



Ulster Age Group & Senior Long Course Championships 2024

Event Information

Date	3 rd – 5 th May 2024
Venue	Aurora Aquatic & Leisure Complex, 3 Valentine Road, Bangor, BT20 4TH
Age Groups	12 years, 13-14 years, 15-16 years, 17 years & over
Age Up Date	31 st December 2024

Individual Events

50m Freestyle – Heats & Finals
50m Backstroke, 50m Butterfly, 50m Breaststroke – Heats & Finals (15 & over)
100m Freestyle, 100m Backstroke, 100m Butterfly, 100m Breaststroke – Heats & Finals
200m Freestyle, 200m Backstroke, 200m Butterfly, 200m Breaststroke – Heats & Finals
200m Individual Medley – Heats & Finals
400m Freestyle / 800m Freestyle / 1500m Freestyle – HDW (13&over)
400m Individual Medley – HDW (13&over)

Relay Events 12yrs - 4 x 50m Medley, 4 x 50m Freestyle
13-14yrs, 15&over – All Olympic Relay events

Entries All swimmers entering the Ulster Age Group & Senior Long Course Championships must be a member of a Swim Ulster affiliated club or a club from outside Ireland registered with their National Federation.

Disabled swimmers must have a recognised World Para Swimming, British Swimming, Paralympics Ireland, UKSA, INAS-FID or British Blind Sport Classification, which is held on the Swim Ulster or World Para Swimming database.

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 Consideration Times have been published for this event and must be achieved in a **Level 2 Licensed Meet** since 28th April 2023. Hytek converted short course times achieved in the same period will be accepted for entry.

In the 12-year-old age group only, swimmers achieving Consideration Standards in the events targeted at the 12-year-old age group in the Future Challenger Series (200m Freestyle, 100m Backstroke, 100m Breaststroke, 100m Butterfly and 200m Individual Medley) will be eligible to swim all available events in the corresponding stroke. For example, a swimmer achieving the standard for 200m Freestyle can enter 50m and 100m Freestyle. Female athletes aged 12 years may enter the 400m Freestyle provided they have a recorded time faster than 02:45.00 in the 200m Freestyle and entries will be limited to the top six 200m Freestyle entry times.

Entries in the 800m and 1500m events will be limited to the top six per age group (13-14, 15-16 & 17 & over) 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.

A maximum of 2 swimmers from outside Ireland are permitted to swim in each final.

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

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 12 years of age by 31st December 2024 **and are a member of a Swim Ulster Club**. This trophy will be presented at the War Memorial Gala, November 2024. 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 by 31st December 2024 **and are a member of a Swim Ulster Club**. This trophy will be presented at the War Memorial Gala, November 2024. 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 £6/ €7***
Team £12 / €14*

Payment should be forwarded to the Swim Ulster Office by the closing date

Closing Date **5pm on Wednesday 24th April 2024 – No entries will be accepted after this date.**



Ulster Age Group and Senior Long Course Championships 2024 - Order of Events

****Due to Swim Ireland Licensing restrictions, session times must not exceed 4 hours per session – if session lengths exceed 4 hours the sessions will be split 15&over and 12-14 years.**

