



Competition Handbook 2023 – 2024

(v6, December 2023)

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Swim Ulster General Meet Conditions

This handbook should be read in conjunction with the latest Swim Ulster Competition Calendar which may be subject to change at any time.

These General Meet conditions should be read along with the Meet Information for each Meet.

Entries – All entries for Swim Ulster Meets must be submitted using Hy-Tek Team Manager or Team Manager Lite software (except for some Swim Ulster Schools Championships entries, DSNi Swimming Championships & Ulster Masters Championships). 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 ltd.com/downloads.html>

Entries can be rejected for the following reasons:

- Incorrectly completed
- No Entry Time submitted
- 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. If 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 at the Cut Off Time for withdrawals – this is normally 12 midday the Friday before the event. No refunds / credits will be made for withdrawals after this time other than in exceptional circumstances or unless supported by a medical certificate. Swim Ulster does not issue invoices for Gala Fees – Club Gala Secretary should pass the Entry Report to the Club Treasurer for payment.

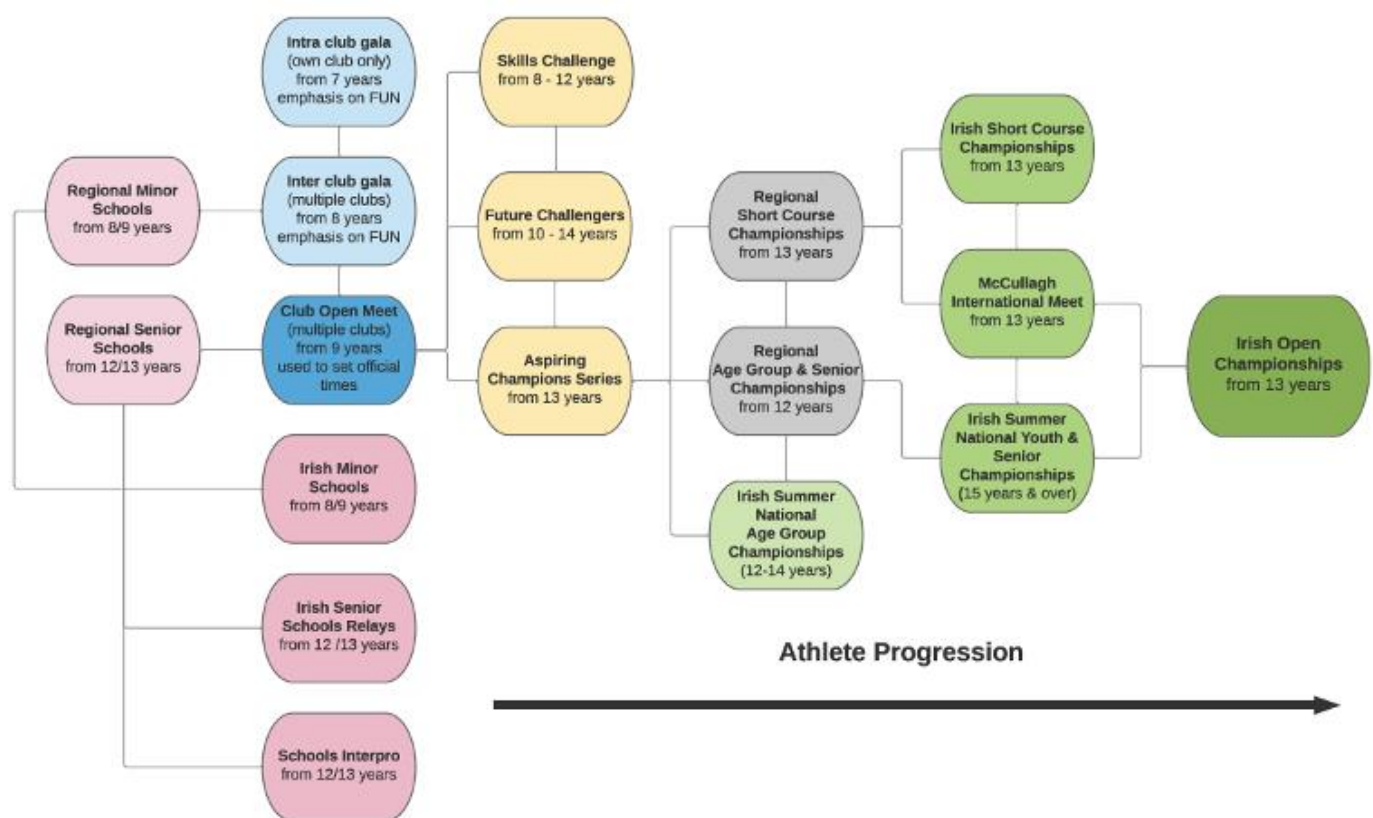
Volunteer Rotas	Volunteer Rota positions are assigned to Clubs based on the number of entries from each Club as at the closing date of the event. To ensure the smooth running of all Swim Ulster events parents are encouraged to volunteer as an official when their child is competing.
Fitness to compete	Parents / Coaches must ensure that their swimmer is fit to compete in the Meet. If a swimmer must retire from a race or must 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 in which the relay takes place.
Age Up Date	The age up date will always be 31 st December in the year of competition unless otherwise specified.

Tech Suit Policy	We ask clubs to ensure coaches, parents and athletes are fully aware of the Swim Ireland Tech Suit Policy so that we avoid any negative experiences on poolside. Full details of the policy can be found here .
Awards	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	<p>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.</p> <p>Heat Declared Winner Events – All heats will be multi-age, spearheaded and swum slowest heats to fastest.</p> <p>Finals – Finalists will be allocated lanes using the spearhead principal from the results of the heats.</p>
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.
Photographic Policy	<p>It is a condition of attending a Swim Ulster event that swimmers accept they may be photographed or filmed as part of the occasion, either as an individual or as a member of a group. Swimmers may also appear in a photograph or video inadvertently. Parents and swimmers must accept this. All photography and/or filming must be in accordance with Swim Ireland Guidelines.</p> <p>Anyone wishing to take videos or photographs at a competition must register their device at the Swim Ulster Reception Desk at that competition and display the wristband provided.</p> <p>All devices capable of taking photographs or videos must be switched off when using toilet or changing facilities at any competition venue.</p>



Swim Ulster Competition Structure 2023-2024

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



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
- In House Skills Challenge from 8 to 12 years in the year that the season starts. In the 2023-2024 Season, athletes born 2011 to 2015 are eligible to participate in such competitions
- Regional Future Challenger Series for athletes aged 10 to 14 years (refer to meet conditions)
- Regional Aspiring Champions Series for athletes aged 13 & over
- Regional Age Group & Senior LC Championships and Irish Summer National Age Group Championships from 12 years upwards
- Regional SC Championships, National Meets/Championships from 13 years upwards
- Irish Summer National Youth & Senior Championships from 15 years upwards

Summary of Qualification Process

(further information is contained in the relevant Meet Conditions)

Name	Regional Future Challenger Series (athletes aged 10 to 14 years)
Qualification Criteria	<ul style="list-style-type: none"> Open to all competitive members aged 10 to 12 years however athletes aged 13/14 years may enter if they have not previously competed at the Aspiring Champions level or above and cannot compete at the Aspiring Champions Series in the same cycle No consideration standards will be published Only specific events will be open to athletes in each age group as per the Meet Conditions
Qualification Period	Not applicable

Name	Regional Aspiring Champions Series (athletes aged 13 & over)
Qualification Criteria	<ul style="list-style-type: none"> Athletes aged 13/14 years competing in the Future Challenger Series will not be eligible to compete in the Aspiring Champions Series in the same cycle No consideration standards will be published for the 50/100/200m events however consideration standards will be published for the 400/800/1500m events Club time trial results, signed off by the Head Coach, can be accepted for entry into the 400/800/1500m events Unless otherwise stated in the Meet Conditions athletes can enter as many individual events as deemed appropriate by their coach
Qualification Period	12 months prior to the closing date. Please refer to the meet information published

Name	Regional SC Championships (athletes aged 13 & over)
Qualification Criteria	Qualifying standards to be achieved in a Level 3 Licensed meet Short Course standards with Hytek long course conversions
Qualification Period	Times achieved between 5 th November 2022 and 3 rd November 2023

Name	Regional Age Group & Senior LC Championships (athletes aged 12 & over)
Qualification Criteria	Qualifying standards to be achieved in a Level 3 Licensed meet Long Course standards with Hytek short course conversions
Qualification Period	Times achieved between 6 th May 2023 to 24 th April 2024.

