



Ulster Short Course Championships 2019 Event Information

Date 15th – 17th November 2019

Venue Lagan Valley Leisureplex, Lisburn

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 2019

Events: 50m, 100m, 200m all four strokes – heats and finals
100, 200m Individual Medley – heats and finals
400m Freestyle, 400m Individual Medley – HDW
800m Freestyle, 1500m Freestyle HDW – Male swimmers who have the qualifying time for 1500m Freestyle may enter the Men's 800m Freestyle event and female swimmers who have the qualifying time for 800m Freestyle may enter the Women's 1500m Freestyle event.
The Men's 800m and Women's 1500m Freestyle events will be limited to 2 heats of Ulster swimmers only. The fastest heats of 400 Free, 400IM, 800 Free & 1500 Free events will be swum in the Finals Session
Male & Female Relays - 4 x 50m MTR, 4 x 50m FTR - swum as finals
Mixed Relays - 4 x 50m MTR, 4 x 50m FTR - swum as finals

Seeding: The placing of competitors in the heats will be spearheaded and swum slowest to fastest, with the three fastest heats being cyclically seeded.
Clubs not submitting an entry time for relay teams 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

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: Swimmers entering the Ulster Short Course Championships must be a member of a Swim Ulster affiliated club or a club from outside Ireland registered with their National Federation. Entries must be submitted electronically to admin@swimulster.net using Hytek Team Manager. The Swim Ireland Registration number or equivalent for each swimmer must be included in the file.

Long Course & Short Course Qualifying and Consideration Times have been published for this event and must be achieved in **a Level 2 Licensed Meet** in the year prior to the closing date. Long course times must be converted to short course – **no unconverted long course times will be accepted.**

Swimmers achieving consideration times will be accepted for entry unless the individual event is over-subscribed. If it is necessary to reject entries, this will be done on the basis of entry time, slowest to fastest, excluding swimmers with an entry time equal to or faster than the Qualifying Times published, who will be guaranteed entry.

Clubs may only enter one Senior and one Junior relay team per relay event. Clubs must enter up to 8 swimmers at the time of submitting entries and generate an entry time on Hytek. Clubs can use swimmers who have no individual events providing their names are on the team lists submitted with the entries.

Entry Fees : £5 / €6 per Individual Event, £10 / €12 per Relay Event

Closing Date: **5pm on Monday 4th November 2019 – No entries will be accepted after this date.**



Ulster Short Course Championships 2019 - Programme of Events

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

Day 1 – Friday 15 th November 2019	Day 2 – Saturday 16 th November 2019	Day 3 – Sunday 17 th November 2019
Session 1: Combined Heats	Session 3: Combined Heats	Session 5: Combined Heats
Female 200m Breaststroke Male 200m Breaststroke Female 400m Freestyle HDW Male 400m Freestyle HDW Female 50m Backstroke Male 50m Backstroke Female 200m IM Male 200m IM Female 100m Butterfly Male 100m Butterfly Female 50m Freestyle Male 50m Freestyle Male 200m Freestyle Relay HDW Female 200m Freestyle Relay HDW Male 1500m Freestyle HDW	Mixed 200m Freestyle Relay HDW Female 200m Freestyle Male 200m Freestyle Female 200m Backstroke Male 200m Backstroke Female 10m Breaststroke Male 100m Breaststroke Female 100m IM Male 100m IM Female 50m Butterfly Male 50m Butterfly Mixed 200m Medley Relay HDW Female 800m Freestyle HDW Mixed 200m Freestyle Relay HDW	Female 400m IM HDW Male 400m IM HDW Female 100m Backstroke Male 100m Backstroke Female 50m Breaststroke Male 50m Breaststroke Female 200m Butterfly Male 200m Butterfly Female 100m Freestyle Male 100m Freestyle Female 200m Medley Relay HDW Male 200m Medley Relay HDW Female 1500m Freestyle HDW Male 800m Freestyle HDW
Session 2: Finals & Presentations	Session 4: Finals & Presentations	Session 6: Finals & Presentations
Female 200m Breaststroke Male 200m Breaststroke Female 400m Freestyle HDW (Fastest Heat) Male 400m Freestyle HDW (Fastest Heat) Female 50m Backstroke Male 50m Backstroke Female 200m IM Male 200m IM Female 100m Butterfly Male 100m Butterfly Female 50m Freestyle Male 50m Freestyle Male 1500m Freestyle HDW (Fastest Heat)	Female 200m Freestyle Male 200m Freestyle Female 200m Backstroke Male 200m Backstroke Female 10m Breaststroke Male 100m Breaststroke Female 100m IM Male 100m IM Female 50m Butterfly Male 50m Butterfly Female 800m Freestyle HDW (Fastest Heat)	Female 400m IM HDW (Fastest Heat) Male 400m IM HDW (Fastest Heat) Female 100m Backstroke Male 100m Backstroke Female 50m Breaststroke Male 50m Breaststroke Female 200m Butterfly Male 200m Butterfly Female 100m Freestyle Male 100m Freestyle Female 1500m Freestyle HDW (Fastest Heat) Male 800m Freestyle HDW (Fastest Heat)



