



## Skills Meet Series 2019-2020

### Meet Information

	<b>Greater Belfast</b>	<b>North &amp; Mid Ulster</b>	<b>South West</b>	<b>South East</b>
<b>Group A</b>	Lisburn Larne Olympia Donegal	Ballymena Ballymoney Coleraine	East Cavan Breifne Sliagh Beagh	Portadown Lurgan Armagh
<b>Group B</b>	Templemore Bangor Alliance	Limavady City of Derry	Swilly Seals Marlins	Banbridge Kilkeel
<b>Group C</b>	City of Belfast Ards Leander	Mid Ulster Cookstown Dungannon	Enniskillen Strule Dolphins Riversdale Otters	Newry & Mourne Lecale

	<b>Dates</b>	<b>Time</b>	<b>Closing Date</b>
Belfast	23 <sup>rd</sup> November 2019 Location - Ards Leisure Centre	Group A – 14.30 Group B – 15.40 Group C – 16.50	15 <sup>th</sup> November 2019
	8 <sup>th</sup> March 2020 Location – Bangor Aurora	Group A – 15.30 Group B – 16.40 Group C – 17.50	28 <sup>th</sup> February 2020
South West	24 <sup>th</sup> November 2019 Location - Omagh Leisure Centre	Group A – 09.30 Group B – 10.40 Group C – 11.50	15 <sup>th</sup> November 2019
	7 <sup>th</sup> March 2020 Location - Omagh Leisure Centre	Group A – 14.00 Group B – 15.10 Group C – 16.20	28 <sup>th</sup> February 2020
South East	24 <sup>th</sup> November 2019 Location – Waves Leisure Centre, Lurgan	Group A – 14.30 Group B – 15.40 Group C – 16.50	15 <sup>th</sup> November 2019
	7 <sup>th</sup> March 2020 Location – Waves Leisure Centre, Lurgan	Group A – 14.30 Group B – 15.40 Group C – 16.50	28 <sup>th</sup> February 2020
North & Mid Ulster	23 <sup>rd</sup> November 2019 Location - Cookstown Leisure Centre	Group A – 14.30 Group B – 15.40 Group C – 16.50	15 <sup>th</sup> November 2019
	8 <sup>th</sup> March 2020 Location - Cookstown Leisure Centre	Group A – 08.30 Group B – 09.40 Group C – 10.50	28 <sup>th</sup> February 2020
Notes: Clubs are asked to report to poolside 15mins prior to the published start time. Each group will be in the pool for a maximum of 70minutes.			

**Eligibility:** Minimum age of entry will be athletes born 2011

Athletes born 2008 or earlier can bypass the Skills Meets

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

**Entries:** Clubs will enter eligible and suitable swimmers using an excel template requesting athletes name and date of birth. Entries to be emailed to [admin@swimulster.net](mailto:admin@swimulster.net) by the closing date

**Price:** £5 annual administration fee per swimmer (only paid once per swimmer). Payment should be forwarded to the Swim Ulster Office by the closing date of the first meet entered.

**Skills Tests:** Assessment will take place in the following order with athletes divided into groups of 6.

Skill Component	Test	Measure	Scoring
Efficiency	25m each stroke min stroke count (perform 3 kicks underwater on fly, back & free)	Time plus stroke count	Time plus stroke count in each stroke
Kick Speed	25m Freestyle using an alignment board (underwater kicking and arm actions are not permitted)	Time	Time x 2
Underwater Kick Speed	10m UW Fly Kick	Time (feet leave to head past 10m)	Time x 4
Turn Speed	5m in & out (head past flags) –tumble turn only	Time (best time)	Time x 4
Streamline	Dive & Glide to 7.5m (kicking is not permitted)	Time (head past 7.5m)	Time x 4
			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.

Gold 350pts	Silver 400pts	Bronze 450pts
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**Awards:** Athletes will receive a Swim Ulster Skills Meet Series Hat at each meet that we will use for marshalling into heats. Athletes will also receive a Skills Certificate following assessment of the results. This will take approx. 7 days.

**Additional Notes:**

- Each club is allocated a maximum of 14 places for athletes capable of earning a bronze award. If a club requires additional spaces for athletes aged 9years (aged up to 31<sup>st</sup> December in the year of competition) who are capable of achieving a gold award they should contact Andrew Reid via [andrewreid@swimireland.ie](mailto:andrewreid@swimireland.ie)
- Swim Ulster require three volunteers from each club to assist with the assessments. The volunteers must have experience of coaching or timekeeping. We ask you to submit availability at the time of entry and we will allocate coaches to each group.