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Foreword

Welcome to the Swim Ulster handbook for the 2009/2010 season, distributed for the guidance of Swim Ulster Members.

For swimmers and coaches it provides information on the competition programme for the 2009/2010 season. In addition it includes qualifying times for championships and squads as well as useful contact details for members wishing to develop their knowledge and skills through courses.

Streamlined

In an effort to streamline the competition programme for the year, you will notice that instead of the Potential Olympian Series, Age Group Superstars and Stroke Development Galas, there is a unified programme of 5 Graded Meets running 800m and 1500m on Friday evening with full days on Saturday and Sunday:

- October 2, 3, 4
- October 23, 24, 25
- January 22, 23, 24
- February 12, 13, 14
- April 16, 17, 18

Points

- Each meet includes a full programme of events.
- It is for coaches to decide in which way to best use the opportunities provided, *e.g. a club may decide to swim 800s and 400s in October, 200s in January, February and sprints in April.*
- No qualifying times for Graded Meets – reducing the gala workload for clubs. *However, Swim Ulster reserves the right to limit slower entries if projected run time exceeds the pool time available. As with Swim Ireland, entry times must match those held on the Swim Ulster Database. Where swimmers do not have a recorded time, coaches MUST estimate a time. Swimmers are eligible for a fine should they swim slower than the "C" Grade times provided.*
- Awards will be based on performance within Grades A, B and C. (C Grade is for Stroke Development)
- Swimmers will be promoted to a higher grade after achieving 3 performances at the higher grade, e.g. a swimmer making 'B' grade times in 200 Free, 100 Fly and 100 Free will be promoted to 'B' grade.
- Age Group swimmers will be rated by their age on the last day of each meet. This is so swimmers may move between grades if they age up between age up dates.
- Swim Ulster will run four championships: Ulster Masters 14 November, Ulster Open 18-20 December, Youths 5-7 March and Age Groups 7-9 May. Qualifying times *for the Youths and Age Groups will be based on 20th place* the corresponding age group of the previous season.
- The Ulster Disability Gala, run by DSNI and supported by Swim Ulster will take place in Lisburn Leisureplex on Saturday 28 November. It will again be used as a qualifying event for the DSE Junior Disability Championships in Sheffield during March 2010.

I wish all clubs, competitors and coaches a stimulating and successful season.

Frank Stevens
President Swim Ulster

Swim Ulster Competition Calendar 2009-2012

WEEK BEGINNING SAT	DATE	PAGE	COMPETITION	VENUE
29TH AUG 2009	1ST-6TH SEPT		ROYAL NAVY TRAINING / COMPETITION	PORTSMOUTH
5TH SEPT	4TH -6TH SEPT		UK SCHOOL GAMES	
12TH SEPT				
19TH SEPT	19TH SEPT		MINOR SCHOOLS GROUPS 1,2,3	
26TH SEPT	26th SEPT		PTL 1	
3RD OCT 2009	**2-4TH OCT**		**ULSTER GRADED GALA 1**	**CASTLEREAGH**
10TH OCT	10TH OCT		MINOR SCHOOLS GROUPS 4,5,	
17TH OCT	17TH OCT		PTL 2	
24TH OCT	**23RD-25TH**		**ULSTER GRADED GALA 2**	**LARNE**
31ST OCT				
7TH NOV 2009	**7TH NOV**		**WAR MEMORIAL GALA**	**LISBURN**
14TH NOV	**14TH NOV**		**ULSTER MASTERS GALA** PTL 3	**LISBURN**
	19TH-22ND NOV		IRISH SC NATIONALS	
21ST NOV	21ST NOV		GRAMMAR SCHOOLS GALA	
28TH NOV	28th NOV		BANGOR AGE GROUP GALA	
	28TH NOV		NI DISABILITY CHAMPIONSHIPS	
	27TH 28TH NOV		INTERVARSITIES	
5TH DEC 2009	5TH DEC		PTL 4	
12TH DEC	10TH-13TH DEC		EUROPEAN SC CHAMPIONSHIPS	ISTANBUL
19TH DEC	**18TH-20TH DEC**		**BLOOMFIELD ULSTER OPEN CHAMPIONSHIPS**	**BANGOR**
26TH DEC				
2ND JAN 2010				
9TH JAN	9TH JAN		ULSTER SENIOR SCHOOLS	
16TH JAN	16TH JAN		PTL 5	
23RD JAN	**22ND-24TH JAN**		**ULSTER GRADED GALA 3**	**CASTLEREAGH**
30TH JAN	30TH JAN		CITY OF DERRY MASTERS	
			PTL 6	
6TH FEB 2010	6 FEB		DAVE MCCULLAGH	LIMERICK
13TH FEB	**12TH-14TH FEB**		**ULSTER GRADED GALA 4**	**LISBURN**
20TH FEB	20TH FEB		PTL 7	
27TH FEB	27TH FEB		BANGOR AGE GROUP GALA	
6TH MARCH 2010	**5TH-7TH MARCH**		**ULSTER YOUTH CHAMPIONSHIPS**	**LISBURN**
	5-6TH		LIMERICK MASTERS	
13TH MAR	13TH,14TH MAR		WISE INTERNATIONAL	SCOTLAND
	12TH/13TH MAR		PTL TIME TRIALS	
20TH MAR				
27TH MAR	27TH		KINGDOM MASTERS	TRALEE
3RD APRIL 2010			EASTER	
10TH APR				
17TH APR	**16th – 18th APR**		**ULSTER GRADED GALA 5**	**LISBURN**
24TH APR	23RD APR		PTL FINALS	
	24TH,25TH APRIL		SWIM IRELAND AGM	

WEEK BEGINNING SAT	DATE	PAGE	COMPETITION	VENUE
1ST MAY 2010			IRISH LC CHAMPIONSHIPS	NAC DUBLIN
8TH MAY	**7TH- 9TH MAY**		**ULSTER AGE GROUP CHAMPIONSHIPS**	**LISBURN**
15TH MAY	14TH MAY		KEITH BUCHANAN MEMORIAL GALA	LISBURN
22ND MAY	22ND MAY		ARDS JUNIOR OPEN GALA	ARDS
29TH MAY	28TH-30TH MAY		ANTRIM OPEN CHAMPIONSHIPS	
5TH JUNE 2010			NEWRY & MOURNE CHAMPIONSHIPS	
12TH JUNE	11TH-13TH JUNE		BRIDGESTONE	
19TH JUNE				
26TH JUNE	25TH-27TH JUNE		IRISH AGE GROUPS DIVISION 2	LIMERICK
3RD JULY 2010	TBC		EUROPEAN JNR CHAMPIONSHIPS	
	TBC		EUROPEAN CHAMPIONSHIPS LC	BUDAPEST
EARLY JULY			**FINAL SELECTION FOR NORTHERN IRELAND COMMONWEALTH GAMES TEAM**	
10TH JULY	9TH -11TH JULY		IRISH NATIONAL AGE GROUP CHAMPIONSHIPS	NAC DUBLIN
17TH JULY				
24TH JULY	22ND – 25TH JULY		IRISH NATIONAL YOUTH / OPEN LC CHAMPIONSHIPS	NAC DUBLIN
31ST JULY	28TH JULY-1ST AUG		ASA NATIONAL AGE GROUP CHAMPIONSHIPS	
			WORLD MASTERS	
7TH AUG 2010	3RD-8TH AUG		ASA NATIONAL YOUTH CHAMPIONSHIPS	
14TH AUG	4th-15th		L.E.N. EUROPEAN LC CHAMPIONSHIPS	BUDAPEST
			YOUTH OLYMPIC GAMES	SINGAPORE
21ST AUG	18TH-21ST		ASA NATIONAL CHAMPIONSHIPS & GB CWG TEAM SELECTION	
28th AUG				
4TH SEPT 2010				
11TH SEPT				
18TH SEPT				
25TH SEPT	25TH		PTL 1	
2ND OCT 2010	4TH-9TH OCT		COMMONWEALTH GAMES INDIA 2010	DELHI
9TH OCT				
	16TH		AER LINGUS MASTERS	
16TH OCT 2010	**15TH-17TH OCT**		**ULSTER GRADED GALA 1**	
23RD OCT			PTL 2	
30TH OCT				
6TH NOV 2010			**ULSTER GRADED GALA 2**	
			PTL 3	
13TH NOV			WAR MEMORIAL	
20TH NOV	18TH – 21ST NOV		IRISH SC NATIONALS	
27TH NOV	**TBC**		**ULSTER MASTERS**	
	TBC		EUROPEAN SC CHAMPIONSHIPS	
4TH DEC 2010			PTL 4	
11TH DEC				
18TH DEC			**ULSTER SC CHAMPIONSHIPS**	
	TBC		WORLD SC CHAMPIONSHIPS TBC	DUBAI
25TH DEC			CHRISTMAS	

WEEK BEGINNING SAT	DATE	PAGE	COMPETITION	VENUE
1ST JAN 2011				
8TH JAN			SCHOOLS GALA	
15TH JAN			PTL 5	
22ND JAN	**21ST-23RD JAN**		**ULSTER GRADED GALA 3**	
29TH JAN			CITY OF DERRY MASTERS	
5TH FEB 2011			DAVE MCCULLAGH	
12TH FEB			PTL 6	
19TH FEB	**18TH-20TH FEB**		**ULSTER GRADED GALA 4**	
26TH FEB			PTL 7	
5TH MARCH 2011	**4TH – 6TH MAR**		**ULSTER YOUTH CHAMPIONSHIPS**	
12TH MAR	11TH 12TH MAR		PTL TIME TRIALS	
19TH MAR			**ULSTER GRADED GALA 5**	
26TH MAR				
2nd APRIL 2011			WISE INTERNATIONAL TBC	
9TH APR			PTL FINALS	
16TH APR				
23rd APR	EASTER		EASTER	
30th APR	30-1ST		IRISH NATIONAL LC CHAMPIONSHIPS	
7TH MAY 2011	**6TH-8TH MAY**		**ULSTER AGE GROUP CHAMPIONSHIPS**	
14TH MAY	13TH		LISBURN RELAY GALA	
21ST MAY	21ST		ARDS OPEN GALA	
28TH MAY	27TH-29TH MAY		ASA NATIONAL CHAMPIONSHIPS	
4TH JUNE 2011	27TH-29TH MAY		ANTRIM CHAMPIONSHIPS	
11TH JUNE	10TH 11TH JUNE		BRIDGESTONE	
18TH JUNE	15TH-18TH JUNE		ASA NATIONAL CHAMPIONSHIPS FINAL QUALIFICATION FINA WORLD CHAMPIONSHIPS	
25TH JUNE	24TH-26TH JUNE		IRISH AGE GROUPS DIV 2	
2ND JULY 2011			L.E.N. EUROPEAN JUNIOR CHAMPIONSHIPS	
9TH JULY	8TH-10TH JULY		IRISH NATIONAL AGE GROUP CHAMPIONSHIPS	
			EUROPEAN YOUTH OLYMPIC FESTIVAL	
16TH JULY				
23RD JULY	21ST-24THJULY		IRISH NATIONAL YOUTH / OPEN LC CHAMPIONSHIPS	
	27TH -31ST		ASA NATIONAL AGE GROUP CHAMPIONSHIPS	
31st JULY	24TH-31ST JULY		FINA WORLD LC CHAMPIONSHIPS	SHANGHAI
			TRI NATIONS INTERNATIONAL	
6TH AUG 2011	2ND – 7TH AUG		ASA YOUTH / OPEN CHAMPIONSHIPS	
13TH AUG	11TH -14TH AUG		WORLD JUNIOR CHAMPIONSHIPS	
20TH AUG				
27TH AUG				
3RD SEPT 2011				
10TH SEPT				
17TH SEPT				
24TH SEPT			PTL1	
1ST OCT 2011				
8TH OCT			**ULSTER GRADED GALA 1**	
15TH OCT				
22ND OCT				
29TH OCT				

SWIM ULSTER GRADED GALAS 2009/2010

The Swim Ulster Graded Galas are qualifying meets for Ulster Age Group, Youth and Open Championships.
There will be Electronic Timing at each of these Galas and they will be run under Swim Ireland Rules.
There will be 5 Graded Galas, each being held over 1 weekend with 1 session on Friday pm and 2 sessions each on Saturday and Sunday.
Each Gala has been given a theme and will feature one "skins" final which consists of a series of elimination rounds, climaxing in a swim off between the last two swimmers – see page 17 for notes.

1. **2nd-4th October 2009 – The Cook Graded Gala including the Freestyle 'Skins' event**
   Closing date Fri. 17th September 2009
2. **23rd-25th October 2009 - The Halloween Graded Gala including the Butterfly 'Skins' event**
   Closing date Fri. 9th October 2009
3. **22nd-24th January 2010 - The Burns Graded Gala including the Backstroke 'Skins' event**
   Closing date Fri. 8th January 2010
4. **12th-14th February 2010 – The Valentine's Graded Gala including the Breaststroke 'Skins' event**
   Closing date 29th January 2010
5. **16TH-18TH April 2010 – The Earth Day Distance Championship Graded Gala including the Freestyle 'Skins' event**
   Closing date 26th March 2010

'Age' Groups: u/9 -13 years - Age on Last Day of Each Graded Gala
'Youth' and 'Open' 13 years / + - Age as at 2nd October 2009

Meet 1 The Cook Meet 2nd – 4th October 2009

Closing Date Friday 17th September 2009

Friday PM Session 1 Warm up 5.00 pm Start 6.00 pm

1 Mixed 1500m freestyle (Max 4 Heats)
2 Mixed 800m freestyle (Max 6 Heats)

Coaches must advise the referee 1 hour prior to the start of the gala if a swimmer is attempting a record and in that instance the final 2 heats will be separate male / female heats. The Friday Session will finish no later than 9 PM. That means we may have to restrict entries. Priority will be given to entries received before the closing date and, in the case of the April Earth Day Gala, entries for the Age Group and Youth Championship.

Saturday am Session 2 Warm up 9am Start 10am

3 Women's 50m Freestyle (Including Freestyle Skins Heats)
4 Men's 50 Freestyle (Including Freestyle Skins Heats)
5 Women's 100m Freestyle
6 Men's 400m IM
7 Women's 200m Butterfly
8 Men's 50m Backstroke
9 Women's 50m Breaststroke
10 Men's 200m Freestyle
11 Women's 100m Backstroke
12 *Men's 50m Freestyle Skins Finals*
13 *Women's 50m Freestyle Skins Finals*

Saturday pm Session 3 Warm up estimated 13:00, start 14:00 and target finish time 16:30

14 Men's 100m Breaststroke
15 Women's 400m Freestyle
16 Men's 200m Backstroke
17 Women's 200m IM
18 Men's 100m Butterfly
19 Women's 200m Breaststroke
20 Men's 100m IM

Sunday am Session 4 Warm up 8 am Start 9am

21 Men's 100 Freestyle
22 Women's 50m Butterfly
23 Men's 200m Butterfly
24 Women's 400m IM
25 Men's 50m Breaststroke
26 Women's 50m Backstroke
27 Men's 100m Backstroke

Sunday pm Session 5 Warm up estimated 12:20, start 13:20 and target finish time 16:30

28 Women's 200m Freestyle
29 Men's 400m Freestyle
30 Women's 100m Breaststroke
31 Men's 200m IM
32 Women's 200m Backstroke
33 Men's 200m Breaststroke
34 Women's 100m Butterfly
35 Men's 50m Butterfly
36 Women's 100m IM

Meet 2 The Halloween Meet 23rd – 25th October 2009

Closing date Fri. 9th October 2009

Friday PM Session 1

1 Mixed 800m freestyle (Max 6 Heats)
2 Mixed 1500m freestyle (Max 4 Heats)

Coaches must advise the referee 1 hour prior to the start of the gala if a swimmer is attempting a record and in that instance the final 2 heats will be separate male / female heats. The Friday Session will finish no later than 9 PM. That means we may have to restrict entries. Priority will be given to entries received before the closing date and, in the case of the April Earth Day Gala, entries for the Age Group and Youth Championship**.**

Saturday am Session 2 Warm up 8am Start 9am

3 Men's 50m Butterfly (Including Butterfly Skins Heats)
4 Women's 50m Butterfly (Including Butterfly Skins Heats)
5 Men's 100m Freestyle
6 Women's 50m Freestyle
7 Men's 200m Butterfly
8 Women's 400m IM
9 Men's 50m Breaststroke
10 Women's 50m Backstroke
11 Men's 100m Backstroke
12 *Women's 50 Butterfly Skins Finals*
13 *Men's 50m Butterfly Skins Finals*

Saturday pm Session 3 Warm up estimated 13:00, start 14:00 and target finish time 16:30

14 Women's 200m Freestyle
15 Men's 400m Freestyle
16 Women's 100m Breaststroke
17 Men's 200m IM
18 Women's 200m Backstroke
19 Men's 200m Breaststroke
20 Women's 100m Butterfly
21 Women's 100m IM

Sunday am Session 4 Warm up 9am start 10am

22 Men's 50m Freestyle
23 Women's 100m Freestyle
24 Men's 400m IM
25 Women's 200m Butterfly
26 Men's 50m Backstroke
27 Women's 50m Breaststroke
28 Men's 200m Freestyle
29 Women's 100m Backstroke

Sunday pm Session 5 Warm up estimated 13:00, start 14:00 and target finish time 16:30

30 Men's 100m Breaststroke
31 Women's 400m Freestyle
32 Men's 200m Backstroke
33 Women's 200m IM
34 Men's 100m Butterfly
35 Women's 200m Breaststroke
36 Men's 100m IM

Meet 3 The Burns Meet 22nd – 24th January 2010

Closing Date Friday 8th January 2010

Friday PM Session 1 Warm up 5.00 pm Start 6.00 pm

1 Mixed 1500m freestyle (Max 4 Heats)
2 Mixed 800m freestyle (Max 6 Heats)

Coaches must advise the referee 1 hour prior to the start of the gala if a swimmer is attempting a record and in that instance the final 2 heats will be separate male / female heats. The Friday Session will finish no later than 9 PM. That means we may have to restrict entries. Priority will be given to entries received before the closing date and, in the case of the April Earth Day Gala, entries for the Age Group and Youth Championship.

