tests and test scores will, as far as is practical, be appropriately adapted

Entries: Clubs will enter eligible and suitable athletes using an excel template. Entries to be emailed to admin@swimulster.net

Price: £5 / €5.50 annual administration fee per swimmer
Payment should be forwarded to the Swim Ulster Office by the closing date of the first meet entered.

Skills Tests:

Skill Component	Test	Measure	Scoring
Buoyancy	Deadman to Streamline Float Pencil Float Back Star Float	Score 1-3 for feedback only	
Underwater Kick Speed	10m UW Fly Kick	Time (feet leave to head passed 10m)	Time x 4
Kick Speed	25m Freestyle using an alignment board	Time	Time x 2
Turn Speed	5m in & out (head past flags) – touch and tumble turn	Time (best time)	Time x 4
Streamline	Dive & Glide to 10m	Distance & Time	Time x 4
Efficiency	25m each stroke min stroke count (max 5 kicks underwater)	Time plus stroke count	Time plus stroke count in each stroke
Race Readiness	100m IM	Legal Strokes & Turns Streamlining head past flags	
			Total Score

Scoring:

The total score is the sum of all tests carried out and a lower score relates to faster times and better skills. The recommended scoring scale is based on the Swim Ulster Talent ID tests that have been used for the last three years and this may be amended during the season as we gauge how the scores fit with the age group of athletes.

Gold 270pts	Silver 300pts	Bronze 330pts
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Athlete & Coach Feedback:

Feedback and progress reports will be distributed to clubs with the results of their athletes. Swim Ulster will investigate the possibility of setting up an online dashboard that will allow results to be accessed online. Over time skill benchmarks and rankings lists can be established for each age group.



Development Meets 2017-2018

Meet Information

There will be 4 Development Meets held throughout the 2017-2018 season to provide swimmers with opportunities to achieve the qualifying criteria for the Ulster Qualifying Meets. The first 2 Development Meets will be held at 6 lane centres and will be divided into regions as follows:

North	South
Alliance, Ards, Ballymena, Ballymoney, Bangor, City of Belfast, Coleraine, Donegall, Larne, Leander, Limavady, Lisburn, Mid Ulster, Olympia, Templemore	Armagh, Banbridge, Breifne, City of Derry, Cookstown, Dungannon, East Cavan, Enniskillen, Kilkeel, Lecale, Lurgan, Marlins, Newry & Mourne, Portadown, Sliabh Beagh, Strule Dolphins, Swilly Seals, Riversdale Otters

Meet	Date	Venue	Closing Date for Entries / Payment
Development Meet 1 South	Saturday 30 th September 2017	Omagh	18.9.17
Development Meet 1 North	Sunday 1 st October 2017	Larne	18.9.17
Development Meet 2 North	Saturday 13 th January 2018	Ballymena - TBC	2.1.18
Development Meet 2 South	Sunday 14 th January 2018	Armagh	2.1.18
Development Meet 3 All	Sunday 4 th March 2018	Newry	19.2.18
Development Meet 4 All	Sunday 20 th May 2018	Lisburn	7.5.18

Age Groups: *Minimum entry age is 10 yrs*

Female 10yrs, 11yrs, 12yrs, 13&over
Male 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15&over

Age Up Date: Development Meet 1 – 31st December 2017
Development Meets 2, 3, 4 – 31st December 2018

Events: 50m Butterfly
100m Backstroke, 100m Breaststroke, 100m Freestyle
100m IM, 200IM
75m Kick Team Challenge

4 x 25 Mixed Medley Relay
4 x 25 Mixed Butterfly Kick Relay (streamline position on back)

Awards: Medals in each age group for each individual swimming event
No medals will be awarded for Relay Events
Team Trophy for Development Meet Kick Champions

Multi-Class / Disability Swimmers will, as far as is practical, swim together in a Multi-Class heat.

Entries: Swimmers entering this meet must be a member of a Swim Ulster affiliated club. No entry times will be published however all entries must include a time. NTs will not be accepted except for the 75m Kick event or relay events. Entries to be emailed to admin@swimulster.net

Swimmers can enter 4 individual swimming events plus the relays and the 75m kick events if selected

Price: £5 or €5.50 per individual swimming event
 75m Kick – Free of Charge (FOC)
 Relay Events – FOC
 Payment should be forwarded to the Swim Ulster Office by the closing date.

75m Kick Team Challenge:

- Clubs are encouraged to run time trials in the 75m Kick and submit the results to Swim Ulster
- On receipt of the results athletes will be awarded Time Band Certificates
- Clubs can enter a maximum of three under 12yrs in the 75m Kick event
- Clubs are encouraged to use different swimmers in each meet but this is not mandatory
- Kick will be executed using an alignment board supplied by Swim Ulster
- Points will be awarded to the top 10 places in each meet and a trophy will be awarded to the club with the highest total points score following the completion of Meet 4

Promotion from Development Meets to Qualifying Meets :

- 10 years – Legal 100 IM qualifying time including streamline on turns (**head past flags**) plus two other qualifying times from eligible events
- 11 & over - Legal 200 IM qualifying time including streamline on turns (**head past flags**) plus two other qualifying times from eligible events

Swimmers must achieve the IM qualifying time in a Swim Ulster Development Meet however they can achieve the two additional qualifying times in a Club Meet.

Athletes are not eligible to enter Development Meets if they meet the qualifying criteria outlined above

Programme of Events

****Session times may be changed if there are a large number of entries**

Development Galas 1 & 3		Development Gala 2 & 4	
Session 1 (**Warm-up 9.00am – Start 10am)		Session 1 (**Warm-up 9.00am – Start 10am)	
Male 10 100m IM		Mixed 10-12yrs 75m Freestyle Kick	
Female 10 100m IM		Male 10&over 50m Butterfly	
Male 11&over 200m IM		Female 10&over 50m Butterfly	
Female 11&over 200m IM		Male 10&over 100m Freestyle	
Male 10&over 100m Breaststroke		Female 10&over 100m Freestyle	
Female 10&over 100m Breaststroke		Mixed 4 x 25 MTR	
Male 10&over 100m Backstroke			
Female 10&over 100m Backstroke			
Session 2 (**Warm-up 1.30pm – Start 2.30pm)		Session 2 (**Warm-up 1.30pm – Start 2.30pm)	
Mixed 10-12yrs 75m Freestyle Kick		Male 10 100m IM	
Male 10&over 50m Butterfly		Female 10 100m IM	
Female 10&over 50m Butterfly		Male 11&over 200m IM	
Male 10&over 100m Freestyle		Female 11&over 200m IM	
Female 10&over 100m Freestyle		Male 10&over 100m Breaststroke	
Mixed 4 x 25 MTR		Female 10&over 100m Breaststroke	
		Male 10&over 100m Backstroke	
		Female 10&over 100m Backstroke	



**Swim Ulster Qualifying Meets 2017-2018
(Autumn, Spring & Easter)
Short Course Qualifying Times**

Male									Female							
10	11	12	13	14	15	16	Open	Events	Open	16	15	14	13	12	11	10
							00:27.32	50Free	00:30.89							
01:25.43	01:20.74	01:15.96	01:11.24	01:07.80	01:05.10	01:02.40	00:59.09	100Free	01:06.18	01:09.05	01:10.49	01:10.67	01:12.20	01:15.97	01:20.72	01:25.43
	02:58.89	02:46.45	02:35.47	02:31.00	02:26.85	02:20.64	02:12.04	200Free	02:24.58	02:30.93	02:33.47	02:34.52	02:37.32	02:46.58	02:57.13	
		05:59.54	05:40.09	05:18.29	05:15.09	05:02.68	04:50.17	400Free	05:09.08	05:27.83	05:30.50	05:33.17	05:46.31	06:04.21		
								800Free	10:48.05	11:33.00	11:36.15	11:46.33	12:03.98	12:48.53		
		23:49.17	22:31.86	21:05.20	20:34.18	20:03.16	19:13.44	1500Free								
							00:33.48	50Back	00:35.90							
01:36.50	01:34.91	01:30.43	01:24.89	01:21.79	01:19.25	01:16.72	01:10.28	100Back	01:15.59	01:19.98	01:21.25	01:22.45	01:23.50	01:27.08	01:31.86	01:36.50
	03:20.77	03:17.49	03:03.37	02:59.34	02:53.58	02:47.82	02:38.15	200Back	02:45.08	02:55.15	02:56.38	02:58.74	03:01.63	03:08.29	03:17.10	
							00:38.98	50Breast	00:41.63							
01:52.55	01:48.25	01:42.72	01:38.33	01:35.02	01:29.57	01:27.30	01:20.12	100Breast	01:26.82	01:31.42	01:30.59	01:34.59	01:37.06	01:40.38	01:46.44	01:52.55
	03:54.31	03:43.76	03:34.37	03:18.74	03:14.03	03:09.32	02:58.89	200Breast	03:10.58	03:18.47	03:26.36	03:26.91	03:32.91	03:38.52	03:44.83	
00:43.77	00:41.71	00:37.20					00:30.39	50Fly	00:34.41					00:37.51	00:40.17	00:43.77
	01:34.41	01:25.11	01:23.95	01:22.79	01:18.58	01:14.09	01:06.40	100Fly	01:14.04	01:19.50	01:23.24	01:24.29	01:25.34	01:31.45	01:36.02	
	03:28.53	03:18.58	03:10.27	03:03.02	02:57.14	02:51.26	02:40.07	200Fly	02:56.64	03:07.54	03:10.63	03:13.71	03:16.92	03:20.49	03:30.51	
01:41.81							01:16.62	100IM	01:21.15							01:41.81
	03:24.97	03:11.60	03:00.95	02:55.45	02:41.94	02:37.12	02:32.30	200IM	02:44.60	02:54.26	02:55.53	02:59.74	03:00.22	03:08.71	03:19.93	
		06:44.61	06:23.30	06:12.30	05:53.97	05:35.65	05:26.01	400IM	05:57.04	06:09.92	06:12.47	06:17.15	06:21.84	06:38.81		