Name	Irish Summer National Age Group Championships (12 to 14 years)
Qualification Criteria	Qualifying standards to be achieved in a Level 3 Licensed meet Long Course standards with Hytek short course conversions
Qualification Period	Times achieved between 1 st January 2024 to 9 th June 2024

Name	Irish Summer National Youth & Senior Championships (15&over)
Qualification Criteria	Qualifying standards to be achieved in an Onshore or offshore Level 3 Licensed meet Long Course standards only
Qualification Period	Times achieved between 1 st January 2024 to 9 th June 2024

Name	Irish Winter National Championships (25m) (13&over)
Qualification Criteria	Qualifying standards to be achieved in a Level 3 Licensed meet Short Course standards with Hytek short course conversions
Qualification Period	1 st December 2022 to 26 th November 2023

Name	Irish Open Championships (50m) (13&over)
Qualification Criteria	Qualifying standards to be achieved in an Onshore or offshore Level 3 Licensed meet Long Course standards only
Qualification Period	1 st July 2023 to 14 th April 2024

For further information on meet licensing please refer to the Swim Ireland Meet Licensing Explanatory Document - <https://www.swimireland.ie/membership/club-resources/meet-licencing>

Regional Meet Objectives and Qualifying Criteria

Meet	Objectives	Entry Criteria
In House Skills Challenge	<ol style="list-style-type: none"> 1. A standardised in house skills assessment for athletes aged 8 to 12 years in the year that the season starts i.e. in the 2023-2024 season, athletes born 2015 to 2011 are eligible to participate 2. To motivate and encourage swimmers and parents towards the development of technique and skills 3. To offer a reward based on personal improvement and skill development 	Not applicable
Future Challenger Series	<ol style="list-style-type: none"> 1. A fun introduction to regional racing for club members 2. The provision of appropriate and age relevant events 	<ul style="list-style-type: none"> • Athletes aged 10 to 14 years • No qualifying or consideration standards
Aspiring Champions Series	<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 and 100m, if in a 25m pool, over two days 3. Provide opportunities to qualify for Regional and National Championships 	<ul style="list-style-type: none"> • Athletes aged 13 & over • Consideration standards will be published for the 400/800/1500m events and entries will be limited per event and per age group
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 have been set at Irish Winter National Championships 2023 (25m) and Irish Summer Nationals 2024 (50m) standards plus a percentage factor

For further information on meet objectives and qualifying criteria please contact Andrew Reid, Swim Ireland Head of Performance Pathways & Operations via andrewreid@swimireland.ie



In House Skills Challenge 2023-2024

The purpose of the Skills Challenge is to offer clubs a Regionally and Nationally aligned Skills Assessment to encourage and develop a culture of technical development in the years that precede entry into Open competition. This provides athletes with a means by which to measure progress, other than Personal Best times, and identify areas for development.

Clubs may choose to run the Skills Challenge individually or in partnership with other local clubs and assessments can take place in whatever format works best for each club, provided the assessment protocols (page 3) are followed.

Assessment should take place during each cycle (September to December, January to April, May to July) with the best results submitted on completion of the assessments within each cycle.

Eligibility: Athletes born 2015 to 2011

Disabled Swimmers: Tests and test scores will, as far as is practical, be appropriately adapted

Results: Clubs should submit the full results (best results) in the supplied template to skillschallenge@swimireland.ie at the end of each cycle with the subject line **REGION (CLUB)**. Results not completed and labelled correctly will **NOT** be processed. The Regional Pathway Development Coaches will process the results and return to the clubs along with a certificate template for distribution to the successful athletes.

Scoring: The total score is the sum of the five assessments 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 Skills Certificate following submission of the results at the end of the cycle. This will take approx. 21 days.

Following completion of the 1st round of Skill Challenge assessments we will publish a ranking of the top 5 athletes per Region and Nationally to recognise their and their club's success.

Skills Assessment			
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	Time x 4
Streamline	Push & Glide to 5m (kicking is not permitted)	Time (head past 5m)	Time x 4
			Total Score

Testing Protocols			
Test	Description	Scoring	Equipment
Efficiency	Swimmers perform a series of 4 x 25m swims in IM order using maximum effort but with minimum stroke count. PERFORM THREE KICKS UNDERWATER ON PUSH OFF (BUTTERFLY, BACKSTROKE, FREESTYLE)	Record time from feet leave to hand touch Record stroke count (number of hand entries)	Stopwatch
Kick Speed*	1. Swimmers perform 25m freestyle kick using a FINIS Alignment Board as fast as possible – NO UNDERWATER KICK 2. Swimmers perform 10m Underwater Fly Kick in streamline as fast as possible NO ARM ACTIONS ARE PERMITTED	Record time from feet leave the wall to board touching the wall at 25m Record time from feet leaving the wall to head past 10m	10m marker Stopwatch
Turn Speed	Swimmers perform one race speed tumble turn starting and finishing at mid-pool.	Record time from head passing flags on the approach to head passing the flags on the exit	Stopwatch
Streamline Tests	Push & Glide – swimmer performs a push start and maintains a streamline position past the flags NO KICKING IS ALLOWED	Record time from feet leaving the wall to head passing 5m	Stopwatch

* If a swimmer is unable to achieve the target distance outlined in the Underwater Kick Speed above or performs an illegal stroke the swimmer will be allocated a standardised time of 15 seconds. This will allow a score to be recorded and the swimmer can then work on developing these skills.



Future Challenger Series 2023-2024 Meet Information

There will be 4 Future Challenger Series Meets held throughout the 2023-2024 season for swimmers aged 10 years – 14 years (age as at 31st December). To ensure that Clubs only attend for a short time these events will be divided into regions as follows:

Region 1	Region 2
Alliance, Ards, Armagh, Ballymena, Ballymoney, Bangor, Coleraine, Donegall, Larne, Leander, Limavady, Lisburn, Mid Ulster, Olympia, Portadown, Swim Belfast	Banbridge, Breifne, City of Derry, Cookstown, Dungannon, East Cavan, Enniskillen, Kilkeel, Lecale, Lurgan, Marlins, Newry, Sliabh Beagh, Strule Dolphins, Swilly Seals, Riversdale Otters

Meet	Date	Venue	Closing Date for Entries / Payment
Future Challenger Meet 1 Region 1 AM & Region 2 PM	8 th October 2023	South Lakes LC, Craigavon	27.9.23
Future Challenger Meet 2 Region 2 AM & Region 1 PM	2 nd December 2023	Larne	15.11.23
Future Challenger Meet 3 Region 1 AM & Region 2 PM	20 th January 2024	Lagan Valley Leisureplex, Lisburn	10.1.24
Future Challenger Meet 4 Region 2 AM & Region 1 PM	3 rd March 2024	Lisnasharragh Leisure Centre, Belfast	21.2.24

Age Groups: Minimum entry age is 10 yrs – see age up date below

Female	10yrs, 11yrs, 12yrs, 13/14yrs
Male	10yrs, 11yrs, 12yrs, 13/14yrs

Age Up Date: Future Challenger Series Meets 1 & 2 – 31st December 2023
Future Challenger Series Meets 3 & 4 – 31st December 2024

Events: 50m, 100m all four strokes
200m Backstroke, Freestyle (refer to the order of events below)
400m Freestyle (refer to the order of events below)
100m, 200m Individual Medley

Mixed 4 x 25m Medley and Freestyle Team Relays 10-12yrs – must be at least 1 male and 1 female on the team. Clubs can use swimmers who have no individual events providing their names are on the team lists submitted with the entries.
Clubs may collaborate to enter relays.

Entries: No consideration standards will be published for athletes to swim up events however we do provide the following guidance to support entry decisions:

1. Athletes should be capable of executing the stroke legally,
2. Athletes should be capable of executing good turns and good streamlining,
3. 12-year-old athletes entering the 400m Freestyle should be capable of even pacing a 200m Freestyle within the 12-year-old consideration standard published for the Regional Age Group & Senior LC Championships

Athletes should only enter events on the recommendation from their coach.

Athletes may only compete in their own Region.

Unless otherwise stated in the meet conditions athletes can enter as many individual events as deemed appropriate by their coach. Athletes may swim up or down distances as outlined in the Order of Events if their coach believes this is the appropriate distance for them, and athletes are limited to 1 distance per stroke per meet. Clubs can enter multiple relay teams.

The Future Challenger Series is open to all competitive members aged 10 to 12 years however athletes aged 13/14 years may enter if they have not previously competed at the Aspiring Champions level or above and cannot compete at the Aspiring Champions Series in the same cycle i.e., the short course or long course season.

Athletes with a disability must be registered as members of a Swim Ireland affiliated club at the time of entry.

Tech Suit Policy:

Tech Suits will not be permitted at the Future Challenger Series Meets irrespective of age. We ask clubs to ensure coaches, parents and athletes are fully aware of the policy so that we avoid any negative experiences on poolside. Full details of the policy can be found [here](#).