Saturday am Session 2 Warm up 9am Start 10am

3 Women's 50m Backstroke (Including Backstroke Skins Heats)
4 Men's 50 Freestyle
5 Women's 100m Freestyle
6 Men's 400m IM
7 Women's 200m Butterfly
8 Men's 50m Backstroke (Including Backstroke Skins Heats)
9 Women's 50m Breaststroke
10 Men's 200m Freestyle
11 Women's 100m Backstroke
12 *Men's 50m Backstroke Skins Finals*
13 *Women's 50m Backstroke Skins Finals*

Saturday pm Session 3 Warm up estimated 13:00, start 14:00 and target finish time 16:30

14 Men's 100m Breaststroke
15 Women's 400m Freestyle
16 Men's 200m Backstroke
17 Women's 200m IM
18 Men's 100m Butterfly
19 Women's 200m Breaststroke
20 Men's 100m IM

Sunday am Session 4 Warm up 8 am Start 9am

21 Women's 50m Butterfly
22 Men's 100m Freestyle
23 Women's 50m Freestyle
24 Men's 200m Butterfly
25 Women's 400m IM
26 Men's 50m Breaststroke
27 Men's 100m Backstroke
28 Women's 200m Freestyle

Sunday pm Session 5 Warm up estimated 12:20, start 13:20 and target finish time 16:30

29 Men's 400m Freestyle
30 Women's 100m Breaststroke
31 Men's 200m IM
32 Women's 200m Backstroke
33 Men's 200m Breaststroke
34 Women's 100m Butterfly
35 Men's 50m Butterfly
36 Women's 100m IM

Meet 4 The St. Valentine's Meet 12th-14th February 2010

Closing date Fri. 29th January 2010

Friday PM Session 1

1 Mixed 800m freestyle (Max 6 Heats)
2 Mixed 1500m freestyle (Max 4 Heats)

Coaches must advise the referee 1 hour prior to the start of the gala if a swimmer is attempting a record and in that instance the final 2 heats will be separate male / female heats. The Friday Session will finish no later than 9 PM. That means we may have to restrict entries. Priority will be given to entries received before the closing date and, in the case of the April Earth Day Gala, entries for the Age Group and Youth Championship.

Saturday am Session 2 Warm up 9am Start 10am

3 Men's 100m Freestyle
4 Women's 50m Freestyle
5 Men's 200m Butterfly
6 Women's 400m IM
7 Men's 100m Backstroke
8 Women's 50m Backstroke
9 Women's 200m Freestyle
10 Men's 400m Freestyle

Saturday pm Session 3 Warm up estimated 13:00, start 14:00 and target finish time 16:30

11 Women's 100m Breaststroke
12 Men's 200m IM
13 Women's 200m Backstroke
14 Men's 200m Breaststroke
15 Women's 100m Butterfly
16 Men's 50m Butterfly
17 Women's 100m IM
18 Women's 50m Butterfly
19 Men's 50m Freestyle
20 Women's 100m Freestyle

Sunday am Session 4 Warm up 9am start 10am

21 Men's 400m IM
22 Women's 200m Butterfly
23 Men's 50m Backstroke
24 Men's 50m Breaststroke (Including Breaststroke Skins Heats)
25 Women's 50m Breaststroke (Including Breaststroke Skins Heats)
26 Men's 200m Freestyle
27 Women's 100m Backstroke
28 *Men's 50m Breaststroke Skins Finals*
29 *Women's 50m Breaststroke Skins Finals*

Sunday pm Session 5 Warm up estimated 13:00, start 14:00 and target finish time 16:30

30 Men's 100m Breaststroke
31 Women's 400m Freestyle
32 Men's 200m Backstroke
33 Women's 200m IM
34 Men's 100m Butterfly
35 Women's 200m Breaststroke
36 Men's 100m IM

Meet 5 The Earth Day Distance Championships 16th-18th April 2010

Closing Date Friday 26th March 2010

Friday PM Session 1 Warm up 5.00 pm Start 6.00 pm

1 Mixed 1500m freestyle (Max 4 Heats)
2 Mixed 800m freestyle (Max 6 Heats)

Coaches must advise the referee 1 hour prior to the start of the gala if a swimmer is attempting a record and in that instance the final 2 heats will be separate male / female heats. The Friday Session will finish no later than 9 PM. That means we may have to restrict entries. Priority will be given to entries received before the closing date and, in the case of the April Earth Day Gala, entries for the Age Group and Youth Championship**.**

Saturday am Session 2 Warm up 9am Start 10am

3 Women's 50m Freestyle (Including Freestyle Skins Heats)
4 Men's 50 Freestyle (Including Freestyle Skins Heats)
5 Women's 100m Freestyle
6 Men's 400m IM
7 Women's 200m Butterfly
8 Men's 50m Backstroke
9 Women's 50m Breaststroke
10 Men's 200m Freestyle
11 Women's 100m Backstroke
12 *Men's 50m Freestyle Skins Finals*
13 *Women's 50m Freestyle Skins Finals*

Saturday pm Session 3 Warm up estimated 13:00, start 14:00 and target finish time 16:30

14 Men's 100m Breaststroke
15 Women's 400m Freestyle
16 Men's 200m Backstroke
17 Women's 200m IM
18 Men's 100m Butterfly
19 Women's 200m Breaststroke
20 Men's 100m IM

Sunday am Session 4 Warm up 8 am Start 9am

21 Men's 100 Freestyle
22 Women's 50m Butterfly
23 Men's 200m Butterfly
24 Women's 400m IM
25 Men's 50m Breaststroke
26 Women's 50m Backstroke
27 Men's 100m Backstroke

Sunday pm Session 5 Warm up estimated 12:20, start 13:20 and target finish time 16:30

28 Men's 400m Freestyle
29 Women's 100m Breaststroke
30 Men's 200m IM
31 Women's 200m Backstroke
32 Men's 200m Breaststroke
33 Women's 100m Butterfly
34 Men's 50m Butterfly
35 Women's 100m IM
36 Women's 200m Freestyle

FEMALES A GRADE QUALIFYING TIMES

AGE / EVENT	9	10	11	12
50M FREE	0.45.00	0.44.00	0.41.00	0.39.00
100M FREE	1.39.00	1.30.00	1.25.00	1.22.00
200M FREE	3.36.00	3.24.00	3.13.00	3.04.00
400M FREE	7.34.00	7.00.00	6.36.00	6.16.00
800M FREE	15.30.00	14.40.00	13.54.00	13.13.00
1500 FREE	30.00.00	29.00.00	28.00.00	27.00.00
50M BACK	0.51.00	0.48.00	0.46.00	0.43.00
100M BACK	1.50.00	1.48.00	1.44.00	1.33.00
200M BACK	3.57.00	3.40.00	3.30.00	3.15.00
50M BREAST	0.57.00	0.54.00	0.51.00	0.49.00
100MBREAST	2.04.00	1.57.00	1.50.00	1.43.00
200MBREAST	4.26.00	4.11.00	4.00.00	3.40.00
50M FLY	0.49.00	0.46.00	0.43.00	0.41.00
100M FLY	1.48.00	1.45.00	1.43.00	1.39.00
200M FLY	3.56.00	3.40.00	3.26.00	3.21.00
100 IM	1.43.00	1.41.00	1.38.00	1.35.00
200M IM	4.02.00	3.48.00	3.36.00	3.26.00
400M IM	8.29.00	8.00.00	7.35.00	7.13.00

FEMALES A GRADE QUALIFYING TIMES

AGE / EVENT	13	14	15	16	Open
50 FREE	0.37.00	0.35.00	0.34.00	0.33.00	0.31.00
100 FREE	1:18.00	1:17.00	1:14.00	1:11.00	1:09.00
200 FREE	2:51.80	2:48.00	2:41.00	2:35.00	2:30.00
400 FREE	6:08.00	5:53.00	5:39.00	5:27.00	5:15.00
800 FREE	12:38.00	12.06.00	11:37.00	11:12.00	10:48.00
1500 FREE	26:00.00	25:00.00	24:00.00	23:00.00	22:00.00
50 BACK	0.41.00	0.40.00	0.38.00	0.37.00	0.35.00
100 BACK	1:28.00	1:25.00	1:22.00	1:19.00	1:16.00
200 BACK	3:09.00	3:04.00	2:57.00	2:50.00	2:44.00
50 BREAST	0.46.00	0.44.00	0.43.00	0.41.00	0.40.00
100 BREAST	1:38.00	1:36.00	1:33.00	1:29.00	1:26.00
200 BREAST	3:35.00	3:27.00	3:19.00	3:11.00	3:05.00
50 FLY	0.39.00	0.38.00	0.36.00	0.35.00	0.34.00
100 FLY	1:27.00	1:24.00	1:20.00	1:17.00	1:15.00
200 FLY	3:09.00	3:03.00	2:56.00	2:50.00	2:44.00
100 IM	1:31.00	1:27.00	1:24.00	1:21.00	1:18.00
200 IM	3:17.00	3:08.00	3:01.00	2:54.00	2:48.00
400 IM	6:53.00	6:36.00	6:20.00	6:07.00	5:54.00

FEMALES B GRADE QUALIFYING TIMES

AGE / EVENT	9	10	11	12	13	14	15	16+
50M FREE	0.47.00	0.45.00	0.44.00	0.41.00	0.39.00	0.37.00	0.35.00	0.34.00
100M FREE	1.47.00	1.36.00	1.31.00	1.27.00	1.25.00	1.22.00	1.19.00	1.17.00
200M FREE	3.48.00	3.28.00	3.18.00	3.10.00	3.00.00	2.53.00	2.47.00	2.43.00
400M FREE	7.49.00	7.05.00	6.41.00	6.21.00	6.11.00	5.59.00	5.43.00	5.31.00
800 FREE	15.40.00	15.30.00	14.40.00	13.54.00	13.13.00	12:38.00	12.06.00	11:37.00
1500 FREE	31.00.00	30.00.00	29.00.000	28.00.00	27.00.00	26:00.00	25:00.00	24:00.00
50M BACK	0.53.00	0.50.00	0.48.00	0.46.00	0.43.00	0.41.00	0.40.00	0.38.00
100M BACK	1.58.00	1.55.00	1.48.00	1.37.00	1.33.00	1.30.00	1.27.00	1.24.00
200M BACK	4.09.00	3.46.00	3.36.00	3.22.00	3.16.00	3.09.00	3.02.00	2.56.00
50M BREAST	0.59.00	0.57.00	0.54.00	0.51.00	0.49.00	0.46.00	0.44.00	0.43.00
100 BREAST	2.12.00	2.00.00	1.55.00	1.49.00	1.44.00	1.41.00	1.37.00	1.34.00
200 BREAST	4.38.00	4.16.00	4.05.00	3.46.00	3.44.00	3.36.00	3.28.00	3.22.00
50M FLY	0.50.00	0.48.00	0.46.00	0.43.00	0.41.00	0.39.00	0.38.00	0.36.00
100M FLY	1.55.00	1.51.00	1.48.00	1.44.00	1.32.00	1.28.00	1.25.00	1.23.00
200M FLY	4.08.00	3.46.00	3.32.00	3.27.00	3.15.00	3.08.00	3.02.00	2.56.00
100 IM	1.45.00	1.43.00	1.41.00	1.38.00	1.35.00	1.31.00	1.27.00	1.24.00
200M IM	4.14.00	3.54.00	3.40.00	3.30.00	3.20.00	3.13.00	3.06.00	3.00.00
400M IM	8.44.00	8.08.00	7.40.00	7.24.00	6.59.00	6.40.00	6.25.00	6.10.00

FEMALES C/DEVELOPMENT GRADE QUALIFYING TIMES

AGE / EVENT	9	10	11	12	13	14	15	16+
50M FREE	0.50.00	0.47.00	0.45.00	0.44.00	0.41.00	0.39.00	0.37.00	0.35.00
100M FREE	1.56.00	1.47.00	1.38.00	1.33.00	1.29.00	1.27.00	1.25.00	1.20.00
200M FREE	4.12.00	3.48.00	3.28.00	3.18.00	3.10.00	3.00.00	2.53.00	2.47.00
400M FREE	8.04.00	7.49.00	7.05.00	6.41.00	6.21.00	6.11.00	5.59.00	5.43.00
800 FREE	16.00.00	15.30.00	15.00.00	14.40.00	13.54.00	13.13.00	12:38.00	12.06.00
1500 FREE	32.00.00	31.00.00	30.00.00	29.00.00	28.00.00	27.00.00	26:00.00	25:00.00
50M BACK	0.55.00	0.53.00	0.50.00	0.48.00	0.46.00	0.43.00	0.41.00	0.40.00
100M BACK	2.07.00	1.58.00	1.55.00	1.48.00	1.37.00	1.33.00	1.30.00	1.27.00
200M BACK	4.24.00	4.09.00	3.46.00	3.36.00	3.22.00	3.16.00	3.09.00	3.02.00
50M BREAST	1.00.00	0.59.00	0.57.00	0.54.00	0.51.00	0.49.00	0.46.00	0.44.00
100 BREAST	2.21.00	2.12.00	2.00.00	1.55.00	1.49.00	1.44.00	1.41.00	1.37.00
200 BREAST	4.53.00	4.38.00	4.16.00	4.05.00	3.46.00	3.44.00	3.36.00	3.28.00
50M FLY	0.55.00	0.50.00	0.48.00	0.46.00	0.43.00	0.41.00	0.39.00	0.38.00
100M FLY	2.04.00	1.55.00	1.51.00	1.47.00	1.44.00	1.32.00	1.28.00	1.25.00
200M FLY	4.23.00	4.08.00	3.46.00	3.32.00	3.27.00	3.15.00	3.08.00	3.02.00
100 IM	1.50.00	1.45.00	1.43.00	1.41.00	1.38.00	1.35.00	1.31.00	1.27.00
200M IM	4.29.00	4.14.00	3.54.00	3.40.00	3.30.00	3.20.00	3.13.00	3.06.00
400M IM	9.00.00	8.44.00	8.08.00	7.40.00	7.24.00	6.59.00	6.40.00	6.25.00

