



# **Competition Handbook 2018 – 2019**

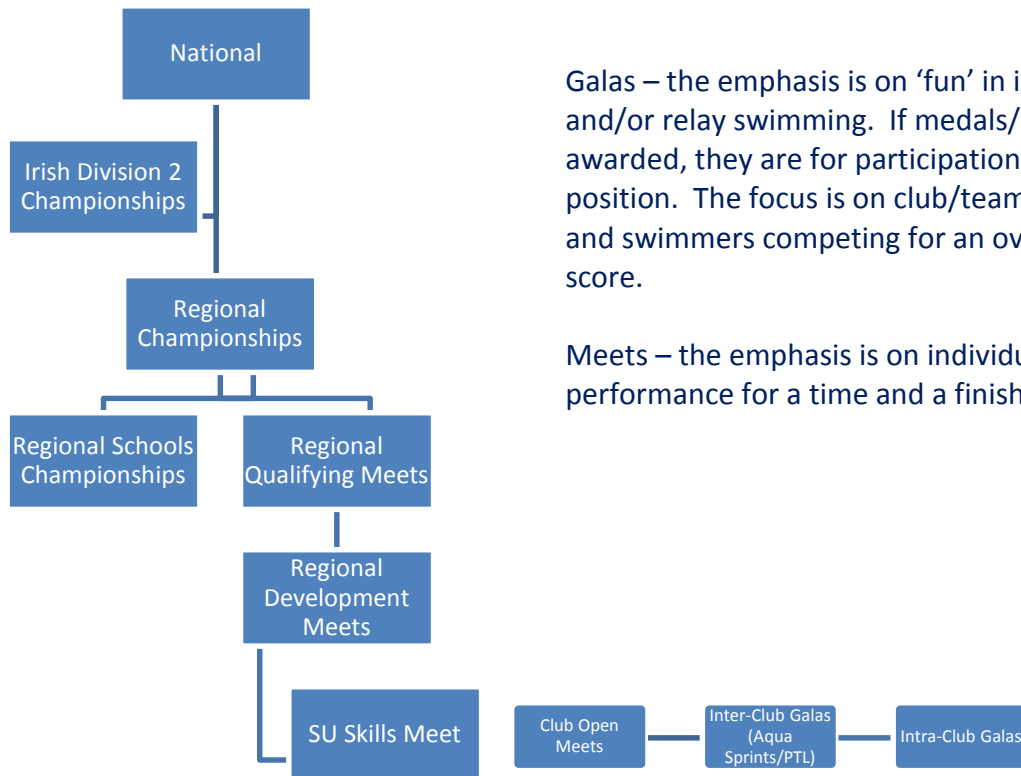
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## Swim Ulster Competition Structure 2018-2019

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



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

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

All meets (other than schools competitions or Inter/Intra Club Galas) to be aged up to 31<sup>st</sup> 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
- Club Open Meets (aged up to 31<sup>st</sup> August) from 9 years upwards
- Regional Development Meets and Regional Qualifying Meets from 10 years upwards
- Regional Championships and National Division 2 Meets from 11 years upwards
- National Meets/Championships from 12 years upwards

## Summary of Qualification Process

(further information is contained in the relevant Meet Conditions)

<b>Name</b>	Regional Qualifying Meets (10&over)
<b>Qualification Criteria</b>	Qualifying standards to be achieved in Level 2 Licensed meets but IM assessment takes place at SU Development Meets only. 10&11yrs: <ul style="list-style-type: none"> <li>• 100/200m IM Assessment (4 legal strokes &amp; streamlining head past flags)</li> <li>• Two qualifying standards in eligible events</li> </ul> 12&over <ul style="list-style-type: none"> <li>• Three qualifying standards in two different strokes</li> </ul>
<b>Qualification Period</b>	12 months prior to the entry closing date

<b>Name</b>	Regional LC Championships (Age Group, Youth, Senior)
<b>Qualification Criteria</b>	Long Course standards with short course conversions Level 3 Licensed meets
<b>Qualification Period</b>	12 months prior to the entry closing date

<b>Name</b>	Irish National Division 2 LC Meet (11&over)
<b>Qualification Criteria</b>	Long Course standards with short course conversions Level 3 Licensed meets
<b>Qualification Period</b>	1 <sup>st</sup> January to 18 <sup>th</sup> June 2019

<b>Name</b>	Irish Summer National LC Championships (12&over)
<b>Qualification Criteria</b>	Long Course standards only Level 3 Licensed meets
<b>Qualification Period</b>	1 <sup>st</sup> January to 18 <sup>th</sup> June 2019

<b>Name</b>	Irish SC Open (12&over)
<b>Qualification Criteria</b>	Short Course standards only Level 3 Licensed meets
<b>Qualification Period</b>	1 <sup>st</sup> December 2017 to 5 <sup>th</sup> November 2018

<b>Name</b>	Irish LC Championships (13&over)
<b>Qualification Criteria</b>	Long Course standards only Irish Age Group & Summer Nationals 2018, Offshore Level 3 Licensed Meets, Bangor Open/Gerry Ryan/Leinster LC Meet January 2019, Dave McCullagh 2019
<b>Qualification Period</b>	1 <sup>st</sup> July to 31 <sup>st</sup> August 2018 1 <sup>st</sup> January to 25 <sup>th</sup> February 2019

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

## **Skills Meets**

Swim Ulster introduced an additional tier to the competition pathway in September 2017. The objectives of the Skills Meets are as follows:

1. To offer a standardised skills assessment as a prerequisite for entry into Development Meets for new athletes aged 10yrs. Athletes aged 11&over may bypass the Skills Meets
2. To motivate and encourage swimmers and parents towards the development of technique and skills in a 'technique limited' sport
3. To offer a reward based on personal improvement and the achievement of standards based on identified critical success factors in swimming

## **Development Meets**

These meets continue to be the first introduction to regional racing opportunities for club members therefore it is important that athletes, coaches and parents have an enjoyable experience.

Format for 2018-2019:

- Technical assessment for 10/11yr old athletes on Individual Medley events
  - Removal of a time standard so athletes can focus on the process of technical and skill application
  - Disqualification via a DQ sheet for IM events – infraction sheets for Coach's information for all other events.
  - Streamline head past the flags
- Individual Events – removal of relays and 75m kick, and the addition of 200m Freestyle

## **Promotion from Development Meets to Qualifying Meets:**

During the 2018-2019 season athletes wishing to enter the Qualifying Meets are required to achieve the following criteria. A swimmer can then enter ANY event for which they have achieved a Qualifying Standard plus a maximum of three bonus swims:

1. Swimmer aged 10-11yrs
  - a. Individual Medley Assessment – a legal 100m IM for 10yrs or 200m IM for 11yrs with streamline head past flags
  - b. Plus, two qualifying standards from eligible events
2. 12&over
  - a. Three qualifying standards in two different strokes

*Swimmers must achieve the Individual Medley Assessment in a Swim Ulster Development Meet however they can achieve qualifying standards for other events in any Level 2 Licensed Meet*

A list of swimmers achieving the required Individual Medley Assessment will be circulated to clubs following each Development Meet. It is the responsibility of coaches to refer to this list when submitting entries.

### **Regional SC and LC Championships**

The methodology for generating the open standards is a 5 year rolling average of 24<sup>th</sup> place from the annual rankings unless rankings are incomplete, there is a regression in age groups or the standards are faster than the Irish Summer Nationals Standards. In such cases times have been adjusted accordingly using one of the following calculations:

- 800/1500m times calculated using a 1.06 decay rate per 100m based on 400m time
- 400m IM times calculated using double 200 plus 20 seconds
- Times adjusted if faster than Irish Summer Nationals or slower than the previous age group

### **Swim Ulster Qualifying Meets**

The methodology used for generating the standards is as follows:

- 10yrs – standards set at top 20 from last year's rankings
- 11&over - Regional Championship Qualification Standards plus 7%.
- Time adjusted if faster than Irish Division 2 Competition

**Andrew Reid, SI Performance Pathway Manager, July 2018**



## Swim Ulster General Meet Conditions 2018-2019

**Entries** - Entries must be submitted using Hy-Tek Team Manager or Team Manager Lite software. Electronic entries must be sent as an email attachment to [admin@swimulster.net](mailto:admin@swimulster.net) and should include an entry report, fee entry report and completed Summary Sheet. The Swim Ireland Registration number or equivalent for each swimmer must be included in the file.

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

Entries can be rejected for the following reasons :

- Incorrectly completed
- Improved entries
- Received after the closing date – **no late entries will be accepted**

The Meet Director reserves the right to limit entries and merge events where numbers allow. In the event that entries are rejected, the entry fee will be refunded and a single payment will be made to the Club in question. **The Swim Ulster office will email confirmation of accepted entries after they are received and it is the responsibility of the Club's Gala Secretary / Coach to check these entries as no changes / additional entries can be made on the day of the Gala.** The Club must pay for all entries that are on the Entry Report emailed to the Gala Secretary by the payment due date.

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

**Volunteer Rotas** – Volunteer Officials 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. Officials Courses are available to attend throughout the year.

**Fitness to compete** – **Parents / Coaches must ensure that their swimmer is fit to compete in the Meet. If a swimmer has to retire from a race or has to be removed from the water due to being unwell, for safety reasons Swim Ulster will withdraw that swimmer from the remainder of the Meet.**

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

**Age Up Date** - The age up date will always be 31<sup>st</sup> December of the meet unless otherwise specified.

**Awards** - Swimmers must ensure that they are suitable 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. Trophies / Cups awarded to swimmers must be returned to the Swim Ulster office when requested to and must not be taken out of Ulster.

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

### **Seeding -**

Preliminary Heats – unless specifically stated in the meet conditions, the placing of competitors in the heats will be multi-age, spearheaded and swum slowest to fastest.

