



Competition Handbook 2019 – 2020

(V2, November 2019)

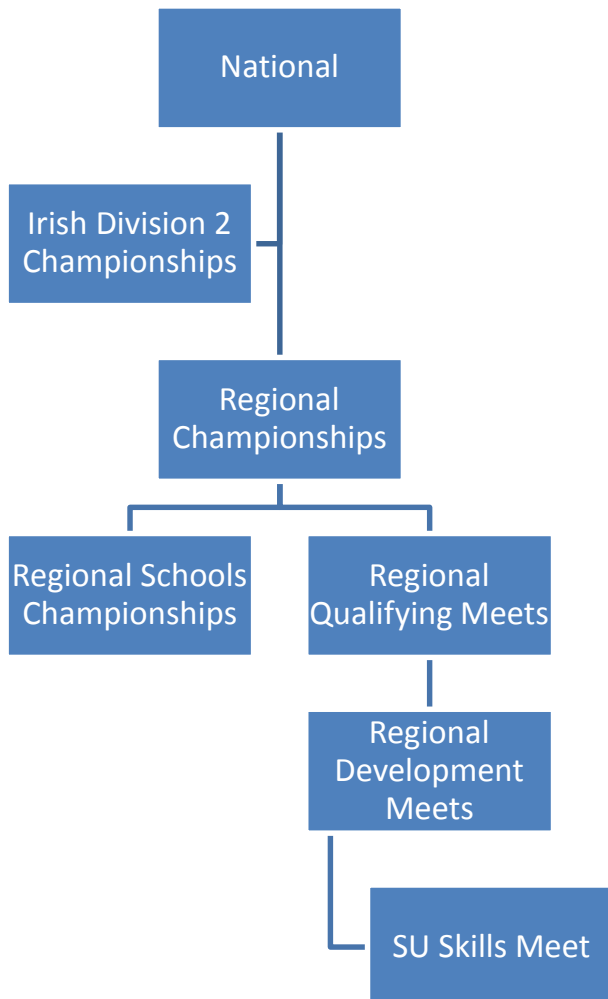
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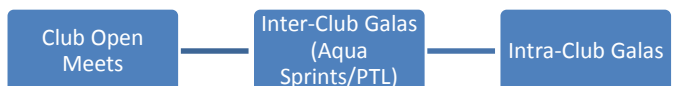
Swim Ulster Competition Structure 2019-2020

(please read in conjunction the Summary of Qualification Process on below)



Galas – the emphasis is on ‘fun’ in individual and/or relay swimming. If medals/prizes are to be awarded, they are for participation not for finish position. The focus is on club/team performances and swimmers competing for an overall team score.

Meets – the emphasis is on individual/relay performance for a time and a finishing position.



All meets (other than school’s competitions or Inter/Intra Club Galas) 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 Galas from 7 years upwards
- Inter-Club Galas from 8 years upwards
- Schools Competitions (aged up to 31st August) from 9 years upwards
- Club Open Meets 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	Qualifying standards to be achieved in Level 2 Licensed meets but IM assessment takes place at SU Development Meets only. 10&11yrs: <ul style="list-style-type: none">• 100/200m IM Assessment (4 legal strokes & streamlining head past flags)• Two qualifying standards in eligible events 12&over <ul style="list-style-type: none">• Three qualifying standards in two different strokes
Qualification Period	12 months prior to the entry closing date

Name	Regional LC Championships (Age Group, Youth, Senior)
Qualification Criteria	Qualifying standards to be achieved in a Level 3 Licensed meet Long Course standards with short course conversions
Qualification Period	12 months prior to the entry closing date

Name	Irish National Division 2 LC Meet (11&over)
Qualification Criteria	Qualifying standards to be achieved in a Level 3 Licensed meet Long Course standards with short course conversions
Qualification Period	1 st January to 10 th June 2020

Name	Irish Summer National LC Championships (12&over)
Qualification Criteria	Qualifying standards to be achieved in a Level 3 Licensed meet Long Course standards only
Qualification Period	1 st January to 10 th June 2020

Name	Irish SC Open (12&over)
Qualification Criteria	Qualifying standards to be achieved in a Level 3 Licensed meet Short Course and Long Course standards
Qualification Period	1 st December 2018 to 18 th November 2019 (Short Course only) 1 st July 2019 to 18 th November 2019 (Long Course only)

Name	Irish LC Championships (13&over)
Qualification Criteria	Long Course standards only Irish Age Group & Summer Nationals 2019, Offshore Level 3 Licensed Meets, Bangor Open/Gerry Ryan/Leinster LC Meet January 2020, Dave Mc Cullagh 2020
Qualification Period	1 st July to 31 st August 2019 1 st January to 23 rd February 2020

For further information on meet licensing please refer to the Swim Ireland Meet Licensing Explanatory Document - <http://www.swimireland.ie/files/images/general/Swim-Ireland-Meet-Licensing-Explanatory-Document-2018-19July18.pdf>



Regional Meet Objectives and Entry Criteria

Meet	Objectives	Entry Criteria
Skills Meets	<ol style="list-style-type: none"> 1. A standardised skills assessment for new athletes aged 10yrs 2. To motivate and encourage swimmers and parents towards the development of technique and skills 3. To offer a reward based on personal improvement 	Capable of achieving a minimum of the Bronze Score
Development Meet	<ol style="list-style-type: none"> 1. An introduction to regional racing for club members 2. The provision of appropriate and age relevant events 	<ul style="list-style-type: none"> • Athletes aged 10yrs must achieve the Gold Score at Skills Meet level • Athletes aged 11&over can bypass the Skills Meets.
Qualifying Meet	<ol style="list-style-type: none"> 1. Provide the opportunity to refine racing skills (tactics, technique, skills and race preparation/recovery) 2. Provision of a full Olympic programme plus 50m stroke events over two days 3. Provide opportunities to qualify for Regional and National events 	<ul style="list-style-type: none"> • Athletes aged 10&11yrs must achieve the Individual Medley Assessment plus two qualifying standards • Athletes aged 12&over must achieve three qualifying standards in two different strokes
Regional Championships	<ol style="list-style-type: none"> 1. Championship level meet 2. Introduction to a 3 day meet format 3. Provide opportunities to qualify for National events 	<ul style="list-style-type: none"> • Standards are set using a 5 year rolling average of 24th place from the annual rankings unless rankings are incomplete, there is a regression in age groups or the standards are faster than the Irish Summer Nationals in which case they are adjusted accordingly

Regional Qualifying Standards

The current qualifying standards will remain in place until 31st December 2019 and Swim Ulster will publish new Qualifying Standards that come into effect on 1st January 2020. These standards will be available prior early October 2019.