C GRADE Note: 1500, 800, 400 and 200 times are provided for guidance only. C Grade swimmers may NOT swim in the 1500,800 frs, 400 IM, 200 IM, 200 BF, 0r 200 BRS. Entries to 400 free will be restricted to 10 top C Grade swimmers' times entered and are susceptible to the fine if they do not finish within the C Grade QT

Fines: A and B Grade swimmers who do not achieve at least the C Grade QT will be fined £5

MALES A GRADE QUALIFYING TIMES

AGE / EVENT	9	10	11	12	13
50M FREE	0.45.00	0.40.00	0.38.00	0.36.00	0.34.00
100M FREE	1.39.00	1.28.00	1.23.00	1.19.00	1.15.00
200M FREE	3.36.00	3.14.00	3.03.00	2.53.00	2.45.00
400M FREE	7.34.00	6.50.00	6.26.00	6.06.00	5.48.00
800 FREE	15.00.00	14.00.00	13.00.00	12.20.00	11.15.00
1500M FREE	29.47.00	27.16.00	25.44.00	24.23.00	23.12.00
50M BACK	0.51.00	0.45.00	0.42.00	0.40.00	0.38.00
100M BACK	1.50.00	1.47.00	1.40.00	1.29.00	1.23.00
200M BACK	3.57.00	3.30.00	3.20.00	3.10.00	3.00.00
50M BREAST	0.57.00	0.50.00	0.47.00	0.45.00	0.42.00
100MBREAST	2.04.00	1.50.00	1.45.00	1.41.00	1.34.00
200MBREAST	4.26.00	3.59.00	3.46.00	3.34.00	3.23.00
50M FLY	0.49.00	0.43.00	0.41.00	0.39.00	0.37.00
100M FLY	1.48.00	1.43.00	1.39.00	1.36.00	1.27.00
200M FLY	3.56.00	3.32.00	3.20.00	3.15.00	3.05.00
100 IM	1.43.00	1.40.00	1.36.00	1.30.00	1.25.00
200M IM	4.02.00	3.37.00	3.25.00	3.14.00	3.04.00
400M IM	8.29.00	7.43.00	7.17.00	6.54.00	6.34.00

MALES A GRADE QUALIFYING TIMES

Age / Event	14	15	16	17	Open
50 FREE	0.32.00	0.31.00	0.30.00	0.29.00	0.28.00
100 FREE	1:11.00	1:08.00	1:06.00	1:03.00	1:01.00
200 FREE	2:37.00	2:31.00	2:25.00	2:19.00	2:15.00
400 FREE	5:32.00	5:18.00	5:06.00	4:55.00	4:45.00
800 FREE	11:06.00	11:00.00	10:40.00	10:16.00	9:55.00
1500 FREE	23.09.00	22:53.00	22:23.00	21:38.00	20:57.00
50 BACK	0.36.00	0.35.00	0.33.00	0.32.00	0.31.00
100 BACK	1:19.00	1:16.00	1:13.00	1:10.00	1:08.00
200 BACK	2:52.00	2:45.00	2:38.00	2:32.00	2:27.00
50 BREAST	0.40.00	0.39.00	0.37.00	0.36.00	0.35.00
100 BREAST	1:29.00	1:26.00	1:22.00	1:19.00	1:17.00
200 BREAST	3:14.00	3:06.00	2:59.00	2:52.00	2:46.00
50 FLY	0.35.00	0.34.00	0.32.00	0.31.00	0.30.00
100 FLY	1:18.00	1:14.00	1:12.00	1:09.00	1:06.00
200 FLY	2:52.00	2:45.00	2:38.00	2:32.00	2:27.00
100 IM	1:21.00	1:18.00	1:15.00	1:12.00	1:10.00
200 IM	2:56.00	2:49.00	2:42.00	2:36.00	2:31.00
400 IM	6:16.00	6:00.00	5:46.00	5:33.90	5:22.00

MALES B GRADE QUALIFYING TIMES

AGE EVENT	9	10	11	12	13	14	15	16+
50 FREE	0.47.00	0.44.00	0.40.00	0.38.00	0.36.00	0.34.00	0.32.00	0.31.00
100M FREE	1.47.00	1.36.00	1.31.00	1.27.00	1.19.00	1.16.00	1.14.00	1.11.00
200M FREE	3.48.00	3.26.00	3.19.00	3.05.00	2.49.00	2.43.00	2.38.00	2.31.00
400M FREE	7.49.00	7.05.00	6.41.00	6.21.00	5.57.00	5.39.00	5.23.00	5.12.00
800 FRS	15.40.00	14.30.00	13.30.00	12.45.00	12.15.00	12.00.00	11.40.00	11.00.00
1500 FRS	30.00.00	28.00.00	27.00.00	25.00.00	24.00.00	23.30.00	23.00.00	22.50.00
50 BACK	0.53.00	0.49.00	0.47.00	0.45.00	0.41.00	0.38.00	0.36.00	0.35.00
100M BACK	1.58.00	1.55.00	1.48.00	1.37.00	1.27.00	1.24.00	1.21.00	1.18.00
200M BACK	4.09.00	3.36.00	3.33.00	3.22.00	3.04.00	2.57.00	2.50.00	2.44.00
50 BRS	0.59.00	0.56.00	0.53.00	0.50.00	0.48.00	0.45.00	0.43.00	0.42.00
100M BRS	2.12.00	1.58.00	1.53.00	1.49.00	1.37.00	1.34.00	1.30.00	1.27.00
200M BRS	4.38.00	4.11.00	3.58.00	3.46.00	3.26.00	3.19.00	3.11.00	3.04.00
50 FLY	0.50.00	0.47.00	0.45.00	0.42.00	0.40.00	0.38.00	0.37.00	0.35.00
100M FLY	1.55.00	1.51.00	1.47.00	1.44.00	1.30.00	1.22.00	1.20.00	1.17.00
200M FLY	4.08.00	3.44.00	3.32.00	3.27.00	3.09.00	2.57.00	2.50.00	2.44.00
100 IM	1.45.00	1.42.00	1.40.00	1.37.00	1.34.00	1.30.00	1.25.00	1.22.00
200M IM	4.14.00	3.49.00	3.37.00	3.26.00	3.08.00	3.01.00	2.53.00	2.48.00
400M IM	8.44.00	7.58.00	7.27.00	7.04.00	6.39.00	6.20.00	6.06.00	5.49.00

MALES C/DEVELOPMENT GRADE QUALIFYING TIMES

AGE EVENT	9	10	11	12	13	14	15	16+
50 FREE	0.50.00	0.46.00	0.44.00	0.42.00	0.40.00	0.37.00	0.35.00	0.34.00
100M FREE	1.56.00	1.47.00	1.36.00	1.31.00	1.27.00	1.19.00	1.16.00	1.14.00
200M FREE	4.12.00	3.48.00	3.26.00	3.19.00	3.05.00	2.49.00	2.43.00	2.38.00
400M FREE	8.04.00	7.49.00	7.05.00	6.41.00	6.21.00	5.57.00	5.39.00	5.23.00
800 FRS	15.50.00	15.00.00	14.00.00	13.30.00	13.00.00	12.30.00	12.00.00	11.30.00
1500 FRS	31.00.00	29.00.00	28.00.00	26.00.00	25.00.00	24.00.00	23.30.00	23.00.00
50 BACK	0.55.00	0.52.00	0.48.00	0.46.00	0.44.00	0.41.00	0.39.00	0.37.00
100M BACK	2.07.00	1.58.00	1.55.00	1.48.00	1.37.00	1.27.00	1.24.00	1.21.00
200M BACK	4.24.00	4.09.00	3.36.00	3.33.00	3.22.00	3.04.00	2.57.00	2.50.00
50 BRS	1.00.00	0.57.00	0.55.00	0.52.00	0.49.00	0.47.00	0.44.00	0.42.00
100M BRS	2.21.00	2.12.00	1.58.00	1.53.00	1.49.00	1.37.00	1.34.00	1.30.00
200M BRS	4.53.00	4.38.00	4.11.00	3.58.00	3.46.00	3.26.00	3.19.00	3.11.00
50 FLY	0.55.00	0.48.00	0.46.00	0.44.00	0.41.00	0.39.00	0.37.00	0.36.00
100M FLY	2.04.00	1.55.00	1.51.00	1.47.00	1.44.00	1.30.00	1.22.00	1.20.00
200M FLY	4.23.00	4.08.00	3.44.00	3.32.00	3.27.00	3.09.00	2.57.00	2.50.00
100 IM	1.50.00	1.43.00	1.41.00	1.39.00	1.36.00	1.33.00	1.29.00	1.25.00
200M IM	4.29.00	4.14.00	3.49.00	3.37.00	3.26.00	3.08.00	3.01.00	2.53.00
400M IM	9.00.00	8.44.00	7.58.00	7.27.00	7.04.00	6.39.00	6.20.00	6.06.00

C GRADE Note: 1500, 800, 400 and 200 times are provided for guidance only. C Grade swimmers may NOT swim in the 1500,800 frs, 400 IM, 200 IM, 200 BF, 0r 200 BRS. Entries to 400 free will be restricted to 10 top C Grade swimmers' times entered and are susceptible to the fine if they do not finish within the C Grade QT

Fines: A and B Grade swimmers who do not achieve at least the C Grade QT will be fined £5

GALA FORMAT

There will be a **scheduled break of 1 hour 30 minutes** between sessions, the timing of which will be **calculated the week after the closing date for entries** – hence the importance of getting entries in on time. Sessions may be longer where entries are heavy.

Aim: To shorten sessions. In order to do this, **the number of heats in 400 and 200 events will be limited** - the "session report" (estimated timings based on the number and speed of competitors) will be produced within days of the closing date, so clubs will have ample notice when entries have been rejected for reasons of session time.

The **April Earth Day Distance Championships Gala** may run longer as priority will be given to Age Group and Youth entries for distance events -1500m, 800m and 400m frs and 400m IM. For this meet only, the distance events will be restricted to the top 8 in each age group, and swum graded. (I.e. 9/u, 10,11,12,13,14,15,16 & 17) Like all Championship Events, the QT must have been achieved during the current season to enter this gala, and must also be achieved at this gala to qualify for a medal. ('Open' swimmers may swim the distance events only if there are spaces.)

GRADES

Grading of swimmers:

- A swimmer must have a minimum of 3 "B" or 3 "A" grade swims in order to qualify as an "A" grade or "B" grade swimmer.
- Swimmers will be graded at the start of the season using existing times held on the Swim Ulster database
- Thereafter, each swimmer must have a minimum of 3 "B" or 3 "A" grade qualifying times (based on the new times of the season) in order to become a "B" or "A" grade swimmer
- All swimmers with less than 3 "B" qualifying times will be classed as a "C" grade. Swimmers may go between grades "C", "B" and "A" throughout the season due to ageing up between meets.

C grade swimmers may NOT enter the 1500m frs, 800m frs, 400 IM, 200 IM, 200 Brs or 200 Fly events.
All entries should be made using times on the Swim Ulster Database, except for any graded swimmers without qualifying times in a particular event. In that instance, swimmers in ANY grade must submit an entry time for the meet based on time trials at club/estimate of coach.

Graded Gala Closing Dates; In order to manage the entries and schedules for these meets, clubs will be encouraged, by a lower entry fee, to send in their entries before the closing date - £3.50 per event (a reduction from last season of 50p per event per swimmer). Closing dates will be set 3 weeks before the meet date – except for the last meet where it will be set earlier in order to get the entries in before Easter. Any entries received after the closing date will be charged at £4.50 per event and be subject to availability of spare lanes, as session schedules will already have been calculated. Entry on the Day £5 - ONLY if there are spare lanes.

Graded Gala Fines;

- Entries must match the times held on the Swim Ulster Database
- For A and B Swimmers : Any A or B Grade swimmer who swims an event in a time slower than C Grade will be fined £5 regardless of whether or not they have swum the time before. There is no fine for not achieving the A or B QT
- For C Grade swimmers. Swimmers who swim a time 25% outside their QT will be fined £5
- Swimmers who do not show, without withdrawing at the start of the warm ups, will be fined £5

AWARDS

Gold Silver and Bronze Medals will be awarded.
Swimmers are divided into three age bands – 'Age Group' (u/9-13yrs), 'Youth' (13-17) and 'Open' (overall age groups 9-99 years)

- **Age Group**; "A","B" and "C/Development" Grade swimmers 9/u, 10,11,12,13 – Medals will be awarded at each meet. Age as on last day of meet. Swimmers compete in their grade ("A" "B" "C") and must have achieved the QT for that grade to win a medal.

- **Youth Group**; "A" and "B" Grade swimmers 13,14,15,16 &,17
  - The Olympic Challenge will include ALL events. Swimmers must achieve the A grade QT to qualify for "A" award, and at least a "B" Grade in all events for a "B" award.
  - Age as of first day of first Gala – 2nd October 2009. There will be a refund of £20 for swimmers who swim all Potential Olympic Challenge events without disqualification - A and B grades (18 events in total)
  - Awards are calculated by adding the fastest swim (using FINA points) in each event swum throughout the series. Athletes must swim all 18 events to qualify.
  - Events may be swum in any order and at any Ulster Graded Gala throughout the season.
  - Inclusion of all age groups means that no one should be caught between different competitions.
  - These awards are presented at the end of the season after the series of Graded Galas is over.
  - Swimmers under 13 are NOT eligible for these awards.

- **Open Categories** (there are 7) will remain open to ALL 'Age Group", 'Youth' and 'Open' swimmers:

  - Fly (50, 100, 200),
  - Back (50, 100,200),
  - Breast (50,100,200),
  - Free (50,100,200),
  - IM (100, 200 and 400),
  - Sprint (50m all 4 strokes)
  - Distance (400, 800 and 1500).

  Swimmers must have achieved the open times at the graded galas throughout the season, in order to be eligible for the awards.

For the awards – swims must have been completed at any Ulster Graded Gala, must be within / faster than the "A" or "B" QT (depending on age/award) and swims must be independent (i.e. swimming a 1500m will not qualify for 3 events – 400m, 800m and 1500m.