Heat Declared Winner (HDW) Events – All heats will be multi-age, spearheaded and swum slowest heats to fastest.

Finals – Finalists will be allocated lanes using the spearhead principal from the results of the heats.

**Session Times** - The session times on all Meet Conditions are provisional. Session timing will be finalised once all entries have been processed and swimmers / clubs will be notified accordingly. Please note that it is the swimmers' responsibility to present themselves, ready to swim, at the Marshalling area 15 minutes 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.







## The Big Bay Swim 2018

**Sunday 9<sup>th</sup> September 2018**

**VENUE - Ballyholme Yacht Club Bangor**



## Events 200m, 750m, 1500m, 5000m

**Registration and chipping 12:30 for 750m & 1500m, start 13.30.**

Cost £10 if booked online by 5pm 7th Sept or £15 on the day.

**Registration and chipping 13.00 for 5K, start 14.00.**

Cost £15 if booked online by 5pm 7th Sept or £20 on the day.

**Registration 13.45 for the Splash and Dash 200m swim (no chipping), start 14.30. Cost £5.**

The entry fee includes chipping (apart from 200m Splash and Dash), swim hat and participation medal for everyone.

There will be a trophy for the Male and Female winners of the following categories:

16/under, 17-39 yrs, 40 yrs +

Skins or Wetsuits - your choice

**TO REGISTER go to <https://registration.mylaps.com/swim-ulster/>**

**CONTACT [ruth@swimulster.net](mailto:ruth@swimulster.net) 07834556445**



## Skills Meet Series 2018-2019 Meet Information

	<b>Belfast</b>	<b>North</b>	<b>South West</b>	<b>South East</b>
<b>Group A</b>	Bangor Leander Alliance	Larne Ballymoney Ballymena	Enniskillen Swilly Seals Sliabh Beagh	Lisburn East Cavan Kilkeel
<b>Group B</b>	Ards COB Donegal	Mid Ulster Limavady COD	Armagh Marlins Riversdale Otters	Banbridge Lurgan Dungannon
<b>Group C</b>	Olympia Templemore	Coleraine Cookstown	Strule Dolphins Breifne	Lecale Newry & Mourne Portadown

Location	Dates	Time	Closing Date for Entries
Belfast - Aurora	Meet 1 - 25/11/18	Group A - 14.30 Group B - 15.40 Group C - 16.50	<i>19.11.2018</i>
	Meet 2 – 06/04/19	Group A - 14.30 Group B - 15.40 Group C - 16.50	<i>1.4.2019</i>
South West - Enniskillen	Meet 1 – 09/12/18	Group A – 08.30 Group B – 09.40 Group C – 10.50	<i>3.12.2018</i>
	Meet 2 - 07/04/19	Group A – 08.30 Group B – 09.40 Group C – 10.50	<i>1.4.2019</i>
South East - Lurgan	Meet 1 – 24/11/18	Group A – 14.30 Group B – 15.40 Group C – 16.50	<i>19.11.2018</i>
	Meet 2 - 06/04/19	Group A – 14.30 Group B – 15.40 Group C – 16.50	<i>1.4.2019</i>
North - Larne	Meet 1 - 24/11/18	Group A - 14.30 Group B - 15.40 Group C - 16.50	<i>19.11.2018</i>
	Meet 2 - 06/04/18	Group A - 14.30 Group B - 15.40 Group C - 16.50	<i>1.4.2019</i>

\*The first 30 minutes will be based in the Sports Hall for a Strength Lab UK Superheroes Session with Marty Loughran from The Performance Lab. Swimmers should wear sports gear and coaches should bring a notepad, pen and smartphone with internet access.

**Eligibility:** Minimum age of entry will be athletes born 2010  
Athletes born 2007 or earlier can bypass the Skills Meets

**Multi-Class / Disability Swimmers** – tests and test scores will, as far as is practical, be appropriately adapted

**Entries:** Clubs will enter eligible and suitable swimmers using an excel template requesting athletes name and date of birth. Entries to be emailed to [admin@swimulster.net](mailto:admin@swimulster.net) by the closing date

**Price:** £5 annual administration fee per swimmer (only paid once per swimmer). Payment should be forwarded to the Swim Ulster Office by the closing date of the first meet entered.

**Skills Tests:** Assessment will take place in the following order with athletes divided into groups of 6.

Skill Component	Test	Measure	Scoring
Efficiency	25m each stroke min stroke count (perform 3 kicks underwater on fly, back & free)	Time plus stroke count	Time plus stroke count in each stroke
Kick Speed	25m Freestyle using an alignment board (underwater kicking and arm actions are not permitted)	Time	Time x 2
Underwater Kick Speed	10m UW Fly Kick	Time (feet leave to head past 10m)	Time x 4
Turn Speed	5m in & out (head past flags) –tumble turn only	Time (best time)	Time x 4
Streamline	Dive & Glide to 7.5m (kicking is not permitted)	Time (head past 7.5m)	Time x 4
			Total Score

**Scoring:** The total score is the sum of all tests carried out and a lower score relates to faster times and better skills.

Gold 350pts	Silver 400pts	Bronze 450pts
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**Awards:** Athletes will receive a Swim Ulster Skills Meet Series Hat at each meet that we will use for marshalling into heats. Athletes will also receive a Skills Certificate following assessment of the results. This will take approximately 7 days.

**Additional Notes:**

- Each club is allocated a maximum of 14 places for athletes capable of earning a bronze award. If a club requires additional spaces for athletes aged 9years (aged up to 31<sup>st</sup> December in the year of competition) who are capable of achieving a gold award they should contact Andrew Reid [nationalpathway@swimireland.ie](mailto:nationalpathway@swimireland.ie)
- Swim Ulster require three volunteers from each club to assist with the assessments. The volunteers must have experience of coaching or timekeeping. We ask you to submit availability at the time of entry and we will allocate coaches to each group.



## Development Meets 2018-2019

### Meet Information

There will be 4 Development Meets held throughout the 2018-2019 season to provide swimmers with opportunities to achieve the qualifying criteria for the Ulster Qualifying Meets. The first 2 Development Meets will be held at 6 lane centres and will be divided into regions as follows:

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

Meet	Date	Venue	Closing Date for Entries / Payment
Development Meet 1 South	29 <sup>th</sup> September 2018	Omagh	<b>19.9.18</b>
Development Meet 1 North	30 <sup>th</sup> September 2018	Larne	<b>19.9.18</b>
Development Meet 2 North	12 <sup>th</sup> January 2019	Ballymena	<b>3.1.19</b>
Development Meet 2 South	13 <sup>th</sup> January 2019	Armagh	<b>3.1.19</b>
Development Meet 3 All	3 <sup>rd</sup> March 2019	Newry	<b>22.2.19</b>
Development Meet 4 All	18 <sup>th</sup> May 2019	Lisburn	<b>8.5.19</b>

**Age Groups:** Minimum entry age is 10 yrs

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

**Age Up Date:** Development Meet 1 – 31<sup>st</sup> December 2018  
Development Meets 2, 3, 4 – 31<sup>st</sup> December 2019

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

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

**Multi-Class / Disability Swimmers** will, as far as is practical, swim together in a Multi-Class heat.

**Entries:** Swimmers entering this meet must be a member of a Swim Ulster affiliated club. No entry times will be published however all entries must include a time. NTs will not be accepted. Entries to be emailed to [admin@swimulster.net](mailto:admin@swimulster.net)

***Swimmers can enter a maximum of 3 events***

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



## Programme of Events

***\*\*Due to Swim Ireland Licensing restrictions, session times must not exceed 4 hours per session – session times may be changed if there are a large number of entries***

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



**Swim Ulster Qualifying Meet  
Qualifying Times 2018-2019  
(Short Course)**

Female									Male							
17&over	16yrs	15yrs	14yrs	13yrs	12yrs	11yrs	10yrs		10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs	17&over
00:30.49	00:30.76	00:31.59	00:32.10	00:34.08	00:34.94			50m Free			00:35.13	00:33.56	00:31.98	00:30.41	00:29.15	00:28.15
01:07.42	01:09.05	01:09.69	01:10.33	01:11.72	01:15.97	01:21.09	01:27.00	100m Free	01:27.00	01:22.89	01:15.96	01:10.96	01:06.77	01:05.10	01:02.40	01:00.72
02:27.34	02:30.93	02:33.47	02:34.32	02:37.95	02:46.04	02:58.07		200m Free		03:02.97	02:46.45	02:35.21	02:28.28	02:26.43	02:20.64	02:16.00
05:17.57	05:27.83	05:30.50	05:33.17	05:46.31	06:02.34	06:24.82		400m Free		06:19.11	05:59.54	05:40.09	05:18.29	05:15.09	05:02.68	04:55.60
11:00.23	11:17.05	11:22.40	11:31.96	11:53.30	12:39.61			800m Free								
								1500m Free			23:49.17	22:31.86	21:05.20	20:34.18	20:03.16	19:35.02
00:37.34	00:37.34	00:37.34						50m Back						00:35.06	00:35.06	00:35.06
01:17.59	01:19.98	01:21.25	01:22.16	01:23.06	01:27.08	01:32.27	01:38.00	100m Back	01:38.00	01:35.19	01:30.03	01:24.89	01:19.90	01:18.29	01:16.72	01:13.44
02:49.72	02:55.15	02:56.38	02:58.65	03:00.41	03:07.99	03:19.49		200m Back		03:20.38	03:14.33	03:02.83	02:59.34	02:53.58	02:47.82	02:42.45
00:42.31	00:42.31	00:42.31						50m Breast						00:39.86	00:39.86	00:39.86
01:27.84	01:29.82	01:31.49	01:34.31	01:37.28	01:39.53	01:46.57	01:54.00	100m Breast	01:54.00	01:50.43	01:42.72	01:37.35	01:33.07	01:27.07	01:25.60	01:22.47
03:13.47	03:18.47	03:22.02	03:25.58	03:27.76	03:37.25	03:49.61		200m Breast		03:52.31	03:42.72	03:34.37	03:18.74	03:10.09	03:09.32	03:02.85
00:34.58	00:34.58	00:34.58					00:45.00	50m Butterfly	00:45.00					00:32.15	00:32.15	00:32.15
01:16.35	01:19.50	01:23.24	01:24.29	01:25.34	01:31.45	01:44.05		100m Butterfly		01:47.16	01:25.11	01:23.95	01:22.79	01:17.95	01:14.09	01:10.08
03:00.83	03:07.54	03:10.63	03:13.71	03:16.92	03:20.49			200m Butterfly			03:18.58	03:10.27	03:03.02	02:57.14	02:51.26	02:43.73
							<b>01:42.00</b>	100m IM	<b>01:42.00</b>							
02:48.74	02:54.26	02:55.53	02:58.53	03:00.87	03:08.17	<b>03:20.05</b>		200m IM		<b>03:25.04</b>	03:08.82	03:00.95	02:50.92	02:44.08	02:41.23	02:36.37
06:01.96	06:09.92	06:12.47	06:19.96	06:28.85	06:37.74			400m IM			06:39.04	06:23.30	06:07.21	05:49.57	05:43.86	05:34.14