**Swim Ulster Qualifying Meets 2017-2018
(Autumn, Spring & Easter)
Long Course Qualifying Times**

Male									Female							
10	11	12	13	14	15	16	Open	Events	Open	16	15	14	13	12	11	10
							00:27.86	50Free	00:31.51							
01:27.13	01:22.36	01:17.48	01:12.66	01:09.15	01:06.40	01:03.64	01:00.27	100Free	01:07.50	01:10.43	01:11.90	01:12.08	01:13.64	01:17.49	01:22.34	01:27.13
	03:02.47	02:49.78	02:38.58	02:34.02	02:29.78	02:23.45	02:14.68	200Free	02:27.47	02:33.95	02:36.54	02:37.61	02:40.47	02:49.91	03:00.67	
		06:06.73	05:46.89	05:24.66	05:21.40	05:08.74	04:55.98	400Free	05:15.26	05:34.38	05:37.11	05:39.84	05:53.24	06:11.49		
								800Free	11:01.01	11:46.86	11:50.08	12:00.46	12:18.46	13:03.90		
		24:17.75	22:58.90	21:30.51	20:58.87	20:27.22	19:36.51	1500Free								
							00:34.15	50Back	00:36.62							
01:38.43	01:36.81	01:32.24	01:26.59	01:23.43	01:20.84	01:18.25	01:11.68	100Back	01:17.11	01:21.58	01:22.87	01:24.10	01:25.17	01:28.82	01:33.70	01:38.43
	03:24.79	03:21.44	03:07.04	03:02.93	02:57.05	02:51.18	02:41.31	200Back	02:48.39	02:58.65	02:59.91	03:02.32	03:05.26	03:12.05	03:21.05	
							00:39.76	50Breast	00:42.46							
01:54.80	01:50.42	01:44.77	01:40.30	01:36.92	01:31.36	01:29.05	01:21.72	100Breast	01:28.56	01:33.75	01:32.40	01:36.48	01:39.00	01:42.38	01:48.57	01:54.80
	03:58.99	03:48.23	03:38.66	03:22.72	03:17.91	03:13.10	03:02.47	200Breast	03:14.39	03:22.44	03:30.49	03:31.05	03:37.17	03:42.89	03:49.32	
00:44.65	00:42.54	00:38.26					00:31.00	50Fly	00:35.10					00:37.94	00:40.97	00:44.65
	01:36.29	01:26.81	01:25.63	01:24.44	01:20.15	01:15.57	01:07.73	100Fly	01:15.52	01:21.09	01:24.90	01:25.98	01:27.05	01:33.28	01:37.94	
	03:32.70	03:22.55	03:14.07	03:06.68	03:00.69	02:54.69	02:43.27	200Fly	03:00.17	03:11.29	03:14.44	03:17.59	03:20.86	03:24.50	03:34.72	
								100IM								
	03:29.07	03:15.44	03:04.57	02:58.96	02:45.18	02:40.27	02:35.35	200IM	02:47.89	02:57.75	02:59.04	03:03.33	03:03.82	03:12.48	03:23.93	
		06:52.70	06:30.96	06:19.74	06:01.05	05:42.36	05:32.53	400IM	06:04.18	06:17.32	06:19.92	06:24.70	06:29.48	06:46.79		



Autumn, Spring & Easter Qualifying Galas 2017-2018

Meet Information

Meet	Date	Venue	Closing Date for Entries / Payment
Autumn Qualifying Gala (SC)	14 th , 15 th & 16 th October 2017	Lisburn	2 nd October 2017
Spring Qualifying Gala (SC)	2 nd , 3 rd & 4 th February 2018	Lisburn	22 nd January 2018
Easter Qualifying Gala (LC)	9 th , 10 th & 11 th March 2018	Bangor Aurora	26 th February 2018

Age Groups:

Minimum entry age is 10yrs

Male: 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs, 17 & older

Female: 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16 & older

Age Up Date:

Autumn Qualifying Gala – 31st December 2017

Spring & Easter Qualifying Galas – 31st December 2018

Events:

A full Olympic 2020 Programme plus 50m Backstroke, Breaststroke and Butterfly, 100 Individual Medley (if held in a 25m pool)

All events are Heat Declared Winner

Awards:

Medals will be awarded to the fastest 3 swimmers in each age group in each event.

Multi Class/Disability Athletes :

Swimmers with a disability who have achieved the qualifying time for any event will be subject to all the terms of open competition and will not be eligible for a separate Multi Class Award. Other Ulster Regional Disability Squad swimmers, who have not achieved a qualifying time will, as far as is practical, swim together in a Multi-Class heat and medals will be awarded to the first 3 places irrespective of classification and age.

Entries:

Swimmers entering these meets must be a registered member of an affiliated club. Entries to be emailed to admin@swimulster.net. All entries must be submitted on the meet Hy-tek file and include a time – entries will NOT be accepted without a time. All times must be achieved during the 12 months prior to the entry closing date. The Swim Ireland Registration number for each swimmer must be included in the file.

Price: £5 / €5.50 per event. Payment should be forwarded to the Swim Ulster Office by the closing date.

Progression from Development Meets:

Once a swimmer has achieved the criteria outlined below they can enter ANY event for which they have achieved a Qualifying Time plus a maximum of three bonus swims:

- 10yrs – 100m IM (legal & head past flags on streamline) plus 2 other qualifying times from eligible events.
- 11&over – 200m IM (legal & head past flags on streamline) plus 2 other qualifying times from eligible events.

Swimmers must achieve the IM qualifying time in a Swim Ulster Development Meet however they can achieve the two additional qualifying times in a Club Meet. A list of swimmers achieving the required streamlining standard will be circulated to clubs following each Development Meet. It is the responsibility of coaches to refer to this list when submitting entries.

Swimmers who competed in the Qualifying Meets during the 2016-2017 season:

1. **Swimmers aged 10-11yrs** must achieve qualifying times in the following events:
 - a. 10yrs – 100m IM plus 2 other qualifying times from eligible events.
 - b. 11yrs – 200m IM plus 2 other qualifying times from eligible events.
2. **Swimmers aged 12&over** must achieve any three published qualifying times for their respective age group.

The swimmer can then enter **ANY** event for which they have achieved a Qualifying Time plus a maximum of three bonus swims.



Programme of Events

Autumn Qualifying Gala (SC)	Spring Qualifying Gala (SC)	Easter Qualifying Gala (LC)
Session 1 Friday **Warm up 5pm Start 6pm	Session 1 Friday **Warm up 5pm Start 6pm	Session 1 Friday **Warm up 5pm Start 6pm
Female 800m Freestyle	Mixed 800m Freestyle	Mixed 800m Freestyle
Male 1500m Freestyle	Mixed 1500 Freestyle	Mixed 1500 Freestyle
Session 2 Sat AM **Warm up 9am Start 10am	Session 2 Sat AM **Warm up 9am Start 10am	Session 2 Sat AM **Warm up 9am Start 10am
Female 400 Individual Medley	Male 400 Individual Medley	Female 400 Individual Medley
Male 200 Individual Medley	Female 200 Individual Medley	Male 200 Individual Medley
Female 100 Butterfly	Male 100 Butterfly	Female 100 Butterfly
Male 200 Backstroke	Female 200 Backstroke	Male 200 Backstroke
Female 100 Breaststroke	Male 100 Breaststroke	Female 100 Breaststroke
Male 100 Freestyle	Female 100 Freestyle	Male 100 Freestyle
Female 50 Butterfly	Male 50 Butterfly	Female 50 Butterfly
Male 50 Backstroke	Female 50 Backstroke	Male 50 Backstroke
Session 3 Sat PM **Warm up 1pm Start 2pm	Session 3 Sat PM **Warm up 1pm Start 2pm	Session 3 Sat PM **Warm up 1pm Start 2pm
Male 400 Freestyle	Female 400 Freestyle	Male 400 Freestyle
Female 200 Freestyle	Male 200 Freestyle	Female 200 Freestyle
Male 200 Breaststroke	Female 200 Breaststroke	Male 200 Breaststroke
Female 100 Backstroke	Male 100 Backstroke	Female 100 Backstroke
Male 200 Butterfly	Female 200 Butterfly	Male 200 Butterfly
Female 50 Freestyle	Male 50 Freestyle	Female 50 Freestyle
Male 50 Breaststroke	Female 50 Breaststroke	Male 50 Breaststroke
Female 100IM	Male 100IM	
Session 4 Sun AM **Warm up 9am Start 10am	Session 4 Sun AM **Warm up 9am Start 10am	Session 4 Sun AM **Warm up 9am Start 10am
Male 400 Individual Medley	Female 400 Individual Medley	Male 400 Individual Medley
Female 200 Individual Medley	Male 200 Individual Medley	Female 200 Individual Medley
Male 100 Butterfly	Female 100 Butterfly	Male 100 Butterfly
Female 200 Backstroke	Male 200 Backstroke	Female 200 Backstroke
Male 100 Breaststroke	Female 100 Breaststroke	Male 100 Breaststroke
Female 100 Freestyle	Male 100 Freestyle	Female 100 Freestyle
Male 50 Butterfly	Female 50 Butterfly	Male 50 Butterfly
Female 50 Backstroke	Male 50 Backstroke	Female 50 Backstroke
Session 5 Sun PM **Warm up 1pm Start 2pm	Session 5 Sun PM **Warm up 1pm Start 2pm	Session 5 Sun PM **Warm up 1pm Start 2pm
Female 400 Freestyle	Male 400 Freestyle	Female 400 Freestyle
Male 200 Freestyle	Female 200 Freestyle	Male 200 Freestyle
Female 200 Breaststroke	Male 200 Breaststroke	Female 200 Breaststroke
Male 100 Backstroke	Female 100 Backstroke	Male 100 Backstroke
Female 200 Butterfly	Male 200 Butterfly	Female 200 Butterfly
Male 50 Freestyle	Female 50 Freestyle	Male 50 Freestyle
Female 50 Breaststroke	Male 50 Breaststroke	Female 50 Breaststroke
Male 100IM	Female 100IM	