Price:

£6 / €7 per individual event

£6 / €7 per relay event for Future Challengers Meet 1 only – this will be reviewed going forward. Payment should be forwarded to the Swim Ulster Office by the closing date

Awards: Time banded medals will be awarded for all age groups using the US Swimming Motivational Times (SC) as per the table below:

Girls 10yrs				Boys 10yrs		
Bronze	Silver	Gold		Gold	Silver	Bronze
42.99	38.89	34.69	50 M Free	34.19	38.09	41.99
1:38.99	1:28.39	01:17.89	100 M Free	01:16.99	1:26.99	1:36.99
51.99	46.29	40.59	50 M Back	40.99	46.79	52.69
1:52.69	1:40.19	01:27.69	100 M Back	01:27.49	1:39.09	1:50.69
58.89	52.49	46.19	50 M Breast	45.29	51.39	57.59
52.39	46.19	39.99	50 M Fly	39.09	44.79	50.49
1:53.39	1:41.29	01:29.19	100 M IM	01:27.89	1:38.79	1:49.79
4:01.49	3:36.19	03:10.8	200 M IM	03:08.9	3:33.49	3:58.09

Girls 11yrs				Boys 11yrs		
Bronze	Silver	Gold		Gold	Silver	Bronze
1:21.29	1:15.49	01:09.69	100 M Free	01:07.29	1:12.89	1:18.49
2:58.09	2:45.39	02:32.69	200 M Free	02:27.49	2:39.79	2:52.09
1:34.19	1:26.69	01:19.29	100 M Back	01:16.59	1:23.69	1:30.89
3:15.19	3:01.29	02:47.29	200 M Back	02:43.49	2:57.19	3:10.79
1:44.29	1:36.59	01:28.89	100 M Breast	01:26.59	1:34.39	1:42.29
40.59	37.69	34.79	50 M Fly	34.49	37.79	40.99
3:19.69	3:05.39	02:51.19	200 M IM	02:46.69	3:01.49	3:16.19

Girls 12yrs				Boys 12yrs		
Bronze	Silver	Gold		Gold	Silver	Bronze
1:21.29	1:15.49	01:09.69	100 M Free	01:07.29	1:12.89	1:18.49
2:58.09	2:45.39	02:32.69	200 M Free	02:27.49	2:39.79	2:52.09
6:15.49	5:48.69	05:21.89	400 M Free	05:12.99	5:39.09	6:05.19
1:34.19	1:26.69	01:19.29	100 M Back	01:16.59	1:23.69	1:30.89
3:15.19	3:01.29	02:47.29	200 M Back	02:43.49	2:57.19	3:10.79
1:44.29	1:36.59	01:28.89	100 M Breast	01:26.59	1:34.39	1:42.29
1:33.99	1:26.49	01:18.99	100 M Fly	01:16.89	1:24.49	1:32.09
3:19.69	3:05.39	02:51.19	200 M IM	02:46.69	3:01.49	3:16.19

Girls 13-14yrs				Boys 13-14yrs		
Bronze	Silver	Gold		Gold	Silver	Bronze
36.09	33.49	30.89	50 M Free	28.39	30.79	33.19
1:18.29	1:12.69	01:07.09	100 M Free	01:02.19	1:07.29	1:12.49
2:49.29	2:37.19	02:25.09	200 M Free	02:15.39	2:26.69	2:37.99
5:58.29	5:32.69	05:07.09	400 M Free	04:49.99	5:14.19	5:38.29
1:25.29	1:19.19	01:13.09	100 M Back	01:08.19	1:13.89	1:19.59
3:04.89	2:51.69	02:38.49	200 M Back	02:28.79	2:41.19	2:53.59
1:37.99	1:30.99	01:23.99	100 M Breast	01:17.09	1:23.49	1:29.89
1:24.99	1:18.89	01:12.89	100 M Fly	01:07.69	1:13.29	1:18.89
3:09.49	2:55.89	02:42.39	200 M IM	02:31.59	2:44.19	2:56.79

A Medley Pentathlon Award will be presented to every swimmer who completes all four strokes and the Individual Medley in their age group as below:

Age	Backstroke	Breaststroke	Butterfly	Freestyle	IM
10 years	50m	50m	50m	50m	100m
11 years	100m	100m	50m	100m	200m
12 years	100m	100m	100m	200m	200m

Order of Events

*****Session times may be changed depending on the number of entries***

Future Challenger Series Meet 1 – Craigavon	Future Challenger Series Meet 2 - Larne
**AM Session – Warm Up 9am – Start 10am	**AM Session – Warm Up 9am – Start 10am
**PM Session – Warm Up 2pm – Start 3pm	**PM Session – Warm Up 2pm – Start 3pm
Boys 10-14yrs 100m IM or Boys 11-14yrs 200m IM	Mixed 4 x 25m MTR
Girls 10-14yrs 100m IM or Girls 11-14years 200m IM	Girls 10-14yrs 100m IM or Girls 11-14years 200m IM
Boys 10-14yrs 50m Backstroke or Boys 10-14yrs 100m Backstroke or Boys 11-12yrs 200m Backstroke	Boys 10-14yrs 100m IM or Boys 11-14yrs 200m IM
Girls 10-14yrs 50m Backstroke or Girls 10-14yrs 100m Backstroke or Girls 11-12yrs 200m Backstroke	Girls 10-14yrs 50m Breaststroke or Girls 11-14yrs 100m Breaststroke
Boys 10-14yrs 50m Butterfly or Boys 12-14yrs 100m Butterfly	Boys 10-14yrs 50m Breaststroke or Boys 11-14yrs 100m Breaststroke
Girls 10-14yrs 50m Butterfly or Girls 12-14yrs 100m Butterfly	Girls 10-14yrs 50m Freestyle or Girls 10-14yrs 100m Freestyle or Girls 11-12yrs 200m Freestyle or Girls 12yrs 400m Freestyle
Mixed 4 x 25m FTR	Boys 10-14yrs 50m Freestyle or Boys 10-14yrs 100m Freestyle or Boys 11-12yrs 200m Freestyle or Boys 12yrs 400m Freestyle
Athletes are limited to 1 distance per stroke per meet	

Future Challenger Series Meet 3 – Lisburn	Future Challenger Series Meet 4 - Lisnasharragh
**AM Session – Warm Up 9am – Start 10am	**AM Session – Warm Up 9am – Start 10am
**PM Session – Warm Up 2pm – Start 3pm	**PM Session – Warm Up 2pm – Start 3pm
Boys 10-14yrs 100m IM or Boys 11-14yrs 200m IM	Girls 10-14yrs 100m IM or Girls 11-14years 200m IM
Girls 10-14yrs 100m IM or Girls 11-14years 200m IM	Boys 10-14yrs 100m IM or Boys 11-14yrs 200m IM
Boys 10-14yrs 50m Backstroke or Boys 11-14yrs 100m Backstroke or Boys 12yrs 200m Backstroke	Girls 10-14yrs 50m Freestyle or Girls 11-14yrs 100m Freestyle or Girls 12yrs 200m Freestyle
Girls 10-14yrs 50m Backstroke or Girls 11-14yrs 100m Backstroke or Girls 12yrs 200m Backstroke	Boys 10-14yrs 50m Freestyle or Boys 10-14yrs 100m Freestyle or Boys 12yrs 200m Freestyle
Boys 10-14yrs 50m Butterfly or Boys 12-14yrs 100m Butterfly	Girls 10-14yrs 50m Breaststroke or Girls 11-14yrs 100m Breaststroke
Girls 10-14yrs 50m Butterfly or Girls 12-14yrs 100m Butterfly	Boys 10-14yrs 50m Breaststroke or Boys 11-14yrs 100m Breaststroke
Mixed 4 x 25m FTR	Mixed 4 x 25m MTR
Athletes are limited to 1 distance per stroke per meet	



Aspiring Champions Series 2023-2024

Meet Information

Meet	Date	Venue	Closing Date for Entries / Payment
Aspiring Champions Series Meet 1 (SC)	21 st & 22 nd October 2023	Lisnasharragh Leisure Centre, Belfast	11.10.23
Aspiring Champions Series Meet 2 (LC)	9 th & 10 th March 2024	Aurora Aquatic & Leisure Complex, Bangor	28.2.23

Age Groups: Minimum entry age is 13yrs

Male 13-14yrs, 15-16yrs, 17 & older
 Female 13-14yrs, 15-16yrs, 17 & older

Age Up Date: Meet 1: 31st December 2023
 Meet 2: 31st December 2024

Events: All events are Heat Declared Winner
 50, 100m, 200m all four strokes
 200m, 400m Individual Medley
 400m Freestyle
 Mixed 800m, 1500m Freestyle
 Male, Female and Mixed 4 x 50m Freestyle & Medley Team Relays

Athletes with a disability must be registered as members of a Swim Ireland affiliated club at the time of entry.

Entries: No qualifying times will be published although consideration times will be published for 400/800/1500m to manage meet timelines. Athletes may only compete in their own Region.

Unless otherwise stated in the meet conditions athletes can enter as many individual events as deemed appropriate by their coach and should only enter events on the recommendation from their coach. Clubs can enter multiple relay teams.

Price: £6 / €7 per individual event.
 £6 / €7 per relay event for Aspiring Champions Meet 1 only – this will be reviewed going forward.
 Payment should be forwarded to the Swim Ulster Office by the closing date.

Awards: Time banded medals will be awarded for all age groups using the US Swimming Motivational Times (SC) as per the table below for Aspiring Champions Meet 1 – October 2023 – these medals should be collected from the Medals Desk on poolside.