**Only applicable for swimmers aged 10-11yrs who competed in Qualifying Meets during the 2017-2018 season**



**Swim Ulster Qualifying Meet  
Qualifying Times 2018-2019  
(Long Course)**

Female									Male							
17&over	16yrs	15yrs	14yrs	13yrs	12yrs	11yrs	10yrs		10yrs	11yrs	12yrs	13yrs	14yrs	15yrs	16yrs	17&over
00:31.10	00:31.38	00:32.22	00:32.74	00:34.76	00:35.63			50m Free			00:35.83	00:34.23	00:32.62	00:31.02	00:29.73	00:28.71
01:08.77	01:10.43	01:11.08	01:11.74	01:13.15	01:17.49	01:22.71	01:28.74	100m Free	01:28.74	01:24.55	01:17.48	01:12.38	01:08.10	01:06.40	01:03.64	01:01.94
02:30.29	02:33.95	02:36.54	02:37.41	02:41.11	02:49.37	03:01.63		200m Free		03:06.63	02:49.78	02:38.31	02:31.24	02:29.36	02:23.45	02:18.72
05:23.92	05:34.38	05:37.11	05:39.84	05:53.24	06:09.59	06:32.52		400m Free		06:26.69	06:06.73	05:46.89	05:24.66	05:21.40	05:08.74	05:01.51
11:13.43	11:30.59	11:36.05	11:45.80	12:07.57	12:54.81			800m Free								
								1500m Free			24:17.75	22:58.90	21:30.51	20:58.86	20:27.22	19:58.52
00:38.09	00:38.09	00:38.09						50m Back						00:35.77	00:35.77	00:35.77
01:19.15	01:21.58	01:22.87	01:23.81	01:24.72	01:28.82	01:34.11	01:39.96	100m Back	01:39.96	01:37.09	01:31.83	01:26.59	01:21.49	01:19.85	01:18.25	01:14.91
02:53.11	02:58.65	02:59.91	03:02.22	03:04.02	03:11.75	03:23.48		200m Back		03:24.38	03:18.22	03:06.49	03:02.93	02:57.05	02:51.18	02:45.69
00:43.15	00:43.15	00:43.15						50m Breast						00:40.65	00:40.65	00:40.65
01:29.60	01:31.62	01:33.32	01:36.19	01:39.22	01:41.52	01:48.70	01:56.28	100m Breast	01:56.28	01:52.64	01:44.77	01:39.30	01:34.93	01:28.81	01:27.31	01:24.12
03:17.34	03:22.44	03:26.06	03:29.69	03:31.92	03:41.60	03:54.20		200m Breast		03:56.96	03:47.18	03:38.66	03:22.72	03:13.89	03:13.10	03:06.51
00:35.27	00:35.27	00:35.27					00:45.90	50m Butterfly	00:45.90					00:32.80	00:32.80	00:32.80
01:17.87	01:21.09	01:24.90	01:25.98	01:27.05	01:33.28	01:46.13		100m Butterfly		01:49.30	01:26.81	01:25.63	01:24.44	01:19.51	01:15.57	01:11.48
03:04.45	03:11.29	03:14.44	03:17.59	03:20.86	03:24.50			200m Butterfly			03:22.55	03:14.07	03:06.68	03:00.69	02:54.69	02:47.00
								100m IM								
02:52.11	02:57.75	02:59.04	03:02.10	03:04.49	03:11.93	<b>03:24.05</b>		200m IM		<b>03:29.14</b>	03:12.59	03:04.57	02:54.34	02:47.37	02:44.45	02:39.50
06:09.20	06:17.32	06:19.92	06:27.56	06:36.62	06:45.69			400m IM			06:47.02	06:30.96	06:14.56	05:56.56	05:50.73	05:40.82

**Only applicable for swimmers aged 10-11yrs who competed in Qualifying Meets during the 2017-2018 season**





## Autumn, Spring & Easter Qualifying Meets 2018-2019

### Meet Information

Meet	Date	Venue	Closing Date for Entries / Payment
Autumn Qualifying Meet (SC)	12 <sup>th</sup> , 13 <sup>th</sup> , 14 <sup>th</sup> October 2018	Lisburn	3.10.18
Spring Qualifying Meet (LC)	1 <sup>st</sup> , 2 <sup>nd</sup> , 3 <sup>rd</sup> February 2019	Bangor	23.1.18
Easter Qualifying Meet (LC)	8 <sup>th</sup> , 9 <sup>th</sup> , 10 <sup>th</sup> March 2019	Bangor	27.2.18

#### Age Groups:

Minimum entry age is 10yrs

Male: 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs, 17 & older

Female: 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16 & older

#### Age Up Date:

Autumn Qualifying Meet – 31<sup>st</sup> December 2018

Spring & Easter Qualifying Meets – 31<sup>st</sup> December 2019

#### Events:

A full Olympic 2020 Programme plus 50m Backstroke, Breaststroke and Butterfly, 100 Individual Medley (if held in a 25m pool)

All events are Heat Declared Winner

#### Awards:

Medals will be awarded to the fastest 3 swimmers in each age group in each event.

#### Multi Class/Disability Athletes :

Swimmers with a disability who have achieved the qualifying time for any event will be subject to all the terms of open competition and will not be eligible for a separate Multi Class Award. Other Ulster Regional Disability Squad swimmers, who have not achieved a qualifying time will, as far as is practical, swim together in a Multi-Class heat and medals will be awarded to the first 3 places irrespective of classification and age.

#### Entries:

Swimmers entering the Autumn Qualifying Meet must be a member of a Swim Ulster affiliated club or a club from outside Ireland registered with their National Federation. The Spring & Easter Qualifying Meets are open meets and entries will be accepted from swimmers registered with their National Federation. Entries to be emailed to [admin@swimulster.net](mailto:admin@swimulster.net). All entries must be submitted on the meet Hy-tek file and include a time – **entries will NOT be accepted without a time**. All times must be achieved in a **Level 2 Licensed Meet** during the 12 months prior to the entry closing date. The Swim Ireland Registration number or equivalent for each swimmer must be included in the file.

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

### **Progression from Development Meets:**

Once a swimmer has achieved the criteria outlined below they can enter ANY event for which they have achieved a Qualifying Standard plus a maximum of three bonus swims:

1. **Swimmers aged 10-11yrs** Individual Medley Assessment – a legal 100m IM for 10yrs or 200IM for 11yrs with streamline head past flags plus two qualifying standards from eligible events
2. **Swimmers aged 12&over** Three qualifying standards in two different strokes

*Swimmers must achieve the Individual Medley Assessment in a Swim Ulster Development Meet however they can achieve qualifying standards for other events in any Level 2 Licensed Meet*

A list of swimmers achieving the required Individual Medley Assessment will be circulated to clubs following each Development Meet. It is the responsibility of coaches to refer to this list when submitting entries.

### **Swimmers who competed in the Qualifying Meets during the 2017-2018 season:**

1. **Swimmers aged 10-11yrs** must have achieved qualifying standards in 100m IM for 10yrs or 200m IM for 11yrs plus 2 other qualifying times from eligible events.
2. **Swimmers aged 12&over** must have achieved any three qualifying times in two different strokes.

A swimmer aging up on 31<sup>st</sup> December 2018 has until the end of the season to achieve the aged up qualifying times.