****Session times may be changed if there are a large number of entries**



Swim Ulster Schools Cup & Championships 2017-2018

Meet Information and Entry Forms

Date	Saturday 21 st October 2017 & Sunday 22 nd October 2017
Venue :	<p>Aurora Aquatic & Leisure Complex 3 Valentine Road Bangor BT20 4TH</p> <p>The gala will be run in Short Course (25m) Format at the 10 Lane Olympic Pool at Aurora Aquatic & Leisure Centre, 3 Valentine Road, Bangor BT20 4TH. This gala will be a fully licenced Swim Ulster Gala and all participants will be covered by Swim Ulster Insurance.</p>
Entries to :	<p>Swim Ulster Aurora Aquatic & Leisure Complex 3 Valentine Road Bangor BT20 4TH</p> <p>Entries will only be accepted by POST along with the full payment. All entries must bear the school stamp and include payment in full. Where possible an Entry Time should be included on the Entry Form.</p> <p>A Hy-tek entry file can be obtained by request to admin@swimulster.net. Where the hy-tek entry file is used, a paper copy of the entry authorised by the school must be forwarded to the address above along with payment. We cannot accept entries for swimmers without consent from their school.</p>
Events :	<p>The Age Up Date for this gala is 31st August 2018.</p> <p>Group 1 – 9 – Born 1st September to 2008 to 31st August 2009 Group 2 – 10 – Born 1st September 2007 to 31st August 2008 Group 3 – 11 – Born 1st September 2006 to 31st August 2007 Group 4 – 12 – Born 1st September 2005 to 31st August 2006</p> <p>50m Backstroke, Breaststroke, Butterfly, Freestyle (Groups 1-4) 100m Individual Medley (Groups 3 & 4). A swimmer can swim a maximum of 2 individual events.</p> <p>Relays – 4 x 50 Free & Medley Team Relays (9/10yrs, 9-12yrs) Swimmers may swim in an older age group but at least one team member must be in the correct age group. A swimmer can swim a maximum of 2 relays – these do not need to be in the same age group.</p> <p>Group 5 - Junior 12-14 – Born 1st September 2003 – 31st August 2006 Group 6 - Intermediate 15-16 – Born 1st September 2001 – 31st August 2003 Group 7 – Senior 17-19 – Born – Born 1st September 1998 – 31st August 2001</p> <p>400m Freestyle (Open by invitation only based on 20 fastest entries with 5 Reserves – swimmers will be notified 2 weeks before the gala) A swimmer can swim a maximum of 2 individual events plus the 400m Free if selected.</p>

	<p>Relays – 4 x 50m FTR and 4 x 50m MTR (Junior, Inter and Senior)</p> <p>Swimmers may swim in an older age group but at least one team member must be in the correct age group. A swimmer can swim a maximum of 2 relays – these do not need to be in the same age group.</p>
Awards :	<p>Medals will be awarded for 1st, 2nd & 3rd Place in each Age Group as follows :</p> <p>Group 1 Group 2 Group 3 Group 4 Group 5 Group 6 Group 7</p> <p>Swim Ulster Schools Cup</p> <p>The Swim Ulster Schools Cups will be awarded in the following Groups – Group 1-3 (Boys & Girls), Group 5 (Boys & Girls), Group 6 (Boys & Girls), Group 7 (Boys & Girls). Points will be awarded for the top ten heat swims in each individual event from 20pts – 2pts with only the top 2 swimmers per school in age group counting. In the event of a tie, the cup will be awarded to the school with the most 1st Place finishes in the heats.</p>
Entry Fee :	<p>£5 / €5.50 per individual event - £10 / €11 per relay event All cheques should be made payable to Swim Ulster Ltd</p>
Officials :	<p>To ensure the smooth running of the event each school MUST provide an official to help with timekeeping - if a school has more than 10 swimmers that school may be asked to provide more officials. Swim Ulster will circulate an Officials Roster during the week before the Championships.</p>
Timing :	<p>Electronic Timing and Hy-tek Meet Manager software will be used. Times achieved at this gala will be recognised by Swim Ulster for qualification times for Swim Ulster Qualifying Galas.</p>
Withdrawals :	<p>Withdrawals should be made as soon as possible but no later than 45 minutes before the start of the session.</p>
Facilities :	<p>Parking & Catering are available at the venue. The diving pool will be available for warm up and cool down throughout the event.</p>
Enquiries	<p>All enquiries should be sent by email only to admin@swimulster.net Entry reports and further information will be posted on the Swim Ulster website before the start of the gala – www.swimulster.net</p>
Selections :	<p>Irish Minor Schools Swimming Championships – 11th February 2018</p> <p>Swimmers can qualify for the Irish Minor Schools Championships 2018 at the Swim Ulster Schools Championships 2017-2018. All Swimmers qualifying for this event MUST register with the Entry Desk and submit their Entry Form along with the entry fees at this competition. Late entries WILL NOT be accepted. Qualifying swimmers will be marked on the results sheets posted at the event. The qualifying times for the Irish Minor Schools Swimming Championships are attached at the back of these meet conditions.</p> <p>Irish Schools Interprovincial Championships – 14th April 2018. From the results of the Swim Ulster Schools Championships 2017-2018, athletes from Groups 5-7 may be selected to represent the region at the Irish Schools Interprovincial Championships which will be held on 14th April 2018 at the NAC in Dublin.</p> <p>In order to be selected for the Irish Schools Interprovincial Championships, swimmers must have entered and competed in the 2017-2018 Swim Ulster Senior Schools Championships on 22nd October 2017. Criteria for selection is included below.</p>
Closing Date :	<p>5pm on Wednesday 4th October 2017.</p>



SWIM ULSTER SCHOOLS CHAMPIONSHIPS 2017-2018
ORDER OF EVENTS
Saturday 21st October 2017

Session 1 - Saturday AM - Groups 1 & 2 Warm Up Girls 8am – Warm Up Boys 8.25am Start 9am		
Event No	Event	
1	Girls 9-10 50m Freestyle	Heats
2	Boys 9-10 50m Freestyle	Heats
3	Girls 9-10 50m Breaststroke	Heats
4	Boys 9-10 50m Breaststroke	Heats
5	Girls 9-10 50m Backstroke	Heats
6	Boys 9-10 50m Backstroke	Heats
7	Girls 9-10 50m Butterfly	Heats
8	Boys 9-10 50m Butterfly	Heats
9	Girls 9-10 4 x 50 Medley Team Relay	HDW
10	Boys 9-10 4 x 50 Medley Team Relay	HDW
11	Girls 9-10 4 x 50 Freestyle Team Relay	HDW
12	Boys 9-10 4 x 50 Freestyle Team Relay	HDW
Finals	Events 1-8 – Age 9 Final & Age 10 Final in each event	

Session 2 - Saturday PM - Group 3 & 4 Warm Up Girls 2pm – Warm Up Boys 2.25pm Start 3pm		
Event No	Event	
13	Girls 12&u 4 x 50 Medley Team Relay	HDW
14	Boys 12&u 4 x 50 Medley Team Relay	HDW
15	Girls 12&u 4 x 50 Freestyle Team Relay	HDW
16	Boys 12&u 4 x 50 Freestyle Team Relay	HDW
17	Girls 11-12 50m Freestyle	Heats
18	Boys 11-12 50m Freestyle	Heats
19	Girls 11-12 50m Breaststroke	Heats
20	Boys 11-12 50m Breaststroke	Heats
21	Girls 11-12 50m Backstroke	Heats
22	Boys 11-12 50m Backstroke	Heats
23	Girls 11-12 50m Butterfly	Heats
24	Boys 11-12 50m Butterfly	Heats
25	Girls 11-12 100IM	Heats
26	Boys 11-12 100IM	Heats
Finals	Events 17-26 – Age 11 Final & Age 12 Final in each event	



SWIM ULSTER SCHOOLS CHAMPIONSHIPS 2017-2018
ORDER OF EVENTS
Sunday 22nd October 2017

Session 3 - Sunday AM - Group 5 - Junior		
Warm Up Girls 8am – Warm Up Boys 8.25am - Start 9am		
Event No	Event	
27	Junior Girls 100m Backstroke	Heats
28	Junior Boys 100m Backstroke	Heats
29	Junior Girls 100m Breaststroke	Heats
30	Junior Boys 100m Breaststroke	Heats
31	Junior Girls 100m Butterfly	Heats
32	Junior Boys 100m Butterfly	Heats
33	Junior Girls 100m Freestyle	Heats
34	Junior Boys 100m Freestyle	Heats
35	Junior Girls 200IM	HDW
36	Junior Boys 200IM	HDW
Finals	Events 27-34	
37	Junior Girls 4 x 50 Medley Team Relay	HDW
38	Junior Boys 4 x 50 Medley Team Relay	HDW
39	Junior Girls 4 x 50 Freestyle Team Relay	HDW
40	Junior Boys 4 x 50 Freestyle Team Relay	HDW

Session 4 - Sunday PM - Group 6 & 7 – Intermediate & Senior		
Warm Up Girls 12pm – Warm Up Boys 12.25pm Start 1pm		
Event No	Event	
41	Intermediate Girls 4 x 50 Medley Team Relay	HDW
42	Intermediate Boys 4 x 50 Medley Team Relay	HDW
43	Intermediate Girls 4 x 50 Freestyle Team Relay	HDW
44	Intermediate Boys 4 x 50 Freestyle Team Relay	HDW
45	Open Girls 400m Freestyle	HDW
46	Open Boys 400m Freestyle	HDW
47	Intermediate & Senior Girls 100m Backstroke	Heats
48	Intermediate & Senior Boys 100m Backstroke	Heats
49	Intermediate & Senior Girls 100m Breaststroke	Heats
50	Intermediate & Senior Boys 100m Breaststroke	Heats
51	Intermediate & Senior Girls 100m Butterfly	Heats
52	Intermediate & Senior Boys 100m Butterfly	Heats
53	Intermediate & Senior Girls 100m Freestyle	Heats
54	Intermediate & Senior Boys 100m Freestyle	Heats
55	Intermediate & Senior Girls 200IM	HDW
56	Intermediate & Senior Boys 200IM	HDW
Finals	Events 47-54 – 1 Intermediate Final & 1 Senior Final in each event	
57	Senior Girls 4 x 50 MTR	HDW
58	Senior Boys 4 x 50 MTR	HDW
59	Senior Girls 4 x 50 FTR	HDW
60	Senior Boys 4 x 50 FTR	HDW



War Memorial Gala 2017

The War Memorial Gala shall be held on the Saturday nearest the 11 November each year. It includes a ceremony to commemorate all swimmers who fell in the 1914-1918 and 1939-1945 World Wars. The Ceremony is conducted at the end of the heats, prior to the start of the finals. All swimmers and officials should stand in silence around the poolside or in the gallery. The lights are dimmed and a bugler sounds the "Last Post", this is followed by a one minute's silence, after which lines from Laurence Binyon's poem "For the Fallen" are read by one of the year's winners of the Elizabeth Long Trophies. The Ceremony ends with "Reveille" sounded by the bugler.