Day 1 – Friday 3 rd May 2024	Day 2 – Saturday 4 th May 2024	Day 3 – Sunday 5 th May 2024
Session 1: Heats 12&over Mixed Warm Up 8-8.45am – Start 9am	Session 3: Heats 12&over Mixed Warm Up 8-8.45am – Start 9am	Session 5: Heats 12&over Mixed Warm Up 8-8.45am – Start 9am
Male 12yrs & Over 200m Breaststroke Female 12yrs & Over 100m Breaststroke Male 13yrs & Over 1500m Freestyle HDW Female 12yrs & Over 100m Backstroke Male 12yrs & Over 100m Backstroke Female 12yrs & Over 50m Freestyle Male 15yrs & Over 50m Butterfly Female 12yrs & Over 200m Butterfly Male 12yrs & Over 200m Freestyle Female 12yrs & Over 400m Freestyle HDW Male 15yrs & Over 200m IM	Mixed 12 yrs 200m Freestyle Relay HDW Male 13yrs & Over 400m IM HDW Female 13yrs & Over 800m Freestyle HDW Male 15yrs & Over 50m Backstroke Female 15yrs & Over 50m Backstroke Male 12yrs & Over 100m Breaststroke Female 12yrs & Over 100m Butterfly Male 12yrs & Over 200m Butterfly Female 13yrs & Over 400m IM HDW Male 12yrs & Over 100m Freestyle Female 15yrs & Over 50m Breaststroke Male 13yrs & Over 800m Freestyle HDW Female 12yrs & Over 200m Freestyle	Female 12yrs & Over 200m IM Male 15yrs & Over 50m Breaststroke Female 15yrs & Over 50m Butterfly Male 12yrs & Over 200m Backstroke Female 12yrs & Over 200m Backstroke Male 12yrs & Over 50m Freestyle Female 12yrs & Over 200m Breaststroke Male 12yrs & Over 100m Butterfly Female 12yrs & Over 100m Freestyle Male 13yrs & Over 400m Freestyle HDW Female 13yrs & Over 1500m Freestyle HDW Mixed 12 yrs 200m Medley Relay HDW
Session 2: Finals & Presentations Mixed Warm Up TBC - Start TBC	Session 4: Finals & Presentations Mixed Warm Up TBC - Start TBC	Session 6: Finals & Presentations Mixed Warm Up TBC - Start TBC
Male 12 yrs 200m Breaststroke Male 13/14 yrs 200m Breaststroke Male 15/16 yrs 200m Breaststroke Male 17 yrs & Over 200m Breaststroke Female 12 yrs 100m Breaststroke Female 13/14 yrs 100m Breaststroke Female 15/16 yrs 100m Breaststroke Female 17 yrs & Over 100m Breaststroke Male 12 yrs 100m Backstroke Male 13/14 yrs 100m Backstroke Male 15/16 yrs 100m Backstroke Male 17 yrs & Over 100m Backstroke Female 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 12 yrs 50m Freestyle Female 13/14 yrs 50m Freestyle Female 15/16 yrs 50m Freestyle Female 17 yrs & Over 50m Freestyle Male 12 yrs 200m Freestyle Male 13/14 yrs 200m Freestyle Male 15/16 yrs 200m Freestyle Male 17 yrs & Over 200m Freestyle Female 12 yrs 200m Butterfly Female 13/14 yrs 200m Butterfly Female 15/16 yrs 200m Butterfly Female 17 yrs & Over 200m Butterfly Male 12 yrs 200m IM Male 13/14 yrs 200m IM Male 15/16 yrs 200m IM Male 17 yrs & Over 200m IM Female 13-14 yrs 400m Medley Relay HDW Female 15 yrs & over 400m Medley Relay HDW Male 13-14 yrs 400m Medley Relay HDW Male 15 yrs & over 400m Medley Relay HDW	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 12 yrs 100m Breaststroke Male 13/14 yrs 100m Breaststroke Male 15/16 yrs 100m Breaststroke Male 17 yrs & Over 100m Breaststroke Female 12 yrs 100m Butterfly Female 13/14 yrs 100m Butterfly Female 15/16 yrs 100m Butterfly Female 17 yrs & Over 100m Butterfly Male 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 12 yrs 100m Freestyle Male 13/14 yrs 100m Freestyle Male 15/16 yrs 100m Freestyle Male 17 yrs & Over 100m Freestyle Female 12 yrs 200m Freestyle Female 13/14 yrs 200m Freestyle Female 15/16 yrs 200m Freestyle Female 17 yrs & Over 200m Freestyle Male 13-14 yrs 400m Freestyle Relay HDW Male 15 yrs & over 400m Freestyle Relay HDW Female 13-14 yrs 400m Freestyle Relay HDW Female 15yrs & Over 400m Freestyle Relay HDW	Female 13-14 yrs 800m Freestyle Relay HDW Female 15 yrs & Over 800m Freestyle Relay HDW Male 13-14 yrs 800m Freestyle Relay HDW Male 15yrs & Over 800m Freestyle Relay HDW Female 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 12 yrs 200m Backstroke Male 13/14 yrs 200m Backstroke Male 15/16 yrs 200m Backstroke Male 17 yrs & Over 200m Backstroke Female 12 yrs 200m Backstroke Female 13/14 yrs 200m Backstroke Female 15/16 yrs 200m Backstroke Female 17 yrs & Over 200m Backstroke Male 12 yrs 50m Freestyle Male 13/14 yrs 50m Freestyle Male 15/16 yrs 50m Freestyle Male 17 yrs & Over 50m Freestyle Female 12 yrs 200m Breaststroke Female 13/14 yrs 200m Breaststroke Female 15/16 yrs 200m Breaststroke Female 17 yrs & Over 200m Breaststroke Male 12 yrs 100m Butterfly Male 13/14 yrs 100m Butterfly Male 15/16 yrs 100m Butterfly Male 17 yrs & Over 100m Butterfly Female 12 yrs 100m Freestyle Female 13/14 yrs 100m Freestyle Female 15/16 yrs 100m Freestyle Female 17 yrs & Over 100m Freestyle Mixed 13-14 yrs 400m Medley Relay HDW Mixed 15yrs & Over 400m Medley Relay HDW