Andrew Reid, SI Performance Pathway Manager, June 2019



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. The Swim Ireland Registration number or equivalent for each swimmer must be included in the file.

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

All withdrawals must be notified to the Swim Ulster office in advance of the meet or to the Timing office on the day of the Gala within one hour prior to the session start time. No refunds / credits will be made for withdrawals other than in exceptional circumstances or unless supported by a medical certificate.

Volunteer Rotas – Volunteer 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.

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.

Relay Sheets - Relay Sheets are to be submitted to the Meet Director one hour prior to the start of the session.

Age Up Date - The age up date will always be 31st December in the year of competition unless otherwise specified.

Awards - Competitors will only receive an award if they have achieved the qualifying standard. Swimmers must ensure that they are suitably 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.

Starts - over the top starts will be used wherever possible.

Seeding - Preliminary Heats – unless specifically stated in the meet conditions, the placing of competitors in the heats will be multi-age, spearheaded and swum slowest to fastest.
Heat Declared Winner Events – All heats will be multi-age, spearheaded and swum slowest heats to fastest.
Finals – Finalists will be allocated lanes using the spearhead principal from the results of the heats.

Session Times - The session times on all Meet Conditions 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-Tek and PDF version of the results will also be sent to the registered Gala Secretary of each Club.



Skills Meet Series 2019-2020

Meet Information

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

	Dates	Time	Closing Date
Belfast	23 rd November 2019 Location - Ards Leisure Centre	Group A – 14.30 Group B – 15.40 Group C – 16.50	15 th November 2019
	8 th March 2020 Location – Bangor Aurora	Group A – 15.30 Group B – 16.40 Group C – 17.50	28 th February 2020
South West	24 th November 2019 Location - Omagh Leisure Centre	Group A – 09.30 Group B – 10.40 Group C – 11.50	15 th November 2019
	7 th March 2020 Location - Omagh Leisure Centre	Group A – 14.00 Group B – 15.10 Group C – 16.20	28 th February 2020
South East	24 th November 2019 Location – Waves Leisure Centre, Lurgan	Group A – 14.30 Group B – 15.40 Group C – 16.50	15 th November 2019
	7 th March 2020 Location – Waves Leisure Centre, Lurgan	Group A – 14.30 Group B – 15.40 Group C – 16.50	28 th February 2020
North & Mid Ulster	23 rd November 2019 Location - Cookstown Leisure Centre	Group A – 14.30 Group B – 15.40 Group C – 16.50	15 th November 2019
	8 th March 2020 Location - Cookstown Leisure Centre	Group A – 08.30 Group B – 09.40 Group C – 10.50	28 th 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 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:

1. 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 31st December in the year of competition) who are capable of achieving a gold award they should contact Andrew Reid via andrewreid@swimireland.ie
2. 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.



Development Meets 2019-2020

Meet Information

There will be 5 Development Meets held throughout the 2019-2020 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, Marlin's, Newry & Mourne, Portadown, Sliabh Beagh, Strule Dolphins, Swilly Seals, Riversdale Otters

Meet	Date	Venue	Closing Date for Entries / Payment
Development Meet 1 North	5 th October 2019	Larne	27.9.19
Development Meet 1 South	6 th October 2019	Omagh	27.9.19
Development Meet 2 North	30 th November 2019	Larne	22.11.19
Development Meet 2 South	1 st December 2019	Armagh	22.11.19
Development Meet 3 - All	26 th January 2020	Newry	17.1.20
Development Meet 4 - All	29 th February 2020	Lisnasharragh	21.2.20
Development Meet 5 - All	17 th May 2020	Lisburn	8.5.20

Age Groups: Minimum entry age is 10 yrs

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

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

Age Up Date: Development Meet 1 & 2 – 31st December 2019
Development Meets 3, 4 & 5 – 31st December 2020

Events: 50m Butterfly
100m Backstroke, 100m Breaststroke, 100m Freestyle
100m IM, 200IM
200m Freestyle

Awards: Medals will be awarded to the fastest 3 swimmers in each age group in each event except for the 10yrs 100m IM and 11yrs 200m IM where the emphasis is on skills assessment (legal strokes and streamlining)

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. Entries to be emailed to admin@swimulster.net. Athletes aged 10yrs must have achieved the Gold Score at Skills Meet level prior to entry. Athletes aged 11&over can bypass the Skills Meets.

Swimmers can enter a maximum of 3 events

Price: £5 or €6 per event - Payment should be forwarded to the Swim Ulster Office by the closing date



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**

Development Galas 1 & 3 & 5	Development Gala 2 & 4
Session 1 (**Warm-up 9.00am – Start 10am)	Session 1 (**Warm-up 9.00am – Start 10am)
Female 10&over 100m IM	Male 11&over 200m Freestyle
Male 10&over 100m IM	Female 11&over 200m Freestyle
Female 11&over 200m IM	Male 10&over 100m Backstroke
Male 11&over 200m IM	Female 10&over 100m Backstroke
Female 10&over 100m Freestyle	Male 10&over 100m Breaststroke
Male 10&over 100m Freestyle	Female 10&over 100m Breaststroke
	Male 10&over 50m Butterfly
	Female 10&over 50m Butterfly
Session 2 (**Warm-up 1.30pm – Start 2.30pm)	Session 2 (**Warm-up 1.30pm – Start 2.30pm)
Male 11&over 200m Freestyle	Female 10&over 100m IM
Female 11&over 200m Freestyle	Male 10&over 100m IM
Male 10&over 100m Backstroke	Female 11&over 200m IM
Female 10&over 100m Backstroke	Male 11&over 200m IM
Male 10&over 100m Breaststroke	Female 10&over 100m Freestyle
Female 10&over 100m Breaststroke	Male 10&over 100m Freestyle
Male 10&over 50m Butterfly	
Female 10&over 50m Butterfly	