Girls 13-14yrs			SC Times	Boys 13-14yrs		
Bronze	Silver	Gold		Gold	Silver	Bronze
36.09	33.49	30.89	50 M Free	28.39	30.79	33.19
1:18.29	1:12.69	01:07.09	100 M Free	01:02.19	1:07.29	1:12.49
2:49.29	2:37.19	02:25.09	200 M Free	02:15.39	2:26.69	2:37.99
5:58.29	5:32.69	05:07.09	400 M Free	04:49.99	5:14.19	5:38.29
12:16.89	11:24.19	10:31.59	800 M Free	10:00.99	10:51.09	11:41.09
23:15.29	21:35.69	19:55.99	1500 M Free	19:00.89	20:35.99	22:11.09
1:25.29	1:19.19	01:13.09	100 M Back	01:08.19	1:13.89	1:19.59
3:04.89	2:51.69	02:38.49	200 M Back	02:28.79	2:41.19	2:53.59
1:37.99	1:30.99	01:23.99	100 M Breast	01:17.09	1:23.49	1:29.89
3:32.19	3:16.99	03:01.89	200 M Breast	02:48.89	3:02.99	3:17.09
1:24.99	1:18.89	01:12.89	100 M Fly	01:07.69	1:13.29	1:18.89
3:07.89	2:54.49	02:41.09	200 M Fly	02:29.99	2:42.49	2:54.99
3:09.49	2:55.89	02:42.39	200 M IM	02:31.59	2:44.19	2:56.79
6:44.19	6:15.39	05:46.49	400 M IM	05:23.79	5:50.69	6:17.69

Girls 15-16yrs			SC Times	Boys 15-16yrs		
Bronze	Silver	Gold		Gold	Silver	Bronze
35.39	32.89	30.39	50 M Free	27.39	29.59	31.89
1:16.89	1:11.39	1:05.89	100 M Free	59.59	1:04.49	1:09.49
2:45.59	2:33.79	2:21.99	200 M Free	02:10.09	2:20.89	2:31.79
5:50.69	5:25.59	5:00.59	400 M Free	04:39.49	5:02.79	5:26.09
12:05.69	11:13.89	10:22.09	800 M Free	09:39.89	10:28.19	11:16.49
22:57.09	21:18.69	19:40.39	1500 M Free	18:23.89	19:55.89	21:27.89
1:23.39	1:17.39	1:11.49	100 M Back	01:04.79	1:10.19	1:15.59
3:01.39	2:48.39	2:35.49	200 M Back	02:21.99	2:33.79	2:45.59
1:36.09	1:29.19	1:22.39	100 M Breast	01:13.49	1:19.59	1:25.79
3:27.89	3:13.09	2:58.19	200 M Breast	02:39.79	2:53.09	3:06.39
1:23.29	1:17.29	1:11.39	100 M Fly	01:04.69	1:10.09	1:15.49
3:04.29	2:51.09	2:37.99	200 M Fly	02:23.39	2:35.39	2:47.29
3:05.79	2:52.59	2:39.29	200 M IM	02:24.69	2:36.69	2:48.79
6:35.09	6:06.89	5:38.69	400 M IM	05:11.69	5:37.69	6:03.59

Girls 17-18yrs			SC Times	Boys 17-18yrs		
Bronze	Silver	Gold		Gold	Silver	Bronze
34.79	32.29	29.79	50 M Free	26.49	28.69	30.89
1:15.29	1:09.99	1:04.59	100 M Free	58.19	1:02.99	1:07.79
2:44.19	2:32.49	2:20.79	200 M Free	02:07.59	2:18.19	2:28.79
5:49.29	5:24.39	4:59.39	400 M Free	04:34.29	4:57.19	5:20.09
12:03.09	11:11.39	10:19.79	800 M Free	09:35.69	10:23.69	11:11.69
22:50.29	21:12.39	19:34.59	1500 M Free	18:04.99	19:35.39	21:05.79
1:22.29	1:16.39	1:10.49	100 M Back	01:02.79	1:07.99	1:13.19
2:58.19	2:45.39	2:32.69	200 M Back	02:18.49	2:29.99	2:41.49
1:34.89	1:28.09	1:21.29	100 M Breast	01:11.89	1:17.89	1:23.89
3:24.39	3:09.79	2:55.19	200 M Breast	02:36.70	2:49.89	3:02.99
1:21.99	1:16.09	1:10.29	100 M Fly	01:02.39	1:07.59	1:12.79
3:01.59	2:48.69	2:35.69	200 M Fly	02:20.69	2:32.39	2:44.19
3:02.99	2:49.99	2:36.89	200 M IM	02:22.19	2:33.99	2:45.89
6:29.99	6:02.09	5:34.29	400 M IM	05:03.99	5:29.29	5:54.69

Time banded medals will be awarded for all age groups using the US Swimming Motivational Times (LC) as per the table below for Aspiring Champions Meet 2 – March 2024 – these medals should be collected from the Medals Desk on poolside.

Girls 13-14yrs			LC Times	Boys 13-14yrs		
Bronze	Silver	Gold		Gold	Silver	Bronze
37.09	34.49	31.79	50 M Free	29.49	31.99	34.39
01:20.49	01:14.79	01:08.99	100 M Free	01:04.49	01:09.89	01:15.29
02:54.29	02:41.79	02:29.39	200 M Free	02:20.59	02:32.29	2:44.09
06:06.79	05:40.59	05:14.39	400 M Free	04:59.19	5:24.09	5:49.09
12:35.99	11:41.99	10:47.99	800 M Free	10:22.19	11:13.99	12:05.89
24:06.39	22:23.09	20:39.79	1500 M Free	19:48.39	21:27.39	23:06.49
1:29.99	1:23.59	01:17.09	100 M Back	01:11.89	01:17.89	01:23.89
03:12.39	02:58.69	02:44.89	200 M Back	02:36.09	02:49.09	03:02.09
01:42.09	01:34.79	01:27.49	100 M Breast	01:21.29	1:28.09	1:34.89
03:39.69	03:23.99	03:08.29	200 M Breast	02:56.09	03:10.79	03:25.49
01:26.59	01:20.39	01:14.29	100 M Fly	01:09.69	1:15.49	1:21.29
03:12.99	02:59.19	02:45.49	200 M Fly	02:35.09	02:47.99	03:00.89
03:15.79	03:01.79	02:47.79	200 M IM	02:38.29	02:51.39	03:04.59
06:55.49	06:25.89	05:56.19	400 M IM	05:36.59	6:04.69	6:32.69

Girls 15-16yrs			LC Times	Boys 15-16yrs		
Bronze	Silver	Gold		Gold	Silver	Bronze
36.39	33.79	31.19	50 M Free	27.89	30.19	32.59
01:19.19	01:13.49	01:07.89	100 M Free	01:01.69	01:06.89	01:11.99
02:50.49	02:38.29	02:26.19	200 M Free	02:14.89	2:26.09	2:37.39
05:58.49	05:32.89	05:07.29	400 M Free	4:46.09	5:09.89	5:33.69
12:21.29	11:28.39	10:35.39	800 M Free	10:00.09	10:50.09	11:40.09
23:43.89	22:02.19	20:20.49	1500 M Free	18:59.09	20:33.99	22:08.99
01:27.29	01:21.09	01:14.89	100 M Back	01:08.69	01:14.39	01:20.19
03:08.39	02:54.99	02:41.49	200 M Back	2:28.89	2:41.39	2:53.79
01:39.49	01:32.39	01:25.29	100 M Breast	1:16.99	1:23.49	1:29.89
03:35.89	03:20.49	03:05.09	200 M Breast	02:47.49	03:01.39	03:15.39
01:25.39	01:19.29	01:13.19	100 M Fly	1:06.29	1:11.79	1:17.39
03:07.29	02:53.99	02:40.59	200 M Fly	02:27.69	02:39.99	02:52.29
03:11.89	02:58.19	02:44.49	200 M IM	2:31.39	2:43.99	2:56.59
6:47.89	06:18.79	5:49.69	400 M IM	5:20.59	5:47.29	6:14.09

Girls 17-18yrs			LC Times	Boys 17-18yrs		
Bronze	Silver	Gold		Gold	Silver	Bronze
36.19	33.59	30.99	50 M Free	27.79	30.09	32.39
1:18.59	1:12.99	1:07.39	100 M Free	01:00.19	01:05.29	01:10.29
2:49.59	2:37.49	2:25.39	200 M Free	02:12.49	02:23.59	02:34.59
05:57.09	05:31.59	05:06.09	400 M Free	04:42.19	05:05.69	05:29.19
12:16.89	11:24.29	10:31.59	800 M Free	9:48.09	10:37.09	11:26.09
23:30.39	21:49.59	20:08.89	1500 M Free	18:46.89	20:20.79	21:54.69
01:26.59	01:20.39	01:14.19	100 M Back	01:07.39	01:12.99	01:18.59
03:06.89	02:53.59	02:40.19	200 M Back	02:26.19	02:38.39	02:50.59
01:38.69	01:31.69	01:24.59	100 M Breast	01:15.39	01:21.69	01:27.99
3:33.09	3:17.89	03:02.69	200 M Breast	02:44.19	02:57.89	03:11.59
01:24.29	01:18.29	01:12.19	100 M Fly	01:04.69	01:10.09	01:15.49
03:06.79	02:53.39	02:40.09	200 M Fly	02:24.39	02:36.39	02:48.39
3:10.69	02:56.99	02:43.39	200 M IM	02:28.89	02:41.29	02:53.69
6:45.19	6:16.29	5:47.29	400 M IM	05:16.59	05:42.99	06:09.39

