



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 and a maximum of one 12-year-old 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 on <https://swimireland.ie/wp-content/uploads/sites/2/2023/06/Swim-Ireland-Tech-Suit-Policy-Updated-20th-June-2023.pdf>

- 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



Programme 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 **PM Session – Warm Up 2pm – Start 3pm	**AM Session – Warm Up 9am – Start 10am **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 **PM Session – Warm Up 2pm – Start 3pm	**AM Session – Warm Up 9am – Start 10am **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	