Swim Ulster Qualifying Meet
Qualifying Times - up to 31st December 2020
(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 2018-2019 season



Swim Ulster Qualifying Meet
Qualifying Times to 31st December 2020
(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	01:13.15	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 2018-2019 season



Swim Ulster Schools Cup & Championships 2019-2020

Meet Information and Entry Forms

Date	Saturday 12 th October 2019 & Sunday 13 th October 2019
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. Entry Times must be included on the Entry Form. The closing date for entries is 5pm on Friday 4th October 2019.</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 2020.</p> <p>Group 1 – 9 – Born 1st September 2010 to 31st August 2011 Group 2 – 10 – Born 1st September 2009 to 31st August 2010 Group 3 – 11 – Born 1st September 2008 to 31st August 2009 Group 4 – 12 – Born 1st September 2007 to 31st August 2008</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 2005 – 31st August 2008 Group 6 - Intermediate 15-16 – Born 1st September 2003 – 31st August 2005 Group 7 – Senior 17-19 – Born – Born 1st September 2000 – 31st August 2003</p> <p>100m Backstroke, Breaststroke, Butterfly, Freestyle (Groups 5,6 & 7) 200m Individual Medley (Groups 5,6 & 7) 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 / €6 per individual event - £10 / €12 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 - where 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 – 9th February 2020 - Castlebar Swimmers can qualify for the Irish Minor Schools Championships 2020 at the Swim Ulster Schools Championships 2019-2020. 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 – 19th April 2020 From the results of the Swim Ulster Schools Championships 2019-2020, athletes from Groups 5-7 may be selected to represent the region at the Irish Schools Interprovincial Championships which will be held in Castlebar. In order to be selected for the Irish Schools Interprovincial Championships, swimmers must have entered and competed in the 2019-2020 Swim Ulster Senior Schools Championships on 13th October 2019.</p>
Closing Date :	<p>5pm on Friday 4th October 2019.</p>



SWIM ULSTER SCHOOLS CHAMPIONSHIPS 2019-2020
ORDER OF EVENTS
Saturday 12th October 2019

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

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 2019-2020

ORDER OF EVENTS

Sunday 13th October 2019

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

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



Autumn, Spring & Easter Qualifying Meets 2019-2020 Meet Information

Meet	Date	Venue	Closing Date for Entries / Payment
Autumn Qualifying Meet (SC)	19 th & 20 th October 2019	Lagan Valley Leisureplex, Lisburn	9.10.19
Spring Qualifying Meet (LC)	1 st & 2 nd February 2020	Aurora Aquatic & Leisure Complex, Bangor	22.1.20
Easter Qualifying Meet (LC)	14 th & 15 th March 2020	Aurora Aquatic & Leisure Complex, Bangor	4.3.20

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 Meet – 31st December 2019
Spring & Easter Qualifying Meets – 31st December 2020

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 swimmers with a disability 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.

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.

New Qualifying Standards will be in place from 1st January 2020 and any swimmer competing in Development Meets must achieve the new standards to progress to Qualifying Meets. A swimmer achieving the new standards prior to 31st December will progress to the Qualifying Meets in 2020 and has until the end of the 2019-2020 season to achieve the aged up qualifying standards.

Swimmers who competed in the Qualifying Meets during the 2018-2019 season:

1. **Swimmers born 2008 or 2009** 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 born 2007 or earlier** must have achieved any three qualifying standards in two different strokes.

A swimmer aging up on 1st January 2020 has until the end of the 2019-2020 season to achieve the aged up qualifying standards.

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



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**

Autumn Qualifying Gala (Short Course Format)	Spring Qualifying Gala (Long Course Format)	Easter Qualifying Gala (Long Course Format)
Session 1 Sat AM **Warm up 9am Start 10am	Session 1 Sat AM **Warm up 9am Start 10am	Session 1 Sat AM **Warm up 9am Start 10am
Men's 200m Free	Women's 200m Free	Men's 200m Free
Women's 100m Breast	Men's 100m Breast	Women's 100m Breast
Men's 100m Back	Women's 100m Back	Men's 100m Back
Women's 200m Butterfly	Men's 200m Butterfly	Women's 200m Butterfly
Men's 200m Breast	Women's 200m Breast	Men's 200m Breast
Women's 50m Back	Men's 50m Back	Women's 50m Back
Men's 200m Individual Medley	Women's 200m Individual Medley	Men's 200m Individual Medley
Women's 800m Freestyle	Men's 1500m Free	Women's 800m Freestyle
Session 2 Sat PM **Warm up 1pm Start 2pm	Session 2 Sat PM **Warm up 1pm Start 2pm	Session 2 Sat PM **Warm up 1pm Start 2pm
Women's 100m Free	Men's 100m Free	Women's 100m Free
Men's 400m Free	Women's 400m Free	Men's 400m Free
Women's 400m Individual Medley	Men's 400m Individual Medley	Women's 400m Individual Medley
Men's 100m Butterfly	Women's 100m Butterfly	Men's 100m Butterfly
Women's 200m Back	Men's 200m Back	Women's 200m Back
Men's 50m Free	Women's 50m Free	Men's 50m Free
Women's 50m Butterfly	Men's 50m Butterfly	Women's 50m Butterfly
Men's 50m Breast	Women's 50m Breast	Men's 50m Breast
Session 3 Sun AM **Warm up 9am Start 10am	Session 3 Sun AM **Warm up 9am Start 10am	Session 3 Sun AM **Warm up 9am Start 10am
Women's 200m Free	Men's 200m Free	Women's 200m Free
Men's 100m Breast	Women's 100m Breast	Men's 100m Breast
Women's 100m Back	Men's 100m Back	Women's 100m Back
Men's 200m Butterfly	Women's 200m Butterfly	Men's 200m Butterfly
Women's 200m Breast	Men's 200m Breast	Women's 200m Breast
Men's 50m Back	Women's 50m Back	Men's 50m Back
Women's 200m Individual Medley	Men's 200m Individual Medley	Women's 200m Individual Medley
Men's 1500m Free	Women's 800m Freestyle	Men's 1500m Free
Session 4 Sun PM **Warm up 1pm Start 2pm	Session 4 Sun PM **Warm up 1pm Start 2pm	Session 4 Sun PM **Warm up 1pm Start 2pm
Men's 100m Free	Women's 100m Free	Men's 100m Free
Women's 400m Free	Men's 400m Free	Women's 400m Free
Men's 400m Individual Medley	Women's 400m Individual Medley	Men's 400m Individual Medley
Women's 100m Butterfly	Men's 100m Butterfly	Women's 100m Butterfly
Men's 200m Back	Women's 200m Back	Men's 200m Back
Women's 50m Free	Men's 50m Free	Women's 50m Free
Men's 50m Butterfly	Women's 50m Butterfly	Men's 50m Butterfly
Women's 50m Breast	Men's 50m Breast	Women's 50m Breast