Order 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***

Aspiring Champions Series Meet 1 Short Course	Aspiring Champions Series Meet 2 Long Course
Session 1 Saturday AM **Warm up 9am Start 10am	Session 1 Saturday AM **Warm up 9am Start 10am
Male 4 x 50m FTR	Male 4 x 50m FTR
Female 4 x 50m MTR	Female 4 x 50m MTR
Mixed 800m Free	Mixed 800m Free
Male 100m Back	Male 100m Back
Female 200m Back	Female 200m Back
Male 200m Individual Medley	Male 200m Individual Medley
Female 100m Breast	Female 100m Breast
Male 100m Free	Male 100m Free
Female 50m Butterfly	Female 50m Butterfly
Male 200m Butterfly	Male 200m Butterfly
Session 2 Saturday PM **Warm up 1pm Start 2pm	Session 2 Saturday PM **Warm up 1pm Start 2pm
Mixed 4 x 50m FTR	Mixed 4 x 50m FTR
Female 100m Individual Medley (SC only)	Male 100m Butterfly
Male 100m Butterfly	Female 200m Butterfly
Female 200m Butterfly	Male 200m Breast
Male 200m Breast	Female 100m Free
Female 100m Free	Male 400m Free
Male 400m Free	Female 400m IM
Female 400m IM	Male 50m Free
Male 50m Free	Female 50m Back
Female 50m Back	
Session 3 Sunday AM **Warm up 9am Start 10am	Session 3 Sunday AM **Warm up 9am Start 10am
Female 4 x 50m FTR	Female 4 x 50m FTR
Male 4 x 50m MTR	Male 4 x 50m MTR
Female 200m Individual Medley	Female 200m Individual Medley
Male 400m Individual Medley	Male 400m Individual Medley
Female 400m Free	Female 400m Free
Male 200m Free	Male 200m Free
Female 200m Breast	Female 200m Breast
Male 50m Back	Male 50m Back
Female 50m Free	Female 50m Free
Male 50m Breaststroke	Male 50m Breaststroke
Session 4 Sunday PM **Warm up 1pm Start 2pm	Session 4 Sunday PM **Warm up 1pm Start 2pm
Mixed 4 x 50m MTR	Mixed 4 x 50m MTR
Male 100m Individual Medley (SC only)	Female 200m Free
Female 200m Free	Male 100m Breast
Male 100m Breast	Female 100m Butterfly
Female 100m Butterfly	Male 200m Back
Male 200m Back	Female 200m Breast
Female 100m Back	Male 50m Butterfly
Male 50m Butterfly	Female 100m Back
Female 50m Breast	Mixed 1500m Freestyle
Mixed 1500m Freestyle	



Aspiring Champions Consideration Standards 2023-2024 (Short Course)

Female							Male					
Open	17&over	16yrs	15yrs	14yrs	13yrs		13yrs	14yrs	15yrs	16yrs	17&over	Open
05:07.31	05:17.57	05:27.83	05:30.50	05:33.17	05:46.31	400m Free	05:40.09	05:18.29	05:15.09	05:02.68	04:55.60	04:48.52
10:43.40	11:00.23	11:17.05	11:22.40	11:31.96	11:53.30	800m Free	12:00.99	11:14.78	11:08.00	10:41.68	10:26.67	10:11.66
20:21.55	21:02.33	21:43.11	21:53.74	22:04.37	22:56.58	1500m Free	22:31.86	21:05.20	20:34.18	20:03.16	19:35.02	19:06.87
05:54.01	06:01.96	06:09.92	06:12.47	06:19.96	06:28.85	400m IM	06:23.30	06:07.21	05:45.29	05:39.57	05:32.00	05:24.42



Aspiring Champions Consideration Standards 2023-2024 (Long Course)

Female							Male					
Open	17&over	16yrs	15yrs	14yrs	13yrs		13yrs	14yrs	15yrs	16yrs	17&over	Open
05:13.45	05:23.92	05:34.38	05:37.11	05:39.84	05:53.24	400m Free	05:46.89	05:24.66	05:21.40	05:08.74	05:01.51	04:54.29
10:56.27	11:13.43	11:30.59	11:36.05	11:45.80	12:07.57	800m Free	12:15.41	11:28.27	11:21.36	10:54.52	10:39.21	10:23.90
20:45.98	21:27.58	22:09.17	22:20.01	22:30.86	23:24.11	1500m Free	22:58.90	21:30.51	20:58.86	20:27.22	19:58.52	19:29.81
06:01.09	06:09.20	06:17.32	06:19.92	06:27.56	06:36.63	400m IM	06:30.96	06:14.55	05:52.19	05:46.36	05:38.64	05:30.91



War Memorial Gala 2023

The War Memorial Gala is held on the Saturday nearest the 11 November each year. The War Memorial Gala 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. The Ceremony ends with "Reveille" sounded by the bugler.

Please Note: There should be no applause after the ceremony ends

Date:	Saturday 11 th November 2023
Venue:	Aurora Aquatic & Leisure Complex, Bangor
Age Groups:	Male 12 & under (minimum age is 10 years), 14 & under, Open Female 12 & under (minimum age is 10 years), 14 & under, Open
Age Up Date:	31 st December 2023
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. Clubs must adhere to the Swim Ireland 12 week rule for swimmers who have transferred from another Club. Clubs may enter transferred swimmers but the entry must be marked as Exhibition and will not progress to the final.
Entry Fees:	£9 per team. All entries must be submitted electronically to admin@swimulster.net using Hytek Team Manager.
Closing Date:	12 midday on 1 st November 2023
Warm-up:	Age Group <u>Females</u> 4pm – 4.15pm Age Group <u>Males</u> 4.15pm – 4.30pm <u>Open</u> 4.30pm – 4.45pm
Start:	5pm

This event will be held in Long Course Format
In the event of malfunction of the booms at Aurora we will run this event in Short Course Format.

Order of Events

Heats of Events 1-10	
Female Open	4 x 50m Medley
Male Open	4 x 50m Medley
Female 14 & under	4 x 50m Medley
Mixed Open	4 x 50m Medley
Male 14 & under	4 x 50m Medley
Female 12 & under	4 x 50m Freestyle
Mixed Open	4 x 50m Freestyle
Male 12 & under	4 x 50m Freestyle
Female Open	4 x 50m Freestyle
Male Open	6 x 50m Freestyle
Memorial Ceremony (No applause)	
Presentation of Special Awards for 2022-2023	
Finals of Events 1-10	
Female Open	4 x 50m Medley
Male Open	4 x 50m Medley
Female 14 & under	4 x 50m Medley
Mixed Open	4 x 50m Medley
Male 14 & under	4 x 50m Medley
Female 12 & under	4 x 50m Freestyle
Mixed Open	4 x 50m Freestyle
Male 12 & under	4 x 50m Freestyle
Female Open	4 x 50m Freestyle
Male Open	6 x 50m Freestyle
Presentation of War Memorial Trophies	



Ulster Short Course Championships 2023

Event Information

- Date:** 17th-19th November 2023
- Venue:** Lagan Valley Leisureplex, Lisburn
- Age Groups:** For qualification purposes only:
Minimum age of entry 13 years
Male & Female 13-16 years, 17/18 years, 19 & over
- Age Up Date:** 31st December 2023
- Events:** 50m, 100m, 200m all four strokes – heats and finals
100, 200m Individual Medley – heats and finals
400m Freestyle, 400m Individual Medley HDW with fastest heat swum in finals
800m Freestyle, 1500m Freestyle HDW with the fastest heat swum in the finals– these events will be swum as mixed events and will be limited to 3 heats in each event.
Male & Female Relays - 4 x 50m MTR, 4 x 50m FTR HDW with fastest heat swum in finals
Mixed Relays - 4 x 50m MTR, 4 x 50m FTR HDW with fastest heat swum in 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 heats.
- 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:** All 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.
- Athletes with a disability must be registered as members of a Swim Ireland affiliated club and 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.

Short Course Consideration Times have been published for this event and must be achieved in a **Level 3 Licensed Meet** since 5th November 2022. Hytek converted long course times achieved in the same period will be accepted for entry.

Clubs may only enter one Senior and one Junior relay team per relay event. Clubs not submitting an entry time for relay teams will be seeded in the slowest heats. 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. Please note that Clubs must adhere to the Club Transfer rule of 12 weeks when entering Relay Teams.