SKINS PROTOCOL

Heats; will be swum as normal to identify the 6 / 8 fastest swimmers according to number of lanes in the pool

Finals; For the elimination heats, which comprise the skins finals, it is recommended that a timekeeper should be appointed to advise the referee and starter of starting times. The watch should run for the duration of the skins finals.
The slowest swimmer in each heat should be eliminated – uncertainty should result in a rerun
Should a disqualification occur, no other swimmer will be eliminated from that heat.
The first elimination heat of each final will be started as normal, with short whistles, a long whistle and the command "Take your marks". Subsequent heats will hear a whistle blown by the referee 10 seconds before the starting signal
See table for explanation / order

Finals of skins event will be at end of the session. Hoping to have financial prizes for skins events – estimating £50 each:

- Galas 1 and 5 – Freestyle
- Gala 2 – Backstroke
- Gala 3 – Breaststroke
- Gala 4 – Fly

TIME	WHAT	WHO?	RESULT	EFFECT	LANE ELIMINATED
00:00	TAKE YOUR MARKS, START	WOMEN		6 TO 5	
1:30	TAKE YOUR MARKS, START	MEN		6 TO 5	
2:50	WHISTLE SIGNAL	WOMEN			
3:00	START (HOOTER ONLY)	WOMEN	AT FINISH REDUCE NUMBER	5 TO 4	
4:20	WHISTLE SIGNAL	MEN			
4:30	START (HOOTER ONLY)	MEN	AT FINISH REDUCE NUMBER	5 TO 4	
5:50	WHISTLE SIGNAL	WOMEN			
6:00	START (HOOTER ONLY)	WOMEN	AT FINISH REDUCE NUMBER	4 TO 3	
7:20	WHISTLE SIGNAL	MEN			
7:30	START (HOOTER ONLY)	MEN	AT FINISH REDUCE NUMBER	4 TO 3	
8:50	WHISTLE SIGNAL	WOMEN			
9:00	START (HOOTER ONLY)	WOMEN	AT FINISH REDUCE NUMBER	3 TO 2	
10:20	WHISTLE SIGNAL	MEN			
10:30	START (HOOTER ONLY)	MEN	AT FINISH REDUCE NUMBER	3 TO 2	
11:50	WHISTLE SIGNAL	WOMEN			
12:00	START (HOOTER ONLY)	WOMEN	AT FINISH IDENTIFY WINNER		
13:20	WHISTLE SIGNAL	MEN			
13:30	START HOOTER ONLY)	MEN	AT FINISH IDENTIFY WINNER		

WAR MEMORIAL GALA

The War Memorial Gala shall be held on the Saturday nearest the 11th 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 prior to the heats of the War Memorial Shield event. All swimmers and officials should stand in silence around the poolside. The lights are dimmed. A bugler sounds the "Last Post"; this is followed by 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 Saturday 7th November 2009

VENUE

Closing date for entries: Friday 16th October 2009
ENTRIES TO donnamcguinness@houseofsport.net
FEES PER EVENT £5.00 per team
payable to Swim Ulster Ltd
Clubs may enter as many teams per event as they wish within reason – organisers reserve the right to restrict entries should numbers cause time constraints.
Swimmers may swim in any event for which they are eligible, but may only swim in one team per event

TIMES
Start 7:15 pm
(Warm up from 6:00 pm)

WARM UP – Split:	Age Group FEMALES	6.00- 6.20 pm
	Age Group MALES	6.20- 6.40 pm
	Open Teams	6.40- 7.00 pm

ORDER OF EVENTS
HEATS

1. FEMALES OPEN	4 X 50m Medley Relay
2. MALES OPEN	4 x 50m Medley Relay
3. FEMALES 1996/later	4 x 25m Freestyle relay
4. MALES 1996/later	4 x 25m Freestyle relay.
5. FEMALES 1994/later	4 x 25m Medley relay.
6. MALES 1994/later	4 x 25m Medley relay
7. Ladies Open	4 x 50m Freestyle relay

MEMORIAL CEREMONY

8. Men's Open	6 x 50m Freestyle Relay

PRESENTATION of TROPHIES for 2008-2009
ELIZABETH LONG TROPHIES – MOST PROMISING JUNIOR GIRL AND BOY 11 YRS
OFFICIAL OF THE YEAR – LINDSAY MCPHERSON TROPHY
SWIMMER OF THE YEAR – BELFAST TELEGRAPH TROPHY
DISABILITY SWIMMER OF THE YEAR
INTERPROVINCIAL - LES BECK TROPHY

FINALS

1. FEMALES OPEN	4 X 50m Medley Relay ROYAL NAVY TROPHY
2. MALES OPEN	4 x 50m Medley Relay ROYAL NAVY TROPHY
3. FEMALES 1996/later	4 x 25m Freestyle relay FRED RUCK SHIELD
4. MALES 1996/later	4 x 25m Freestyle relay. KEITH BUCHANAN SHIELD
5. FEMALES 1994/later	4 x 25m Medley relay. LES BECK SHIELD
6. MALES 1994/later	4 x 25m Medley relay MARK NICHOL SHIELD
7. Ladies Open	4 x 50m Freestyle relay SIR DAWSON BATES CUP
8. Men's Open	6 x 50m Freestyle Relay WAR MEMORIAL SHIELD

AWARDS
Perpetual Trophies awarded to winning teams.
No medals are presented.

ULSTER OPEN SC CHAMPIONSHIPS

18TH- 20TH December 2009
VENUE - BANGOR
SESSION TIMES
Day 1 - Friday 18TH DEC 09
Session 1: Heats - Warm-up 9.00 Start 10.30 A.M.
Session 2: Finals - Warm-up 3.00 Start 4.30 P.M.
Day 2 – Saturday 19TH DEC 09
Session 3: Heats - Warm-up 9.00 Start 10.30 A.M.
Session 4: Finals - Warm-up 3.00 Start 4.30 P.M.
Day 3 – Sunday 20TH DEC 09
Session 5: Heats - Warm-up 8.30 Start 10.00 A.M.
Session 6: Finals - Warm-up 1.00 Start 2.30 P.M.

CLOSING DATE FOR ENTRIES Friday 27th November 2009

ENTRIES TO donnamcguinness@houseofsport.net
Ulster entries must match times held on database

FEES (Payable to Swim Ulster)
£8.00 per Individual Entry (Non-Ulster)
£6.00 per Individual Entry (Ulster)
£16.00 per Relay Team (Non –Ulster)
£12.00 per Relay team (Ulster)

DRUG TESTING
Please note that drug testing may be in operation at these Championships in accordance with FINA Law. Entry to the event signifies agreement to undergo any test, which may be required.

PRESENTATIONS
Will take place during the same session. Winners will be marshalled to the presentation area to await the ceremony. Swimmers will be expected to be properly dressed for the awards.

DEFINITIONS
A **Junior** is defined for **'placing'** purposes as
Males – under 18 on the last day of the meet, i.e. born on 20/12/91 or later
Females – under 16 on the last day of the meet, i.e. born on 20/12/93 or later.
A Junior is defined for **record** purposes as
Males - under 18 on the day of the swim
Females - under 16 on the day of the swim
PLEASE notify the referee / organisers if a swimmer is attempting a record.

AWARDS
Medals will be awarded as follows:

INDIVIDUAL EVENTS
Ulster Open 1st, 2nd, 3rd
Ulster Champion Perpetual trophy
Ulster Junior Champion Gold medal
Winners of the Ulster Champion and Ulster Junior Champion Titles must fulfil at least two of these three conditions:
(1) Born in Ulster
(2) Resident in Ulster for a minimum period of 12 months immediately prior to the start of the Championships
(3) Licensed with a Swim Ulster Club
"Resident" means personally living in Ulster, or in the case of students studying outside Ulster, having their family residence in Ulster.
All award winners must have achieved the qualifying time for the respective event.

RELAYS
Ulster Open Champions – medals to 1st, 2nd and 3rd teams
Ulster Junior Champions – medals to 1st team

- Relays are open to Club Teams only.
- Should National or County/Provincial or equivalent teams wish to compete, the Meet Manager will arrange a separate heat.
- Clubs are restricted to 2 entries per relay team event.
- 10/U and 11/12 Relays (Age on last day of the meet)
- Relay Swimmers may swim in any events for which they are eligible but can only swim in one team per event.

FINES

- Non Ulster Entries must state where qualifying time was achieved. A swimmer who does not achieve the QT must provide proof of where achieved. If no proof is received within one week a fine of £5 will be imposed.
- A fine of £5 will also be imposed if a swimmer is not withdrawn 60 minutes before the session start time.
- If Junior teams are entered, these should be declared to Hon Recorder/Deputy before the race.
- A fine of £10 will be imposed if a swimmer does not **withdraw from a final within 30 mins of results being posted or announced**

SEE ORDER OF EVENTS - AGE GROUP RELAYS HAVE BEEN CHANGED IN ORDER THAT SWIMMERS ONLY HAVE TO TRAVEL UP FOR ONE DAY

Day 1 Friday	Day 2 Saturday	Day 3 Sunday
Heats 10.30am	**Heats 10.30am**	**Heats 10.00am**
W/UP 9.00	W/UP 9.00	W/UP 8.30
1 W 800M FREE	14 W 100M IM	32 M 100M IM
2 M 400M IM	15 M 1500M FREE	33 W 400M IM
3 W 100M BREAST	16 W 400M FREE	34 M 100M BACK
4 M 50M BACK	17 M 100M BREAST	35 W 100M FLY
5 W 50M FLY	18 W 200M BREAST	36 M 400M FREE
6 M 200M FREE	19 M 200M I M	37 W 200M FREE
7 W 100M FREE	20 W 50M FREE	38 M 50M FREE
8 M 100M FLY	21 M 100M FREE	39 W 50M BREAST
9 W 200M BACK	22 W 50M BACK	40 M 200M FLY
10 M 200M BREAST	23 M 200M BACK	41 W 100M BACK
11 W 200M IM	24 W 200M FLY	42 M 50M BREAST
12 M 4X200 FTR	25 M 50M FLY	43 W 4X100M FTR
13 W 4X200 FTR	26 W 4X100M MTR	44 M 4X100M FTR
	27 M 4X100M MTR	
Semi-finals & Finals	**Semi-finals & Finals**	**Semi-finals & Finals**
W/UP 3.00 pm	W/UP 3.00	W/UP 1.00
5 W 50M FLY SEMI	20 W 50M FREE SEMI	38 M 50M FREE SEMI
4 M 50M BACK SEMI	25 M 50M FLY SEMI	39 W 50M BREAST SEMI
1 W 800M FREE Fastest Heat	28 FEMALES 10/U 4X50M MTR	45 FEMALES 11/12 4x50 FTR
2 M 400M IM Fastest Heat	14 W 100M IM	32 M 100M IM
3 W 100M BREAST	15 M 1500M FREE Fastest Heat	33 W 400M IM Fastest Heat
6 M 200M FREE	29 MALES 10/U 4X50M MTR	46 MALES 11/12 4X50 FTR
7 W 100M FREE	16 W 400M FREE Fastest Heat	34 M 100M BACK
8 M 100M FLY	17 M 100M BREAST	35 W 100M FLY
9 W 200M BACK	30 FEMALES 10/U 4X50M FTR	47 FEMALES 11/12 4X50M MTR
10 M 200M BREAST	20 W 50M FREE FINAL	42 M 50M BREAST SEMI
11 W 200M IM	19 M 200M I M	48 MALES 11/12 4X50M MTR
4 M 50M BACK FINAL	31 MALES 10/U 4X50M FTR	36 M 400M FREE Fastest Heat
5 W 50M FLY FINAL	18 W 200M BREAST	37 W 200M FREE
12 M 4X200 FTR	21 M 100M FREE	38 M 50M FREE FINAL
13 W 4X200 FTR	28 FEMALES 10/U MTR FINAL	45 FEMALES 11/12 FTR FINAL
	22 W 50M BACK SEMI	39 W 50M BREAST FINAL
	23 M 200M BACK	40 M 200M FLY
	29 MALES 10/U MTR FINAL	46 MALES 11/12 FTR FINAL
	24 W 200M FLY	41 W 100M BACK
	25 M 50M FLY FINAL	42 M 50M BREAST FINAL
	30 FEMALES 10/U FTR FINAL	47 FEMALES 11/12 MTR FINAL
	22 W 50M BACK FINAL	48 MALES 11/12 MTR FINAL
	31 MALES 10/U FTR FINAL	43 W 4X100M FTR
	26 W 4X100M MTR	44 M 4X100M FTR
	27 M 4X100M MTR	

ULSTER OPEN SHORT COURSE CHAMPIONSHIPS QUALIFYING TIMES

Open Standards		Events	Ulster Club Standards	
Male	**Female**		**Male**	**Female**
0:25.00	0:29.00	**50m Freestyle**	0:27.00	0:30.00
0:57.00	1:04.00	**100m Freestyle**	0:58.00	1:07.00
2:05.00	2:20.00	**200m Freestyle**	2:10.00	2:29.00
4:30.00	4:48.00	**400m Freestyle**	4:40.00	5:14.00
	10:00.00	**800m Freestyle**		10:45.00
17:30.00		**1500m Freestyle**	17:57.00	
0:29.00	0:32.00	**50m Backstroke**	0:30.00	0:34.00
1:06.00	1:11.00	**100m Backstroke**	1:07.00	1:13.00
2:24.00	2:38.00	**200m Backstroke**	2:26.00	2:40.00
0:33.00	0:37.00	**50m Breaststroke**	0:34.00	0:38.00
1:15.00	1:20.00	**100m Breaststroke**	1:16.00	1:22.00
2:43.00	2.57.00	**200m Breaststroke**	2:45.00	3:00.00
0:28.00	0:32.00	**50m Butterfly**	0:29.00	0:33.00
1:03.00	1:11.00	**100m Butterfly**	1:05.00	1:13.00
2:24.00	2:39.00	**200m Butterfly**	2:26.00	2:40.00
1:06.00	1:12.00	**100m IM**	1:09.00	1:16.00
2:28.00	2:39.00	**200m IM**	2:30.00	2:46.00
5:05.00	5:35.00	**400m IM**	5:20.00	5:50.00

ULSTER YOUTH CHAMPIONSHIPS

DATE 5th-7th March 2010

AGE ON LAST DAY OF AGE GROUP CHAMPIONSHIPS 9TH MAY 2010

VENUE LISBURN

CLOSING DATE FOR ENTRIES – Friday 12th February 2010
Entries to - donnamcguinness@houseofsport.net
FEES:
Individual Events £4.00 per event
Relay Events £12.00 per event
Payable to Swim Ulster Ltd

AWARDS: Medals will be presented to the first three places in each age band – i.e. 13 yrs 14 yrs etc. All **award winners must achieve the QT in the event** to receive their award

All entries should be made using times on the Swim Ulster Database

FINES
A fine of £5 will also be imposed if a swimmer is not withdrawn 60 minutes before the session start time.
A fine of £10 will be imposed if a swimmer does not withdraw from a final within 30 mins of results being posted or announced

All HDW events will be swum as;
GIRLS 13/14 AND 15/16
BOYS 14/15 AND 16/17

These events may be combined if numbers of entries are small, but awards will be for each age band.

ULSTER YOUTH CHAMPIONSHIPS QUALIFYING TIMES

AGE ON LAST DAY OF AGE GROUP CHAMPIONSHIPS 9TH MAY 2010

The April Earth Day Distance Championships Gala. For this meet only, the distance events will be restricted to the top 8 in each age group, and swum graded (i.e. 9/u,10,11,12,13,14,15,16 &17) Like all Championship events, the **Championship** QT must have been achieved during the current to enter this gala, and must also have been achieved at the gala to qualify for a medal.

FEMALES (13-16 YOUTH GROUPS)

AGE	13	14	15	16
100M FREE	1.14.00	1.12.00	1.10.00	1.08.00
200M FREE	2.43.00	2.41.00	2.35.00	2.33.00
400M FREE	5.50.00	5.35.00	5.25.00	5.20.00
800M FREE	12.00.00	11.30.00	11.00.00	10.50.00
1500M FREE	25.00.00	24.00.00	23.00.00	22.00.00
100M BACK	1.22.00	1.19.00	1.18.00	1.17.00
200M BACK	3.00.00	2.55.00	2.48.00	2.45.00
100M BREAST	1.32.00	1.30.00	1.29.00	1.27.00
200M BREAST	3.25.00	3.17.00	3.11.00	3.09.00
100M FLY	1.22.00	1.20.00	1.17.00	1.16.00
200M FLY	3.00.00	2.56.00	2.50.00	2.48.00
200M IM	3.08.00	3.00.00	2.54.00	2.50.00
400M IM	6.36.00	6.20.00	6.07.00	5.58.00

MALES (14-17 YOUTH GROUPS)

AGE	14	15	16	17
100M FREE	1.05.00	1.03.00	1.01.00	1.00.00
200M FREE	2.25.00	2.19.00	2.18.00	2.15.00
400M FREE	5.10.00	5.05.00	4.45.00	4.42.00
800M FREE	10.40.00	10.30.00	10.20.00	10.00.00
1500 FREE	21.00.00	20.00.00	19.00.00	18.00.00
100M BACK	1.16.00	1.12.00	1.11.00	1.09.00
200M BACK	2.45.00	2.38.00	2.32.00	2.30.00
100M BREAST	1.25.00	1.22.00	1.19.00	1.18.00
200M BREAST	3.06.00	3.00.00	2.50.00	2.47.00
100M FLY	1.13.00	1.11.00	1.09.00	1.08.00
200M FLY	2.43.00	2.38.00	2.32.00	2.30.00
200M IM	2.45.00	2.40.00	2.35.00	2.32.00
400M IM	6.00.00	5.46.00	5.33.00	5.25.00

YOUTH CHAMPIONSHIPS ORDER OF EVENTS

SESSION 1. Friday 5th March 2010
Warm Up: 5.00pm Start 6.00pm

HEATS – Event

1. BOYS 14/15 200m IM (HDW)
2. BOYS 16/17 200M IM (HDW)
3. GIRLS 13/14 200M IM (HDW)
4. GIRLS 15/16 200M IM (HDW)
5. BOYS 14/15 400M FREESTYLE (HDW)
6. BOYS 16/17 400M FREESTYLE (HDW)
7. GIRLS 13/14 400M FREESTYLE (HDW)
8. GIRLS 15/16 400M FREESTYLE (HDW)