War Memorial Gala 2019

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 :** 9th November 2019
- 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 2019
- 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 per team. All entries must be submitted electronically to admin@swimulster.net using Hytek Team Manager.
- Closing Date :** 31st October 2019
- Warm-up:** Age Group Females 4pm – 4.20pm
Age Group Males 4.20pm – 4.40pm
Open 4.40pm – 5.10pm
- Start:** 5.15pm



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
Mixed Open	4 x 50m Medley
Mixed Open	4 x 50m Freestyle
Female 14 & under	4 x 50m Medley
Male 14 & under	4 x 50m Medley
Female Open	4 x 50m Freestyle
Male Open	6 x 50m Freestyle
Memorial Ceremony (No applause)	
<p>Presentation of Trophies for 2018-2019</p> <p>Elizabeth Long Trophies – most promising 11 year old girl and boy at Ulster LC Championships 2019</p> <p>Joe Fitzpatrick Trophies – most promising 14 year old girl and boy at Ulster LC Championships 2019</p> <p>Lindsay McPherson Trophy – Official of the Year</p> <p>Belfast Telegraph Trophy – Swimmer of the Year</p> <p>Disability Swimmer of the Year</p> <p>Les Beck Trophy – Interprovincial</p>	
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
Mixed Open	4 x 50m Medley
Mixed Open	4 x 50m Freestyle
Female 14 & under	4 x 50m Medley
Male 14 & under	4 x 50m Medley
Female Open	4 x 50m Freestyle
Male Open	6 x 50m Freestyle
Presentation of Trophies	



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 100m 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 100m 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



Swim Ulster Open Disability Swimming Championships 2020
in association with Disability Sport NI
Saturday 21st March 2020
Venue - TBC

MEET CONDITIONS

Session 1 – Warm Up 12pm – Start 1pm	
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 – 30 minutes	
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 ??????????. 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 **Friday 6th March 2020**– entries should be sent to Swim Ulster, 3 Valentine Road, Bangor, BT20 4TH along with appropriate payment.



Ulster Long Course Championships 2020 Event Information

Date	1 st – 3 rd May 2020
Venue	Aurora Aquatic & Leisure Complex, 3 Valentine Road, Bangor, BT20 4TH
Age Groups	11/12, 13/14, 15/16, 17&over
Age Up Date	31 st December 2020
Events	50m Freestyle – Heats & Finals 50m Backstroke, 50m Butterfly, 50m Breaststroke – Heats & Finals (15&overs) 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 Relays – 11-14yrs, 15&over – all relays swum as finals Male & Female 4 x 100m Medley, 4 x 100 Freestyle & 4 x 200m Freestyle Mixed 4 x 100m Medley
Entries	<p>Swimmers entering the Ulster Long Course Championships must be a member of a Swim Ulster affiliated club or a Club registered with their National Federation from outside Ireland. 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.</p> <p>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. Short course times must be converted to long course – no unconverted short course times will be accepted.</p> <p>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.</p> <p>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.</p> <p>A maximum of 2 swimmers from outside Ireland are permitted to swim in each final.</p> <p>Clubs must enter relay 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</p>

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.

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

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 Long Course Championships 2020 **and are a member of a Swim Ulster Club**. This trophy will be presented at the War Memorial Gala, November 2020. 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 – the swimmer must have entered at least 3 of the 5 events. 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 Long Course Championships 2020 **and are a member of a Swim Ulster Club**. This trophy will be presented at the War Memorial Gala, November 2020. 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 – the swimmer must have entered at least 3 of the 5 events.. 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.

Entry Fees Individual £5 / €6*
Team £10 / €12*

Closing Date **5pm on Wednesday 16th April 2020 – No entries will be accepted after this date.**