Entry Fees : £6 / €7 per Individual Event
£12 / €14 per Relay Event
Payment should be forwarded to the Swim Ulster Office by the closing date

Closing Date: 5pm on Friday 3rd November 2023 – No entries will be accepted after this date



Ulster Short Course Championships 2023 Consideration Times (Short Course)

Female				Male		
19&O	17-18yrs	13-16yrs		13-16yrs	17-18yrs	19&O
00:29.50	00:29.68	00:29.93	50m Free	00:26.93	00:26.06	00:25.81
01:03.86	01:03.91	01:04.74	100m Free	00:58.67	00:57.39	00:56.76
02:20.24	02:20.99	02:21.11	200m Free	02:11.57	02:09.27	02:07.60
04:55.70	05:01.62	05:02.09	400m Free	04:41.14	04:34.10	04:32.22
10:13.95	10:18.35	10:20.98	800m Free	09:51.62	09:48.85	09:43.81
19:51.37	20:12.79	20:12.80	1500m Free	18:54.29	18:45.34	18:27.05
00:33.66	00:34.04	00:34.56	50m Back	00:32.10	00:30.19	00:30.15
01:12.29	01:13.36	01:13.67	100m Back	01:08.84	01:05.53	01:05.52
02:37.34	02:37.35	02:38.80	200m Back	02:32.25	02:27.16	02:27.15
00:38.44	00:38.86	00:38.88	50m Breast	00:35.65	00:33.83	00:33.71
01:23.08	01:24.75	01:24.76	100m Breast	01:18.00	01:14.10	01:14.09
03:01.50	03:05.69	03:05.70	200m Breast	02:50.68	02:46.12	02:46.02
00:32.18	00:32.20	00:32.32	50m Butterfly	00:29.51	00:28.25	00:27.90
01:12.75	01:12.77	01:13.58	100m Butterfly	01:06.52	01:04.28	01:03.88
02:53.18	02:54.02	02:54.03	200m Butterfly	02:32.06	02:29.29	02:28.53
01:13.93	01:14.71	01:14.75	100m IM	01:10.34	01:06.92	01:06.83
02:39.96	02:42.24	02:42.25	200m IM	02:29.62	02:26.91	02:25.00
05:48.32	05:50.79	05:50.80	400m IM	05:22.42	05:15.52	05:13.34

Ulster Short Course Championships 2023 - Order of Events

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

Day 1 – Friday 17 th November 2023	Day 2 – Saturday 18 th November 2023	Day 3 – Sunday 19 th November 2023
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	Mixed 200m Freestyle Relay HDW Male 200m Freestyle Female 200m Freestyle Male 200m Backstroke Female 200m Backstroke Male 100m Breaststroke Female 100m Breaststroke Male 100m IM Female 100m IM Male 50m Butterfly Female 50m Butterfly Mixed 200m Medley Relay HDW Mixed 800m Freestyle 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 Mixed 1500m 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 200m Freestyle Relay HDW (Fastest Heat) Female 200m Freestyle Relay HDW (Fastest Heat)	Mixed 200m Freestyle Relay HDW (Fastest Heat) Male 200m Freestyle Female 200m Freestyle Male 200m Backstroke Female 200m Backstroke Male 100m Breaststroke Female 100m Breaststroke Male 100m IM Female 100m IM Male 50m Butterfly Female 50m Butterfly Mixed 200m Medley Relay HDW (Fastest Heat) Mixed 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 200m Medley Relay HDW (Fastest Heat) Male 200m Medley Relay HDW (Fastest Heat) Mixed 1500m Freestyle HDW (Fastest Heat)



Swim Ulster Primary Schools Cup & Championships 2023

Meet Information

Date	Saturday 9 th December 2023
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>In line with all other Swim Ireland Regions, School Swimmers who are current Swim Ulster Club members should enter through their club gala secretary. Gala secretaries are asked to submit all entries for their Club members together on one Hytek File along with a spreadsheet which details the swimmers' school. Payment will be collected from Clubs for these swimmers for their individual events.</p> <p>School Swimmers who are NOT current Swim Ulster Club members should enter and pay for their Individual Swims using the JotForm link : https://form.jotform.com/swimulster/EntryFormSUPrimarySchoolsCup2023</p> <p>RELAY ENTRIES should be entered by the school or 1 representative from the Relay Team on the JotForm link.</p> <p>Permission needs to be granted by the swimmer's school to take part in the gala and this can be done by each school completing the attached Permission Form and emailing it to admin@swimulster.net by 6.12.23. Where a permission form is not received the entries for that school will be refused and removed from the Competition.</p> <p>Any queries with regard to entries should be sent to admin@swimulster.net</p> <p>The closing date for entries is 5pm on Friday 1st December 2023. All information regarding the Swim Ulster Schools Cup & Championships will be posting on the Swim Ulster Website – www.swimulster.net</p>
Events :	<p>The Age Up Date for this gala is 31st August 2024. This means that the swimmer will swim as the age they will be on 31.8.2024.</p> <p>Group 1 – 9 – Born 1st September 2014 to 31st August 2015 Group 2 – 10 – Born 1st September 2013 to 31st August 2014</p>

	<p>Group 3 – 11 – Born 1st September 2012 to 31st August 2013 Group 4 – 12 – Born 1st September 2011 to 31st August 2012</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>
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</p> <p>Swim Ulster Schools Cup The Swim Ulster Primary Schools Cup will be awarded in the following Groups – Group 1-3 (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 :	£6 / €7 per individual event - £12 / €14 per relay event
Officials :	<p>To ensure the smooth running of the event each school MUST provide officials for each session to help with timekeeping / turn judge - where a school has more than 10 swimmers that school may be asked to provide more officials.</p> <p>Swim Ulster will provide the key officials for each session. Swim Ulster will circulate an Officials Roster during the week before the Championships.</p>
Timing :	Electronic Timing and Hy-tek Meet Manager software will be used.
Withdrawals :	Withdrawals should be made by email by 12 midday on Friday 8 th December 2023 – no refunds will be given for withdrawals
Facilities :	Parking & Catering are available at the venue. The diving pool will be available for warm up and cool down throughout the event.
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 – March 2024 – NAC Dublin</p> <p>Swimmers can qualify for the Irish Minor Schools Championships 2024 at the Swim Ulster Primary Schools Championships 2023. 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>
Closing Date :	5pm on Friday 1 st December 2023

ORDER OF EVENTS

Saturday 9th December 2023

Session times will be confirmed once all entries have been received

Session 1 - Saturday AM - Groups 1 & 2 Warm Up Girls TBC – Warm Up Boys TBC – Start TBC		
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 TBC – Warm Up Boys TBC – Start TBC		
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	HDW
26	Boys 11-12 100IM	HDW
Finals	Events 17-24 – Age 11 Final & Age 12 Final in each event	



Swim Ulster Open Long Course Meet 2024

Meet Information

Venue: Aurora Aquatic & Leisure Complex, Bangor

Date: 27th & 28th January 2024

Age Groups: Minimum entry age is 12 years
Male - 12yrs, 13/14yrs, 15/16yrs, 17&over
Female -12yrs, 13/14yrs, 15/16yrs, 17&over

Age Up Date: 31st December 2024

Events: All events are Heat Declared Winner

50m, 100m, 200m all four strokes
200m Individual Medley
400m Individual Medley – this event will be limited to the fastest 30 swimmers entered
400m Freestyle – this event will be limited to the fastest 30 swimmers entered
Mixed Stroke and 50m Freestyle SKINS

The top 10 athletes in the 200m IM and 50m Freestyle will be selected to compete in a Mixed Stroke and Freestyle SKINS event respectively.

Round 1 – 4 athletes eliminated
Round 2 – 2 athletes eliminated
Round 3 – 2 athletes eliminated
Round 4 – final

For the Mixed Stroke SKINS, the stroke will be drawn out of a hat for the first race then the slowest eliminated swimmer will pick the next stroke randomly out of a hat for the next round. Each round will start every 3 minutes.

Awards: Medals will be awarded to the fastest three athletes per age group per event excluding the SKINS. The winning athlete in the SKINS events will receive a £100.00 Gift Voucher.

Entries: All swimmers entering the Swim Ulster Open Meet must be a member of a Swim Ireland affiliated club or a club from outside Ireland registered with their National Federation.

Disabled swimmers are welcomed and encouraged to enter this competition.

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 3 Licensed Meet** since 1st January 2023. Hytek converted short course times achieved in the same period will be accepted for entry. Except for swimmers aged 12-14yrs who can enter the 50m Form Strokes if they have achieved the 100m consideration standard in that stroke, swimmers can only enter events for which there is a consideration standard published for their age group.

Entry Fees: £6 / €7 per Individual Event
Payment should be forwarded to the Swim Ulster Office by the closing date.

**Tech Suit
Policy**


The Swim Ireland Tech Suit Policy will be adhered to for this Meet -
<https://www.swimireland.ie/news/swim-ireland-tech-suit-policy-2020>

Closing Date: 5pm on Wednesday 10th January 2024 – No entries will be accepted after this date.