Please Note: There should be no applause after the ceremony ends

- Date :** 11th November 2017
- Venue :** Aurora Aquatic & Leisure Complex, Bangor
- Age Groups :** Male 12 & under, 14 & under, Open
Female 12 & under, 14 & under, Open
- Age Up Date :** 31st December 2017
- Awards :** Perpetual Trophies awarded to the winning team in each event. No medals will be presented.
- Entries :** Clubs may enter as many teams per event as they wish. Swimmers may swim in any event for which they are eligible, but may only swim in one team per event.
- Entry Fees :** £7 / €7.70 per team. All entries must be submitted electronically to admin@swimulster.net using Hytek Team Manager.
- Closing Date :** 24th October 2016
- Warm-up:** Age Group Females 4pm – 4.20pm
Age Group Males 4.20pm – 4.40pm
Open 4.40pm – 5pm
- Start:** 5.15pm



War Memorial Gala 2017 Programme of Events

Heats of Events 1-10	
Female Open	4 x 50m Medley
Male Open	4 x 50m Medley
Female 12 & under	4 x 50m Freestyle
Male 12 & under	4 x 50m Freestyle
Female 14 & under	4 x 50m Medley
Male 14 & under	4 x 50m Medley
Female Open	4 x 50m Freestyle
Mixed Open	4 x 50m Medley
Mixed Open	4 x 50m Freestyle
Male Open	6 x 50m Freestyle
Memorial Ceremony (No applause)	
Presentation of Trophies for 2016-2017 Elizabeth Long Trophies – most promising 11yr old girl and boy at Ulster Age Groups 2017 Joe Fitzpatrick Trophies – most promising 14yr old girl and boy at Ulster Age Groups 2017 Lindsay McPherson Trophy – Official of the Year Belfast Telegraph Trophy – Swimmer of the Year Disability Swimmer of the Year Les Beck Trophy – Interprovincial	
Finals of Events 1-10	
Female Open	4 x 50m Medley
Male Open	4 x 50m Medley
Female 12 & under	4 x 50m Freestyle
Male 12 & under	4 x 50m Freestyle
Female 14 & under	4 x 50m Medley
Male 14 & under	4 x 50m Medley
Female Open	4 x 50m Freestyle
Mixed Open	4 x 50m Medley
Mixed Open	4 x 50m Freestyle
Male Open	6 x 50m Freestyle



Ulster Long Course & Open Championships 2017 incorporating Focus Belfast 2021 Age Group Festival Event Information

- Date** 8th – 10th December 2017
- Venue** Aurora Aquatic & Leisure Complex, Bangor
- Age Groups:** Minimum entry age 11 years
Youth Males 16&u, Females 15&u
Senior Males 17& over, Females 16 & over
- Age Up Date:** 31st December 2017
- Events :** 50m, 100m, 200m all four strokes – heats and finals (A final only)
200m Individual Medley – heats and finals (A final only)
400m Freestyle, 400m Individual Medley – heats and finals (A final only)
800m Freestyle, 1500m Freestyle HDW (fastest heat swum in finals)
Female - 4 x 100m MTR, 4 x 100m FTR, 4 x 200m FTR HDW - swum as finals
Male - 4 x 100m MTR, 4 x 100m FTR, 4 x 200m FTR HDW - swum as finals
(Clubs may only enter one Senior and one Junior team per relay event)
- Seeding:** The placing of competitors in the heats will be spearheaded and swum slowest to fastest, with the three fastest heats being cyclically seeded. Competitors in the fastest heat of the 800/1500m events will swim in the finals.
Relay Entries – clubs should enter up to 8 swimmers at the time of submitting entries and generate an entry time on Hytek. Clubs not submitting an entry time will be seeded in the slowest heat.
- Awards :** Individual Events
- Ulster Open 1st, 2nd, 3rd place
 - Ulster Champion – Perpetual Trophy
 - Ulster Junior Champion based on times recorded in heats
 - 100IM will be awarded to highest ranked Ulster Swimmer at Irish SC Championships 2017
- Relay Events
- Ulster Open 1st, 2nd, 3rd place
 - Ulster Champions
 - Ulster Junior Champions – medals to 1st place team
- A Junior is defined for placing purposes as:
- Males – under 18
 - Females – under 16
- Entries:** Qualifying times are in place for this meet; please see enclosed standards for further information. Qualifying times must be achieved in the year prior to the closing date of this event. **A maximum of 3 swimmers from outside the Ulster region are permitted to swim in each final.** All entries must be submitted electronically to admin@swimulster.net using Hytek Team Manager.
- Entry Fees :** £5 / €5.50 per Individual Event, £10 / €11 per Relay Event
- Closing Date:** **5pm on Monday 20th November 2017 – No entries will be accepted after this date.**



Focus Belfast 2021 Age Group Festival Event Information

Belfast has been awarded the VII Commonwealth Youth Games in 2021 which targets male athletes aged 15-18yrs and female athletes aged 14-17yrs. In 2017 these athletes are aged 11-14yrs and 10-13yrs. To promote the event and motivate this age group to work hard towards possible Northern Ireland representation, Swim Ulster will incorporate a Belfast 2021 Age Group Festival into this year's Ulster Championships in December 2017.

Date 9th December 2017

Venue Aurora Aquatic & Leisure Complex, Bangor

Eligibility: Swim Ulster Skills Academy, Swim Ulster Talent Programme 2017-2018
(who do not qualify for the meet)

Age Groups: Male 11-14yrs, Female 10-13yrs

Age Up Date: 31st December 2017

Events: Points will be awarded for the top ten results in each of the following from 20pts – 2pts:

- 200FC – points for total time, ranking on each 50m split, difference between 1st and 2nd 100m
- 200IM – points for total time, ranking on each 50m split, difference between 1st & 4th 50m
- 100m Kick on board – points for total time, difference between projected 150m kick time (calculated by multiplying 100m time by 1.5) and 200m swim time
- Kick Relay (non-scoring event)

Awards: Swim Ulster Thera-Bands plus a workshop on the day for all participants
Medals for Top 3 total points winners in each individual age group
Winner in each age group will be invited to attend part of the National Performance Pathway Camp in Bangor in February 2018

Entries: Eligible athletes will be invited to participate and clubs are asked to confirm participation by emailing admin@swimulster.net before the event closing date, 20th November 2017



Ulster Long Course Championships 2017 - Programme of Events

Session times are provisional and will be finalised once all the entries have been processed

Session 1 Friday 8.12.17 HEATS Warm-up 9.00am Start 10.00am	Session 3 Saturday 9.12.17 HEATS Warm-up 9.00am Start 10.00am	Session 5 Sunday 10.12.17 HEATS Warm-up 9.00am Start 10.00am
Women 100m Free	Women 200m IM	Men 200m IM
Men 400m IM	Men 100m Free	Women 400m IM
Women 100m Breast	Women 50m Free	Men 400m Free
Men 200m Back	Men 50m Back	Women 50m Back
Women 50m Fly	Women 200m Fly	Men 100m Back
Men 100m Breast	Men 200m Breast	Women 100m Fly
Women 200m Back	Women 50m Breast	Men 50m Breast
Men 50m Fly	Men 100m Fly	Women 200m Breast
Women 800m Free (slower heats)	Women 100m Back	Men 200m Fly
Men 200m Free	Women 400m Free	Women 200m Free
	Men 1500m Free (slower heats)	Men 50m Free
	Focus Belfast 2021 Age Group Festival Warm Up TBC Start TBC	
	200m Freestyle	
	200m IM	
	75m Kick	
	4 x 50m Relays	
Session 2 Friday 8.12.17 FINALS Warm-up 4.00pm Start 5.00pm	Session 4 Saturday 9.12.17 FINALS Warm-up 4.00pm Start 5.00pm	Session 6 Sunday 10.12.17 FINALS Warm-up 3.00pm Start 4.00pm
Women 800m Free (fastest heat)	Men 1500m Free (fastest heat)	Women 400m IM
Men 400m IM	Women 400m Free	Men 400m Free
Women 100m Free	Women 200m IM	Men 200m IM
Men 200m Back	Men 100m Free	Women 50m Back
Women 100m Breast	Women 50m Free	Men 100m Back
Men 100m Breast	Men 50m Back	Women 100m Fly
Women 50m Fly	Women 200m Fly	Men 50m Breast
Men 50m Fly	Men 200m Breast	Women 200m Breast
Women 200m Back	Women 50m Breast	Men 200m Fly
Men 200m Free	Men 100m Fly	Women 200m Free
	Women 100m Back	Men 50m Free
Women 4 x 200m FTR	Men 4 x 200m FTR	Women 4 x 100m MTR
Men 4 x 100m MTR	Women 4 x 100m FTR	Men 4 x 100m FTR