SESSION 2: Saturday 6th March 2010
Warm Up: 09.00am Start 10.00 am

HEATS – Event

9. GIRLS 100M BACKSTROKE
10. BOYS 100M BACKSTROKE
11. GIRLS 13/14 200M BUTTERFLY (HDW)
12. GIRLS 15/16 200M BUTTERFLY (HDW)
13. BOYS 14/15 200M BUTTERFLY (HDW)
14. BOYS 16/17 200M BUTTERFLY (HDW)
15. GIRLS 16/U 4X50 MEDLEY TEAM RELAY
16. BOYS 17/U 4X50 MEDLEY TEAM RELAY

FINALS

GIRLS 13 YRS 100M BACKSTROKE
BOYS 14 YRS 100M BACKSTROKE
GIRLS 14 YRS 100M BACKSTROKE
BOYS 15 YRS 100M BACKSTROKE
GIRLS 15 YRS 100M BACKSTROKE
BOYS 16 YRS 100M BACKSTROKE
GIRLS 16 YRS 100M BACKSTROKE
BOYS 17 YRS 100M BACKSTROKE
GIRLS 16/U 4X50 MEDLEY TEAM RELAY
BOYS 17/U 4X50 MEDLEY TEAM RELAY

SESSION 3. SATURDAY 6th March 2010
Warm Up: 1.00pm Start 2.00pm

HEATS – Event

17. GIRLS 100M BREASTSTROKE
18. BOYS 100M BREASTSTROKE
19. GIRLS 13/14 200M FREESTYLE (HDW)
20. GIRLS 15/16 200M FREESTYLE (HDW)
21. BOYS 14/15 200M FREESTYLE (HDW)
22. BOYS 16/17 200M FREESTYLE (HDW)
23. GIRLS 14/U 4X50 FREESTYLE TEAM RELAY
24. BOYS 15/U 4X50 FREESTYLE TEAM RELAY

FINALS

GIRLS 13 YRS 100M BREASTSTROKE
BOYS 14 YRS 100M BREASTSTROKE
GIRLS 14 YRS 100M BREASTSTROKE
BOYS 15 YRS 100M BREASTSTROKE
GIRLS 15 YRS 100M BREASTSTROKE
BOYS 16 YRS 100M BREASTSTROKE
GIRLS 16 YRS 100M BREASTSTROKE
BOYS 17 YRS 100M BREASTSTROKE

SESSION 4. Sunday 7th March 2010
Warm Up: 09.00am start 10:00am

HEATS – Event

25. GIRLS 100M BUTTERFLY
26. BOYS 100M BUTTERFLY
27. GIRLS 13/14 200M BACKSTROKE (HDW)
28. GIRLS 14/15 200M BACKSTROKE (HDW)
29. BOYS 14/15 200M BACKSTROKE (HDW)
30. BOYS 16/17 200M BACKSTROKE (HDW)
31. GIRLS 16/U 4X50 FREESTYLE TEAM RELAY
32. BOYS 17/U 4X50 FREESTYLE TEAM RELAY

FINALS
GIRLS 13 YRS 100M BUTTERFLY
BOYS 14 YRS 100M BUTTERFLY
GIRLS 14 YRS 100M BUTTERFLY
BOYS 15 YRS 100M BUTTERFLY
GIRLS 15 YRS 100M BUTTERFLY
BOYS 16 YRS 100M BUTTERFLY
GIRLS 16 YRS 100M BUTTERFLY
BOYS 17 YRS 100M BUTTERFLY
GIRLS 16/U 4X50 FREESTYLE TEAM RELAY
BOYS 17/U 4X50 FREESTYLE TEAM RELAY

SESSION 5: Sunday 7th March 2010
Warm Up: 1.00pm Start 2.00pm

HEATS – Event
33. GIRLS 100M FREESTYLE
34. BOYS 100M FREESTYLE
35. GIRLS 13/14 200M BREASTSTROKE (HDW)
36. GIRLS 15/16 200M BREASTSTROKE (HDW)
37. BOYS 14/15 200M BREASTSTROKE (HDW)
38. BOYS 16/17 200M BREASTSTROKE (HDW)
39. GIRLS 14/U MEDLEY TEAM RELAY
40. BOYS 15/U MEDLEY TEAM RELAY

FINALS
GIRLS 13 YRS 100M FREESTYLE
BOYS 14 YRS 100M FREESTYLE
GIRLS 14 YRS 100M FREESTYLE
BOYS 15 YRS 100M FREESTYLE
GIRLS 15 YRS 100M FREESTYLE
BOYS 16 YRS 100M FREESTYLE
GIRLS 16 YRS 100M FREESTYLE
BOYS 17 YRS 100M FREESTYLE

ULSTER AGE GROUP CHAMPIONSHIPS

DATES; 7th-9th May 2010

VENUE; LISBURN

Closing Date for entries: 16th April 2010
Entries to donnamcguinness@houseofsport.net
All entries should be made using times on the Swim Ulster Database

Fees:
Individual: £4.00 per event
Relay: £12.00 per event
Payable to Swim Ulster Ltd

AGE ON LAST DAY OF COMPETITION 9th May 2010

Awards: Medals will be presented to the first three places in each Age band – i.e. 9 yrs, 10, 11, 12, 13.
All award winners must achieve the QT in the event to receive their award

FINES

- A fine of £5 will also be imposed if a swimmer is not withdrawn 60 minutes before the session start time
- A fine of 10 will be imposed if a swimmer does not **withdraw from a final within 30 mins of the results being posted or announced**

Relays – Swimmers may swim in any event for which they are eligible, but may only swim in one team per event. Clubs may enter **NO MORE than two relays** per event

Elizabeth Long Trophy
The Elizabeth Long trophy is awarded annually to the top performing girl and boy who are 11 years of age on the last day of the Ulster Age Group Championships. The events counting will be the 100m in the 4 strokes and the 200m IM, scored as 7 points, 5, 4, 3, 2 and 1 (for a 6 lane pool) or 9 points, 7, 6, 5, 4, 3, 2, 1, (for an 8 lane pool) for placings with other 11 year old swimmers in the finals or heat declared winner events. The swimmer with the greatest number of points over the 5 events will be the winner. In the event of a tie the award will be shared. Points will only be awarded if swimmers achieve the qualifying time in the relevant event.'

QUALIFYING TIMES
AGE GROUP CHAMPIONSHIPS
The April Earth Day Distance Championships Gala. For this meet only, the distance events will be restricted to the top 8 in each age group, and swum graded (i.e. 9/u,10,11,12,13,14,15,16 &17) Like all Championship events, the **Championship QT** must have been achieved during the current to enter this gala, and must also have been achieved at the gala to qualify for a medal.

FEMALES

EVENT	9	10	11	12
100M FREE	1.30.00	1.25.00	1.21.00	1.15.00
200M FREE	3.18.00	3.10.00	2.58.00	2.45.00
400 M FREE	*7.00.00*	*6.30.00*	*6.18.00*	*6.00.00*
800M FREE	*15.00.00*	*14.00.00*	*13.00.00*	*12.00.00*
1500M FREE	*28.00.00*	*27.00.00*	*26.00.00*	*25.00.00*
100M BACK	1.45.00	1.35.00	1.31.00	1.25.00
200M BACK	3.35.00	3.20.00	3.18.00	3.05.00
100M BREAST	2.00.00	1.48.00	1.42.00	1.38.00
200M BREAST	4.00.00	3.50.00	3.40.00	3.30.00
100M FLY	1.45.00	1.40.00	1.35.00	1.30.00
200M FLY	3.35.00	3.30.00	3.20.00	3.15.00
200M I M	3.40.00	3.30.00	3.25.00	3.12.00

MALES

EVENT	9	10	11	12	13
100M FREE	1.30.00	1.23.00	1.19.00	1.14.00	1.10.00
200M FREE	3.18.00	3.05.00	2.50.00	2.45.00	2.35.00
400 M FREE	*7.00.00*	*6.30.00*	*6.00.00*	*5.50.00*	*5.30.00*
800 FREE	*14.00.00*	*13.00.00*	*12.00.00*	*11.00.00*	*10.00.00*
1500 FREE	*28.00.00*	*26.00.00*	*24.00.00*	*23.00.00*	*22.00.00*
100M BACK	1.45.00	1.31.00	1.27.00	1.23.00	1.18.00
200M BACK	3.35.00	3.20.00	3.10.00	3.00.00	2.55.00
100M BREAST	2.00.00	1.48.00	1.38.00	1.33.00	1.30.00
200M BREAST	4.00.00	3.50.00	3.35.00	3.20.00	3.15.00
100M FLY	1.45.00	1.35.00	1.29.00	1.23.00	1.18.00
200M FLY	3.35.00	3.25.00	3.10.00	3.04.00	2.50.00
200M I M	3.40.00	3.25.00	3.15.00	3.05.00	2.50.00

ULSTER AGE GROUP CHAMPIONSHIPS

HDW Events may be combined to help swimmers get away earlier. If any coach has an objection please make it known at the start of the warm ups.

Start of the afternoon session on each day may be changed. The times given are estimated here and will be confirmed after the closing date to allow a 30 minute break between the end of session and start of next session warm up.

SESSION 1

FRIDAY
Warm up 5.00pm start 6.00 pm

HEATS – Event

1. GIRLS 9/10 YRS 200M INDIVIDUAL MEDLEY (HDW)
2. GIRLS 11/12 YRS 200M INDIVIDUAL MEDLEY (HDW)
3. BOYS 9/10/11 YRS 200M INDIVIDUAL MEDLEY (HDW)
4. BOYS 12/13 YRS 200M INDIVIDUAL MEDLEY (HDW)

SESSION 2:

SATURDAY
Warm up: 09.00am Start 10.00am

HEATS – Event

5. GIRLS 100M BACKSTROKE
6. BOYS 100M BACKSTROKE
7. GIRLS 9/10 yrs 200M BUTTERFLY (HDW)
8. GIRLS 11/12 yrs 200M BUTTERFLY (HDW)
9. BOYS 9/10/11 yrs 200M BUTTERFLY (HDW)
10. BOYS 12/13 yrs 200M BUTTERFLY (HDW)
11. GIRLS 10/U 4X50 MEDLEY TEAM RELAY
12. BOYS 11/U 4X50 MEDLEY TEAM RELAY

FINALS
GIRLS 9 YRS /U 100M BACKSTROKE
BOYS 9 YRS /U 100M BACKSTROKE
GIRLS 10 YRS 100M BACKSTROKE
BOYS 10 YRS 100M BACKSTROKE
GIRLS 11 YRS 100M BACKSTROKE
BOYS 11 YRS 100M BACKSTROKE
GIRLS 12 YRS 100M BACKSTROKE
BOYS 12 YRS 100M BACKSTROKE
BOYS 13 YRS 100M BACKSTROKE
GIRLS 10/U 4X50 MEDLEY TEAM RELAY
BOYS 11/U 4X50 MEDLEY TEAM RELAY

SESSION 3.

SATURDAY
Warm Up 1.00pm Start 2.00pm

HEATS – Event

13. GIRLS 100M BREASTSTROKE
14. BOYS 100M BREASTSTROKE
15. GIRLS 9/10 yrs 200M FREESTYLE (HDW)
16. GIRLS 11/12 yrs 200M FREESTYLE (HDW)
17. BOYS 9/10/11 yrs 200M FREESTYLE (HDW)
18. BOYS 12/13 yrs 200M FREESTYLE (HDW)
19. GIRLS 11/12 YRS 4X50 MEDLEY TEAM RELAY
20. BOYS 12/13 YRS 4X50 MEDLEY TEAM RELAY

FINALS

GIRLS 9 YRS /U 100M BREASTSTROKE
BOYS 9 YRS /U 100M BREASTSTROKE
GIRLS 10 YRS 100M BREASTSTROKE
BOYS 10 YRS 100M BREASTSTROKE
GIRLS 11 YRS 100M BREASTSTROKE
BOYS 11 YRS 100M BREASTSTROKE
GIRLS 12 YRS 100M BREASTSTROKE
BOYS 12 YRS 100M BREASTSTROKE
BOYS 13 YRS 100M BREASTSTROKE
GIRLS 11/12 YRS 4X50 MEDLEY TEAM RELAY
BOYS 12/13 YRS 4X50 MEDLEY TEAM RELAY

SESSION 4.

SUNDAY
Warm Up 09.00am Start 10.00am

HEATS – Event

21. GIRLS 100M BUTTERFLY
22. BOYS 100M BUTTERFLY
23. GIRLS 9/10 yrs 200M BACKSTROKE (HDW)
24. GIRLS 11/12 yrs 200M BACKSTROKE (HDW)
25. BOYS 9/10/11 yrs 200M BACKSTROKE (HDW)
26. BOYS 12/13 yrs 200M BACKSTROKE (HDW)
27. GIRLS 10/U 4X50 FREESTYLE TEAM RELAY
28. BOYS 11/U 4X50 FREESTYLE TEAM RELAY

FINALS
GIRLS 9 YRS /U 100M BUTTERFLY
BOYS 9 YRS /U 100M BUTTERFLY
GIRLS 10 YRS 100M BUTTERFLY
BOYS 10 YRS 100M BUTTERFLY
GIRLS 11 YRS 100M BUTTERFLY
BOYS 11 YRS 100M BUTTERFLY
GIRLS 12 YRS 100M BUTTERFLY
BOYS 12 YRS 100M BUTTERFLY
BOYS 13 YRS 100M BUTTERFLY
GIRLS 10/U 4X50 FREESTYLE TEAM RELAY
BOYS 11/U 4X50 FREESTYLE TEAM RELAY

SESSION 5.

SUNDAY
Warm up 1.00 pm Start 2.00pm

HEATS – Event

29. GIRLS 100M FREESTYLE
30. BOYS 1OOM FREESTYLE
31. GIRLS 9/10 yrs 200M BREASTSTROKE (HDW)
32. GIRLS 11/12 yrs 200M BREASTSTROKE (HDW)
33. BOYS 9/10/11 yrs 200M BREASTSTROKE (HDW)
34. BOYS 13/14 yrs 200M BREASTSTROKE (HDW)
35. GIRLS 11/12 YRS 4X50 FREESTYLE TEAM RELAY
36. BOYS 12/13 YRS 4X50 FREESTYLE TEAM RELAY

FINALS
GIRLS 9 YRS /U 100M FREESTYLE
BOYS 9 YRS /U 100M FREESTYLE
GIRLS 10 YRS 100M FREESTYLE
BOYS 10 YRS 100M FREESTYLE
GIRLS 11 YRS 100M FREESTYLE
BOYS 11 YRS 100M FREESTYLE
GIRLS 12 YRS 100M FREESTYLE
BOYS 12 YRS 100M FREESTYLE
BOYS 13 YRS 100M FREESTYLE
GIRLS 11/12 4X50 FREESTYLE TEAM RELAY
BOYS 12/13 4X50 FREESTYLE TEAM RELAY

Competition Pathway

Club / PTL / Charity Shield / School Competitions

⇩

Ulster Graded Competitions

⇩

Age Group Championships
Females 9 –12
Males 9-13

Youth Championships
Females 13 yrs +
Males 14 yrs +

⇩

Irish Age Groups Division 2 / Irish Age Group / Youth / Open Championships

⇩

Ulster Open Championships

⇩

Irish National Championships (Short and Long Course)

⇩

International Competitions

Swimmer Pathway

Learn to Swim Scheme / School Swimming

⇩

Club

⇩

Ulster Regional Squads
(Northeast, Northwest, Southwest, Southern, Belfast)
See qt's pages 45/46

⇩

Ulster Squad ⇌ **Ulster High Performance Development Squad**
(See qt's page 40) (Age adjusted t QTs - See pages 45/46)

⇩

Ulster High Performance Squad
(Swimmers within 10% of FINA A QTs)
See qt's pages 45/46

⇩

National High Performance Development Squad
(Swimmers within 6% of FINA A QTs)
See qt's pages 45/46

⇩

National High Performance Elite Squad
(Swimmers within 3% of FINA A QTs)
See qt's pages 45/46

Ulster High Performance Development Squad Training / Competition Programme

TBC

Sept 2009
1st-6th Training / Competition with Royal Navy Marines - Portsmouth
19th – 20th LC Training NAC

Oct 2009
10th -11th LC Training NAC

Nov 2009
19th-22nd Irish SC National Championships NAC Dublin

Dec 2009
LC Training NAC 10th – 13th European SC Championships – Istanbul
18th -20th Ulster SC Championships - Lisburn
28th – 31st LC Training NAC / Limerick

Jan 2010
17th LC Training NAC
LC Competition tbc
30th – 1st Feb LC Training NAC

Feb 2010
6th-8th Dave McCullagh LC Gala
27th -28th LC Training NAC
LC Competition UK / Europe

March 2010
13th -14th LC Training NAC
27th-28th LC Training NAC

April 2010
3rd-7th LC Training NAC

May 2010
30th Apr – 3rd May Irish LC Championships
29th-30th LC Training NAC

June 2010
19th – 20th LC Training NAC
26th -27th LC Training NAC

July 2010
European LC Championships – Budapest
22nd-25th Irish Open Championships
Final selection Northern Ireland Commonwealth Games Team

August 2010
Pre Games Training Camp

2009 EUROPEAN SC CHAMPIONSHIPS QUALIFYING STANDARDS 10th-13th DEC 2009

Qualifying times are based on 905 IPS points or World Championship qualifying time, whichever was faster. The short course times are 910 IPS as of 15/05/09 The long course times are 905 IPS points as of 15/05/09

Meets to Qualify are from **July 1st 2009**

European Juniors, EYOF, World University Games, World Championships, ASA National Youth / Open , ASA National Age Groups, Irish Age Groups, Irish Youth Open, Irish SC Championships.