Ulster Age Group & Senior Long Course Championships 2024- Qualifying Standards (Long Course)

Female								Male							
18&over	17yrs	16yrs	15yrs	14yrs	13yrs	12yrs		12yrs	13yrs	14yrs	15yrs	16yrs	17yrs	18yrs	19&over
00:28.92	00:29.40	00:30.04	00:30.38	00:31.43	00:32.83	00:35.71	50m Free	00:34.94	00:31.58	00:29.05	00:27.21	00:26.86	00:26.45	00:26.43	00:25.66
01:03.34	01:04.57	01:05.76	01:06.46	01:07.74	01:13.17	01:17.76	100m Free	01:15.33	01:09.70	01:03.72	00:59.42	00:59.10	00:58.25	00:57.90	00:57.19
02:22.03	02:23.97	02:25.45	02:27.68	02:30.86	02:40.73	02:47.86	200m Free	02:44.79	02:38.15	02:23.16	02:12.48	02:12.26	02:11.05	02:10.93	02:09.97
04:58.12	05:00.20	05:02.06	05:05.46	05:14.57	05:37.45	05:37.45	400m Free		05:33.72	04:58.31	04:43.33	04:36.46	04:36.24	04:35.26	04:35.25
10:05.83	10:06.24	10:16.57	10:26.77	10:59.33	11:28.44		800m Free		11:14.50	10:33.68	09:34.61	09:32.40	09:32.39	09:30.44	09:30.43
19:57.77	19:57.78	20:02.01	20:28.25	20:49.32	21:44.51		1500m Free		21:46.91	20:36.92	19:41.09	19:21.80	18:54.48	18:35.04	18:35.03
00:33.66	00:33.66	00:33.66	00:33.66				50m Back				00:30.22	00:30.22	00:30.22	00:30.22	00:30.22
01:13.15	01:16.30	01:16.81	01:18.56	01:20.64	01:24.52	01:29.63	100m Back	01:28.65	01:22.11	01:15.26	01:11.91	01:08.84	01:08.77	01:08.45	01:07.89
02:43.53	02:45.65	02:46.05	02:51.42	02:53.49	02:59.21	03:12.57	200m Back	03:07.55	03:00.66	02:42.85	02:39.47	02:33.72	02:32.96	02:32.06	02:32.05
00:37.34	00:37.34	00:37.34	00:37.34				50m Breast				00:33.09	00:33.09	00:33.09	00:33.09	00:33.09
01:23.91	01:25.00	01:26.66	01:28.99	01:30.65	01:38.73	01:45.04	100m Breast	01:42.41	01:34.36	01:27.66	01:22.79	01:18.24	01:15.79	01:15.42	01:14.85
03:07.66	03:09.71	03:10.34	03:15.90	03:18.91	03:32.56	03:42.79	200m Breast	03:38.52	03:30.51	03:18.66	03:05.07	02:56.47	02:48.89	02:47.89	02:47.88
00:31.20	00:31.20	00:31.20	00:31.20				50m Butterfly				00:27.63	00:27.63	00:27.63	00:27.63	00:27.63
01:14.91	01:18.38	01:18.75	01:20.56	01:22.65	01:27.91	01:31.26	100m Butterfly	01:29.25	01:25.34	01:14.21	01:08.87	01:07.29	01:04.64	01:04.35	01:04.22
02:50.65	02:53.99	02:58.65	03:00.27	03:06.30	03:14.11	03:14.11	200m Butterfly	03:09.52	03:09.52	02:55.25	02:46.66	02:43.86	02:37.10	02:34.32	02:32.27
02:42.91	02:43.31	02:44.82	02:50.41	02:54.34	03:04.24	03:12.64	200m IM	03:07.21	02:57.51	02:42.75	02:34.65	02:29.59	02:29.50	02:28.70	02:28.69
05:50.22	05:52.94	05:58.37	06:04.97	06:16.60	06:34.47		400m IM		06:27.72	06:07.85	05:39.24	05:28.67	05:23.72	05:18.12	05:17.02