**Ulster Open Long Course Championships
December 2017
Qualifying Times**

Male			Female	
Ulster LC			Ulster LC	
16 & U	Open	Event	Open	15 & U
	00:25.95	50 Free	00:29.00	
00:59.09	00:56.34	100 Free	01:02.66	01:05.39
02:14.07	02:05.06	200 Free	02:16.48	02:23.59
04:44.76	04:32.80	400 Free	04:51.63	05:11.15
		800 Free	10:10.62	10:50.73
18:51.94	18:04.38	1500 Free		
	00:31.45	50 Back	00:33.92	
01:10.75	01:06.61	100 Back	01:11.55	01:16.02
02:39.98	02:29.48	200 Back	02:35.45	02:44.28
	00:35.81	50 Breast	00:38.69	
01:21.86	01:16.04	100 Breast	01:21.40	01:27.10
03:00.47	02:49.09	200 Breast	02:58.32	03:10.39
	00:28.77	50 Fly	00:31.91	
01:10.62	01:02.87	100 Fly	01:09.68	01:14.80
02:38.94	02:26.41	200 Fly	02:44.21	02:49.99
02:29.46	02:24.53	200 IM	02:35.17	02:41.96
05:19.31	05:09.47	400 IM	05:36.40	05:44.31



Swim Ulster Open Disability Swimming Championships 2018
in association with Disability Sport NI
Saturday 3rd March 2018
Newry Leisure Centre

MEET CONDITIONS

Event No	Event Description
1	Mixed 50 Butterfly Multi-Class S1-S13
2	Mixed 50 Butterfly Multi-Class S14-15
3	Mixed 25 Backstroke Multi-Class S1-S13
4	Mixed 25 Backstroke Multi-Class S14-15
5	Mixed 100 Freestyle Multi-Class S1-S13
6	Mixed 100 Freestyle Multi-Class S14-15
7	Mixed 50 Breaststroke Multi-Class S1-S13
8	Mixed 50 Breaststroke Multi-Class S14-15
9	Mixed 25 Freestyle Multi-Class S1-S13
10	Mixed 25 Freestyle Multi-Class S14-15
11	Mixed 100 Backstroke Multi-Class S1-S13
12	Mixed 100 Backstroke Multi-Class S14-15
Break	
13	Mixed 100 Breaststroke Multi-Class S1-S13
14	Mixed 100 Breaststroke Multi-Class S14-15
15	Mixed 25 Butterfly Multi-Class S1-S13
16	Mixed 25 Butterfly Multi-Class S14-15
17	Mixed 100 Butterfly Multi-Class S1-S13
18	Mixed 100 Butterfly Multi-Class S14-15
19	Mixed 50 Backstroke Multi-Class S1-S13
20	Mixed 50 Backstroke Multi-Class S14-15
21	Mixed 25 Breaststroke Multi-Class S1-S13
22	Mixed 25 Breaststroke Multi-Class S14-15
23	Mixed 50 Freestyle Multi-Class S1-S13
24	Mixed 50 Freestyle Multi-Class S14-15
25	Mixed 100 Freestyle Relay Multi-Class

Parking

All swimmers should use the Main Entrance at the Front of Newry Leisure Centre. Parking is available in the main parking area.

25m Events

- Suitable for swimmers who are unfamiliar with the correct stroke technique and/or rules.
- No disqualifications will be made in the 25m events.
- All competitors must be able to swim 25m unaided. If this is not the case they will be withdrawn from all other events and the club/individual will be fined £10.00 (cover life guard costs) which must be paid before leaving the pool.
- Swimmers cannot be accompanied in the water by a parent/coach/guardian during their event.
- Swimmers who have competed at an Irish or UK level are not eligible to compete in 25m events.
- 25m swimmers can also enter other distances but must be familiar with the rules and be aware that disqualifications may be made.
- Medals will be awarded shortly after each heat from the Medals Table.
- Electronic timing will not be used for 25m event. 2 manual time keepers will be responsible for each lane.

50m/100m Events

- Disqualifications will be made in these events if any stroke violations are made.
- Medals will be awarded per heat. However due to possible disqualifications medals will not be available until after the event is complete. Medals for these events will need to be collected by coaches from the designated Medals Table.

Mixed Relays

- Open to all swimmers
- Will be run as a fun event
- Disqualifications will only be made for false starts.
- Medals will be presented to the fastest 3 teams per heat.

Entries

- Each competitor is limited to entering a maximum of four events. If more than four events are entered Swim Ulster will decide which events to eliminate.
- All swimmers must indicate their appropriate class on the entry form, if this is not known a description of the swimmers disability must be completed on the classification form and sent to Swim Ulster.
- Outside lanes will only be allocated to competitors with epilepsy, which must be indicated on the Entry Form.
- Entry details of the participant should be brought by the guardian / carer / coach on the day of the event.
- There will a £3.00 charge for each individual event entered and £5 per relay team.
- **Entries must be paid in full on submission of entry form.** Cheques must be made payable to Swim Ulster and sent with the Entry Form or BACS payment can be made – Bank Details are on the Entry Form.
- **No additional entries, heat changes, lane changes or event changes can be made on the day of the event. It is the responsibility of the coach/parent/guardian to ensure that everything is correct prior to the competition. A draft programme will be circulated prior to the event.**
- Swim Ulster / DSNI reserves the right to limit entries if the meet is oversubscribed. In the event that entries are rejected the entry fee will be refunded.

Gala Programme

- Male and female swimmers will compete in mixed events, however medals will still be awarded to the top males and top females.
- All heats will be time banded, meaning that swimmers will compete against others of a similar standard.
- Heats may be combined to provide a more competitive swim. This will be at the discretion of the gala organiser.

Electronic Timing

- Electronic timing will be used at this year's Championships across all events.
- Manual timers will also be used as back up.
- All swimmers should be advised that in order for their time to be recorded they must firmly touch the centre of the pad at each end for the time to register.
- Due to the timing pads all swimmers must leave the pool by the side.

Marshalling

- Due to the large number of participants attending the gala a dedicated marshalling area will be used. All swimmers must register here at least **THREE** heats before they are due to swim.
- **Group leaders / coaches / parents / guardians are responsible for getting swimmers to the Marshalling area on time. If a competitor fails to arrive on time they will be withdrawn from their event and an opportunity to swim in the later heats will not be given.**
- **Group Leaders / coaches / parents / guardians are responsible for the supervision and safety of the swimmers at all times for the duration of the Gala.**

Presentations/Medals

- First, second and third place medals will be awarded to swimmers for each heat and are available at the Medals Table shortly after each event.

Enquiries/Issues

- Any issues/enquiries on the day need to be discussed with Swim Ulster. All volunteers should be spoken to in an appropriate manner. Anyone who doesn't treat volunteers in an appropriate manner will not have their query dealt with and may be asked to leave the pool.

Results

- A copy of the official gala results will be posted out to all competitors.

Cameras/Videos

- Cameras, videos and picture phones will not be permitted in the pool area unless a consent form has been signed and a pass given. **Anyone using photography without permission will be removed from the building.**

The final closing date for entries is **Monday 19th February 2018** – entries should be sent to Swim Ulster, 3 Valentine Road, Bangor, BT20 4TH along with appropriate payment.



Ulster Youth & Senior Long Course Championships 2018

Event Information

Date 5th – 6th May 2018

Venue Aurora Aquatic & Leisure Complex, 3 Valentine Road, Bangor, BT20 4TH

Age Groups Male : 15yrs, 16yrs, 17 & over
Female : 15yrs, 16yrs, 17 & over

Age Up Date 31st December 2018

Events

Individual Events:

50m Freestyle, 50m Backstroke, 50m Butterfly, 50m Breaststroke Free – Heats & Finals
100m Freestyle, 100m Backstroke, 100m Butterfly, 100m Breaststroke – Heats & Finals
200m Freestyle, 200m Backstroke, 200m Butterfly, 200m Breaststroke – Heats & Finals
200IM – Heats & Finals
400m Freestyle / 800m Freestyle / 1500m Freestyle – HDW
400IM - HDW

Relay Events:

Male and Female 15&over 4 x 100m Medley, 4 x 100 Freestyle & 4 x 200m Freestyle - HDW
Mixed 4 x 100m Medley

Clubs are limited to two teams per event.

Clubs must enter teams when submitting the Hy-tek entries and must generate an entry time on Hy-tek for seeding purposes. Clubs not submitting an entry time will be seeded in the slowest heat.

Clubs can use swimmers who have no individual events providing their names are on the team lists submitted with the entries

Multi Class/Disability Athletes

Swimmers with a disability who have achieved the qualifying times for any event will be subject to all the terms of open competition and will not be eligible for a separate Multi Class Award.

Other swimmers with a disability must have a National Classification and have a recorded time in the events entered. As far as is practical a separate Multi Class final will be held if there are 4 or more entries in the 100m Backstroke, 100m Butterfly, 100m Breaststroke, and 100m Freestyle. Medals will be awarded to the top three swimmers based on percentage closest to the world record or ranking in their classification.

Awards Medals will be awarded to the fastest 3 Ulster swimmers in each age group in each event. Commemorative medals will be awarded to swimmers from outside the Ulster region if they finish 1st, 2nd or 3rd.

Entries Swimmers entering the meet must be a registered member of an affiliated club. All entries must be submitted on the meet Hy-tek file and include a time. The Swim Ireland Registration number for each swimmer must be included in the file.

Long Course & Short Course Qualifying and Consideration Times have been published and must be achieved in the year prior to the closing date for the competition. Short course times must be converted to long course – **no unconverted short course times will be accepted.**

Entries in the 800m and 1500m events will be limited to the top six per age group based on rankings on the closing date for entries. If all lanes are not filled swimmers will be offered a lane based on rankings irrespective of age.