Ulster Long Course Championships 2020

Order of Events

Day 1 – Friday 1 st May 2020	Day 2 – Saturday 2 nd May 2020	Day 3 – Sunday 3 rd May 2020
Session 1: Heats 15&over Mixed Warm Up 8-8.45am – Start 9am	Session 4: Heats 15&over Mixed Warm Up 8-8.45am – Start 9am	Session 7: Heats 15&over Mixed Warm Up 8-8.45am – Start 9am
Male 15yrs & Over 200m Breaststroke Female 15yrs & Over 100m Breaststroke Male 15yrs & Over 1500m Freestyle HDW Female 15yrs & Over 100m Backstroke Male 15yrs & Over 100m Backstroke Female 15yrs & Over 50m Freestyle Male 15yrs & Over 50m Butterfly Female 15yrs & Over 200m Butterfly Male 15yrs & Over 200m Freestyle Female 15yrs & Over 400m Freestyle HDW Male 15yrs & Over 200m IM Female 15yrs & Over 400m Medley Relay HDW Male 15yrs & Over 400m Medley Relay HDW	Male 15yrs & Over 400m IM HDW Female 15yrs & Over 800m Freestyle HDW Male 15yrs & Over 50m Backstroke Female 15yrs & Over 50m Backstroke Male 15yrs & Over 100m Breaststroke Female 15yrs & Over 100m Butterfly Male 15yrs & Over 200m Butterfly Female 15yrs & Over 400m IM HDW Male 15yrs & Over 100m Freestyle Female 15yrs & Over 50m Breaststroke Male 15yrs & Over 800m Freestyle HDW Female 15yrs & Over 200m Freestyle Male 15yrs & Over 400m Freestyle Relay HDW Female 15yrs & Over 400m Freestyle Relay HDW	Female 15yrs & Over 200m IM Male 15yrs & Over 50m Breaststroke Female 15yrs & Over 50m Butterfly Male 15yrs & Over 200m Backstroke Female 15yrs & Over 200m Backstroke Male 15yrs & Over 50m Freestyle Female 15yrs & Over 200m Breaststroke Male 15yrs & Over 100m Butterfly Female 15yrs & Over 100m Freestyle Male 15yrs & Over 400m Freestyle HDW Female 15yrs & Over 1500m Freestyle HDW Mixed 15yrs & Over 400m Medley Relay HDW Male 15yrs & Over 800m Freestyle Relay HDW Female 15yrs & Over 800m Freestyle Relay HDW
Session 2: Heats 11-14yrs Mixed Warm Up TBC - Start TBC	Session 5: Heats 11-14yrs Mixed Warm Up TBC - Start TBC	Session 8: Heats 11-14yrs Mixed Warm Up TBC - Start TBC
Male 11-14 yrs 200m Breaststroke Female 11-14 yrs 100m Breaststroke Male 11-14 yrs 1500m Freestyle HDW Female 11-14 yrs 100m Backstroke Male 11-14 yrs 100m Backstroke Female 11-14 yrs 50m Freestyle Male 11-14 yrs 200m Freestyle Female 11-14 yrs 200m Butterfly Male 11-14 yrs 200m IM Female 11-14 yrs 400m Freestyle HDW Male 11-14 yrs 400m Medley Relay HDW Female 11-14 yrs 400m Medley Relay HDW	Male 11-14 yrs 400m IM HDW Female 11-14 yrs 800m Freestyle HDW Male 11-14 yrs 100m Breaststroke Female 11-14 yrs 100m Butterfly Male 11-14 yrs 200m Butterfly Female 11-14 yrs 400m IM HDW Male 11-14 yrs 10m Freestyle Female 11-14 yrs 200m Freestyle Male 11-14 yrs 800m Freestyle HDW Female 11-14 yrs 400m Freestyle Relay HDW Male 11-14 yrs 400m Freestyle Relay HDW	Female 11-14 yrs 200m IM Male 11-14 yrs 200m Backstroke Female 11-14 yrs 200m Backstroke Male 11-14 yrs 50m Freestyle Female 11-14 yrs 200m Breaststroke Male 11-14 yrs 100m Butterfly Female 11-14 yrs 100m Freestyle Male 11-14 yrs 400m Freestyle HDW Female 11-14 yrs 1500m Freestyle HDW Mixed 11-14 yrs 400m Medley Relay HDW Male 11-14 yrs 800m Freestyle Relay HDW Female 11-14 yrs 800m Freestyle Relay HDW
Session 3: Finals & Presentations Mixed Warm Up TBC - Start TBC	Session 6: Finals & Presentations Mixed Warm Up TBC - Start TBC	Session 9: Finals & Presentations Mixed Warm Up TBC - Start TBC
Male 11/12 yrs 200m Breaststroke Male 13/14 yrs 200m Breaststroke Male 15/16 yrs 200m Breaststroke Male 17 yrs & Over 200m Breaststroke Female 11/12 yrs 100m Breaststroke Female 13/14 yrs 100m Breaststroke Female 15/16 yrs 100m Breaststroke Female 17 yrs & Over 100m Breaststroke Male 11/12 yrs 100m Backstroke Male 13/14 yrs 100m Backstroke Male 15/16 yrs 100m Backstroke Male 17 yrs & Over 100m Backstroke Female 11/12 yrs 100m Backstroke Female 13/14 yrs 100m Backstroke Female 15/16 yrs 100m Backstroke Female 17 yrs & Over 100m Backstroke Male 15/16 yrs 50m Butterfly Male 17 yrs & Over 50m Butterfly Female 11/12 yrs 50m Freestyle Female 13/14 yrs 50m Freestyle Female 15/16 yrs 50m Freestyle Female 17 yrs & Over 50m Freestyle Male 11/12 yrs 200m Freestyle Male 13/14 yrs 200m Freestyle Male 15/16 yrs 200m Freestyle Male 17 yrs & Over 200m Freestyle Female 11/12 yrs 200m Butterfly Female 13/14 yrs 200m Butterfly Female 15/16 yrs 200m Butterfly Female 17 yrs & Over 200m Butterfly Male 11/12 yrs 200m IM Male 13/14 yrs 200m IM Male 15/16 yrs 200m IM Male 17 yrs & Over 200m IM	Male 15/16 yrs 50m Backstroke Male 17 yrs & Over 50m Backstroke Female 15/16 yrs 50m Backstroke Female 17 yrs & Over 50m Backstroke Male 11/12 yrs 100m Breaststroke Male 13/14 yrs 100m Breaststroke Male 15/16 yrs 100m Breaststroke Male 17 yrs & Over 100m Breaststroke Female 11/12 yrs 100m Butterfly Female 13/14 yrs 100m Butterfly Female 15/16 yrs 100m Butterfly Female 17 yrs & Over 100m Butterfly Male 11/12 yrs 200m Butterfly Male 13/14 yrs 200m Butterfly Male 15/16 yrs 200m Butterfly Male 17 yrs & Over 200m Butterfly Female 15/16 yrs 50m Breaststroke Female 17 yrs & Over 50m Breaststroke Male 11/12 yrs 100m Freestyle Male 13/14 yrs 100m Freestyle Male 15/16 yrs 100m Freestyle Male 17 yrs & Over 100m Freestyle Female 11/12 yrs 200m Freestyle Female 13/14 yrs 200m Freestyle Female 15/16 yrs 200m Freestyle Female 17 yrs & Over 200m Freestyle	Female 11/12 yrs 200m IM Female 13/14 yrs 200m IM Female 15/16 yrs 200m IM Female 17 yrs & Over 200m IM Male 15/16 yrs 50m Breaststroke Male 17 yrs & Over 50m Breaststroke Female 15/16 yrs 50m Butterfly Female 17 yrs & Over 50m Butterfly Male 11/12 yrs 200m Backstroke Male 13/14 yrs 200m Backstroke Male 15/16 yrs 200m Backstroke Male 17 yrs & Over 200m Backstroke Female 11/12 yrs 200m Backstroke Female 13/14 yrs 200m Backstroke Female 15/16 yrs 200m Backstroke Female 17 yrs & Over 200m Backstroke Male 11/12 yrs 50m Freestyle Male 13/14 yrs 50m Freestyle Male 15/16 yrs 50m Freestyle Male 17 yrs & Over 50m Freestyle Female 11/12 yrs 200m Breaststroke Female 13/14 yrs 200m Breaststroke Female 15/16 yrs 200m Breaststroke Female 17 yrs & Over 200m Breaststroke Male 11/12 yrs 100m Butterfly Male 13/14 yrs 100m Butterfly Male 15/16 yrs 100m Butterfly Male 17 yrs & Over 100m Butterfly Female 11/12 yrs 100m Freestyle Female 13/14 yrs 100m Freestyle Female 15/16 yrs 100m Freestyle Female 17 yrs & Over 100m Freestyle



