



Easter Qualifying Meet 2019 Meet Information

Meet	Date	Venue	Closing Date for Entries / Payment
Easter Qualifying Meet (LC)	8 th , 9 th , 10 th March 2019	Bangor	27.2.18

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: 31st December 2019

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 the Autumn Qualifying Meet must be a member of a Swim Ulster affiliated club or a club from outside Ireland registered with their National Federation. The Spring & Easter Qualifying Meets are open meets and entries will be accepted from swimmers registered with their National Federation. 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 in a **Level 2 Licensed Meet** during the 12 months prior to the entry closing date. The Swim Ireland Registration number or equivalent for each swimmer must be included in the file.

Warm Up / Cool Down : Competition Warm Up will be in the Competition Pool at the times specified below on the Programme of Events. There will be limited warm up / cool down in the Diving Pool during the competition as the Aurora Learn to Swim programme will be taking place – swimmers should follow the instructions given by centre staff as to what lanes are available for warm up / cool down. The Diving Pool should only be used for warm up or cool down and swimmers should respect the other users of the pool.

Price: £5 / €6 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 Standard plus a maximum of three bonus swims:

1. **Swimmers aged 10-11yrs** Individual Medley Assessment – a legal 100m IM for 10yrs or 200IM for 11yrs with streamline head past flags plus two qualifying standards from eligible events
2. **Swimmers aged 12&over** Three qualifying standards in two different strokes

Swimmers must achieve the Individual Medley Assessment in a Swim Ulster Development Meet however they can achieve qualifying standards for other events in any Level 2 Licensed Meet

A list of swimmers achieving the required Individual Medley Assessment 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 2017-2018 season:

1. **Swimmers aged 10-11yrs** must have achieved qualifying standards in 100m IM for 10yrs or 200m IM for 11yrs plus 2 other qualifying times from eligible events.
2. **Swimmers aged 12&over** must have achieved any three qualifying times in two different strokes.

A swimmer aging up on 31st December 2018 has until the end of the season to achieve the aged up qualifying times.

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

Volunteer Rotas – Volunteer Officials Rota positions are assigned to Clubs based on the number of entries from each Club as at the closing date of the event. To ensure the smooth running of all Swim Ulster events parents are encouraged to volunteer as an official when their child is competing. Officials Courses are available to attend throughout the year.

Fitness to compete – **Parents / Coaches must ensure that their swimmer is fit to compete in the Meet. If a swimmer has to retire from a race or has to be removed from the water due to being unwell, for safety reasons Swim Ulster will withdraw that swimmer from the remainder of the Meet.**



Programme of Events

****Due to Swim Ireland Licensing restrictions, session times must not exceed 4 hours per session – session times may be changed if there are a large number of entries**

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



**Swim Ulster Qualifying Meet
Qualifying Times 2018-2019
(Short Course)**

Female									Male							
17&over	16yrs	15yrs	14yrs	13yrs	12yrs	11yrs	10yrs		10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs	17&over
00:30.49	00:30.76	00:31.59	00:32.10	00:34.08	00:34.94			50m Free			00:35.13	00:33.56	00:31.98	00:30.41	00:29.15	00:28.15
01:07.42	01:09.05	01:09.69	01:10.33	01:11.72	01:15.97	01:21.09	01:27.00	100m Free	01:27.00	01:22.89	01:15.96	01:10.96	01:06.77	01:05.10	01:02.40	01:00.72
02:27.34	02:30.93	02:33.47	02:34.32	02:37.95	02:46.04	02:58.07		200m Free		03:02.97	02:46.45	02:35.21	02:28.28	02:26.43	02:20.64	02:16.00
05:17.57	05:27.83	05:30.50	05:33.17	05:46.31	06:02.34	06:24.82		400m Free		06:19.11	05:59.54	05:40.09	05:18.29	05:15.09	05:02.68	04:55.60
11:00.23	11:17.05	11:22.40	11:31.96	11:53.30	12:39.61			800m Free								
								1500m Free			23:49.17	22:31.86	21:05.20	20:34.18	20:03.16	19:35.02
00:37.34	00:37.34	00:37.34						50m Back						00:35.06	00:35.06	00:35.06
01:17.59	01:19.98	01:21.25	01:22.16	01:23.06	01:27.08	01:32.27	01:38.00	100m Back	01:38.00	01:35.19	01:30.03	01:24.89	01:19.90	01:18.29	01:16.72	01:13.44
02:49.72	02:55.15	02:56.38	02:58.65	03:00.41	03:07.99	03:19.49		200m Back		03:20.38	03:14.33	03:02.83	02:59.34	02:53.58	02:47.82	02:42.45
00:42.31	00:42.31	00:42.31						50m Breast						00:39.86	00:39.86	00:39.86
01:27.84	01:29.82	01:31.49	01:34.31	01:37.28	01:39.53	01:46.57	01:54.00	100m Breast	01:54.00	01:50.43	01:42.72	01:37.35	01:33.07	01:27.07	01:25.60	01:22.47
03:13.47	03:18.47	03:22.02	03:25.58	03:27.76	03:37.25	03:49.61		200m Breast		03:52.31	03:42.72	03:34.37	03:18.74	03:10.09	03:09.32	03:02.85
00:34.58	00:34.58	00:34.58					00:45.00	50m Butterfly	00:45.00					00:32.15	00:32.15	00:32.15
01:16.35	01:19.50	01:23.24	01:24.29	01:25.34	01:31.45	01:44.05		100m Butterfly		01:47.16	01:25.11	01:23.95	01:22.79	01:17.95	01:14.09	01:10.08
03:00.83	03:07.54	03:10.63	03:13.71	03:16.92	03:20.49			200m Butterfly			03:18.58	03:10.27	03:03.02	02:57.14	02:51.26	02:43.73
							01:42.00	100m IM	01:42.00							
02:48.74	02:54.26	02:55.53	02:58.53	03:00.87	03:08.17	03:20.05		200m IM		03:25.04	03:08.82	03:00.95	02:50.92	02:44.08	02:41.23	02:36.37
06:01.96	06:09.92	06:12.47	06:19.96	06:28.85	06:37.74			400m IM			06:39.04	06:23.30	06:07.21	05:49.57	05:43.86	05:34.14