Swimmers achieving consideration times may be accepted for entry and will be notified after the closing date.

Swimmers achieving less than three qualifying times can only swim in the events in which they qualify. Swimmers achieving three or more qualifying times can enter a maximum of two bonus swims. (do we need this if we are including consideration times?)

A maximum of 2 swimmers from outside the Ulster region are permitted to swim in each final.

Entry Fees Individual £5 / €5.50*
Team £10 / €11*

Closing Date 5pm on Monday 16th April 2018 – No entries will be accepted after this date.



Ulster Youth & Senior Long Course Championships 2018

**** Session times are provisional and will be finalised once all the entries have been processed**

Day 1 - Saturday 5 th May 2018	Day 2 – Sunday 6 th May 2018
Session 1: Combined Heats **Mixed Warm Up 9-9.45am – Start 10am	Session 5: Combined Heats **Mixed Warm Up 9-9.45am – Start 10am
Female 800m Freestyle Relay HDW (15/Over) Male 200m IM Female 200m Backstroke Male 200m Breaststroke Female 100m Breaststroke Male 100m Backstroke Female 50m Butterfly (17/Over Only) Male 50m Freestyle Female 400m Freestyle HDW	Male 800m Freestyle Relay HDW (15/Over) Female 200m IM Male 200m Backstroke Female 200m Breaststroke Male 100m Breaststroke Female 100m Backstroke Male 50m Butterfly (17/Over Only) Female 50m Freestyle Male 400m Freestyle HDW
Session 2: Finals & Presentations No Warm-Up	Session 6: Finals & Presentations No-Warm-Up
Male 200m IM (15 years ; 16 years ; 17/Over) Female 200m Backstroke (15 years ; 16 years ; 17/Over) Male 200m Breaststroke (15 years ; 16 years ; 17/Over) Female 100m Breaststroke (15 years ; 16 years ; 17/Over) Male 100m Backstroke (15 years ; 16 years ; 17/Over) Female 50m Butterfly (17/Over) Male 50m Freestyle (15 years ; 16 years ; 17/Over)	Female 200m IM (15 years ; 16 years ; 17/Over) Male 200m Backstroke (15 years ; 16 years ; 17/Over) Female 200m Breaststroke (15 years ; 16 years ; 17/Over) Male 100m Breaststroke (15 years ; 16 years ; 17/Over) Female 100m Backstroke (15 years ; 16 years ; 17/Over) Male 50m Butterfly (17/Over) Female 50m Freestyle (15 years ; 16 years ; 17/Over)
Session 3 : Combined Heats **Mixed Warm Up 2-2.45pm – Start 3pm	Session 7: Combined Heats **Mixed Warm Up 2-2.45pm – Start 3pm
Male 400m Medley Relay HDW (15/Over) Female 400m Medley Relay HDW (15/Over) Male 200m Freestyle Female 200m Butterfly Male 100m Butterfly Female 100m Freestyle Male 50m Breaststroke (17/Over Only) Female 50m Backstroke (17/Over Only) Male 400m IM HDW	Female 400m Medley Relay HDW (15/Over) Male 400m Medley Relay HDW (15/Over) Female 200m Freestyle Male 200m Butterfly Female 100m Butterfly Male 100m Freestyle Female 50m Breaststroke (17/Over Only) Male 50m Backstroke (17/Over Only) Female 400m IM HDW
Session 4: Finals & Presentations No Warm-Up	Session 8: Finals & Presentations No Warm-Up
Male 200m Freestyle (15 years ; 16 years ; 17/Over) Female 200m Butterfly (15 years ; 16 years ; 17/Over) Male 100m Butterfly (15 years ; 16 years ; 17/Over) Female 100m Freestyle (15 years ; 16 years ; 17/Over) Male 50m Breaststroke (17/Over) Female 50m Backstroke (17/Over) Mixed 800m Freestyle HDW	Mixed 400m Medley Relay HDW (15/Over) Female 200m Freestyle (15 years ; 16 years ; 17/Over) Male 200m Butterfly (15 years ; 16 years ; 17/Over) Female 100m Butterfly (15 years ; 16 years ; 17/Over) Male 100m Freestyle (15 years ; 16 years ; 17/Over) Female 50m Breaststroke (17/Over) Male 50m Backstroke (17/Over) Mixed 1500m Freestyle HDW



Ulster Youth & Senior Championships 2018 - Short Course Qualifying Times						
Male				Female		
15	16	17&over	Events	17&over	16	15
00:59.85	00:57.93	00:56.59	100Free	01:02.48	01:03.53	01:04.11
02:17.24	02:11.44	02:07.02	200Free	02:16.77	02:19.74	02:20.77
04:52.90	04:39.18	04:33.32	400Free	04:54.91	05:03.91	05:05.04
			800Free	10:13.94	10:29.24	10:37.97
19:24.28	18:29.74	18:06.43	1500Free			
01:11.99	01:09.36	01:07.33	100Back	01:11.93	01:13.71	01:14.53
02:44.84	02:36.84	02:31.69	200Back	02:35.91	02:39.42	02:41.06
01:23.71	01:20.25	01:17.40	100Breast	01:22.55	01:25.29	01:25.39
03:01.33	02:56.93	02:51.35	200Breast	03:00.96	03:06.66	03:06.66
01:13.44	01:09.24	01:05.41	100Fly	01:10.82	01:13.33	01:14.54
02:45.06	02:35.82	02:29.68	200Fly	02:43.82	02:46.66	02:49.08
02:31.35	02:26.53	02:24.11	200IM	02:35.45	02:38.78	02:40.18
05:22.70	05:13.05	05:08.22	400IM	05:33.68	05:37.56	05:40.37

Ulster Youth & Senior Championships 2018 - Short Course Consideration Times						
Male				Female		
15	16	17&over	Events	17&over	16	15
01:01.05	00:59.09	00:57.72	100Free	01:03.73	01:04.80	01:05.39
02:19.98	02:14.07	02:09.57	200Free	02:19.51	02:22.53	02:23.59
04:58.76	04:44.76	04:38.78	400Free	05:00.81	05:09.99	05:11.15
			800Free	10:26.22	10:41.82	10:50.73
19:47.56	18:51.94	18:26.16	1500Free			
01:13.43	01:10.75	01:08.68	100Back	01:13.37	01:15.81	01:16.02
02:48.14	02:39.98	02:34.73	200Back	02:39.03	02:42.61	02:44.28
01:25.38	01:21.86	01:18.95	100Breast	01:24.20	01:27.00	01:27.10
03:04.96	03:00.47	02:54.78	200Breast	03:04.57	03:10.39	03:10.39
01:14.91	01:10.62	01:06.72	100Fly	01:12.24	01:14.80	01:16.03
02:48.36	02:38.94	02:32.67	200Fly	02:47.10	02:49.99	02:52.46
02:34.38	02:29.46	02:26.99	200IM	02:38.56	02:41.96	02:43.39
05:29.15	05:19.31	05:14.39	400IM	05:40.35	05:44.31	05:47.18



Ulster Youth & Senior Championships 2018 - Long Course Qualifying Times						
Male				Female		
15	16	17&over	Events	17&over	16	15
01:01.05	00:59.09	00:57.72	100Free	01:03.73	01:04.80	01:05.39
02:19.98	02:14.07	02:09.57	200Free	02:19.51	02:22.53	02:23.59
04:58.76	04:44.76	04:38.78	400Free	05:00.81	05:09.99	05:11.15
			800Free	10:26.22	10:41.82	10:50.73
19:47.56	18:51.94	18:28.16	1500Free			
01:13.43	01:10.75	01:08.68	100Back	01:13.37	01:15.18	01:16.02
02:48.14	02:39.98	02:34.73	200Back	02:39.03	02:42.61	02:44.28
01:25.38	01:21.86	01:18.95	100Breast	01:24.20	01:27.00	01:27.10
03:04.96	03:00.47	02:54.78	200Breast	03:04.57	03:10.39	03:10.39
01:14.91	01:10.62	01:06.72	100Fly	01:12.24	01:14.80	01:16.03
02:48.36	02:38.94	02:32.67	200Fly	02:47.10	02:49.99	02:52.46
02:34.38	02:29.46	02:26.99	200IM	02:38.56	02:41.96	02:43.39
05:29.15	05:19.31	05:14.39	400IM	05:40.35	05:44.31	05:47.18

Ulster Youth & Senior Championships 2018 - Long Course Consideration Times						
Male				Female		
15	16	17&over	Events	17&over	16	15
01:02.27	01:00.27	00:58.87	100Free	01:05.00	01:06.10	01:06.70
02:22.78	02:16.75	02:12.16	200Free	02:22.30	02:25.39	02:26.46
05:04.73	04:50.46	04:44.36	400Free	05:06.82	05:16.19	05:17.37
			800Free	10:38.75	10:54.66	11:03.74
20:11.31	19:14.57	18:50.32	1500Free			
01:14.90	01:12.16	01:10.05	100Back	01:14.84	01:16.69	01:17.54
02:51.50	02:43.18	02:37.82	200Back	02:42.21	02:45.86	02:47.57
01:27.09	01:23.49	01:20.53	100Breast	01:25.88	01:28.74	01:28.84
03:08.66	03:04.08	02:58.27	200Breast	03:08.27	03:14.20	03:14.20
01:16.41	01:12.04	01:08.05	100Fly	01:13.68	01:16.29	01:17.55
02:51.73	02:42.12	02:35.73	200Fly	02:50.44	02:53.39	02:55.91
02:37.46	02:32.44	02:29.93	200IM	02:41.74	02:45.19	02:46.66
05:35.74	05:25.70	05:20.68	400IM	05:47.16	05:51.20	05:54.12



Ulster Age Group Long Course Championships 2018

Event Information

Date 1st – 3rd June 2018

Venue Aurora Aquatic & Leisure Complex, 3 Valentine Road, Bangor, BT20 4TH

Age Groups Minimum age of entry is 11yrs
Male : 11-12yrs, 13yrs, 14yrs
Female : 11-12yrs, 13yrs, 14yrs

Age Up Date 31st December 2018

Events

Individual Events:

50m Free – Heats & Finals

100m Freestyle, 100m Backstroke, 100m Butterfly, 100m Breaststroke – Heats & Finals

200m Freestyle, 200m Backstroke, 200m Butterfly, 200m Breaststroke – Heats & Finals

200IM – Heats & Finals

400m Freestyle / 800m Freestyle / 1500m Freestyle – HDW

400IM - HDW

Relay Events:

Male and Female 11-14yrs 4 x 100m Medley, 4 x 100 Freestyle & 4 x 200m Freestyle - HDW

Mixed 4 x 100m Medley

Clubs are limited to two teams per event.