**Ulster Long Course Championships 2020
Qualifying Times (Short Course)**

Female								Male						
17&over	16yrs	15yrs	14yrs	13yrs	12yrs	11yrs		11yrs	12yrs	13yrs	14yrs	15yrs	16yrs	17&over
00:28.49	00:28.75	00:29.52	00:30.00	00:31.85	00:32.65		50m Free		00:32.83	00:31.36	00:29.89	00:28.42	00:27.24	00:26.31
01:03.01	01:04.53	01:05.13	01:05.73	01:07.03	01:11.00	01:15.78	100m Free	01:17.47	01:10.99	01:06.32	01:02.40	01:00.84	00:58.31	00:56.75
02:17.70	02:21.06	02:23.43	02:24.22	02:27.62	02:35.18	02:46.42	200m Free	02:51.00	02:35.56	02:25.05	02:18.58	02:16.85	02:11.44	02:07.10
04:56.79	05:06.38	05:08.88	05:11.38	05:23.65	05:38.64	05:59.65	400m Free	05:54.31	05:36.02	05:17.84	04:57.47	04:54.48	04:42.88	04:36.26
10:17.04	10:32.76	10:37.76	10:46.70	11:06.64	11:49.92		800m Free							
							1500m Free		22:15.67	21:03.42	19:42.43	19:13.44	18:44.45	18:18.15
00:34.90	00:34.90	00:34.90					50m Back					00:32.77	00:32.77	00:32.77
01:12.52	01:14.75	01:15.93	01:16.79	01:17.63	01:21.38	01:26.23	100m Back	01:28.96	01:24.14	01:19.34	01:14.67	01:13.17	01:11.70	01:08.64
02:38.62	02:43.69	02:44.84	02:46.96	02:48.61	02:55.69	03:06.44	200m Back	03:07.27	03:01.62	02:50.87	02:47.61	02:42.22	02:36.84	02:31.82
00:39.54	00:39.54	00:39.54					50m Breast					00:37.25	00:37.25	00:37.25
01:22.09	01:23.95	01:25.50	01:28.14	01:30.91	01:33.02	01:39.60	100m Breast	01:43.21	01:36.00	01:30.98	01:26.98	01:21.37	01:20.00	01:17.07
03:00.81	03:05.48	03:07.81	03:12.13	03:14.17	03:23.04	03:34.58	200m Breast	03:37.11	03:28.15	03:20.35	03:05.74	02:57.65	02:56.93	02:50.89
00:32.32	00:32.32	00:32.32					50m Butterfly					00:30.05	00:30.05	00:30.05
01:11.35	01:14.30	01:17.79	01:18.78	01:19.76	01:25.47	01:37.24	100m Butterfly	01:40.15	01:19.54	01:18.46	01:17.37	01:12.85	01:09.24	01:05.49
02:49.00	02:55.27	02:58.15	03:01.04	03:04.04	03:07.37		200m Butterfly		03:05.59	02:57.82	02:51.05	02:45.55	02:40.06	02:33.02
							100m IM							
02:37.70	02:42.86	02:44.05	02:46.85	02:49.04	02:55.86	03:06.96	200m IM	03:11.62	02:56.47	02:49.11	02:39.74	02:33.35	02:30.68	02:25.14
05:38.29	05:45.72	05:48.10	05:55.10	06:03.41	06:11.72		400m IM		06:12.93	05:58.22	05:43.19	05:22.70	05:17.35	05:10.28