Ulster Age Group & Senior Long Course Championships 2024 - Consideration Standards (Long Course)

Female								Male							
18&over	17yrs	16yrs	15yrs	14yrs	13yrs	12yrs		12yrs	13yrs	14yrs	15yrs	16yrs	17yrs	18yrs	19&over
00:29.78	00:30.58	00:31.24	00:31.60	00:33.00	00:34.47	00:37.50	50m Free	00:36.68	00:33.16	00:30.50	00:28.30	00:27.93	00:27.51	00:27.22	00:26.43
01:05.24	01:07.15	01:08.39	01:09.12	01:11.13	01:16.83	01:21.65	100m Free	01:19.10	01:13.19	01:06.91	01:01.80	01:01.46	01:00.58	00:59.64	00:58.90
02:26.29	02:29.72	02:31.27	02:33.59	02:38.40	02:48.77	02:56.25	200m Free	02:53.03	02:46.06	02:30.31	02:17.78	02:17.55	02:16.29	02:14.85	02:13.87
05:07.07	05:12.21	05:14.14	05:17.68	05:30.30	05:54.32		400m Free		05:50.40	05:13.22	04:54.66	04:47.52	04:47.28	04:43.51	04:43.50
10:24.00	10:30.49	10:41.24	10:51.84	11:32.29	12:02.86		800m Free		11:48.23	11:05.36	09:57.59	09:55.29	09:55.28	09:47.55	09:47.54
20:33.70	20:45.69	20:50.09	21:17.38	21:51.78	22:49.74		1500m Free		22:52.25	21:38.77	20:28.34	20:08.28	19:39.86	19:08.49	19:08.48
00:34.67	00:35.01	00:35.01	00:35.01				50m Back				00:31.43	00:31.43	00:31.43	00:31.13	00:31.13
01:15.35	01:19.35	01:19.88	01:21.70	01:24.67	01:28.75	01:34.12	100m Back	01:33.08	01:26.21	01:19.02	01:14.79	01:11.60	01:11.52	01:10.50	01:09.93
02:48.43	02:52.28	02:52.70	02:58.27	03:02.17	03:08.17	03:22.20	200m Back	03:16.92	03:09.69	02:51.00	02:45.85	02:39.87	02:39.08	02:36.62	02:36.61
00:38.46	00:38.83	00:38.83	00:38.83				50m Breast				00:34.41	00:34.41	00:34.41	00:34.08	00:34.08
01:26.43	01:28.40	01:30.12	01:32.55	01:35.18	01:43.66	01:50.29	100m Breast	01:47.53	01:39.08	01:32.04	01:26.10	01:21.37	01:18.82	01:17.68	01:17.10
03:13.29	03:17.30	03:17.96	03:23.74	03:28.86	03:43.18	03:53.93	200m Breast	03:49.44	03:41.03	03:28.59	03:12.48	03:03.53	02:55.65	02:52.93	02:52.92
00:32.13	00:32.45	00:32.45	00:32.45				50m Butterfly				00:28.74	00:28.74	00:28.74	00:28.46	00:28.46
01:17.16	01:21.51	01:21.90	01:23.78	01:26.78	01:32.31	01:35.82	100m Butterfly	01:33.71	01:29.61	01:17.92	01:11.63	01:09.98	01:07.23	01:06.28	01:06.14
02:55.77	03:00.95	03:05.79	03:07.49	03:15.62	03:23.81	03:23.81	200m Butterfly	03:19.00	03:19.00	03:04.01	02:53.33	02:50.42	02:43.38	02:38.95	02:36.84
02:47.80	02:49.84	02:51.41	02:57.22	03:03.06	03:13.45	03:22.28	200m IM	03:16.57	03:06.38	02:50.89	02:40.84	02:35.57	02:35.48	02:33.16	02:33.15
06:00.72	06:07.06	06:12.70	06:19.57	06:35.43	06:54.20		400m IM		06:47.11	06:26.25	05:52.81	05:41.82	05:36.66	05:27.66	05:26.53