Clubs must enter teams when submitting the Hy-tek entries and must generate an entry time on Hy-tek for seeding purposes. Clubs not submitting an entry time will be seeded in the slowest heat.

Clubs can use swimmers who have no individual events providing their names are on the team lists submitted with the entries

Multi Class/Disability Athletes

Swimmers with a disability who have achieved the qualifying times for any event will be subject to all the terms of open competition and will not be eligible for a separate Multi Class Award.

Other swimmers with a disability must have a National Classification and have a recorded time in the events entered. As far as is practical a separate Multi Class final will be held if there are 4 or more entries in the 100m Backstroke, 100m Butterfly, 100m Breaststroke, and 100m Freestyle. Medals will be awarded to the top three swimmers based on percentage closest to the world record or ranking in their classification.

Awards

Medals will be awarded to the fastest 3 Ulster swimmers in each age group in each event. Commemorative medals will be awarded to swimmers from outside the Ulster region if they finish 1st, 2nd or 3rd.

Elizabeth Long Trophy - awarded to the top performing girl and boy who are 11 years of age on the last day of the Ulster Age Group Championships **and are a member of a Swim Ulster Club**. This trophy will be presented at the War Memorial Gala, November 2018. The events counting will be the 100m in the 4 strokes and the 200m IM, scored as points - 11, 9, 8, 7, 6, 5, 4, 3, 2, 1 and for 1st to 10th place in finals or HDW events. The swimmer with the greatest number of points over the 5 events will be the winner. In the event of a tie the award will be shared. Points will only be awarded if swimmers achieve the qualifying time in the relevant event.

Joe Fitzpatrick Trophy - awarded to the top performing girl and boy who are 14 years of age on the last day of the Ulster Age Group Championships **and are a member of a Swim Ulster Club**. This trophy will be presented at the War Memorial Gala, November 2018. The events counting will be the **200m** in the 4 strokes and the **400m IM**, scored as points - 11, 9, 8, 7, 6, 5, 4, 3, 2, 1 and for 1st to 10th place in finals or HDW events. The swimmer with the greatest number of points over the 5 events will be the winner. In the event of a tie the award will be shared. Points will only be awarded if swimmers achieve the qualifying time in the relevant event.

Entries

Swimmers entering the meet must be a registered member of an affiliated club. All entries must be submitted on the meet Hy-tek file and include a time. The Swim Ireland Registration number for each swimmer must be included in the file.

Long Course & Short Course Qualifying and Consideration Times have been published and must be achieved in the year prior to the closing date for the competition. Short course times must be converted to long course – **no unconverted short course times will be accepted.**

Entries in the 800m and 1500m events will be limited to the top six per age group based on rankings on the closing date for entries. If all lanes are not filled swimmers will be offered a lane based on rankings irrespective of age.

Swimmers achieving consideration times may be accepted for entry and will be notified after the closing date.

Swimmers achieving less than three qualifying times can only swim in the events in which they qualify. Swimmers achieving three or more qualifying times can enter a maximum of two bonus swims. (do we need this if we are including consideration times?)

A maximum of 2 swimmers from outside the Ulster region are permitted to swim in each final.

Entry Fees **Individual £5 / €5.50***
 Team £10 / €11*

Closing Date **5pm on Monday 14th May 2018 – No entries will be accepted after this date.**



Ulster Age Group Long Course Championships 2018

**** Session times are provisional and will be finalised once all the entries have been processed**

Day 1 – Friday 1 st June 2018	Day 2 – Saturday 2 nd June 2018	Day 3 – Sunday 3 rd June 2018
Session 1: Combined Heats **Mixed Warm Up 9-9.45am – Start 10am	Session 5: Combined Heats **Mixed Warm Up 9-9.45am – Start 10am	Session 9: Combined Heats **Mixed Warm Up 9-9.45am – Start 10am
Male 400m Freestyle Relay HDW (11-14 years) Female 400m Freestyle Relay HDW (11-14 years) Male 200m Breaststroke Female 200m IM Male 100m Freestyle Female 800m Freestyle HDW 15 Minute Break	Female 100m Backstroke Male 200m Freestyle Female 200m Butterfly Male 100m Breaststroke Male 400m IM HDW Female 400m Freestyle HDW 15 Minute Break	Male 800m Freestyle Relay HDW (11-14 years) Female 800m Freestyle Relay HDW (11-14 years) Male 100m Backstroke Female 100m Breaststroke Male 200m Butterfly Female 200m Freestyle Female 400m IM HDW 15 Minute Break
Session 2: Finals & Presentations No Warm-Up	Session 6: Finals & Presentations No Warm-Up	Session 10: Finals & Presentations No Warm-Up
Male 200m Breaststroke (11/12 years ; 13 years; 14 years) Female 200m IM (11/12 years ; 13 years; 14 years) Male 100m Freestyle (11/12 years ; 13 years; 14 years)	Female 100m Backstroke (11/12 years ; 13 years; 14 years) Male 200m Freestyle (11/12 years ; 13 years; 14 years) Female 200m Butterfly (11/12 years ; 13 years; 14 years) Male 100m Breaststroke (11/12 years ; 13 years; 14 years)	Male 100m Backstroke (11/12 years ; 13 years; 14 years) Female 100m Breaststroke (11/12 years ; 13 years; 14 years) Male 200m Butterfly (11/12 years ; 13 years; 14 years) Female 200m Freestyle (11/12 years ; 13 years; 14 years)
Session 3: Combined Heats **Mixed Warm Up 2-2.45pm – Start 3pm	Session 7: Combined Heats **Mixed Warm Up 2-2.45pm – Start 3pm	Session 11: Combined Heats **Mixed Warm Up 2-2.45pm – Start 3pm
Mixed 400m Medley Relay HDW (11-14 years) Female 200m Breaststroke Male 200m IM Female 100m Freestyle Male 800m Freestyle HDW 15 Minute Break	Female 200m Backstroke Male 200m Backstroke Female 50m Freestyle Male 50m Freestyle Female 100m Butterfly Male 100m Butterfly Male 400m Freestyle HDW 15 Minute Break	Male 400m Medley Relay HDW (11-14 years) Female 400m Medley Relay HDW (11-14 years) Male 1500m Freestyle HDW Female 1500m Freestyle HDW
Session 4: Finals & Presentations No Warm-Up	Session 8: Finals & Presentations No Warm-Up	
Female 200m Breaststroke (11/12 years ; 13 years; 14 years) Male 200m IM (11/12 years ; 13 years; 14 years) Female 100m Freestyle (11/12 years ; 13 years; 14 years)	Female 200m Backstroke (11/12 years ; 13 years; 14 years) Male 200m Backstroke (11/12 years ; 13 years; 14 years) Female 50m Freestyle (11/12 years ; 13 years; 14 years) Male 50m Freestyle (11/12 years ; 13 years; 14 years) Female 100m Butterfly (11/12 years ; 13 years; 14 years) Male 100m Butterfly (11/12 years ; 13 years; 14 years)	



Ulster Age Group Championships 2018 - Short Course Qualifying Times

Male			Events	Female		
11-12	13	14		14	13	11-12
01:07.53	01:05.45	01:01.59	100Free	01:04.69	01:06.31	01:10.98
02:30.00	02:23.82	02:17.77	200Free	02:21.80	02:24.84	02:34.90
05:20.23	05:12.71	04:55.99	400Free	05:06.18	05:14.88	05:36.99
			800Free	10:46.70	11:06.64	11:33.98
21:12.91	20:43.02	19:36.56	1500Free			
01:19.71	01:18.54	01:14.63	100Back	01:15.35	01:16.54	01:21.48
02:54.26	02:48.46	02:47.61	200Back	02:42.36	02:44.37	02:56.86
01:33.08	01:27.49	01:23.99	100Breast	01:25.49	01:27.72	01:30.60
03:21.10	03:12.77	03:05.74	200Breast	03:06.66	03:10.60	03:17.43
01:23.38	01:20.47	01:15.37	100Fly	01:15.75	01:19.13	01:24.81
03:06.76	02:57.82	02:51.05	200Fly	02:51.50	02:58.26	03:09.62
02:47.80	02:45.77	02:36.26	200IM	02:41.59	02:45.34	02:55.02
05:55.60	05:51.54	05:32.52	400IM	05:43.18	05:50.68	06:10.04

Ulster Age Group Championships 2018 - Short Course Consideration Times

Male			Events	Female		
11-12	13	14		14	13	11-12
01:08.88	01:06.76	01:02.82	100Free	01:05.98	01:07.64	01:12.40
02:33.00	02:26.70	02:20.53	200Free	02:24.64	02:27.74	02:38.00
05:26.63	05:18.96	05:01.91	400Free	05:12.30	05:21.18	05:43.73
			800Free	10:59.63	11:19.97	11:47.86
21:38.37	21:07.88	20:00.09	1500Free			
01:21.30	01:20.11	01:16.12	100Back	01:16.86	01:18.07	01:23.11
02:57.75	02:51.83	02:50.96	200Back	02:45.61	02:47.66	03:00.40
01:34.94	01:29.24	01:25.67	100Breast	01:27.20	01:29.47	01:32.41
03:25.12	03:16.63	03:09.45	200Breast	03:10.39	03:14.41	03:21.38
01:25.05	01:22.08	01:16.88	100Fly	01:17.27	01:20.71	01:26.51
03:10.50	03:01.38	02:54.47	200Fly	02:54.93	03:01.83	03:13.41
02:51.16	02:49.09	02:39.39	200IM	02:44.82	02:48.65	02:58.52
06:02.71	05:58.57	05:39.17	400IM	05:50.04	05:57.69	06:17.44