**Ulster Long Course Championships 2020
Consideration Times (Short Course)**

Female								Male						
17&over	16yrs	15yrs	14yrs	13yrs	12yrs	11yrs		11yrs	12yrs	13yrs	14yrs	15yrs	16yrs	17&over
00:29.06	00:29.33	00:30.11	00:30.60	00:32.49	00:33.30		50m Free		00:33.49	00:31.99	00:30.49	00:28.99	00:27.78	00:26.84
01:04.27	01:05.82	01:06.43	01:07.04	01:08.37	01:12.42	01:17.30	100m Free	01:19.02	01:12.41	01:07.65	01:03.65	01:02.06	00:59.48	00:57.88
02:20.45	02:23.88	02:26.30	02:27.11	02:30.57	02:38.29	02:49.74	200m Free	02:54.42	02:38.67	02:27.95	02:21.35	02:19.59	02:14.07	02:09.64
05:02.73	05:12.51	05:15.06	05:17.61	05:30.13	05:45.41	06:06.84	400m Free	06:01.40	05:42.74	05:24.20	05:03.42	05:00.37	04:48.54	04:41.79
10:29.38	10:45.42	10:50.51	10:59.63	11:19.97	12:04.12		800m Free							
							1500m Free		22:42.38	21:28.69	20:06.08	19:36.51	19:06.94	18:40.11
00:35.60	00:35.60	00:35.60					50m Back					00:33.43	00:33.43	00:33.43
01:13.97	01:16.25	01:17.45	01:18.32	01:19.18	01:23.01	01:27.95	100m Back	01:30.74	01:25.82	01:20.93	01:16.16	01:14.63	01:13.13	01:10.01
02:41.79	02:46.96	02:48.14	02:50.30	02:51.98	02:59.21	03:10.17	200m Back	03:11.01	03:05.25	02:54.29	02:50.96	02:45.47	02:39.98	02:34.85
00:40.33	00:40.33	00:40.33					50m Breast					00:38.00	00:38.00	00:38.00
01:23.74	01:25.63	01:27.22	01:29.90	01:32.73	01:34.88	01:41.59	100m Breast	01:45.27	01:37.92	01:32.80	01:28.72	01:23.00	01:21.60	01:18.61
03:04.43	03:09.19	03:11.56	03:15.97	03:18.06	03:27.10	03:38.88	200m Breast	03:41.46	03:32.32	03:24.36	03:09.45	03:01.21	03:00.47	02:54.31
00:32.97	00:32.97	00:32.97					50m Butterfly					00:30.65	00:30.65	00:30.65
01:12.78	01:15.79	01:19.35	01:20.35	01:21.36	01:27.18	01:39.19	100m Butterfly	01:42.15	01:21.13	01:20.02	01:18.92	01:14.31	01:10.62	01:06.80
02:52.38	02:58.78	03:01.72	03:04.66	03:07.72	03:11.12		200m Butterfly		03:09.30	03:01.38	02:54.47	02:48.87	02:43.26	02:36.08
							100m IM							
02:40.85	02:46.12	02:47.33	02:50.19	02:52.42	02:59.38	03:10.70	200m IM	03:15.46	03:00.00	02:52.49	02:42.93	02:36.42	02:33.69	02:28.04
05:45.05	05:52.63	05:55.06	06:02.20	06:10.68	06:19.15		400m IM		06:20.39	06:05.38	05:50.05	05:29.15	05:23.70	05:16.48



Ulster Long Course Championships 2020 Qualifying Times (Long Course)														
Female								Male						
17&over	16yrs	15yrs	14yrs	13yrs	12yrs	11yrs		11yrs	12yrs	13yrs	14yrs	15yrs	16yrs	17&over
00:29.06	00:29.33	00:30.11	00:30.60	00:32.49	00:33.30		50m Free		00:33.49	00:31.99	00:30.49	00:28.99	00:27.78	00:26.84
01:04.27	01:05.82	01:06.43	01:07.04	01:08.37	01:12.42	01:17.30	100m Free	01:19.02	01:12.41	01:07.65	01:03.65	01:02.06	00:59.48	00:57.88
02:20.45	02:23.88	02:26.30	02:27.11	02:30.57	02:38.29	02:49.74	200m Free	02:54.42	02:38.67	02:27.95	02:21.35	02:19.59	02:14.07	02:09.64
05:02.73	05:12.51	05:15.06	05:17.61	05:30.13	05:45.41	06:06.84	400m Free	06:01.40	05:42.74	05:24.20	05:03.42	05:00.37	04:48.54	04:41.79
10:29.38	10:45.42	10:50.51	10:59.63	11:19.97	12:04.12		800m Free							
							1500m Free		22:42.38	21:28.69	20:06.08	19:36.51	19:06.94	18:40.11
00:35.60	00:35.60	00:35.60					50m Back					00:33.43	00:33.43	00:33.43
01:13.97	01:16.25	01:17.45	01:18.32	01:19.18	01:23.01	01:27.95	100m Back	01:30.74	01:25.82	01:20.93	01:16.16	01:14.63	01:13.13	01:10.01
02:41.79	02:46.96	02:48.14	02:50.30	02:51.98	02:59.21	03:10.17	200m Back	03:11.01	03:05.25	02:54.29	02:50.96	02:45.47	02:39.98	02:34.85
00:40.33	00:40.33	00:40.33					50m Breast					00:38.00	00:38.00	00:38.00
01:23.74	01:25.63	01:27.22	01:29.90	01:32.73	01:34.88	01:41.59	100m Breast	01:45.27	01:37.92	01:32.80	01:28.72	01:23.00	01:21.60	01:18.61
03:04.43	03:09.19	03:11.56	03:15.97	03:18.06	03:27.10	03:38.88	200m Breast	03:41.46	03:32.32	03:24.36	03:09.45	03:01.21	03:00.47	02:54.31
00:32.97	00:32.97	00:32.97					50m Butterfly					00:30.65	00:30.65	00:30.65
01:12.78	01:15.79	01:19.35	01:20.35	01:21.36	01:27.18	01:39.19	100m Butterfly	01:42.15	01:21.13	01:20.02	01:18.92	01:14.31	01:10.62	01:06.80
02:52.38	02:58.78	03:01.72	03:04.66	03:07.72	03:11.12		200m Butterfly		03:09.30	03:01.38	02:54.47	02:48.87	02:43.26	02:36.08
							100m IM							
02:40.85	02:46.12	02:47.33	02:50.19	02:52.42	02:59.38	03:10.70	200m IM	03:15.46	03:00.00	02:52.49	02:42.93	02:36.42	02:33.69	02:28.04
05:45.05	05:52.63	05:55.06	06:02.20	06:10.68	06:19.15		400m IM		06:20.39	06:05.38	05:50.05	05:29.15	05:23.70	05:16.48