**Ulster Short Course Championships 2019
Qualifying Times (Short Course)**

Female			Male	
Open	15&u		16&u	Open
00:28.49	00:29.52	50m Free	00:27.24	00:25.38
01:01.49	01:05.13	100m Free	00:58.31	00:55.18
02:14.34	02:23.43	200m Free	02:11.44	02:02.76
04:47.20	05:08.88	400m Free	04:42.88	04:29.65
10:01.31	10:37.76	800m Free		
		1500m Free	18:44.45	17:51.84
00:33.35	00:34.90	50m Back	00:32.77	00:31.16
01:10.29	01:15.93	100m Back	01:11.70	01:05.58
02:33.54	02:44.84	200m Back	02:36.84	02:26.80
00:38.12	00:39.54	50m Breast	00:37.25	00:35.62
01:20.24	01:25.50	100m Breast	01:20.00	01:14.14
02:56.14	03:07.81	200m Breast	02:56.93	02:44.85
00:31.53	00:32.32	50m Butterfly	00:30.05	00:28.07
01:08.40	01:17.79	100m Butterfly	01:09.24	01:01.75
02:42.73	02:58.15	200m Butterfly	02:40.06	02:25.97
01:14.71		100m IM		01:11.61
02:32.53	02:44.05	200m IM	02:30.68	02:21.60
05:30.85	05:48.10	400m IM	05:17.35	05:03.20

**Ulster Short Course Championships 2019
Consideration Times (Short Course)**

Female			Male	
Open	15&u		16&u	Open
00:29.06	00:30.11	50m Free	00:27.78	00:25.89
01:02.72	01:06.43	100m Free	00:59.48	00:56.29
02:17.03	02:26.30	200m Free	02:14.07	02:05.22
04:52.95	05:15.06	400m Free	04:48.54	04:35.04
10:13.34	10:50.51	800m Free		
		1500m Free	19:06.94	18:13.28
00:34.02	00:35.60	50m Back	00:33.43	00:31.78
01:11.69	01:17.45	100m Back	01:13.13	01:06.89
02:36.61	02:48.14	200m Back	02:39.98	02:29.73
00:38.89	00:40.33	50m Breast	00:38.00	00:36.33
01:21.84	01:27.22	100m Breast	01:21.60	01:15.62
02:59.66	03:11.56	200m Breast	03:00.47	02:48.14
00:32.16	00:32.97	50m Butterfly	00:30.65	00:28.63
01:09.77	01:19.35	100m Butterfly	01:10.62	01:02.98
02:45.98	03:01.72	200m Butterfly	02:43.26	02:28.89
01:16.21		100m IM		01:13.04
02:35.58	02:47.33	200m IM	02:33.69	02:24.43
05:37.47	05:55.06	400m IM	05:23.70	05:09.26



**Ulster Short Course Championships 2019
Qualifying Times (Long Course)**

Female			Male	
Open	15&u		16&u	Open
00:29.06	00:30.11	50m Free	00:27.78	00:25.89
01:02.72	01:06.43	100m Free	00:59.48	00:56.29
02:17.03	02:26.30	200m Free	02:14.07	02:05.22
04:52.95	05:15.06	400m Free	04:48.54	04:35.04
10:13.34	10:50.51	800m Free		
		1500m Free	19:06.94	18:13.28
00:34.02	00:35.60	50m Back	00:33.43	00:31.78
01:11.69	01:17.45	100m Back	01:13.13	01:06.89
02:36.61	02:48.14	200m Back	02:39.98	02:29.73
00:38.89	00:40.33	50m Breast	00:38.00	00:36.33
01:21.84	01:27.22	100m Breast	01:21.60	01:15.62
02:59.66	03:11.56	200m Breast	03:00.47	02:48.14
00:32.16	00:32.97	50m Butterfly	00:30.65	00:28.63
01:09.77	01:19.35	100m Butterfly	01:10.62	01:02.98
02:45.98	03:01.72	200m Butterfly	02:43.26	02:28.89
		100m IM		
02:35.58	02:47.33	200m IM	02:33.69	02:24.43
05:37.47	05:55.06	400m IM	05:23.70	05:09.26

**Ulster Short Course Championships 2019
Consideration Times (Long Course)**

Female			Male	
Open	15&u		16&u	Open
00:29.64	00:30.71	50m Free	00:28.34	00:26.41
01:03.97	01:07.76	100m Free	01:00.67	00:57.41
02:19.77	02:29.22	200m Free	02:16.75	02:07.72
04:58.81	05:21.36	400m Free	04:54.31	04:40.54
10:25.61	11:03.52	800m Free		
		1500m Free	19:29.88	18:35.15
00:34.70	00:36.31	50m Back	00:34.09	00:32.41
01:13.13	01:19.00	100m Back	01:14.60	01:08.23
02:39.75	02:51.50	200m Back	02:43.18	02:32.73
00:39.66	00:41.14	50m Breast	00:38.75	00:37.05
01:23.48	01:28.96	100m Breast	01:23.23	01:17.14
03:03.26	03:15.39	200m Breast	03:04.08	02:51.51
00:32.80	00:33.63	50m Butterfly	00:31.26	00:29.20
01:11.17	01:20.93	100m Butterfly	01:12.04	01:04.24
02:49.30	03:05.35	200m Butterfly	02:46.53	02:31.87
		100m IM		
02:38.70	02:50.68	200m IM	02:36.77	02:27.32
05:44.22	06:02.16	400m IM	05:30.17	05:15.45