Ulster Age Group Championships 2018 - Long Course Qualifying Times

Ulster Age Group Championships 2018 - Long Course Qualifying Times						
Male			Events	Female		
11-12	13	14		14	13	11-12
01:08.88	01:06.76	01:02.82	100Free	01:05.98	01:07.64	01:12.40
02:33.00	02:26.70	02:20.53	200Free	02:24.64	02:27.74	02:38.00
05:26.63	05:18.96	05:01.91	400Free	05:12.30	05:21.18	05:43.73
			800Free	10:59.63	11:19.97	11:47.86
21:38.37	21:07.88	20:00.09	1500Free			
01:21.30	01:20.11	01:16.12	100Back	01:16.86	01:18.07	01:23.11
02:57.75	02:51.83	02:50.96	200Back	02:45.61	02:47.66	03:00.40
01:34.94	01:29.24	01:25.67	100Breast	01:27.20	01:29.47	01:32.41
03:25.12	03:16.63	03:09.45	200Breast	03:10.39	03:14.41	03:21.38
01:25.05	01:22.08	01:16.88	100Fly	01:17.27	01:20.71	01:26.51
03:10.50	03:01.38	02:54.47	200Fly	02:54.93	03:01.83	03:13.41
02:51.16	02:49.09	02:39.39	200IM	02:44.82	02:48.65	02:58.52
06:02.71	05:58.57	05:39.17	400IM	05:50.04	05:57.69	06:17.44

Ulster Age Group Championships 2018 - Long Course Consideration Times

Ulster Age Group Championships 2018 - Long Course Consideration Times						
Male			Events	Female		
11-12	13	14		14	13	11-12
01:10.26	01:08.09	01:04.08	100Free	01:07.30	01:08.99	01:13.85
02:36.06	02:29.63	02:23.34	200Free	02:27.53	02:30.69	02:41.86
05:33.17	05:25.34	05:07.95	400Free	05:18.55	05:27.60	05:50.60
			800Free	11:12.83	11:33.57	12:02.02
22:04.34	21:33.24	20:24.09	1500Free			
01:22.93	01:21.71	01:17.65	100Back	01:18.39	01:19.63	01:24.77
03:01.30	02:55.27	02:54.38	200Back	02:48.92	02:51.01	03:04.01
01:36.84	01:31.02	01:27.38	100Breast	01:28.94	01:31.26	01:34.26
03:29.22	03:20.56	03:13.24	200Breast	03:14.20	03:18.30	03:25.41
01:26.75	01:23.72	01:18.41	100Fly	01:18.81	01:22.33	01:28.24
03:14.31	03:05.00	02:57.96	200Fly	02:58.43	03:05.46	03:17.28
02:54.58	02:52.47	02:42.57	200IM	02:48.12	02:52.02	03:02.09
06:09.97	06:05.74	05:45.95	400IM	05:57.04	06:04.85	06:24.99



Ulster Masters Championships 2018 27th May 2018

Meet Information

Meet	Date	Venue	Closing date for Entries / Payment
Ulster Masters Championships	27 th May 2018	Newry Swimming Pool	3 rd May 2018 (Paper entries) 6 th May 2018 (Hytek entries)

Events : All events will be run as Heat Declared Winner events. Swimmers will be seeded according to their entry times but results will be categorised into their age groups. All individual events will be Mixed events but results posted will be as Male and Female with the exception of the Mixed Relay.

***Event 22 – Mixed 1500m Freestyle will be limited to 2 heats – entries will be accepted on a First Come First Served basis – we cannot accept NTs for this event.**

Individual Events Age Groups : The Ulster Masters Championships are open to any Masters Swimmer who is 19 or over on 31st December 2018. This is in line with our general Meet Conditions
19-24 yrs, 25-29 yrs, 30-34 yrs, 35-39 yrs, 40-44 yrs, 45-49 yrs, 50-54 yrs, 55-59 yrs, 60-64 yrs, 65-69 yrs, 70-74 yrs, 75-79 yrs, 80 yrs and older

Relay Events Age Groups :

76-99 yrs, 100-119 yrs, 120-159 yrs, 160-199 yrs etc – and upwards in 40 year intervals

Mixed relays must be 2 males, 2 females

Officials : Swim Ulster will organise Officials to cover Referee / Starter / Stroke Judge / Turn Judge / Hy-tek Timing Official. As arranged with the Masters Committee and Swim Ulster, Newry Swimming Club will be providing time-keepers for this gala.

Awards : Medals will be awarded to 3 fastest individuals / teams in each age group

Entries : All entries must include a time (for seeding purposes) and an individual registration number issued by Swim Ireland or another recognised swimming federation. Payment must be included with the Entries unless paying by Bank Transfer. ****If possible, please use the Hytek system for entries**

No entries will be accepted after the closing date, or on the day of competition.

£5 / €5.50 per individual event

£10 / €11 per relay team

Entries to be sent to : Swim Ulster, 3 Valentine Road, Bangor, BT20 4TH
admin@swimulster.net 02891877579



ULSTER MASTERS CHAMPIONSHIPS

27th May 2018

Programme of Events

Session 1 - Sunday AM	
Event number	Mixed Warm up 9.15am Start 10am
1	Mixed 100 Individual Medley
2	Mixed 200 Freestyle
3	Mixed 100 Breaststroke
4	Mixed 50 Backstroke
5	Mixed 100 Butterfly
6	Mixed 50 Freestyle
7	Mixed 200 Breaststroke
8	Mixed 100 Backstroke
9	Mixed 25 Freestyle
10	Mixed 25 Backstroke
11	Mixed 4 x 50 Medley Team Relay (2 Males, 2 Females)

Session 2 - Sunday PM	
Event number	Mixed Warm up 12.45pm Start 1.30pm
12	Mixed 25 Breaststroke
13	Mixed 200 Butterfly
14	Mixed 400 Freestyle
15	Mixed 25 Butterfly
16	Mixed 200 Backstroke
17	Mixed 50 Breaststroke
18	Mixed 100 Freestyle
19	Mixed 50 Butterfly
20	Men's 4 x 50 Freestyle Team Relay
21	Women's 4 x 50 Freestyle Team Relay
22	* Mixed 1500 Freestyle



Swim Ulster Swim Festival 2018

Sunday 17th June 2018

Event Information

This gala is open to all swimmers who have not achieved any Irish Age Group Division II Qualifying Times

- Date** 17th June 2018
- Venue** Newry Leisure Centre, Clanrye Avenue, Newry, BT35 6EH
- Age Groups** Minimum age of entry is 10yrs
Males : 10 yrs, 11yrs, 12 yrs, 13yrs, 14 yrs, 15yrs & older
Females : 10 yrs, 11yrs, 12 yrs, 13yrs, 14 yrs, 15yrs & older
- Age Up Date** 31st December 2017
- Events** 50m, 100m all four strokes
100m & 200m Individual Medley
Relays - Mixed (2 boys, 2 girls) Open 4 x 25m MTR & FTR - Clubs are limited to two teams per event
- Awards** Medals will be awarded to the first 3 places in each age group as above.
- Entries** Swimmers entering this meet must be a registered member of a competitive swimming club. All entries must be submitted on the meet Hytek file and include a time and should be emailed to admin@swimulster.net. The Swim Ireland Registration number for each swimmer must be included in the file.
- Slower Than Entry Times – Irish Age Group Division II. **If a club is found to have entered a swimmer who has achieved an Irish Age Group Division II Standard the club will be levied with a fine of £100.** It is the responsibility of the club to ensure that all entered swimmers are eligible to compete.
- Swimmers are limited to a **maximum of 4 individual entries plus 100m Freestyle Kick with Fins** – swimmers can also be entered into the relays. There will be no charge for the 100m Freestyle Kick event with Fins.
- Swim Ulster reserves the right to limit entries if the meet is oversubscribed. In the event that the meet is oversubscribed the number of heats per age group will be limited and any rejected entries will be refunded as a single cheque made payable to the club in question.
- Entry Fees** **Individual £5 / €5.50** per swim
Team £10 / €11 per relay event
Payment should be forwarded to the Swim Ulster Office by the closing date.
- Closing Date** Monday 4th June 2018



Programme of Events –

Session times are provisional and will be finalised once all the entries have been processed.

Event No	Session 1 (Warm-up Girls 9.00am – Start 10am)	Event No	Session 2 (Warm-up Girls 1.00pm – Start 2.00pm)
1	Girls 100m Individual Medley	12	Mixed 4 x 25m FTR Open
2	Boys 100m Individual Medley	13	Girls 100m Backstroke
3	Girls 50m Backstroke	14	Boys 100m Backstroke
4	Boys 50m Backstroke	15	Girls 50m Breaststroke
5	Girls 100m Breaststroke	16	Boys 50m Breaststroke
6	Boys 100m Breaststroke	17	Girls 100m Freestyle
7	Girls 50m Freestyle	18	Boys 100m Freestyle
8	Boys 50m Freestyle	19	Girls 50m Butterfly
9	Girls 100m Butterfly	20	Boys 50m Butterfly
10	Boys 100m Butterfly	21	Girls 200m Individual Medley
11	Mixed 4 x 25m MTR Open	22	Boys 200m Individual Medley
		23	Mixed 100m Freestyle Kick with Fins