**Ulster Long Course Championships 2020
Consideration Times (Long Course)**

Female								Male						
17&over	16yrs	15yrs	14yrs	13yrs	12yrs	11yrs		11yrs	12yrs	13yrs	14yrs	15yrs	16yrs	17&over
00:29.64	00:29.91	00:30.71	00:31.21	00:33.14	00:33.97		50m Free		00:34.16	00:32.63	00:31.10	00:29.57	00:28.34	00:27.37
01:05.55	01:07.14	01:07.76	01:08.38	01:09.74	01:13.87	01:18.85	100m Free	01:20.60	01:13.86	01:09.00	01:04.92	01:03.30	01:00.67	00:59.04
02:23.26	02:26.76	02:29.22	02:30.05	02:33.58	02:41.45	02:53.14	200m Free	02:57.90	02:41.84	02:30.91	02:24.17	02:22.38	02:16.75	02:12.24
05:08.78	05:18.76	05:21.36	05:23.96	05:36.73	05:52.32	06:14.18	400m Free	06:08.62	05:49.59	05:30.68	05:09.49	05:06.38	04:54.31	04:47.42
10:41.96	10:58.32	11:03.52	11:12.82	11:33.57	12:18.60		800m Free							
							1500m Free		23:09.63	21:54.46	20:30.20	20:00.04	19:29.88	19:02.51
00:36.31	00:36.31	00:36.31					50m Back					00:34.09	00:34.09	00:34.09
01:15.45	01:17.77	01:19.00	01:19.89	01:20.76	01:24.67	01:29.71	100m Back	01:32.55	01:27.54	01:22.55	01:17.69	01:16.12	01:14.60	01:11.41
02:45.02	02:50.30	02:51.50	02:53.70	02:55.42	03:02.79	03:13.97	200m Back	03:14.83	03:08.95	02:57.77	02:54.38	02:48.78	02:43.18	02:37.95
00:41.14	00:41.14	00:41.14					50m Breast					00:38.75	00:38.75	00:38.75
01:25.41	01:27.34	01:28.96	01:31.70	01:34.59	01:36.78	01:43.62	100m Breast	01:47.38	01:39.88	01:34.66	01:30.50	01:24.66	01:23.23	01:20.18
03:08.12	03:12.98	03:15.39	03:19.89	03:22.02	03:31.24	03:43.25	200m Breast	03:45.88	03:36.56	03:28.44	03:13.24	03:04.83	03:04.08	02:57.79
00:33.63	00:33.63	00:33.63					50m Butterfly					00:31.26	00:31.26	00:31.26
01:14.23	01:17.30	01:20.93	01:21.96	01:22.98	01:28.92	01:41.17	100m Butterfly	01:44.19	01:22.75	01:21.62	01:20.50	01:15.80	01:12.04	01:08.14
02:55.83	03:02.35	03:05.35	03:08.35	03:11.48	03:14.94		200m Butterfly		03:13.09	03:05.00	02:57.96	02:52.24	02:46.53	02:39.20
							100m IM							
02:44.07	02:49.44	02:50.68	02:53.59	02:55.87	03:02.96	03:14.51	200m IM	03:19.37	03:03.60	02:55.94	02:46.19	02:39.55	02:36.77	02:31.00
05:51.95	05:59.69	06:02.16	06:09.45	06:18.09	06:26.73		400m IM		06:28.00	06:12.69	05:57.05	05:35.74	05:30.17	05:22.81



Ulster Masters Championships 2020 Meet Information

Meet	Date	Venue	Closing date for Entries / Payment
Ulster Masters Championships	10 th May 2019	Newry Leisure Centre	24 th April 2020

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.

#Events 12, 13, 23 & 24 limited to 1 heat – entries will be accepted on a First Come First Served basis – we cannot accept NTs for this event.

***Event 24 – 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 2020. 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 / €6 per individual event
£10 / €12 per relay team

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



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 50 Breaststroke
4	Mixed 100 Backstroke
5	Mixed 100 Butterfly
6	Mixed 50 Freestyle
7	Mixed 200 Breaststroke
8	Mixed 25 Backstroke
9	Mixed 25 Butterfly
10	Mixed 50 Backstroke
11	Mixed 4 x 50 Free Team Relay (2 Males, 2 Females)
12	# Mens 4 x 100 Freestyle Team Relay
13	# Womens 4 x 100 Freestyle Team Relay

Session 2 - Sunday PM	
Event number	Mixed Warm up 1.00pm Start 1.45pm
14	Mixed 400 Freestyle
15	Mixed 200 Butterfly
16	Mixed 100 Breaststroke
17	Mixed 200 Backstroke
18	Mixed 100 Freestyle
19	Mixed 50 Butterfly
20	Mixed 25 Breaststroke
21	Mixed 25 Freestyle
22	Mixed 4 x 50 Medley Team Relay (2 Males, 2 Females)
23	# Mens 4 x 100 Medley Team Relay
24	# Womens 4 x 100 Medley Team Relay
25	* Mixed 1500 Freestyle



Swim Ulster Swim Festival 2020 Event Information

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

Date 13th June 2020

Venue TBC

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 2020

Events 50m, 100m all four strokes
100m & 200m Individual Medley
Relays - Mixed (2 boys, 2 girls) Open 4 x 25m Medley Team Relay & Freestyle Team Relay -
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 5 individual entries plus 100m Freestyle Kick with Fins** – swimmers can also be entered into the relays.

Swim Ulster reserves the right to limit entries if the meet is oversubscribed. In the event that the meet is oversubscribed the number of swims per swimmer will be limited and any rejected entries will be refunded as a single payment to the club in question.

Entry Fees **Individual £5 / €6** per swim
Team £10 / €12 per relay event
Payment should be forwarded to the Swim Ulster Office by the closing date.

Closing Date Wednesday 4th June 2020



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