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



## Programme of Events

**\*\*Due to Swim Ireland Licensing restrictions, session times must not exceed 4 hours per session – session times may be changed if there are a large number of entries**

<b>Autumn Qualifying Gala (SC)</b>	<b>Spring Qualifying Gala (LC)</b>	<b>Easter Qualifying Gala (LC)</b>
<b>Session 1 Friday **Warm up 5pm Start 6pm</b>	<b>Session 1 Friday **Warm up 5pm Start 6pm</b>	<b>Session 1 Friday **Warm up 5pm Start 6pm</b>
Female 800m Freestyle	Mixed 800m Freestyle	Mixed 800m Freestyle
Male 1500m Freestyle	Mixed 1500 Freestyle	Mixed 1500 Freestyle
<b>Session 2 Sat AM **Warm up 9am Start 10am</b>	<b>Session 2 Sat AM **Warm up 9am Start 10am</b>	<b>Session 2 Sat AM **Warm up 9am Start 10am</b>
Female 400 Individual Medley	Male 400 Individual Medley	Female 400 Individual Medley
Male 200 Individual Medley	Female 200 Individual Medley	Male 200 Individual Medley
Female 100 Butterfly	Male 100 Butterfly	Female 100 Butterfly
Male 200 Backstroke	Female 200 Backstroke	Male 200 Backstroke
Female 100 Breaststroke	Male 100 Breaststroke	Female 100 Breaststroke
Male 100 Freestyle	Female 100 Freestyle	Male 100 Freestyle
Female 50 Butterfly	Male 50 Butterfly	Female 50 Butterfly
Male 50 Backstroke	Female 50 Backstroke	Male 50 Backstroke
<b>Session 3 Sat PM **Warm up 1pm Start 2pm</b>	<b>Session 3 Sat PM **Warm up 1pm Start 2pm</b>	<b>Session 3 Sat PM **Warm up 1pm Start 2pm</b>
Male 400 Freestyle	Female 400 Freestyle	Male 400 Freestyle
Female 200 Freestyle	Male 200 Freestyle	Female 200 Freestyle
Male 200 Breaststroke	Female 200 Breaststroke	Male 200 Breaststroke
Female 100 Backstroke	Male 100 Backstroke	Female 100 Backstroke
Male 200 Butterfly	Female 200 Butterfly	Male 200 Butterfly
Female 50 Freestyle	Male 50 Freestyle	Female 50 Freestyle
Male 50 Breaststroke	Female 50 Breaststroke	Male 50 Breaststroke
Female 100IM		
<b>Session 4 Sun AM **Warm up 9am Start 10am</b>	<b>Session 4 Sun AM **Warm up 9am Start 10am</b>	<b>Session 4 Sun AM **Warm up 9am Start 10am</b>
Male 400 Individual Medley	Female 400 Individual Medley	Male 400 Individual Medley
Female 200 Individual Medley	Male 200 Individual Medley	Female 200 Individual Medley
Male 100 Butterfly	Female 100 Butterfly	Male 100 Butterfly
Female 200 Backstroke	Male 200 Backstroke	Female 200 Backstroke
Male 100 Breaststroke	Female 100 Breaststroke	Male 100 Breaststroke
Female 100 Freestyle	Male 100 Freestyle	Female 100 Freestyle
Male 50 Butterfly	Female 50 Butterfly	Male 50 Butterfly
Female 50 Backstroke	Male 50 Backstroke	Female 50 Backstroke
<b>Session 5 Sun PM **Warm up 1pm Start 2pm</b>	<b>Session 5 Sun PM **Warm up 1pm Start 2pm</b>	<b>Session 5 Sun PM **Warm up 1pm Start 2pm</b>
Female 400 Freestyle	Male 400 Freestyle	Female 400 Freestyle
Male 200 Freestyle	Female 200 Freestyle	Male 200 Freestyle
Female 200 Breaststroke	Male 200 Breaststroke	Female 200 Breaststroke
Male 100 Backstroke	Female 100 Backstroke	Male 100 Backstroke
Female 200 Butterfly	Male 200 Butterfly	Female 200 Butterfly
Male 50 Freestyle	Female 50 Freestyle	Male 50 Freestyle
Female 50 Breaststroke	Male 50 Breaststroke	Female 50 Breaststroke
Male 100IM		



## Swim Ulster Schools Cup & Championships 2018-2019

### Meet Information

<b>Date</b>	Saturday 20 <sup>th</sup> October 2018 & Sunday 21 <sup>st</sup> October 2018
<b>Venue :</b>	<p>Aurora Aquatic &amp; 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 &amp; 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>
<b>Entries to :</b>	<p>Swim Ulster Aurora Aquatic &amp; Leisure Complex 3 Valentine Road Bangor BT20 4TH</p> <p>Entries will only be accepted by POST along with the full payment. All entries must bear the school stamp and include payment in full. <b>The Swimmer's Entry Time for each individual event must be included on the Entry Form.</b></p> <p>A Hy-tek entry file can be obtained by request to <a href="mailto:admin@swimulster.net">admin@swimulster.net</a>. Where the Hy-tek entry file is used, a paper copy of the entry authorised by the school must be forwarded to the address above along with payment. We cannot accept entries for swimmers without consent from their school.</p>
<b>Events :</b>	<p>The Age Up Date for this gala is 31<sup>st</sup> August 2019.</p> <p>Group 1 – 9 – Born 1<sup>st</sup> September to 2009 to 31<sup>st</sup> August 2010 Group 2 – 10 – Born 1<sup>st</sup> September 2008 to 31<sup>st</sup> August 2009 Group 3 – 11 – Born 1<sup>st</sup> September 2007 to 31<sup>st</sup> August 2008 Group 4 – 12 – Born 1<sup>st</sup> September 2006 to 31<sup>st</sup> August 2007</p> <p>50m Backstroke, Breaststroke, Butterfly, Freestyle (Groups 1-4) 100m Individual Medley (Groups 3 &amp; 4). A swimmer can swim a maximum of 2 individual events.</p> <p>Relays – 4 x 50 Free &amp; Medley Team Relays (9/10yrs, 9-12yrs) Swimmers may swim in an older age group but at least one team member must be in the correct age group. A swimmer can swim a maximum of 2 relays – these do not need to be in the same age group.</p> <p>Group 5 - Junior 12-14 – Born 1<sup>st</sup> September 2004 – 31<sup>st</sup> August 2007 Group 6 - Intermediate 15-16 – Born 1<sup>st</sup> September 2002 – 31<sup>st</sup> August 2003 Group 7 – Senior 17-19 – Born – Born 1<sup>st</sup> September 1999 – 31<sup>st</sup> August 2001</p> <p>100m Backstroke, Breaststroke, Butterfly, Freestyle (Groups 5,6 &amp; 7) 200m Individual Medley (Groups 5,6 &amp; 7) 400m Freestyle (Open by invitation only based on 20 fastest entries with 5 Reserves – swimmers will be notified 2 weeks before the gala) A swimmer can swim a maximum of 2 individual events plus the 400m Free if selected. Relays – 4 x 50m FTR and 4 x 50m MTR (Junior, Inter and Senior)</p>

	For Relays 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.
<b>Awards :</b>	<p>Medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> &amp; 3<sup>rd</sup> Place in each Age Group as follows :</p> <p>Group 1 Group 2 Group 3 Group 4 Group 5 Group 6 Group 7</p> <p><b>Swim Ulster Schools Cup</b> The Swim Ulster Schools Cups will be awarded in the following Groups – Group 1-3 (Boys &amp; Girls), Group 5 (Boys &amp; Girls), Group 6 (Boys &amp; Girls), Group 7 (Boys &amp; 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>
<b>Entry Fee :</b>	<b>£5 / €6</b> per individual event - <b>£10 / €12</b> per relay event All cheques should be made payable to Swim Ulster Ltd
<b>Officials :</b>	<b>To ensure the smooth running of the event each school MUST provide an official to help with timekeeping - if a school has more than 10 swimmers that school may be asked to provide more officials.</b> Swim Ulster will circulate an Officials Roster during the week before the Championships.
<b>Timing :</b>	Electronic Timing and Hy-tek Meet Manager software will be used. Times achieved at this gala will be recognised by Swim Ulster for qualification times for Swim Ulster Qualifying Galas.
<b>Withdrawals :</b>	Withdrawals should be made as soon as possible but no later than 45 minutes before the start of the session.
<b>Facilities :</b>	Parking & Catering are available at the venue. The diving pool will be available for warm up and cool down throughout the event.
<b>Enquiries</b>	All enquiries should be sent by email only to <a href="mailto:admin@swimulster.net">admin@swimulster.net</a> Entry reports and further information will be posted on the Swim Ulster website before the start of the gala – <a href="http://www.swimulster.net">www.swimulster.net</a>
<b>Selections :</b>	<p><b>Irish Minor Schools Swimming Championships – 10<sup>th</sup> February 2019</b></p> <p><b>Swimmers can qualify for the Irish Minor Schools Championships 2019 at the Swim Ulster Schools Championships 2018-2019. 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.</b> Qualifying swimmers will be marked on the results sheets posted at the event. The qualifying times for the Irish Minor Schools Swimming Championships are attached at the back of these meet conditions.</p> <p><b>Irish Schools Interprovincial Championships – 14<sup>th</sup> April 2019.</b> From the results of the Swim Ulster Schools Championships 2018-2019, athletes from Groups 5-7 may be selected to represent the region at the Irish Schools Interprovincial Championships which will be held on 14<sup>th</sup> April 2019 at the NAC in Dublin.</p> <p>In order to be selected for the Irish Schools Interprovincial Championships, swimmers must have entered and competed in the 2018-2019 Swim Ulster Senior Schools Championships on 21<sup>st</sup> October 2018. Criteria for selection is included below.</p>
<b>Closing Date :</b>	5pm on Friday 5 <sup>th</sup> October 2018



**SWIM ULSTER SCHOOLS CHAMPIONSHIPS 2018-2019**  
**ORDER OF EVENTS**  
**Saturday 20<sup>th</sup> October 2018**

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

Session 1 - Saturday AM - Groups 1 & 2 Warm Up Girls 8am – Warm Up Boys 8.25am Start 9am		
Event No	Event	
1	Girls 9-10 50m Freestyle	Heats
2	Boys 9-10 50m Freestyle	Heats
3	Girls 9-10 50m Breaststroke	Heats
4	Boys 9-10 50m Breaststroke	Heats
5	Girls 9-10 50m Backstroke	Heats
6	Boys 9-10 50m Backstroke	Heats
7	Girls 9-10 50m Butterfly	Heats
8	Boys 9-10 50m Butterfly	Heats
9	Girls 9-10 4 x 50 Medley Team Relay	HDW
10	Boys 9-10 4 x 50 Medley Team Relay	HDW
11	Girls 9-10 4 x 50 Freestyle Team Relay	HDW
12	Boys 9-10 4 x 50 Freestyle Team Relay	HDW
Finals	Events 1-8 – Age 9 Final & Age 10 Final in each event	