Please note that if Aurora is unable to facilitate this event, Swim Ulster reserves the right to change the venue and/or the date of this event.

Order of Events

Event	Day 1 – Session 1	Event	Day 2 – Session 1
101	Mixed 800m Freestyle - HDW	201	Male 50m Freestyle
102	Male 200m Individual Medley – HDW	202	Female 50m Butterfly
103	Female 100m Breaststroke – HDW	203	Male 200m Breaststroke
104	Male 100m Backstroke – HDW	204	Female 200m Backstroke
105	Female 200m Butterfly – HDW	205	Male 100m Butterfly
106	Male 50m Breaststroke – HDW	206	Female 400m Individual Medley
107	Female 50m Backstroke – HDW	207	Male 400m Freestyle
108	Male 200m Freestyle – HDW	208	Male 50m Free SKINS – fastest 10 swimmers from event 201
109	Female 100m Freestyle– HDW		
110	Male Mixed Stroke SKINS - fastest 10 swimmers from event 101		
	Day 1 – Session 2		Day 2 – Session 2
111	Female 50m Freestyle	209	Female 200m Individual Medley – HDW
112	Male 50m Butterfly	210	Male 100m Breaststroke – HDW
113	Female 200m Breaststroke	211	Female 100m Backstroke – HDW
114	Male 200m Backstroke	212	Male 200m Butterfly – HDW
115	Female 100m Butterfly	213	Female 50m Breaststroke – HDW
116	Male 400m Individual Medley	214	Male 50m Backstroke – HDW
117	Female 400m Freestyle	215	Female 200m Freestyle – HDW
118	Female 50m Free SKINS – fastest 10 swimmers from event 110	216	Male 100m Freestyle - HDW
		217	Mixed 1500m Freestyle HDW
		218	Female Mixed Stroke SKINS - fastest 10 swimmers from event 201

Female Consideration Times (Long Course)							Male Consideration Times (Long Course)					
17&over	16yrs	15yrs	14yrs	13yrs	12yrs		12yrs	13yrs	14yrs	15yrs	16yrs	17&over
00:32.11	00:32.80	00:33.18	00:34.65	00:36.20	00:39.37	50m Free	00:38.52	00:34.82	00:32.03	00:29.71	00:29.33	00:28.89
01:10.51	01:11.81	01:12.57	01:14.68	01:20.67	01:25.73	100m Free	01:23.06	01:16.85	01:10.25	01:04.88	01:04.53	01:03.61
02:37.21	02:38.83	02:41.27	02:46.32	02:57.21	03:05.07	200m Free	03:01.68	02:54.36	02:37.83	02:24.67	02:24.43	02:23.10
05:27.82	05:29.85	05:33.57	05:46.81	06:12.04		400m Free		06:07.92	05:28.89	05:09.39	05:01.89	05:01.65
11:02.02	11:13.30	11:24.43	12:06.91	12:39.00		800m Free		12:23.64	11:38.63	10:27.47	10:25.06	10:25.05
21:47.97	21:52.60	22:21.25	22:57.37	23:58.23		1500m Free		24:00.86	22:43.71	21:29.75	21:08.69	20:38.85
00:36.76	00:36.76	00:36.76				50m Back				00:33.00	00:33.00	00:33.00
01:23.31	01:23.88	01:25.79	01:28.91	01:33.18	01:38.82	100m Back	01:37.73	01:30.52	01:22.97	01:18.53	01:15.18	01:15.10
03:00.89	03:01.33	03:07.19	03:11.27	03:17.58	03:32.31	200m Back	03:26.77	03:19.18	02:59.55	02:54.14	02:47.86	02:47.04
00:40.77	00:40.77	00:40.77				50m Breast				00:36.13	00:36.13	00:36.13
01:32.82	01:34.63	01:37.18	01:39.94	01:48.85	01:55.80	100m Breast	01:52.90	01:44.03	01:36.64	01:30.41	01:25.44	01:22.76
03:27.16	03:27.86	03:33.92	03:39.30	03:54.34	04:05.63	200m Breast	04:00.92	03:52.08	03:39.02	03:22.10	03:12.70	03:04.43
00:34.07	00:34.07	00:34.07				50m Butterfly				00:30.18	00:30.18	00:30.18
01:25.59	01:25.99	01:27.97	01:31.12	01:36.92	01:40.61	100m Butterfly	01:38.40	01:34.09	01:21.81	01:15.21	01:13.48	01:10.59
03:10.00	03:15.08	03:16.86	03:25.40	03:34.00	03:34.00	200m Butterfly	03:28.94	03:28.94	03:13.21	03:01.99	02:58.94	02:51.55
02:58.33	02:59.99	03:06.08	03:12.21	03:23.12	03:32.39	200m IM	03:26.40	03:15.70	02:59.43	02:48.88	02:43.35	02:43.25
06:25.42	06:31.34	06:38.55	06:55.21	07:14.91		400m IM		07:07.46	06:45.56	06:10.45	05:58.91	05:53.50

Swimmers aged 12-14 years will be permitted to enter the 50m Form Strokes (Back, Breast & Fly) where they have achieved the 100m Consideration Time in that stroke.



Swim Ulster Senior Schools Cup & Championships 2024

Meet Information

Date:	Friday 9 th February 2024
Venue:	<p>Aurora Aquatic & Leisure Complex 3 Valentine Road Bangor BT20 4TH</p> <p>The gala will be run 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> <p>Swim Ulster reserves the right to run this event in either 25m or 50m format depending on the pool floor configuration at Aurora at the time of the event.</p>
Entries to:	<p>Swim Ulster Aurora Aquatic & Leisure Complex 3 Valentine Road Bangor BT20 4TH</p> <p>Entries will be accepted in the following format</p> <ul style="list-style-type: none"> - Entry Form fully completed and posted along with the full payment to the Swim Ulster Office - Entry Form fully completed, scanned and emailed to admin@swimulster.net and a bank transfer completed for the full amount to the Swim Ulster bank account – please put your School Name as the Reference for the payment. <p>Danske Bank Stg Payments – Sort Code 950132 – Account Number 22780453 Euro Payments – Swift Code / BIC : DABAGB2B - IBAN :GB44 DABA 9501 3230 1327 13</p> <p>All entries must bear the school stamp and include payment in full. Entry Times must be included on the Entry Form.</p> <p>The closing date for entries is 5pm on Wednesday 31st January 2024. Where possible all entries for a school should be submitted together.</p> <p>A Hy-tek entry file can be obtained by request to admin@swimulster.net. This can only be used with Team Manager Software. 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. <u>We cannot accept entries for swimmers without consent from their school.</u></p> <p>Any queries with regard to entries should be sent to admin@swimulster.net</p> <p>All information regarding the Swim Ulster Schools Cup & Championships will be posted on the Swim Ulster Website – www.swimulster.net</p>

Events:	<p>Ages are calculated based on the swimmers age on 31st August 2024</p> <p>Group 5 - Junior: age 12-14; born 01/09/2009-31/08/2012 Group 6 - Inter: age 15-16; born 01/09/2007-31/08/2009 Group 7 - Senior: age 17-19; born 01/09/2004-31/08/2007</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 as soon as all entries are processed.</p> <p>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) Swimmers may swim up 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>
Entry Fee:	£6 / €7 per individual event - £12 / €14 per relay event
Awards:	<p>Medals will be awarded for 1st, 2nd & 3rd Place in each Age Group as follows :</p> <p>Group 5, Group 6, Group 7</p> <p>Swim Ulster Schools Cup The Swim Ulster Schools Cups will be awarded in the following Groups – 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>
Officials:	<p>To ensure the smooth running of the event each school MUST provide officials for each session to help with timekeeping / turn judge - where a school has more than 10 swimmers that school may be asked to provide more officials.</p> <p>Swim Ulster will provide the key officials for each session. Swim Ulster will circulate an Officials Roster during the week before the Championships.</p>
Timing:	Electronic Timing and Hy-tek Meet Manager software will be used.
Withdrawals:	Withdrawals should be made by email by 12 midday on Thursday 8 th February 2024. – no refunds will be given for withdrawals
Facilities:	Parking & Catering are available at the venue. The diving pool will be available for warm up and cool down throughout the event.
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 Schools Interprovincial Championships – 23rd March 2024 From the results of the Swim Ulster Senior Schools Cup & Championships 2024, athletes from Groups 5-7 may be selected to represent the region at the Irish Schools Interprovincial Championships which will be held at the NAC in Dublin on 23rd March 2024.</p>

	In order to be selected for the Irish Schools Interprovincial Championships, swimmers must have entered and competed in the Swim Ulster Senior Schools Cup & Championships 2024 on 9 th February 2024. Criteria for selection will be published before 9 th February 2024.
Closing Date:	5pm on Wednesday 31 st January 2024.