Only applicable for swimmers aged 10-11yrs who competed in Qualifying Meets during the 2017-2018 season



**Swim Ulster Qualifying Meet
Qualifying Times 2018-2019
(Long Course)**

Female									Male							
17&over	16yrs	15yrs	14yrs	13yrs	12yrs	11yrs	10yrs		10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs	17&over
00:31.10	00:31.38	00:32.22	00:32.74	00:34.76	00:35.63			50m Free			00:35.83	00:34.23	00:32.62	00:31.02	00:29.73	00:28.71
01:08.77	01:10.43	01:11.08	01:11.74	01:13.49	01:17.49	01:22.71	01:28.74	100m Free	01:28.74	01:24.55	01:17.48	01:12.38	01:08.10	01:06.40	01:03.64	01:01.94
02:30.29	02:33.95	02:36.54	02:37.41	02:41.11	02:49.37	03:01.63		200m Free		03:06.63	02:49.78	02:38.31	02:31.24	02:29.36	02:23.45	02:18.72
05:23.92	05:34.38	05:37.11	05:39.84	05:53.24	06:09.59	06:32.52		400m Free		06:26.69	06:06.73	05:46.89	05:24.66	05:21.40	05:08.74	05:01.51
11:13.43	11:30.59	11:36.05	11:45.80	12:07.57	12:54.81			800m Free								
								1500m Free			24:17.75	22:58.90	21:30.51	20:58.86	20:27.22	19:58.52
00:38.09	00:38.09	00:38.09						50m Back						00:35.77	00:35.77	00:35.77
01:19.15	01:21.58	01:22.87	01:23.81	01:24.72	01:28.82	01:34.11	01:39.96	100m Back	01:39.96	01:37.09	01:31.83	01:26.59	01:21.49	01:19.85	01:18.25	01:14.91
02:53.11	02:58.65	02:59.91	03:02.22	03:04.02	03:11.75	03:23.48		200m Back		03:24.38	03:18.22	03:06.49	03:02.93	02:57.05	02:51.18	02:45.69
00:43.15	00:43.15	00:43.15						50m Breast						00:40.65	00:40.65	00:40.65
01:29.60	01:31.62	01:33.32	01:36.19	01:39.22	01:41.52	01:48.70	01:56.28	100m Breast	01:56.28	01:52.64	01:44.77	01:39.30	01:34.93	01:28.81	01:27.31	01:24.12
03:17.34	03:22.44	03:26.06	03:29.69	03:31.92	03:41.60	03:54.20		200m Breast		03:56.96	03:47.18	03:38.66	03:22.72	03:13.89	03:13.10	03:06.51
00:35.27	00:35.27	00:35.27					00:45.90	50m Butterfly	00:45.90					00:32.80	00:32.80	00:32.80
01:17.87	01:21.09	01:24.90	01:25.98	01:27.05	01:33.28	01:46.13		100m Butterfly		01:49.30	01:26.81	01:25.63	01:24.44	01:19.51	01:15.57	01:11.48
03:04.45	03:11.29	03:14.44	03:17.59	03:20.86	03:24.50			200m Butterfly			03:22.55	03:14.07	03:06.68	03:00.69	02:54.69	02:47.00
								100m IM								
02:52.11	02:57.75	02:59.04	03:02.10	03:04.49	03:11.93	03:24.05		200m IM		03:29.14	03:12.59	03:04.57	02:54.34	02:47.37	02:44.45	02:39.50
06:09.20	06:17.32	06:19.92	06:27.56	06:36.62	06:45.69			400m IM			06:47.02	06:30.96	06:14.56	05:56.56	05:50.73	05:40.82

Only applicable for swimmers aged 10-11yrs who competed in Qualifying Meets during the 2017-2018 season