Session 2 - Saturday PM - Group 3 & 4 Warm Up Girls 2pm – Warm Up Boys 2.25pm Start 3pm		
Event No	Event	
13	Girls 12&u 4 x 50 Medley Team Relay	HDW
14	Boys 12&u 4 x 50 Medley Team Relay	HDW
15	Girls 12&u 4 x 50 Freestyle Team Relay	HDW
16	Boys 12&u 4 x 50 Freestyle Team Relay	HDW
17	Girls 11-12 50m Freestyle	Heats
18	Boys 11-12 50m Freestyle	Heats
19	Girls 11-12 50m Breaststroke	Heats
20	Boys 11-12 50m Breaststroke	Heats
21	Girls 11-12 50m Backstroke	Heats
22	Boys 11-12 50m Backstroke	Heats
23	Girls 11-12 50m Butterfly	Heats
24	Boys 11-12 50m Butterfly	Heats
25	Girls 11-12 100IM	Heats
26	Boys 11-12 100IM	Heats
Finals	Events 17-26 – Age 11 Final & Age 12 Final in each event	



**SWIM ULSTER SCHOOLS CHAMPIONSHIPS 2018-2019**

**ORDER OF EVENTS**

**Sunday 21<sup>st</sup> October 2018**

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

<b>Session 3 - Sunday AM - Group 5 - Junior</b>		
<b>Warm Up Girls 8am – Warm Up Boys 8.25am - Start 9am</b>		
<b>Event No</b>	<b>Event</b>	
27	Junior Girls 100m Backstroke	Heats
28	Junior Boys 100m Backstroke	Heats
29	Junior Girls 100m Breaststroke	Heats
30	Junior Boys 100m Breaststroke	Heats
31	Junior Girls 100m Butterfly	Heats
32	Junior Boys 100m Butterfly	Heats
33	Junior Girls 100m Freestyle	Heats
34	Junior Boys 100m Freestyle	Heats
35	Junior Girls 200IM	HDW
36	Junior Boys 200IM	HDW
Finals	Events 27-34	
37	Junior Girls 4 x 50 Medley Team Relay	HDW
38	Junior Boys 4 x 50 Medley Team Relay	HDW
39	Junior Girls 4 x 50 Freestyle Team Relay	HDW
40	Junior Boys 4 x 50 Freestyle Team Relay	HDW

<b>Session 4 - Sunday PM - Group 6 &amp; 7 – Intermediate &amp; Senior</b>		
<b>Warm Up Girls 12pm – Warm Up Boys 12.25pm Start 1pm</b>		
<b>Event No</b>	<b>Event</b>	
41	Intermediate Girls 4 x 50 Medley Team Relay	HDW
42	Intermediate Boys 4 x 50 Medley Team Relay	HDW
43	Intermediate Girls 4 x 50 Freestyle Team Relay	HDW
44	Intermediate Boys 4 x 50 Freestyle Team Relay	HDW
45	Open Girls 400m Freestyle	HDW
46	Open Boys 400m Freestyle	HDW
47	Intermediate & Senior Girls 100m Backstroke	Heats
48	Intermediate & Senior Boys 100m Backstroke	Heats
49	Intermediate & Senior Girls 100m Breaststroke	Heats
50	Intermediate & Senior Boys 100m Breaststroke	Heats
51	Intermediate & Senior Girls 100m Butterfly	Heats
52	Intermediate & Senior Boys 100m Butterfly	Heats
53	Intermediate & Senior Girls 100m Freestyle	Heats
54	Intermediate & Senior Boys 100m Freestyle	Heats
55	Intermediate & Senior Girls 200IM	HDW
56	Intermediate & Senior Boys 200IM	HDW
Finals	Events 47-54 – 1 Intermediate Final & 1 Senior Final in each event	
57	Senior Girls 4 x 50 MTR	HDW
58	Senior Boys 4 x 50 MTR	HDW
59	Senior Girls 4 x 50 FTR	HDW
60	Senior Boys 4 x 50 FTR	HDW



## War Memorial Gala 2018

The War Memorial Gala shall be held on the Saturday nearest the 11 November each year. It includes a ceremony to commemorate all swimmers who fell in the 1914-1918 and 1939-1945 World Wars. The Ceremony is conducted at the end of the heats, prior to the start of the finals. All swimmers and officials should stand in silence around the poolside or in the gallery. The lights are dimmed and a bugler sounds the "Last Post", this is followed by a one minute's silence, after which lines from Laurence Binyon's poem "For the Fallen" are read by one of the year's winners of the Elizabeth Long Trophies. The Ceremony ends with "Reveille" sounded by the bugler.

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

- Date :** 10<sup>th</sup> November 2018
- Venue :** Aurora Aquatic & Leisure Complex, Bangor
- Age Groups :** Male 12 & under, 14 & under, Open  
Female 12 & under, 14 & under, Open
- Age Up Date :** 31<sup>st</sup> December 2018
- Awards :** Perpetual Trophies awarded to the winning team in each event.  
No medals will be presented.
- Entries :** Clubs may enter as many teams per event as they wish. Swimmers may swim in any event for which they are eligible, but may only swim in one team per event.
- Entry Fees :** £7 / €8 per team. All entries must be submitted electronically to [admin@swimulster.net](mailto:admin@swimulster.net) using Hytek Team Manager.
- Closing Date :** 31<sup>st</sup> October 2018
- Warm-up:** Age Group Females 4.30pm – 4.50pm  
Age Group Males 4.50pm – 5.10pm  
Open 5.10pm – 5.30pm
- Start:** 5.45pm





## War Memorial Gala 2018 Programme of Events

<b>Heats of Events 1-10</b>	
Female Open	4 x 50m Medley
Male Open	4 x 50m Medley
Female 12 & under	4 x 50m Freestyle
Male 12 & under	4 x 50m Freestyle
Mixed Open	4 x 50m Medley
Mixed Open	4 x 50m Freestyle
Female 14 & under	4 x 50m Medley
Male 14 & under	4 x 50m Medley
Female Open	4 x 50m Freestyle
Male Open	6 x 50m Freestyle
<b>Memorial Ceremony (No applause)</b>	
<b>Presentation of Trophies for 2017-2018</b> Elizabeth Long Trophies – most promising 11yr old girl and boy at Ulster Age Groups 2018 Joe Fitzpatrick Trophies – most promising 14yr old girl and boy at Ulster Age Groups 2018 Lindsay McPherson Trophy – Official of the Year Belfast Telegraph Trophy – Swimmer of the Year Disability Swimmer of the Year Les Beck Trophy – Interprovincial	
<b>Finals of Events 1-10</b>	
Female Open	4 x 50m Medley
Male Open	4 x 50m Medley
Female 12 & under	4 x 50m Freestyle
Male 12 & under	4 x 50m Freestyle
Mixed Open	4 x 50m Medley
Mixed Open	4 x 50m Freestyle
Female 14 & under	4 x 50m Medley
Male 14 & under	4 x 50m Medley
Female Open	4 x 50m Freestyle
Male Open	6 x 50m Freestyle
<b>Presentation of Trophies</b>	



## Ulster Short Course Championships 2018 Event Information

- Date** 16<sup>th</sup> to 18<sup>th</sup> November 2018
- Venue** Lagan Valley Leisureplex, Lisburn
- Age Groups:** Minimum entry age 11 years  
Youth Males 16&u, Females 15&u  
Senior Males 17& over, Females 16 & over
- Age Up Date:** 31<sup>st</sup> December 2018
- Events:** 50m, 100m, 200m all four strokes – heats and finals  
100, 200m Individual Medley – heats and finals  
400m Freestyle, 400m Individual Medley – HDW  
800m Freestyle, 1500m Freestyle HDW  
Male & Female Relays - 4 x 50m MTR, 4 x 50m FTR - swum as finals  
Mixed Relays - 4 x 50m MTR, 4 x 50m FTR - swum as finals
- Seeding:** The placing of competitors in the heats will be spearheaded and swum slowest to fastest, with the three fastest heats being cyclically seeded.  
Clubs not submitting an entry time for relay teams will be seeded in the slowest heat.
- Awards:** Individual Events
- Ulster Open 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place
  - Ulster Champion – Perpetual Trophy
  - Ulster Junior Champion based on times recorded in heats
- Relay Events
- Ulster Open 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place
  - Ulster Champions
  - Ulster Junior Champions – medals to 1<sup>st</sup> place team
- A Junior is defined for placing purposes as:
- Males – under 18
  - Females – under 16
- Entries:** Swimmers entering the Ulster Short Course Championships must be a member of a Swim Ulster affiliated club or a club from outside Ireland registered with their National Federation. Entries must be submitted electronically to [admin@swimulster.net](mailto:admin@swimulster.net) using Hytek Team Manager. The Swim Ireland Registration number or equivalent for each swimmer must be included in the file.