Swim Ulster Senior Schools Cup & Championships 2024

Order of Events

Friday 9th February 2024

****Session times will be confirmed once all entries have been received.**

Session 1 - Saturday AM - Group 5 - Junior Warm Up Girls TBC – Warm Up Boys TBC - Start TBC		
Event No	Event	
1	Junior Girls 100m Backstroke	Heats
2	Junior Boys 100m Backstroke	Heats
3	Junior Girls 100m Breaststroke	Heats
4	Junior Boys 100m Breaststroke	Heats
5	Junior Girls 100m Butterfly	Heats
6	Junior Boys 100m Butterfly	Heats
7	Junior Girls 100m Freestyle	Heats
8	Junior Boys 100m Freestyle	Heats
9	Junior Girls 200IM	HDW
10	Junior Boys 200IM	HDW
11	Junior Girls 4 x 50 Medley Team Relay	HDW
12	Junior Boys 4 x 50 Medley Team Relay	HDW
13	Junior Girls 4 x 50 Freestyle Team Relay	HDW
14	Junior Boys 4 x 50 Freestyle Team Relay	HDW
Finals	Events 1-8	
	Medal Presentations for all events	

Session 2 - Saturday PM - Group 6 & 7 – Intermediate & Senior Warm Up Girls TBC – Warm Up Boys TBC Start TBC		
Event No	Event	
15	Intermediate Girls 4 x 50 Medley Team Relay	HDW
16	Intermediate Boys 4 x 50 Medley Team Relay	HDW
17	Intermediate Girls 4 x 50 Freestyle Team Relay	HDW
18	Intermediate Boys 4 x 50 Freestyle Team Relay	HDW
19	Open Girls 400m Freestyle	HDW
20	Open Boys 400m Freestyle	HDW
21	Intermediate & Senior Girls 100m Backstroke	Heats
22	Intermediate & Senior Boys 100m Backstroke	Heats
23	Intermediate & Senior Girls 100m Breaststroke	Heats
24	Intermediate & Senior Boys 100m Breaststroke	Heats
25	Intermediate & Senior Girls 100m Butterfly	Heats
26	Intermediate & Senior Boys 100m Butterfly	Heats
27	Intermediate & Senior Girls 100m Freestyle	Heats
28	Intermediate & Senior Boys 100m Freestyle	Heats
29	Intermediate & Senior Girls 200IM	HDW
30	Intermediate & Senior Boys 200IM	HDW
31	Senior Girls 4 x 50 Medley Team Relay	HDW
32	Senior Boys 4 x 50 Medley Team Relay	HDW
33	Senior Girls 4 x 50 Freestyle Team Relay	HDW
34	Senior Boys 4 x 50 Freestyle Team Relay	HDW
Finals	Events 21-28 – 1 Intermediate Final & 1 Senior Final in each event	
	Medal Presentations for all events	



**Swim Ulster Open Disability Swimming
Championships 2024**
in association with Disability Sport NI
Saturday 20th April 2024
Lagan Valley Leisureplex
Lisburn

MEET CONDITIONS

Session 1 – Warm Up 12pm – Start 12.45am	
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 – 15 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 Lagan Valley Leisureplex. 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.
- A time for each entry should be included on the Entry Form – this will ensure that swimmers are banded together in appropriate heats.
- 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 be a £4.00 charge for each individual event entered and £6 per relay team.
- **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.

The final closing date for entries is **Wednesday 10th April 2024**

Entries should be sent to Swim Ulster, 3 Valentine Road, Bangor, BT20 4TH along with appropriate payment. Entries can also be emailed to admin@swimulster.net and paid by Bank Transfer to Swim Ulster – Danske Bank Sort Code : 950132 Account No : 22780453. If paying in Euro please pay to the Swim Ulster Euro Account : Swift Code : DABAGB2B – IBAN : GB44 DABA 9501 3230 1327 13

Gala Programme

Male and female swimmers will compete in mixed events.

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 for each gender 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 emailed out to the person who sends in the entries.

Cameras/Videos

- Anyone wishing to take photographs / videos must register their device at the Swim Ulster desk at the entrance to the changing room and must display the wristband given – any device capable of taking photos / videos must be switched off when using the toilet facilities / changing facilities. **Anyone using photography without permission will be removed from the building.**



Ulster Age Group & Senior Long Course Championships 2024

Event Information

Date 3rd – 5th 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 31st 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 3 Licensed Meet** since 6th May 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



Ulster Masters Championships 2024

Meet Information

Meet	Date	Venue	Closing date for Entries / Payment
Ulster Masters Championships	19 th May 2024	South Lake Leisure Centre Craigavon BT64 1AS	8 th May 2024

Events: All events will be run in Long Course Format 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 111, 112, 209 & 210 limited to 1 heat – entries will be accepted on a First Come First Served basis

***Events 202 & 210 – Mixed 400m IM & 1500m Freestyle will be limited to 2 heats – entries will be accepted on a First Come First Served basis – we cannot accept NTs for these event.**

Individual Events Age Groups :

The Ulster Masters Championships are open to any Masters Swimmer who is 19 or over on 31st December 2024. 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 Swim Ireland Masters Committee and Swim Ulster, local swimming clubs will be providing time-keepers for this gala.

Awards: Medals will be awarded to 3 fastest individuals / teams in each age group

Entries: TBC

No entries will be accepted after the closing date, or on the day of competition.

Gala Fees: £6 / €7 per individual event
£12 / €14 per relay team
Payment should be made by the closing date.

Order of Events

Session 1 - Sunday AM	
Event number	Mixed Warm up 10am Start 10.45am
101	Mixed 4 x 50m Free Team Relay (2 Males, 2 Females)
102	Mixed 200m Individual Medley
103	Mixed 200m Freestyle
104	Mixed 50m Breaststroke
105	Mixed 100m Backstroke
106	Mixed 100m Butterfly
107	Mixed 50m Freestyle
108	Mixed 200m Breaststroke
109	Mixed 50m Backstroke
110	Mixed 400m Freestyle
111	# Mens 4 x 100m Freestyle Team Relay
112	# Womens 4 x 100m Freestyle Team Relay

Session 2 - Sunday PM	
Event number	Mixed Warm up 2pm Start 2.45pm
201	Mixed 4 x 50 Medley Team Relay (2 Males, 2 Females)
202	*Mixed 400m Individual Medley
203	Mixed 200m Butterfly
204	Mixed 100m Breaststroke
205	Mixed 200m Backstroke
206	Mixed 100m Freestyle
207	Mixed 50m Butterfly
208	# Mens 4 x 100 Medley Team Relay
209	# Womens 4 x 100 Medley Team Relay
210	* Mixed 1500 Freestyle



Swim Ulster Swim Festival 2024

Sunday 23rd June 2024

Event Information

This Meet is open to all swimmers who have not achieved entry into the 2024 Irish Summer National Championships (Age Group and Youth & Senior)

Date	23 rd June 2024
Venue	Aurora Aquatic & Leisure Complex, Bangor
Age Groups	Minimum age of entry is 10yrs Male: 10 yrs, 11yrs, 12 yrs, 13yrs, 14 yrs, 15yrs & older Female: 10 yrs, 11yrs, 12 yrs, 13yrs, 14 yrs, 15yrs & older
Age Up Date	31 st December 2024
Events	50m, 100m all four strokes 100m & 200m Individual Medley Relays - Mixed (2 boys, 2 girls) 4 x 25m Medley Team Relay & Freestyle Team Relay – 12&under & 13&over
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 must 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.
Time Standards	<p>Slower Than Entry Times – 2024 Irish Summer National Championships consideration times converted to short course. <u>Exception</u> - Swim Ulster will accept entries from swimmers who have all their entries rejected for the 2024 Irish Summer National Championships.</p> <p>Swimmers are limited to a maximum of 5 individual entries plus 2 relays</p> <p>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.</p>
Entry Fees	Individual £6 / €7 per swim Team £12 / €14 per relay event Payment should be forwarded to the Swim Ulster Office by the closing date.
Closing Date	5pm on Wednesday 12 th June 2024

Order of Events –

Session times are provisional and will be finalised once all the entries have been processed.

Event No	Session 1 Warm-up times will be confirmed when all entries have been received	Event No	Session 2 Warm-up times will be confirmed when all entries have been received
1	Girls 10&over 100m Individual Medley	12	Mixed 4 x 25m FTR Open
2	Boys 10&over 100m Individual Medley	13	Girls 11&over 100m Backstroke
3	Girls 10&over 50m Backstroke	14	Boys 11&over 100m Backstroke
4	Boys 10&over 50m Backstroke	15	Girls 10&over 50m Breaststroke
5	Girls 11&over 100m Breaststroke	16	Boys 10&over 50m Breaststroke
6	Boys 11&over 100m Breaststroke	17	Girls 11&over 100m Butterfly
7	Girls 10&over 50m Butterfly	18	Boys 11&over 100m Butterfly
8	Boys 10&over 50m Butterfly	19	Girls 10&over 50m Freestyle
9	Girls 11&over 100m Freestyle	20	Boys 10&over 50m Freestyle
10	Boys 11&over 100m Freestyle	21	Girls 11&over 200m Individual Medley
11	Mixed 4 x 25m Medley Team Relay	22	Boys 11&over 200m Individual Medley