These will be the only meets that are considered for Qualification for this event (unless agreed with the HPD in advance). Relays will be swum based on available swimmers with individual cuts.

European Short Course Championships 2009 - Istanbul (TUR)

Long Course QTs - 905 IPS Point

Short Course QTs - 910 IPS Points

Males LC	Events	Males SC
22.88	**50 free**	22.40
50.67	**100 free**	49.32
1.51.67	**200 free**	1.48.74
3.56.15	**400 free**	3.51.11
15.37.06	**1500 free**	15.20.07
26.34	**50 back**	24.79
56.42	**100 back**	53.60
2.02.70	**200 back**	1.56.83
28.97	**50 breast**	28.03
1.03.30	**100 breast**	1.01.41
2.17.27	**200 breast**	2.12.78
24.55	**50 fly**	24.17
54.33	**100 fly**	53.26
2.01.21	**200 fly**	1.58.19
	100 IM	55.06
2.04.75	**200 IM**	2.00.78
4.24.42	**400 IM**	4.17.71

Females LC	Events	Females SC
25.75	**50 free**	25.25
56.9	**100 free**	55.69
2.03.23	**200 free**	2.01.16
4.19.12	**400 free**	4.14.75
8.49.56	**800 free**	8.42.29
29.52	**50 back**	28.39
1.03.58	**100 back**	1.01.03
2.15.18	**200 back**	2.11.19
32.35	**50 breast**	31.82
1.10.52	**100 breast**	1.08.90
2.31.56	**200 breast**	2.28.11
27.22	**50 fly**	26.97
1.00.57	**100 fly**	59.88
2.13.18	**200 fly**	2.11.86
	100 IM	1.03.21
2.18.34	**200 IM**	2.16.09
4.50.63	**400 IM**	4.45.46

FÉDÉRATION INTERNATIONALE DE NATATION (FINA)

SWIMMING

A. Events and Quotas

MEN'S EVENTS (16)	WOMEN'S EVENTS (16)	MIXED EVENTS (2)
50m freestyle	50m freestyle	4 x 100m freestyle relay
100m freestyle	100m freestyle	4 x 100m medley relay
200m freestyle	200m freestyle	
400m freestyle	400m freestyle	
50m breaststroke	50m breaststroke	
100m breaststroke	100m breaststroke	
200m breaststroke	200m breaststroke	
50m backstroke	50m backstroke	
100m backstroke	100m backstroke	
200m backstroke	200m backstroke	
50m butterfly	50m butterfly	
100m butterfly	100m butterfly	
200m butterfly	200m butterfly	
200m individual medley	200m individual medley	
4 x 100m medley relay	4 x 100m medley relay	
4 x 100m freestyle relay	4 x 100m freestyle relay	

QUOTA	QUALIFIED VIA IF	NOC UNIVERSALITY PLACES	HOST COUNTRY PLACES	TOTAL
Boys	140	56	4	200
Girls	140	56	4	200
TOTAL	280	112	8	400

NOC QUOTA
Maximum of four (4) male and four (4) female athletes per NOC.

ATHLETE ELIGIBILITY
Boys: to be eligible for the YOG, athletes must have been born between 1 January 1992 and 31 December 1993. Girls: to be eligible for the YOG, athletes must have been born between 1 January 1993 and 31 December 1994. If the IF quota of 140 boys and 140 girls is exceeded at the qualifying events, the FINA Points Table will be used to obtain the required number of swimmers. Only the best performance per swimmer will count.

YOUTH OLYMPIC GAMES SINGAPORE 2010

Boys' Standards LC A – 2 Entries	B – 1		Girls' Standards LC A – 2 Entries	B – 1 Entry
0.23,13	0.24,29	50m Freestyle	0.26,32	0.27,64
0.50,95	0.53,50	100m Freestyle	0.57,17	1.00,03
1.52,53	1.58,16	200m Freestyle	2.03,47	2.09,64
3.58,01	4.09,91	400m Freestyle	4.20,04	4.33,04
0.25,61	0.26,89	50m Backstroke	0.28,87	0.30,31
0.57,07	0.59,92	100m Backstroke	1.03,86	1.07,05
2.03,91	2.10,11	200m Backstroke	2.17,38	2.24,25
0.28,27	0.29,68	50m Breaststroke	0.31,86	0.33,45
1.03,72	1.06,90	100m Breaststroke	1.11,43	1.15,00
2.18,37	2.25,29	200m Breaststroke	2.33,40	2.41,07
0.24,24	0.25,35	50m Butterfly	27.06	0.28,41
0.54,71	0.57,45	100m Butterfly	1.01,43	1.04,50
2.01,79	2.07,88	200m Butterfly	2.15,42	2.22,19
2.05,65	2.11,93	200m Ind. Medley	2.19,97	2.26,97

Qualification Standards to be confirmed by Swim Ireland
All standards are LC – no SC times will be accepted.

2010 Commonwealth Games
3rd-14th October 2010, Delhi, India

Nomination Standards
Swimming

The following nomination times are based on the B standard entry time for the 2008 Olympic Games issued by FINA. The 50m stroke event nomination times are equivalent to the FINA points for the 50m freestyle event at 1st January 2007.
Swimmers achieving the nomination times will have their name submitted in ranked order to the Northern Ireland Commonwealth Games Council. Times will be ranked on a percentage basis above the nomination time. The Games Council will then select from the submitted list any or all of the nominated swimmers to represent Northern Ireland at the 2010 Commonwealth Games in Delhi, India.

****Submission of your name does not guarantee your selection****

(Points)	Male	Long Course	Female	(Points)
846	0:23.13	50m Freestyle	0:26.32	818
	0:50.95	100m Freestyle	0:57.17	
	1:52.53	200m Freestyle	2:03.47	
	3:58.01	400m Freestyle	4:20.05	
		800m Freestyle	8:54.04	
	15:45.12	1500m Freestyle		
846	0:26.58	50m Backstroke	0:30.48	818
	0:57.07	100m Backstroke	1:03.86	
	2:03.91	200m Backstroke	2:17.38	
846	0:29.09	50m Breaststroke	0:33.21	818
	1:03.72	100m Breaststroke	1:11.43	
	2:18.37	200m Breaststroke	2:33.40	
846	0:24.89	50m Butterfly	0:28.05	818
	0:54.71	100m Butterfly	1:01.43	
	2:01.79	200m Butterfly	2:15.42	
	2:05.65	200m Ind. Medley	2:19.97	
	4:27.44	400m Ind. Medley	4:55.06	

Times must be achieved in DESIGNATED Long Course competition – dates to be confirmed

Both SI Regional HP Development Squad QTs (see pages 45,46) and the Ulster Squad QTs below will be valid for this season (09/10) for Ulster Squad membership.

Boys							Girls					
13 years 50m	13 years 25m	14years50m	14 years 25m	15 yrs 50m	15 yrs 25m	Event	13 years 50m	13 years 25m	14 yrs 50m	14 yrs 25m	15 yrs 50m	15 yrs 25m
59.54	57.53	57.97	56.17	56.71	55.10	100m Freestyle	1:02.94	1:01.09	1.01.92	1.00.21	1.01.52	59.93
2:10.01	2:05.58	2:05.94	2:01.87	2.02.94	1.59.38	200m Freestyle	2:15.19	2:11.20	2.13.23	2.09.46	2.11.62	2.08.22
4:33.87	4:24.49	4:25.24	4:16.76	4.21.27	4.13.91	400m Freestyle	4:42.16	4:33.79	4.38.26	4.30.45	4.36.07	4.28.82
9:32.67	9.21.22	9:15.25	9.04.14	9.05.71	8.54.80	800m Freestyle	9:40.46	9.28.85	9.34.24	9.22.76	9.29.99	9.18.59
18:06.33	17.44.60	17:33.25	17.12.18	17.13.43	16.53.17	1500m Freestyle	18:36.97	18.14.63	18.24.34	18.02.25	18.16.95	18.16.95
1:08.09	1:05.86	1:05.26	1:03.24	1.03.78	1.01.98	100m Backstroke	1:11.27	1:09.22	1.10.15	1.08.25	1.09.22	1.07.42
2:26.13	2:21.27	2:21.27	2:16.92	2.17.78	2.13.86	200m Backstroke	2:31.81	2.27.41	2.29.53	2.25.45	2.27.17	2.23.33
1:17.42	1:14.92	1:13.66	1:11.40	1.11.93	1.09.93	100m Breaststroke	1.19.14	1:16.82	1.17.96	1.15.80	1.17.70	1.15.72
2:48.07	2:42.73	2:38.89	2:34.03	2.35.00	2.30.62	200m Breaststroke	2:50.41	2:45.38	2.46.83	2.42.25	2.45.83	2.41.49
1:06.09	1:03.93	1:03.38	1:01.46	1.01.71	59.99	100m Butterfly	1:09.01	1:07.01	1.08.03	1.06.18	1.07.16	1.05.44
2:26.05	2:21.26	2:20.07	2:15.80	2.16.42	2.12.51	200m Butterfly	2:31.29	2:26.92	2.27.98	2.23.94	2.27.25	2.23.49
2:27.56	2:22.63	2:22.72	2:18.22	2.19.39	2.15.45	200m Ind. Medley	2:33.25	2:28.75	2.31.08	2.26.89	2.29.22	2.25.39
5:12.83	5:02.44	5:02.44	4:52.96	4.55.75	4.47.43	400m Ind. Medley	5:21.18	5:11.77	5.17.50	5.08.69	5.14.10	5.05.84

16 yrs 50m	16 yrs 25m	17 yrs 50m	17 yrs 25m	18 yrs 50m	18 yrs 25m	OPEN 50m	OPEN 25m	Event	16 yrs 50m	16 yrs 25m	17 yrs 50m	17 yrs 25m	OPEN 50m	OPEN 25m
25.57	24.91	25.52	24.89	24.86	24.37	24.34	23.85	50m Free	28.94	27.83	28.44	27.75	27.25	26.70
55.65	54.17	55.16	53.75	53.77	52.72	52.74	51.69	100m Free	1.01.13	59.63	1.00.74	59.30	59.02	57.84
2.00.89	1.57.65	1.59.56	1.56.47	1.57.16	1.54.86	1.55.56	1.53.25	200m Free	2.11.00	2.07.77	2.09.79	2.06.63	2.06.34	2.03.81
4.16.35	4.09.48	4.14.72	4.08.08	4.09.91	4.05.01	4.06.88	4.01.94	400m Free	4.34.35	4.27.49	4.32.66	4.26.03	4.28.43	4.23.06
8.56.60	8.45.87	8.52.62	8.41.97	8.47.32	8.36.98	8.42.44	8.31.99	800m Free	9.24.64	9.13.35	9.24.64	9.13.35	9.15.27	9.04.16
16.57.85	16.57.89	16.57.49	16.37.54	16.48.28	16.28.51	16.39.47	16.19.48	1500m Free	18.05.03	17.43.33	18.05.03	17.43.33	17.56.82	17.32.82
28.65	28.07	28.57	28.01	28.51	27.95	28.45	27.88	50m Back	31.97	31.37	31.74	31.14	31.54	30.91
1.02.74	1.01.11	1.02.32	1.00.79	1.01.25	1.00.05	1.00.53	59.32	100m Back	1.08.84	1.07.14	1.08.40	1.06.76	1.06.62	1.05.29
2.14.88	2.11.31	2.13.50	2.10.15	2.12.14	2.09.55	2.11.59	2.08.96	200m Back	2.26.22	2.22.59	2.25.76	2.22.23	2.22.88	2.20.02
33.49	32.83	32.93	32.28	32.07	31.44	31.22	30.60	50m Breast	37.68	36.68	36.26	35.26	34.52	33.83
1.10.55	1.08.70	1.09.13	1.07.43	1.08.30	1.06.96	1.07.85	1.06.49	100m Breast	1.17.24	1.15.35	1.17.24	1.15.35	1.14.70	1.13.21
2.35.00	2.30.62	2.30.13	2.26.40	2.28.14	2.25.24	2.27.02	2.24.08	200m Breast	2.45.83	2.41.49	2.45.83	2.41.49	2.40.66	2.37.45
27.53	26.99	27.27	26.74	26.74	26.22	26.46	25.96	50m Fly	30.07	29.37	29.67	28.97	29.14	28.56
1.00.52	58.92	59.82	58.33	58.63	57.48	57.79	56.63	100m Fly	1.06.79	1.05.17	1.06.32	1.04.69	1.04.39	1.03.10
2.14.13	2.10.60	2.12.66	2.09.36	2.10.87	2.08.30	2.09.84	2.07.24	200m Fly	2.26.74	2.23.14	2.26.74	2.23.14	2.21.41	2.18.58
2.16.70	2.13.03	2.15.23	2.11.80	2.12.56	2.09.96	2.10.73	2.08.12	200m I.M.	2.28.20	2.24.58	2.27.58	2.23.99	2.25.20	2.22.30
4.50.87	4.43.20	4.49.14	4.41.73	4.44.36	4.38.73	4.41.47	4.35.84	400m I.M.	5.12.96	5.05.17	5.11.34	5.03.89	5.07.26	5.01.11

i.e. Swimmers may qualify using either sets of times. From next season, only SI QT's may be adopted. These are worked back from FINA A times on a % basis.

ULSTER SQUAD QUALIFYING TIMES

Ulster Squad is 13yrs+

13 & 14 yrs – 2 times (min 100m, at least 1 @200), 15yrs – 2 events – min 100m+, 16 yrs – 2 events (only 1 can be 50m), 17 & 18 yrs - 2 events, Open – 1 event. Times must be achieved between Sept-Feb and then again between Mar-Aug – each QT valid for 9 months.