Long Course & Short Course Qualifying and Consideration Times have been published for this event and must be achieved in a **Level 3 Licensed Meet** in the year prior to the closing date. Long course times must be converted to short course – **no unconverted long course times will be accepted.**

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

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

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

**Closing Date:** 5pm on Monday 5<sup>th</sup> November 2018 – No entries will be accepted after this date.



## Ulster Short Course Championships 2018 - Programme of Events

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

Day 1 Friday 16 <sup>th</sup> November 2018	Day 2 Saturday 17 <sup>th</sup> November 2018	Day 3 Sunday 18 <sup>th</sup> November 2018
<b>Session 1: Combined Heats 30 Minute Warm-Up</b>	<b>Session 2: Combined Heats 45 Minute Warm-Up</b>	<b>Session 6: Combined Heats 45 Minute Warm-Up</b>
Male 1500m Freestyle HDW Female 800m Freestyle HDW	Male 200m IM Female 200m Backstroke Male 200m Breaststroke Female 100m Breaststroke Male 100m Backstroke Female 50m Butterfly Male 50m Freestyle Female 400m Freestyle HDW	Female 200m IM Male 200m Backstroke Female 200m Breaststroke Male 100m Breaststroke Female 100m Backstroke Male 50m Butterfly Female 50m Freestyle Male 400m Freestyle HDW
	<b>Session 3: Finals &amp; Presentations No Warm-Up</b>	<b>Session 7: Finals &amp; Presentations No-Warm-Up</b>
	Mixed 200m Freestyle Relay HDW (Open) Male 200m IM (Open) Female 200m Backstroke (Open) Male 200m Breaststroke (Open) Female 100m Breaststroke (Open) Male 100m Backstroke (Open) Female 50m Butterfly (Open) Male 50m Freestyle (Open)	Mixed 200m Medley Relay HDW (Open) Female 200m IM (Open) Male 200m Backstroke (Open) Female 200m Breaststroke (Open) Male 100m Breaststroke (Open) Female 100m Backstroke (Open) Male 50m Butterfly (Open) Female 50m Freestyle (Open)
	<b>Session 4: Combined Heats 45 Minute Warm-Up</b>	<b>Session 8: Combined Heats 45 Minute Warm-Up</b>
	Female 100m IM Male 200m Freestyle Female 200m Butterfly Male 100m Butterfly Female 100m Freestyle Male 50m Breaststroke Female 50m Backstroke Male 400m IM HDW	Male 100m IM Female 200m Freestyle Male 200m Butterfly Female 100m Butterfly Male 100m Freestyle Female 50m Breaststroke Male 50m Backstroke Female 400m IM HDW
	<b>Session 5: Finals &amp; Presentations No Warm-Up</b>	<b>Session 9: Finals &amp; Presentations No Warm-Up</b>
	Female 200m Freestyle Relay HDW (Open) Male 200m Freestyle Relay HDW (Open) Female 100m IM (Open) Male 200m Freestyle (Open) Female 200m Butterfly (Open) Male 100m Butterfly (Open) Female 100m Freestyle (Open) Male 50m Breaststroke (Open) Female 50m Backstroke (Open) Male 800m Freestyle HDW	Male 200m Medley Relay HDW (Open) Female 200m Medley Relay HDW (Open) Male 100m IM (Open) Female 200m Freestyle (Open) Male 200m Butterfly (Open) Female 100m Butterfly (Open) Male 100m Freestyle (Open) Female 50m Breaststroke (Open) Male 50m Backstroke (Open) Female 1500m Freestyle HDW



**Ulster Short Course Championships  
Qualifying Times 2018-2019 (Short Course)**

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

**Ulster Short Course Championships  
Consideration Times 2018-2019 (Short Course)**

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



**Ulster Short Course Championships  
Qualifying Times 2018-2019 (Long Course)**

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

**Ulster Short Course Championships  
Consideration Times 2018-2019 (Long Course)**

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



**Swim Ulster Open Disability Swimming Championships 2019**  
**in association with Disability Sport NI**  
**Saturday 2<sup>nd</sup> March 2019**  
**Newry Leisure Centre, 60 Cecil Street, Newry, BT35 6AU**

**MEET CONDITIONS**

<b>Session 1 – Warm Up 12pm – Start 1pm</b>	
<b>Event No</b>	<b>Event Description</b>
<b>1</b>	Mixed 50 Butterfly Multi-Class S1-S13
<b>2</b>	Mixed 50 Butterfly Multi-Class S14-15
<b>3</b>	Mixed 25 Backstroke Multi-Class S1-S13
<b>4</b>	Mixed 25 Backstroke Multi-Class S14-15
<b>5</b>	Mixed 100 Freestyle Multi-Class S1-S13
<b>6</b>	Mixed 100 Freestyle Multi-Class S14-15
<b>7</b>	Mixed 50 Breaststroke Multi-Class S1-S13
<b>8</b>	Mixed 50 Breaststroke Multi-Class S14-15
<b>9</b>	Mixed 25 Freestyle Multi-Class S1-S13
<b>10</b>	Mixed 25 Freestyle Multi-Class S14-15
<b>11</b>	Mixed 100 Backstroke Multi-Class S1-S13
<b>12</b>	Mixed 100 Backstroke Multi-Class S14-15
<b>Break – 30 minutes</b>	
<b>13</b>	Mixed 100 Breaststroke Multi-Class S1-S13
<b>14</b>	Mixed 100 Breaststroke Multi-Class S14-15
<b>15</b>	Mixed 25 Butterfly Multi-Class S1-S13
<b>16</b>	Mixed 25 Butterfly Multi-Class S14-15
<b>17</b>	Mixed 100 Butterfly Multi-Class S1-S13
<b>18</b>	Mixed 100 Butterfly Multi-Class S14-15
<b>19</b>	Mixed 50 Backstroke Multi-Class S1-S13
<b>20</b>	Mixed 50 Backstroke Multi-Class S14-15
<b>21</b>	Mixed 25 Breaststroke Multi-Class S1-S13
<b>22</b>	Mixed 25 Breaststroke Multi-Class S14-15
<b>23</b>	Mixed 50 Freestyle Multi-Class S1-S13
<b>24</b>	Mixed 50 Freestyle Multi-Class S14-15
<b>25</b>	Mixed 100 Freestyle Relay Multi-Class

## Parking

All swimmers should use the Main Entrance at the Front of Newry Leisure Centre accessed via Cecil Street, Newry. Parking is available in the main parking area.

## 25m Events

Suitable for swimmers who are unfamiliar with the correct stroke technique and/or rules.

- No disqualifications will be made in the 25m events.
- All competitors must be able to swim 25m unaided. If this is not the case they will be withdrawn from all other events and the club/individual will be fined £10.00 (cover life guard costs) which must be paid before leaving the pool.
- Swimmers cannot be accompanied in the water by a parent/coach/guardian during their event.
- Swimmers who have competed at an Irish or UK level are not eligible to compete in 25m events.
- 25m swimmers can also enter other distances but must be familiar with the rules and be aware that disqualifications may be made.
- Medals will be awarded shortly after each heat from the Medals Table.
- Electronic timing will not be used for 25m event. 2 manual time keepers will be responsible for each lane.

## 50m/100m Events

- Disqualifications will be made in these events if any stroke violations are made.
- Medals will be awarded per heat. However due to possible disqualifications medals will not be available until after the event is complete. Medals for these events will need to be collected by coaches from the designated Medals Table.

## Mixed Relays

- Open to all swimmers
- Will be run as a fun event
- Disqualifications will only be made for false starts.
- Medals will be presented to the fastest 3 teams per heat.

## Entries

- Each competitor is limited to entering a maximum of four events. If more than four events are entered Swim Ulster will decide which events to eliminate.
- All swimmers must indicate their appropriate class on the entry form, if this is not known a description of the swimmers disability must be completed on the classification form and sent to Swim Ulster.
- Outside lanes will only be allocated to competitors with epilepsy, which must be indicated on the Entry Form.
- Entry details of the participant should be brought by the guardian / carer / coach on the day of the event.
- There will a £3.00 charge for each individual event entered and £5 per relay team.
- **Entries must be paid in full on submission of entry form.** Cheques must be made payable to Swim Ulster and sent with the Entry Form or BACS payment can be made – Bank Details are on the Entry Form.
- **No additional entries, heat changes, lane changes or event changes can be made on the day of the event. It is the responsibility of the coach/parent/guardian to ensure that everything is correct prior to the competition. A draft programme will be circulated prior to the event.**
- Swim Ulster / DSNI reserves the right to limit entries if the meet is oversubscribed. In the event that entries are rejected the entry fee will be refunded.



## Gala Programme

- Male and female swimmers will compete in mixed events, however medals will still be awarded to the top males and top females.
- All heats will be time banded, meaning that swimmers will compete against others of a similar standard.
- Heats may be combined to provide a more competitive swim. This will be at the discretion of the gala organiser.

## Electronic Timing

- Electronic timing will be used at this year's Championships across all events.
- Manual timers will also be used as back up.
- All swimmers should be advised that in order for their time to be recorded they must firmly touch the centre of the pad at each end for the time to register.
- Due to the timing pads all swimmers must leave the pool by the side.

## Marshalling

- Due to the large number of participants attending the gala a dedicated marshalling area will be used. All swimmers must register here at least **THREE** heats before they are due to swim.
- **Group leaders / coaches / parents / guardians are responsible for getting swimmers to the Marshalling area on time. If a competitor fails to arrive on time they will be withdrawn from their event and an opportunity to swim in the later heats will not be given.**
- **Group Leaders / coaches / parents / guardians are responsible for the supervision and safety of the swimmers at all times for the duration of the Gala.**

## Presentations/Medals

- First, second and third place medals will be awarded to swimmers for each heat and are available at the Medals Table shortly after each event.

## Enquiries/Issues

- Any issues/enquiries on the day need to be discussed with Swim Ulster. All volunteers should be spoken to in an appropriate manner. Anyone who doesn't treat volunteers in an appropriate manner will not have their query dealt with and may be asked to leave the pool.

## Results

- A copy of the official gala results will be posted out to all competitors.

## Cameras/Videos

- Cameras, videos and picture phones will not be permitted in the pool area unless a consent form has been signed and a pass given. **Anyone using photography without permission will be removed from the building.**

The final closing date for entries is **Friday 22<sup>nd</sup> February 2019** – entries should be sent to Swim Ulster, 3 Valentine Road, Bangor, BT20 4TH along with appropriate payment.



## Ulster Long Course Championships 2019

### Event Information

- Date** 26<sup>th</sup> to 28<sup>th</sup> April 2019
- Venue** Aurora Aquatic & Leisure Complex, 3 Valentine Road, Bangor, BT20 4TH
- Age Groups** 11/12, 13/14, 15/16, 17&over
- Age Up Date** 31<sup>st</sup> December 2019
- Events**
- 50m Freestyle – Heats & Finals
  - 50m Backstroke, 50m Butterfly, 50m Breaststroke – Heats & Finals (15&overs)
  - 100m Freestyle, 100m Backstroke, 100m Butterfly, 100m Breaststroke – Heats & Finals
  - 200m Freestyle, 200m Backstroke, 200m Butterfly, 200m Breaststroke – Heats & Finals
  - 200IM – Heats & Finals
  - 400m Freestyle / 800m Freestyle / 1500m Freestyle – HDW
  - 400IM - HDW
- Relays – 11-14yrs, 15&over – all relays swum as finals  
Male & Female 4 x 100m Medley, 4 x 100 Freestyle & 4 x 200m Freestyle  
Mixed 4 x 100m Medley
- Entries** Swimmers entering the Ulster Long Course Championships must be a member of a Swim Ulster affiliated club or a club from outside Ireland registered with their National Federation. Entries must be submitted electronically to [admin@swimulster.net](mailto:admin@swimulster.net) using Hytek Team Manager. The Swim Ireland Registration number or equivalent for each swimmer must be included in the file.
- Long Course & Short Course Qualifying and Consideration Times have been published for this event and must be achieved in **a Level 3 Licensed Meet** in the year prior to the closing date. Short course times must be converted to long course – **no unconverted short course times will be accepted.**
- Swimmers achieving consideration times will be accepted for entry unless the individual event is over-subscribed. If it is necessary to reject entries, this will be done on the basis of entry time, slowest to fastest, excluding swimmers with an entry time equal to or faster than the Qualifying Times published, who will be guaranteed entry.
- Entries in the 800m and 1500m events will be limited to the top six per age group based on rankings on the closing date for entries. If all lanes are not filled swimmers will be offered a lane based on rankings irrespective of age.
- 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

### **Multi Class/Disability Athletes**

Swimmers with a disability who have achieved the qualifying times for any event will be subject to all the terms of open competition and will not be eligible for a separate Multi Class Award.

Other swimmers with a disability must have a National Classification and have a recorded time in the events entered. As far as is practical a separate Multi Class final will be held if there are 4 or more entries in the 100m Backstroke, 100m Butterfly, 100m Breaststroke, and 100m Freestyle. Medals will be awarded to the top three swimmers based on percentage closest to the world record or ranking in their classification.

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

**Awards** Medals will be awarded to the fastest 3 Ulster swimmers in each age group in each event. Commemorative medals will be awarded to swimmers from outside Ireland if they finish 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup>.

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

**Closing Date** 5pm on Wednesday 10<sup>th</sup> April 2018 – No entries will be accepted after this date.



## Ulster Long Course Championships 2019 - Order of Events

Day 1 – Friday 26 <sup>th</sup> April 2019	Day 2 – Saturday 27 <sup>th</sup> April 2019	Day 3 – Sunday 28 <sup>th</sup> April 2019
Session 1: Heats 15&over Warm Up 8-8.45am – Start 9am	Session 4: Heats 15&over Warm Up 8-8.45am – Start 9am	Session 7: Heats 15&over Warm Up 8-8.45am – Start 9am
Male 15yrs & Over 200m Breaststroke Female 15yrs & Over 100m Breaststroke Male 15yrs & Over 1500m Freestyle HDW Female 15yrs & Over 100m Backstroke Male 15yrs & Over 100m Backstroke Female 15yrs & Over 50m Freestyle Male 15yrs & Over 50m Butterfly Female 15yrs & Over 200m Butterfly Male 15yrs & Over 200m Freestyle Female 15yrs & Over 400m Freestyle HDW Male 15yrs & Over 200m IM Female 15yrs & Over 400m Medley Relay HDW Male 15yrs & Over 400m Medley Relay HDW	Male 15yrs & Over 400m IM HDW Female 15yrs & Over 800m Freestyle HDW Male 15yrs & Over 50m Backstroke Female 15yrs & Over 50m Backstroke Male 15yrs & Over 100m Breaststroke Female 15yrs & Over 100m Butterfly Male 15yrs & Over 200m Butterfly Female 15yrs & Over 400m IM HDW Male 15yrs & Over 10m Freestyle Female 15yrs & Over 50m Breaststroke Male 15yrs & Over 800m Freestyle HDW Female 15yrs & Over 200m Freestyle Male 15yrs & Over 400m Freestyle Relay HDW Female 15yrs & Over 400m Freestyle Relay HDW	Female 15yrs & Over 800m Freestyle Relay HDW Male 15yrs & Over 800m Freestyle Relay HDW Female 15yrs & Over 200m IM Male 15yrs & Over 50m Breaststroke Female 15yrs & Over 50m Butterfly Male 15yrs & Over 200m Backstroke Female 15yrs & Over 200m Backstroke Male 15yrs & Over 50m Freestyle Female 15yrs & Over 200m Breaststroke Male 15yrs & Over 100m Butterfly Female 15yrs & Over 100m Freestyle Male 15yrs & Over 400m Freestyle HDW Female 15yrs & Over 1500m Freestyle HDW Mixed 15yrs & Over 400m Medley Relay HDW
Session 2: Heats 11-14yrs Warm Up xxx - Start xxx	Session 5: Heats 11-14yrs Warm Up xxxx - Start xxxx	Session 8: Heats 11-14yrs Warm Up xxxx - Start xxxx
Male 11-14 yrs 200m Breaststroke Female 11-14 yrs 100m Breaststroke Male 11-14 yrs 1500m Freestyle HDW Female 11-14 yrs 100m Backstroke Male 11-14 yrs 100m Backstroke Female 11-14 yrs 50m Freestyle Male 11-14 yrs 200m Freestyle Female 11-14 yrs 200m Butterfly Male 11-14 yrs 200m IM Female 11-14 yrs 400m Freestyle HDW Male 11-14 yrs 400m Medley Relay HDW Female 11-14 yrs 400m Medley Relay HDW	Male 11-14 yrs 400m IM HDW Female 11-14 yrs 800m Freestyle HDW Male 11-14 yrs 100m Breaststroke Female 11-14 yrs 100m Butterfly Male 11-14 yrs 200m Butterfly Female 11-14 yrs 400m IM HDW Male 11-14 yrs 100m Freestyle Female 11-14 yrs 200m Freestyle Male 11-14 yrs 800m Freestyle HDW Female 11-14 yrs 400m Freestyle Relay HDW Male 11-14 yrs 400m Freestyle Relay HDW	Female 11-14 yrs 800m Freestyle Relay HDW Male 11-14 yrs 800m Freestyle Relay HDW Female 11-14 yrs 200m IM Male 11-14 yrs 200m Backstroke Female 11-14 yrs 200m Backstroke Male 11-14 yrs 50m Freestyle Female 11-14 yrs 200m Breaststroke Male 11-14 yrs 100m Butterfly Female 11-14 yrs 100m Freestyle Male 11-14 yrs 400m Freestyle HDW Female 11-14 yrs 1500m Freestyle HDW Mixed 11-14 yrs 400m Medley Relay HDW
Session 3: Finals & Presentations Warm Up xxx - Start xxx	Session 6: Finals & Presentations Warm Up xxx - Start xxx	Session 9: Finals & Presentations Warm Up xxx - Start xxx
Male 11/12 yrs 200m Breaststroke Male 13/14 yrs 200m Breaststroke Male 15/16 yrs 200m Breaststroke Male 17 yrs & Over 200m Breaststroke Female 11/12 yrs 100m Breaststroke Female 13/14 yrs 100m Breaststroke Female 15/16 yrs 100m Breaststroke Female 17 yrs & Over 100m Breaststroke Male 11/12 yrs 100m Backstroke Male 13/14 yrs 100m Backstroke Male 15/16 yrs 100m Backstroke Male 17 yrs & Over 100m Backstroke Female 11/12 yrs 100m Backstroke Female 13/14 yrs 100m Backstroke Female 15/16 yrs 100m Backstroke Female 17 yrs & Over 100m Backstroke Male 15/16 yrs 50m Butterfly Male 17 yrs & Over 50m Butterfly Female 11/12 yrs 50m Freestyle Female 13/14 yrs 50m Freestyle Female 15/16 yrs 50m Freestyle Female 17 yrs & Over 50m Freestyle Male 11/12 yrs 200m Freestyle Male 13/14 yrs 200m Freestyle Male 15/16 yrs 200m Freestyle Male 17 yrs & Over 200m Freestyle Female 11/12 yrs 200m Butterfly Female 13/14 yrs 200m Butterfly Female 15/16 yrs 200m Butterfly Female 17 yrs & Over 200m Butterfly Male 11/12 yrs 200m IM Male 13/14 yrs 200m IM Male 15/16 yrs 200m IM Male 17 yrs & Over 200m IM	Male 15/16 yrs 50m Backstroke Male 17 yrs & Over 50m Backstroke Female 15/16 yrs 50m Backstroke Female 17 yrs & Over 50m Backstroke Male 11/12 yrs 100m Breaststroke Male 13/14 yrs 100m Breaststroke Male 15/16 yrs 100m Breaststroke Male 17 yrs & Over 100m Breaststroke Female 11/12 yrs 100m Butterfly Female 13/14 yrs 100m Butterfly Female 15/16 yrs 100m Butterfly Female 17 yrs & Over 100m Butterfly Male 11/12 yrs 200m Butterfly Male 13/14 yrs 200m Butterfly Male 15/16 yrs 200m Butterfly Male 17 yrs & Over 200m Butterfly Female 15/16 yrs 50m Breaststroke Female 17 yrs & Over 50m Breaststroke Male 11/12 yrs 100m Freestyle Male 13/14 yrs 100m Freestyle Male 15/16 yrs 100m Freestyle Male 17 yrs & Over 100m Freestyle Female 11/12 yrs 200m Freestyle Female 13/14 yrs 200m Freestyle Female 15/16 yrs 200m Freestyle Female 17 yrs & Over 200m Freestyle	Female 11/12 yrs 200m IM Female 13/14 yrs 200m IM Female 15/16 yrs 200m IM Female 17 yrs & Over 200m IM Male 15/16 yrs 50m Breaststroke Male 17 yrs & Over 50m Breaststroke Female 15/16 yrs 50m Butterfly Female 17 yrs & Over 50m Butterfly Male 11/12 yrs 200m Backstroke Male 13/14 yrs 200m Backstroke Male 15/16 yrs 200m Backstroke Male 17 yrs & Over 200m Backstroke Female 11/12 yrs 200m Backstroke Female 13/14 yrs 200m Backstroke Female 15/16 yrs 200m Backstroke Female 17 yrs & Over 200m Backstroke Male 11/12 yrs 50m Freestyle Male 13/14 yrs 50m Freestyle Male 15/16 yrs 50m Freestyle Male 17 yrs & Over 50m Freestyle Female 11/12 yrs 200m Breaststroke Female 13/14 yrs 200m Breaststroke Female 15/16 yrs 200m Breaststroke Female 17 yrs & Over 200m Breaststroke Male 11/12 yrs 100m Butterfly Male 13/14 yrs 100m Butterfly Male 15/16 yrs 100m Butterfly Male 17 yrs & Over 100m Butterfly Female 11/12 yrs 100m Freestyle Female 13/14 yrs 100m Freestyle Female 15/16 yrs 100m Freestyle Female 17 yrs & Over 100m Freestyle