Swim Ulster

ULSTER SHORT COURSE RECORDS based on claims received as of 25/5/09	MEN	BOYS	WOMEN	GIRLS
50m FREESTYLE	22.73 A Bree, Ards Mar'04, New York	23.49 C Leaney Larne Nov'07, Grove	25.65 J Douglas Bangor Dec 03, Grove	26.85 B Carson, Lisburn Nov'07, Grove
100m FREESTYLE	50.02 C Leaney CoB 12 Dec'08, Croatia	50.81 C Leaney CoB Dec'07 Grove	55.66 M Nocher, CoB Dec 07, Grove	57.91 S McMahon, Leander 15 May'09, Lisburn
200m FREESTYLE	1:49.05 C Leaney CoB 14 Dec'08, Croatia	1:51.74 C Leaney Larne Dec 06 Grove	1:57.93 M Nocher, CoB Dec 07, Grove	2:03.98 S McMahon, Leander 21 Dec'08, Bangor
400m FREESTYLE	3:54.41 R Harrison, CoD Dec'08, Bangor	4:01.90 C Leaney, Larne June '07, Grove	4:15.37 C Dawson, Bangor 17 Jan'09, Glasgow	4:19.21 S McMahon, Leander Oct'08, Lisburn
800m FREESTYLE	8:29.66 P McGillion, Omagh March 90 Bangor	8:30.72 C Donnelly, Leander Nov'08, Ards	8:53.20 B Carson, Lisburn Oct'07, Grove	8:53.20 B Carson, Lisburn Oct'07, Grove
1500m FREESTYLE	15:52.80 M Millar, Leander July 87 Bangor	15:59.97 N Cameron, Leander March 98 Grove	16:53.06 B Carson, Lisburn Nov'07, Grove	16:53.06 B Carson, Lisburn Nov'07, Grove
50m BACKSTROKE	27.06 A Reid, Larne Junior July 97 Grove	27.70 L Campbell, Ards 15 May '09, Lisburn	29.31 M Nocher COB Feb 08, Canada	30.26 M Nocher COB Dec 03, NAC, Dublin
100m BACKSTROKE	57.08 A Reid, Larne Junior March 98 Grove	58.95 C Shevlin CoB Dec 07, Grove	1:00.42 M Nocher Ards 11Dec'08, Croatia	1:03.74 M Nocher COB Jul 03, Irish Nats, Lisburn
200m BACKSTROKE	2:02.75 R Gheel, Omagh February 92 Paris	2:06.71 C Shevlin CoB Oct'08, Lisburn	2:05.62 M Nocher, Ards, 14Dec'08, Croatia	2:15.61 M Nocher, COB Jul 03, Irish Nats, Lisburn
50m BREASTSTROKE	27.91 A Bree, Ards Dec 03, NAC, Dublin	29.18 M Dawson, Ards Oct'08, Lisburn	31.56 E Robinson Bangor Dec 03, NAC, Dublin	32.81 S McMahon, Leander 21 Dec'08, Bangor
100m BREASTSTROKE	59.98 A Bree, Ards Dec 03, NAC, Dublin	1:03.26 A Bree, Ards December 98 Glasgow	1:09.02 E Robinson Bangor Dec 02 Riesa	1:10.91 S McMahon, Leander June 09 Interpro
200m BREASTSTROKE	2:07.95 A Bree, Ards Dec 07, Debrecen	2:14.26 A Bree, Ards December 98 Glasgow	2:32.13 E Robinson Bangor Jul 00 Lisburn	2:33.36 S McMahon, Leander 7 Feb'09, NAC, Dublin
50m BUTTERFLY	24.67 A Reid, Larne Junior July 97 Grove	25.87 C Leaney, CoB Dec 07, Grove	27.40 J Douglas Bangor Aug 04, Manchester	29.21 M Nocher COB Mar 03 Grove
100m BUTTERFLY	54.65 S McQuillan, Ards Oct'08, Lisburn	56.92 C Leaney, CoB Dec 07, Grove	1:01.10 M Madine, Leander March 94 Sheffield	1:04.04 B Carson, Lisburn Oct'07, Grove
200m BUTTERFLY	2:05.09 S McCauley, Trojan Aug 05, Lisburn	2:06.22 C Hamilton, Ards Dec'08, Bangor	2:11.54 M Madine, Leander March 94 Sheffield	2:18.87 S McMahon, Leander 20 Dec'08, Bangor
100m IND. MEDLEY	56.38 A Bree, Ards Dec 06, Grove	59.63 D Simpson, Lisburn March 98 Grove	1:04.32 M Nocher, COB July'06, Lisburn	1:05.81 S McMahon, Leander 20 Dec'08, Bangor
200m IND. MEDLEY	1:58.42 A Bree Ards Dec 03 NAC	2:06.93 A Bree, Ards January 99 Grove	2:14.93 M Nocher COB Feb 08, Canada	2:19.91 S McMahon, Leander 10 Jan'09, Larne
400m IND. MEDLEY	4:16.26 A Bree Ards Dec 01 Antwerp	4:28.49 A Bree, Ards December 98 Glasgow	4:54.20 B Carson, Lisburn Dec'07, Grove	4:55.09 S McMahon, Leander 21 Dec'08, Bangor

ULSTER SHORT COURSE RECORDS based on claims received as of 25/5/09	MEN	BOYS	WOMENS	GIRLS
4x50m MEDLEY TEAM RELAY – REPRESENTATIVE	1:46.20 Ulster *(R Thompson, M Dawson, S McQuillan, C Leaney)* Nov'07 Grove	1:53.92 Ulster *(K Morrison, F Bailie, S Sheppard, G Hall)* April 95 Portmarnock	2:03.74 Ulster *(C Darby, E Robinson, G Hamilton, R Hill)* April 94 Tuam	2:04.57 Ulster *(G Hamilton,L Robinson, S Carson, E Robinson)* April 93 Ards
4x50m FREESTYLE TEAM RELAY – REPRESENTATIVE	1:34.97 Ulster *(C Beattie, B Bell, J Hiscocks, W Johnston)* March 91 Sheffield	1:42.00 Ulster *(M Harkness, J Leckey, L Campbell, L Galloway)* June 2008, NAC, Dublin	1:50.43 Premier Squad (J Guillar, M Madine, S Willoughby, J Corish) April 86 Aberdeen	1:53.02 Ulster *(L Robinson, S Carson, G Hamilton, E Robinson)* April 93 Ards
4x100m MEDLEY TEAM RELAY – REPRESENTATIVE	4:02.96 Ulster *(P McGillion, G McColgan, W Johnston, C Beattie)* April 89 Grove	4:24.70 Ulster *(K Wilson, S McNarry, M Cummings, J Hiscocks)* March 90 Grove	4:37.37 Ulster *(C Darby, S Dugan, M Madine, D Simms)* July 91 Grove	4:40.39 Ulster *(D Johnston, S Dugan, M Madine, J Corish)* Jan 86 Castlereagh
4x100m FREESTYLE TEAM RELAY – REPRESENTATIVE	3:35.38 Ulster *(C Beattie, B Bell, J Hiscocks, W Johnston)* March 91 Grove	3:42.51 Ulster *(S Howard, K Wilson, R Lenaghan, J Hiscocks)* August 90 Dublin	4:03.19 Ulster *(D Simms, L Baird, C Darby, M Madine)* July 91 Grove	4:12.67 Ulster *(M Madine, D Johnston, S Dugan, J Corish)* January 86 Castlereagh
4x200m FREESTYLE TEAM RELAY – REPRESENTATIVE	7:58.78 Ulster *(P McGillion ,G Brisbane, J Hiscocks, R Morrow)* July 91 Grove	8:09.00 Standard	8:36.00 Standard	8:50.00 Standard
4x50m MEDLEY TEAM RELAY – CLUB	1:44.88 Ards *(L Campbell, M Dawson, S McQuillan, T Martin)* 15 May '09, Lisburn	1:51.24 Larne *(C Leaney, W Logan, S Traill, G Williamson)* Oct'07, Larne	2:00.82 Bangor *(A Pugh, A Hyland, C Dawson, J Douglas)* Dec'06, Grove	2:07.69 Coleraine *(S Lindsay, L Robinson, S Carson, E Robinson)* May 93 Grove
4x50m FREESTYLE TEAM RELAY – CLUB	1:34.82 *CoB (G Williamson, I Chisholm, J Gilmer,, C Leaney)* 21 Dec'08, Bangor	1:36.88 Larne *(C Leaney, S Traill, G Williamson, W Logan)* Nov '07, Grove	1:46.07 Bangor *(C Dawson, J Nesbitt, A Hyland, J Douglas)* Dec'06, Grove	1:56.91 Lisburn City *(R Bradford, E Casey, S Bamford, B Carson)* July'05 Limerick
4x100m MEDLEY TEAM RELAY – CLUB	3:51.73 Lisburn *(N McGrann, M Williamson, D McIlroy, S Sheppard)* Dec 03, Grove	4:05.25 Lisburn *(M Campfield, M Williamson, D Simpson, S Sheppard)* July 96 Dublin	4:23.12 Bangor *(A Pugh, A Hyland, C Dawson, J Douglas)* Dec'06, Grove	4:32.86 COB *(M Nocher, A Todd, L McFarland, C Dawson)* Jul 03, Lisburn
4x100m FREESTYLE TEAM RELAY – CLUB	3:28.17 Larne *(A Hunter, S Traill, J Niblock, C Leaney)* Dec 06, Ulsters, Grove	3:35.99 Larne *(W Logan, G Williamson, S Traill, C Leaney)* Dec'06 Grove	3:52.26 Bangor *(C Dawson, A Pugh, J Nesbitt, J Douglas)* Dec '06, Grove	4:03.84 COB *(C Dawson, A Todd, L McFarland, M Nocher)* Jul 03, Lisburn
4x200m FREESTYLE TEAM RELAY – CLUB	7:43.30 CoB *(I Chisholm, G Williamson, J Gilmer, C Leaney)* 19 Dec'08, Bangor	7:57.42 Larne *(G Williamson, S Traill, W Logan, C Leaney)* Dec'06 Grove	8:39.39 Bangor *(A Hyland, C Dawson, K Linden, J Douglas)* Dec'06, Grove	8:52.84 Lisburn *(C Beattie, S Bamford, R Bradford, B Carson)* Dec 06, Grove

ULSTER LONG COURSE RECORDS based on claims received as of 12/7/09	MEN	BOYS	WOMEN	GIRLS
50m FREESTYLE	23.58 C Leaney, CoB July '08, NAC Dublin	23.58 C Leaney, CoB July '08, NAC Dublin	26.02 J Douglas Bangor Apr 02 Manchester	27.54 S McMahon, Leander 29 Mar'09, Limerick
100m FREESTYLE	49.49 R Harrison, C of Derry July 09 Rome	51.39 C Leaney, CoB July'08, Belgrade	56.63 C Dawson, Bangor 1April '09, NAC, Dublin	58.98 S McMahon, Leander Feb'09, Swansea
200m FREESTYLE	1:47.94 R Harrison, C of Derry July 09 Rome	1:50.98 C Leaney, Larne July 09 Rome	2:02.04 M Nocher, COB Mar'07, Melbourne	2:06.33 S McMahon, Leander 28 Mar'09, Limerick
400m FREESTYLE	3:55.88 R Harrison, C of Derry July 09 Rome	4:00.03 C Donnelly, Leander July 09, NAC, Dublin	4:20.63 S McMahon, Leander 29 Mar'09, Limerick	4:16.00 S McMahon, Leander July 09 Finland
800m FREESTYLE	8:36.23 C Donnelly, Leander 29 Mar'09, Limerick	8:36.23 C Donnelly, Leander 29 Mar'09, Limerick	9:06.81 B Carson, Lisburn Feb 08, Edinburgh	9:14.12 S McMahon, Leander Feb'09, Swansea
1500m FREESTYLE	16:15.00 C Donnelly, Leander 19 Apr'09, NAC, Dublin	16:15.00 C Donnelly, Leander 19 Apr'09, NAC, Dublin	19:56.70 E Black, Larne July '07, Limerick	19:56.70 E Black, Larne July '07, Limerick
50m BACKSTROKE	27.90 Standard	28.12 J Sloan, Bangor 20 Feb'09, Swansea	30.06 M Nocher, Ards Feb'09, Sheffield	31.25 M Nocher, COB April 04, NAC, Dublin
100m BACKSTROKE	59.37 R Gheel, Omagh September 88 Seoul	1:01.34 C Shevlin, CoB July'08, NAC, Dublin	1:02.66 M Nocher COB May'08, NAC, Dublin	1:06.22 M Nocher COB Apr 04, NAC, Dublin
200m BACKSTROKE	2:05.45 R Gheel, Omagh June 92 Sheffield	2:18.24 R Gheel, Omagh August 85 Derby	2:12.14 M Nocher, Ards Feb'09, Swansea	2:22.72 M Nocher COB April 04, NAC, Dublin
50m BREASTSTROKE	28.66 A Bree, Ards July 09 Rome	29.56 M Dawson, Ards Mar'08, Limerick	32.02 E Robinson Bangor Jul 02 Manchester	33.41 S McMahon, Leander 16 Apr'09, NAC, Dublin
100m BREASTSTROKE	1:01.76 A Bree Ards Aug'08 China	1:04.98 M Dawson, Ards Aug'08, , Belgrade	1:09.15 E Robinson Bangor March 04, Sheffield	1:12.51 S McMahon, Leander 14 Mar'09, Swansea
200m BREASTSTROKE	2:10.16 A Bree, Ards Aug'08, Olympics,	2:21.45 A Bree, Ards Sept. 98 Kuala Lumpur	2:33.58 E Robinson, Bangor March 04, Swansea	2:37.99 S McMahon, Leander July'08, Sheffield
50m BUTTERFLY	24.49 S McQuillan, Ards Jul 09 Dublin	25.23 C Leaney, CoB July'08, NAC, Dublin	27.86 J Douglas Bangor Mar'05, Manchester	29.60 Melanie Nocher COB Aug 03 Tollcross
100m BUTTERFLY	54.67 S McQuillan, Ards July 09 Dublin	55.68 C Leaney CoB July'08, NAC Dublin	1:02.28 M Madine, Leander May 96 Vienna	1:04.73 S McMahon July 09 Finland
200m BUTTERFLY	2:08.02 C Hamilton, Ards Apr'09, NAC, Dublin	2:08.02 C Hamilton, Ards Apr'09, NAC, Dublin	2:14.52 M Madine, Leander August 96 Vienna	2:18.94 S McMahon, Leander July '09, Finland
200m IND. MEDLEY	2:04.43 A Bree Ards June '08 Nashville, USA	2:11.72 A Bree, Ards Sept. 98 Kuala Lumpur	2:18.92 M Nocher, COB Mar'07, Melbourne	2:18.85 S McMahon, Leander July 09, Finland
400m IND. MEDLEY	4:30.10 A Bree Ards Jun 01 Glasgow	4:39.53 A Bree, Ards Sept 98 Kuala Lumpur	4:56.47 S McMahon, Leander 27 Mar'09, Limerick	4:53.15 S McMahon, Leander July 09 Finland

ULSTER LONG COURSE RECORDS based on claims received as of 12/7/09	MEN	BOYS	WOMEN	GIRLS
4x50m MEDLEY TEAM RELAY - REPRESENTATIVE	1:56.16 Ulster Squad (R Hoal, S Dickson, W Gilmer, K Frizzell) Dec'05, Bath		2:06.26 Ulster Squad (M Nocher, A Hyland, L McFarland, C Dawson) Dec'05 Bath	
4x50m FREESTYLE TEAM RELAY - REPRESENTATIVE	1:42.76 Ulster Squad (K Frizzell, S Dickson, R Hoal, W Gilmer) Dec'05, Bath		1:51.69 Ulster Squad (C Dawson, A Pugh, A Hyland, M Nocher) Dec'05 Bath	
4x50m MEDLEY TEAM RELAY - CLUB	1:48.41 Ards (L Campbell, M Dawson, S McQuillan, C McIntyre) May'08, NAC Dublin	1:56.45 Larne (M Harkness, G Williamson, S Traill, C Leaney) July'07, Limerick	2:12.44 Larne (E Black, C Gordon, L Heaton, D Rainey) Mar'07, Limerick	
4x50m FREESTYLE TEAM RELAY - CLUB	1:36.00 CoB (G Williamson, J Gilmer, I Chisholm, C Leaney) 28 Mar'09, Limerick	1:40.05 Larne (G Williamson, J McBurney, C Leaney, S Traill) July '07, Limerick	1:56.38 Bangor (A Pugh, C Buck, K Linden, J Falls) Mar'07, Limerick	2:02.08 Larne (E Black, D Rainey, L Wylie, S Moore) July '07, Limerick
4x100m MEDLEY TEAM RELAY – REPRESENTATIVE	4:03.36 Ulster (J Sloan, S Dickson, R Hoal, I Chisholm) 22 Feb'09, Swansea	4:13.58 Ulster (L Campbell, J Leckey, C Hamilton, J Gilmer) 22 Feb'09, Swansea	4:30.12 Northern Ireland (J Douglas, L Robinson, L Cardwell, E Robinson) Sept 98 Kuala Lumpur	4:37.10 Standard
4x100m FREESTYLE TEAM RELAY – REPRESENTATIVE	3:34.02 Ulster (J Gilmer, G Williamson, R Hoal, I Chisholm) 20 Feb'09, Swansea	3:45.64 Ulster (L Galloway, J Leckey, J Sloan, L Campbell) 20 Feb'09, Swansea	4:04.04 Northern Ireland (E Robinson, L Robinson, L Cardwell, J Douglas) Sept 98 Kuala Lumpur	4:19.76 Ulster (D Simms, P Duddy, R Young, C Dorrian) March 89 Edinburgh
4x200m FREESTYLE TEAM RELAY – REPRESENTATIVE	8:00.63 Ulster (J Gilmer, L Campbell, I Chisholm, R Hoal) 21 Feb'09, Swansea	8:14.80 Standard	8:50.90 Standard	8:54.50 Standard
4x100m MEDLEY TEAM RELAY – CLUB	4:03.48 Ards (C Hamilton, M Dawson, S McQuillan, A Bree) Apr'07 NAC, Dublin	4:18.61 Bangor (R Hoal, S Dickson, K Frizzell, T Rickard) Apr'06 NAC, Dublin	4:28.72 Bangor (A Pugh, E Robinson, J Nesbitt, J Douglas) Apr 04, NAC, Dublin	4:35.10 Standard
4x100m FREESTYLE TEAM RELAY – CLUB	3:33.77 CoB (I Chisholm, C Leaney, James Gilmer, G Williamson) July'08, NAC, Dublin	3.43.03 Larne (G Williamson, C Leaney, S Traill, W Logan) Apr'06, NAC, Dublin	4.00.28 Bangor (A Pugh, J Nesbitt, C Dawson, K Linden) Apr 07, NAC, Dublin	4:13.94 Lisburn (C Beattie, S Bamford, R Bradford, B Carson) Apr 07, NAC, Dublin
4x200m FREESTYLE TEAM RELAY – CLUB	7:54.84 CoB (I Chisholm, C Shevlin, G Williamson,, C Leaney) July'08, NAC, Dublin	8:15.19 Larne (C Leaney, S Traill, G Williamson, W Logan) Apr'06, NAC, Dublin	8:52.17 Bangor (J Nesbitt, A Pugh, K Linden, C Dawson) Apr'06, NAC Dublin	9:00.50 Standard