**Ulster Long Course Championships  
Qualifying Times 2018-2019 (Short Course)**

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



**Ulster Long Course Championships  
Consideration Times 2018-2019 (Short Course)**

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



**Ulster Long Course Championships  
Qualifying Times 2018-2019 (Long Course)**

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



**Ulster Long Course Championships  
Consideration Times 2018-2019 (Long Course)**

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





## Ulster Masters Championships 2019

26<sup>th</sup> May 2019

### Meet Information

Meet	Date	Venue	Closing date for Entries / Payment
Ulster Masters Championships	26 <sup>th</sup> May 2019	Newry Swimming Pool	3 <sup>rd</sup> May 2019 (Paper entries) 7 <sup>th</sup> May 2019 (Hytek entries)

**Events :** All events will be run as Heat Declared Winner events. Swimmers will be seeded according to their entry times but results will be categorised into their age groups. All individual events will be Mixed events but results posted will be as Male and Female with the exception of the Mixed Relay.

**#Events 12, 13, 22 and 23 limited to 1 heat – entries will be accepted on a First Come First Served basis – we cannot accept NTs for this event.**

**\*Event 24 – Mixed 1500m Freestyle will be limited to 2 heats – entries will be accepted on a First Come First Served basis – we cannot accept NTs for this event.**

**Individual Events Age Groups :** The Ulster Masters Championships are open to any Masters Swimmer who is 19 or over on 31<sup>st</sup> December 2019. This is in line with our general Meet Conditions

19-24 yrs, 25-29 yrs, 30-34 yrs, 35-39 yrs, 40-44 yrs, 45-49 yrs, 50-54 yrs, 55-59 yrs, 60-64 yrs, 65-69 yrs, 70-74 yrs, 75-79 yrs, 80 yrs and older

#### **Relay Events Age Groups :**

76-99 yrs, 100-119 yrs, 120-159 yrs, 160-199 yrs etc – and upwards in 40 year intervals

Mixed relays must be 2 males, 2 females

**Officials :** Swim Ulster will organise Officials to cover Referee / Starter / Stroke Judge / Turn Judge / Hy-tek Timing Official. As arranged with the Masters Committee and Swim Ulster, Newry Swimming Club will be providing time-keepers for this gala.

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

**Entries :** All entries must include a time (for seeding purposes) and an individual registration number issued by Swim Ireland or another recognised swimming federation. Payment must be included with the Entries unless paying by Bank Transfer. **\*\*If possible, please use the Hytek system for entries**  
No entries will be accepted after the closing date, or on the day of competition.

**£5 / €6** per individual event - **£10 / €12** per relay team

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



## Ulster Masters Championships 2019 Order of Events

<b>Session 1 - Sunday AM</b>	
<b>Event number</b>	<b>Mixed Warm up 9.15am Start 10am</b>
1	Mixed 100 Individual Medley
2	Mixed 200 Freestyle
3	Mixed 50 Breaststroke
4	Mixed 100 Backstroke
5	Mixed 100 Butterfly
6	Mixed 50 Freestyle
7	Mixed 200 Breaststroke
8	Mixed 25 Backstroke
9	Mixed 25 Butterfly
10	Mixed 50 Backstroke
11	Mixed 4 x 50 Free Team Relay (2 Males, 2 Females)
12	# Mens 4 x 100 Freestyle Team Relay
13	# Womens 4 x 100 Freestyle Team Relay

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



## **Mary Peter's Trust / Aurora Long Course Open Meet**

**1<sup>st</sup> & 2<sup>nd</sup> June 2018**

This new & exciting meet will be a Level 3 Licensed Meet and will allow swimmers to qualify for IAG Division 2 & Irish Summer National LC Championships

Further details to follow



**Swim Ulster Swim Festival 2019**  
**Sunday 16<sup>th</sup> June 2019**  
**Event Information**

**This gala is open to all swimmers who have not achieved Irish Division II Competition Qualifying Times**

- Date** 16<sup>th</sup> June 2019
- Venue** Newry Leisure Centre, 60 Cecil Street, Newry, BT35 6AU
- Age Groups** Minimum age of entry is 10yrs  
Males : 10 yrs, 11yrs, 12 yrs, 13yrs, 14 yrs, 15yrs & older  
Females : 10 yrs, 11yrs, 12 yrs, 13yrs, 14 yrs, 15yrs & older
- Age Up Date** 31<sup>st</sup> December 2019
- Events** 50m, 100m all four strokes  
100m & 200m Individual Medley  
Relays - Mixed (2 boys, 2 girls) Open 4 x 25m MTR & FTR - Clubs are limited to two teams per event
- Awards** Medals will be awarded to the first 3 places in each age group as above.
- Entries** Swimmers entering this meet must be a registered member of a competitive swimming club. All entries must be submitted on the meet Hytek file and include a time and should be emailed to [admin@swimulster.net](mailto:admin@swimulster.net). The Swim Ireland Registration number for each swimmer must be included in the file.
- Slower Than Entry Times – Irish Division II Competition. **If a club is found to have entered a swimmer who has achieved an Irish Division II Competition Standard the club will be levied with a fine of £100.** It is the responsibility of the club to ensure that all entered swimmers are eligible to compete.  
Swimmers are limited to a **maximum of 4 individual entries** – swimmers can also be entered into the relays.
- Swim Ulster reserves the right to limit entries if the meet is oversubscribed. In the event that the meet is oversubscribed the number of heats per age group will be limited and any rejected entries will be refunded as a single cheque made payable to the club in question.
- Entry Fees** **Individual £5 / €6** per swim  
**Team £10 / €12** per relay event  
Payment should be forwarded to the Swim Ulster Office by the closing date.
- Closing Date** Wednesday 5<sup>th</sup> June 2019



## Swim Ulster Swim Festival Order of Events

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

<b>Event No</b>	<b>Session 1 (Warm-up Girls 9.00am – Start 10am)</b>	<b>Event No</b>	<b>Session 2 (Warm-up Girls 1.00pm – Start 2.00pm)</b>
<b>1</b>	Girls 100m Individual Medley	<b>12</b>	Mixed 4 x 25m FTR Open
<b>2</b>	Boys 100m Individual Medley	<b>13</b>	Girls 100m Backstroke
<b>3</b>	Girls 50m Backstroke	<b>14</b>	Boys 100m Backstroke
<b>4</b>	Boys 50m Backstroke	<b>15</b>	Girls 50m Breaststroke
<b>5</b>	Girls 100m Breaststroke	<b>16</b>	Boys 50m Breaststroke
<b>6</b>	Boys 100m Breaststroke	<b>17</b>	Girls 100m Freestyle
<b>7</b>	Girls 50m Freestyle	<b>18</b>	Boys 100m Freestyle
<b>8</b>	Boys 50m Freestyle	<b>19</b>	Girls 50m Butterfly
<b>9</b>	Girls 100m Butterfly	<b>20</b>	Boys 50m Butterfly
<b>10</b>	Boys 100m Butterfly	<b>21</b>	Girls 200m Individual Medley
<b>11</b>	Mixed 4 x 25m MTR Open	<b>22</b>	Boys 200m Individual Medley



## Swim Ulster Open Water Championships 2019



**Sunday 23<sup>rd</sup> June 2019**

**VENUE – LETS GO HYDRO Mealough Road, Carryduff**

Details of events and times will be advertised closer to the event  
Each competitor receives a swim hat, participation medal and timing chipping  
Trophies for category winners and TOP CLUB TROPHY

**CONTACT [ruth@swimulster.net](mailto:ruth@swimulster.net) 07834556445**