Swim Ulster

Swim Ireland

MALES QT's

Swim Ireland

2012		National HP ELITE squad			HP DEV Sqd	Ulster HP Sqd	Ulster HP Development Squad				Ulster Regional Squads		
				Euro LC		Standards							
Prop 2012		*-1.5% + 1%*	*- 1.5%+2%*	*-1.5% + 3%*	*-1.5% + 6%*	*17.5%*	*20.0%*	*22.5%*	F14 & M15	F13 & M14	F17 & M18	F15 & M16	F13 & M14
A' Times		*2011-2012*	*2010-2011*	*2009-2010*		00:25.87	00:26.42	00:26.97	F1995 M1994	F1996 M1995			
-1.5%		*1.0%*	*2.0%*	*3.0%*	*6.0%*	00:56.98	00:58.19	00:59.40	*14.0%*	*15.0%*	***17.5%***	***20.0%***	***22.5%***
00:22.01		00:22.23	00:22.46	00:22.68	00:23.34	02:05.83	02:08.51	02:11.18	00:25.10	00:25.32	00:25.87	00:26.42	00:26.97
00:48.49		00:48.98	00:49.46	00:49.95	00:51.40	04:26.15	04:31.81	04:37.48	00:55.28	00:55.77	00:56.98	00:58.19	00:59.40
01:47.09		01:48.16	01:49.23	01:50.30	01:53.51				02:02.08	02:03.15	02:05.83	02:08.51	02:11.18
03:46.51		03:48.78	03:51.04	03:53.31	04:00.10	17:36.87	17:59.36	18:21.84	04:18.22	04:20.49	04:26.15	04:31.81	04:37.48
						01:03.82	01:05.18	01:06.53					
14:59.46		15:08.46	15:17.45	15:26.45	15:53.43	02:18.56	02:21.51	02:24.46	17:05.39	17:14.38	17:36.87	17:59.36	18:21.84
00:54.31		00:54.86	00:55.40	00:55.94	00:57.57	01:11.26	01:12.78	01:14.29	01:01.92	01:02.46	01:03.82	01:05.18	01:06.53
01:57.92		01:59.10	02:00.28	02:01.46	02:05.00	02:34.73	02:38.02	02:41.31	02:14.43	02:15.61	02:18.56	02:21.51	02:24.46
01:00.65		01:01.25	01:01.86	01:02.47	01:04.29	01:01.18	01:02.48	01:03.78	01:09.14	01:09.74	01:11.26	01:12.78	01:14.29
02:11.68		02:13.00	02:14.32	02:15.64	02:19.59	02:16.19	02:19.09	02:21.98	02:30.12	02:31.44	02:34.73	02:38.02	02:41.31
00:52.07		00:52.59	00:53.11	00:53.63	00:55.19	02:20.51	02:23.49	02:26.48	00:59.36	00:59.88	01:01.18	01:02.48	01:03.78
01:55.90		01:57.06	01:58.22	01:59.38	02:02.86	04:59.07	05:05.43	05:11.79	02:12.13	02:13.29	02:16.19	02:19.09	02:21.98
01:59.58		02:00.77	02:01.97	02:03.17	02:06.75	02:11.54	02:13.93	02:15.12	02:16.32	02:17.52	02:20.51	02:23.49	02:26.48
04:14.52		04:17.07	04:19.61	04:22.16	04:29.80	04:39.98	04:45.07	04:47.61	04:50.16	04:52.70	04:59.07	05:05.43	05:11.79

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Ulster Squad Qualifying Times are between HP Development and Regional Squad QT's

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Swim Ulster

Swim Ireland

FEMALES QT's

2012	National HP ELITE squad			HP DEV Sqd	Ulster HP Sqd	Ulster HP Development Squad				Ulster Regional Squads		
			Euro LC									
Prop 2012	*-1.5% + 1%*	*- 1.5%+2%*	*-1.5% + 3%*	*-1.5% + 6%*	F17 & M18	F15 & M16	F13 & M14	**F14 & M15 F1995 M1994**	**F13 & M14 F1996 M1995**	F17 & M18	F15 & M16	F13 & M14
A' Times	*2011-2012*	*2010-2011*	*2009-2010*									
-1.5%	*1.0%*	*2.0%*	*3.0%*	*6.0%*	*17.5%*	*20.0%*	*22.5%*	*14.0%*	*15.0%*	*17.5%*	*20.0%*	*22.5%*
00:25.05	00:25.30	00:25.55	00:25.80	00:26.55	00:27.55	00:28.05	00:28.30	00:28.56	00:28.81	00:29.43	00:30.06	00:30.68
00:54.41	00:54.96	00:55.50	00:56.04	00:57.68	00:59.85	01:00.94	01:01.48	01:02.03	01:02.57	01:03.93	01:05.29	01:06.65
01:57.50	01:58.68	01:59.85	02:01.03	02:04.55	02:09.25	02:11.60	02:12.78	02:13.95	02:15.13	02:18.06	02:21.00	02:23.94
04:07.49	04:09.97	04:12.44	04:14.92	04:22.34	04:32.24	04:37.19	04:39.66	04:42.14	04:44.61	04:50.80	04:56.99	05:03.18
08:28.24	08:33.32	08:38.41	08:43.49	08:58.73	09:19.06	09:29.23	09:34.31	09:39.39	09:44.48	09:57.18	10:09.89	10:22.59
01:00.77	01:01.38	01:01.99	01:02.60	01:04.42	01:06.85	01:08.07	01:08.68	01:09.28	01:09.89	01:11.41	01:12.93	01:14.45
02:10.74	02:12.05	02:13.35	02:14.66	02:18.58	02:23.81	02:26.43	02:27.74	02:29.04	02:30.35	02:33.62	02:36.89	02:40.16
01:07.97	01:08.65	01:09.33	01:10.01	01:12.05	01:14.77	01:16.13	01:16.81	01:17.49	01:18.17	01:19.87	01:21.57	01:23.27
02:25.99	02:27.45	02:28.91	02:30.37	02:34.75	02:40.59	02:43.51	02:44.97	02:46.43	02:47.88	02:51.53	02:55.18	02:58.83
00:58.46	00:59.04	00:59.63	01:00.21	01:01.97	01:04.31	01:05.47	01:06.06	01:06.64	01:07.23	01:08.69	01:10.15	01:11.61
02:08.88	02:10.17	02:11.45	02:12.74	02:16.61	02:21.77	02:24.34	02:25.63	02:26.92	02:28.21	02:31.43	02:34.65	02:37.87
02:13.26	02:14.59	02:15.93	02:17.26	02:21.26	02:26.59	02:29.25	02:30.58	02:31.92	02:33.25	02:36.58	02:39.91	02:43.24
04:40.80	04:43.61	04:46.42	04:49.23	04:57.65	05:08.88	05:14.50	05:17.31	05:20.12	05:22.92	05:29.94	05:36.96	05:43.98

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Ulster Squad Qualifying Times are between HP Development and Regional Squad QT's

FINA Rules

SW 4 THE START

SW 4.1 The start in Freestyle, Breaststroke, Butterfly and Individual Medley races shall be with a dive. On the starter's command "take your marks", they shall immediately take up a starting position with at least one foot at the front of the starting platforms. The position of the hands is not relevant. When all swimmers are stationary, the starter shall give the starting signal. SW 4.2 The start in Backstroke and Medley Relay races shall be from the water.

SW 4.4 Any swimmer starting before the starting signal has been given shall be disqualified. If the starting signal sounds before the disqualification is declared, the race shall continue and the swimmer or swimmers shall be disqualified upon completion of the race. If the disqualification is declared before the starting signal, the signal shall not be given, but the remaining swimmers shall be called back and start again.

SW 5 FREESTYLE

SW 5.1 Freestyle means that in an event so designated the swimmer may swim any style, except that in individual medley or medley relay events, freestyle means any style other than backstroke, breaststroke or butterfly.SW 5.2 Some part of the swimmer must touch the wall upon completion of each length and at the finish.

SW 5.3 Some part of the swimmer must break the surface of the water throughout the race, except it shall be permissible for the swimmer to be completely submerged during the turn and for a distance of not more than 15 metres after the start and each turn. By that point, the head must have broken the surface.

SW 6 BACKSTROKE

SW 6.1 Prior to the starting signal, the swimmers shall line up in the water facing the starting end, with both hands holding the starting grips. Standing in or on the gutter or bending the toes over the lip of the gutter is prohibited.

SW 6.2 At the signal for starting and after turning the swimmer shall push off and swim upon his back throughout the race except when executing a turn as set forth in SW 6.4. The normal position on the back can include a roll movement of the body up to, but not including 90 degrees from horizontal. The position of the head is not relevant.

SW 6.3 Some part of the swimmer must break the surface of the water throughout the race. It is permissible for the swimmer to be completely submerged during the turn, at the finish and for a distance of not more than 15 metres after the start and each turn. By that point the head must have broken the surface

SW 6.4 When executing the turn there must be a touch of the wall with some part of the swimmer's body in his/her respective lane. During the turn the shoulders may be turned over the vertical to the breast after which a continuous single arm pull or a continuous simultaneous double arm pull may be used to initiate the turn. The swimmer must have returned to the position on the back upon leaving the wall.

SW 6.5 Upon the finish of the race the swimmer must touch the wall while on the back in his/her respective lane.

SW 7 BREASTSTROKE

SW 7.1 From the beginning of the first arm stroke after the start and after each turn, the body shall be kept on the breast. It is not permitted to roll onto the back at any time. Throughout the race the stroke cycle must be one arm stroke and one leg kick in that order.

SW 7.2 All movements of the arms shall be simultaneous and in the same horizontal plane without alternating movement.

SW 7.3 The hands shall be pushed forward together from the breast on, under, or over the water. The elbows shall be under water except for the final stroke before the turn, during the turn and for the final stroke at the finish. The hands shall be brought back on or under the surface of the water. The hands shall not be brought back beyond the hip line, except during the first stroke after the start and each turn.

SW 7.4 During each complete cycle, some part of the swimmer's head shall break the surface of the water. After the start and after each turn, the swimmer may take one arm stroke completely back to the legs. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke. A single downward dolphin kick followed by a breaststroke kick is permitted while wholly submerged. Following which, all movements of the legs shall be simultaneous and in the same horizontal plane without alternating movement.

Interpretation: A dolphin kick is not part of the cycle and is only permitted at the start and turn whilst the arms are pulling back to the legs or after the arm pull whilst wholly submerged followed by a breaststroke kick.

SW 7.5 The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward dolphin kick is not permitted except as in SW 7.4. Breaking the surface of the water with the feet is allowed unless followed by a downward dolphin kick.

SW 7.6 At each turn and at the finish of the race, the touch shall be made with both hands simultaneously at, above, or below the water level. The head may be submerged after the last arm pull prior to the touch, provided it breaks the surface of the water at some point during the last complete or incomplete cycle preceding the touch.

SW 8 BUTTERFLY

SW 8.1 From the beginning of the first arm stroke after the start and each turn, the body shall be kept on the breast. Under water kicking on the side is allowed. It is not permitted to roll onto the back at any time.

SW 8.2 Both arms shall be brought forward together over the water and brought backward simultaneously through-out the race, subject to SW 8.5.

SW 8.3 All up and down movements of the legs must be simultaneous. The legs or the feet need not be on the same level, but they shall not alternate in relation to each other. A breaststroke kicking movement is not permitted.

SW 8.4 At each turn and at the finish of the race, the touch shall be made with both hands simultaneously, at, above or below the water surface.

SW 8.5 At the start and at turns, a swimmer is permitted one or more leg kicks and one arm pull under the water, which must bring him to the surface. It shall be permissible for a swimmer to be completely submerged for a distance of not more than 15 metres after the start and after each turn. By that point, the head must have broken the surface. The swimmer must remain on the surface until the next turn or finish.

SW 9 MEDLEY SWIMMING

SW 9.1 In individual medley events, the swimmer covers the four swimming styles in the following order: Butterfly, Backstroke, Breaststroke and Freestyle.

SW 9.2 In medley relay events, swimmers will cover the four swimming styles in the following order: Backstroke, Breaststroke, Butterfly and Freestyle.

SW 9.3 Each section must be finished in accordance with the rule which applies to the style concerned

Nutrition Guidelines; To perform like an athlete, you need to eat like one!

Breakfast

- cereal / rolls / bread / pancakes
- low fat spread
- jam / marmalade / honey
- low fat yoghurts
- juice
- fruit
- eggs – scrambled / poached / boiled / omelette
- bacon / mushrooms / baked beans

Things to avoid – fried eggs / sausages / white, black pudding / hash brown

Lunch

- fruit
- juice
- low fat yoghurts
- soup
- rolls / bread
- sandwiches – chicken, tuna, ham, salad

Things to avoid – mayonnaise / coleslaw etc

Dinner

- beef / chicken / seafood
- rice / pasta / noodles / potato
- vegetables
- sauces - tomato based / gravy

Things to avoid – cream sauce / fried rice / chips / butter

Desserts

- Fruit salad
- sponge cake / jam
- low fat yoghurts

Things to avoid – cream / rich chocolate cakes / pastries

Snacks

- cup of soup
- rice cakes
- jaffa cake / fig roll
- muffin
- pancakes / scone / jam
- popcorn
- low fat yoghurt
- low fat smoothie
- fruit
- fruit juice
- raisins
- nutrigrain bar

Things to avoid – crisps / biscuits

Drinks

- Water
- sports drinks

Things to avoid – fizzy drinks

When to eat

- Before Competition
- Eat a meal 3 / 4 hours before the start. It should comprise of easily digested carbohydrates and low index foods – apple/ pear / yoghurt / kidney beans / peanuts
- During Competition
- Sports drinks /orange / oatmeal cookies / grapes / bananas / fruit juice
- After Competition
- Within 20 minutes – re-hydrate with water / sports drink / carbohydrates / protein. Water melon / pineapple / potato bread / rice cakes / honey / jelly beans

. **SWIMMERS CODE OF CONDUCT**

This code is to be read and signed by swimmers who qualify for, or are selected for any SWIM ULSTER team. The swimmer, or if the swimmer is under 18 years of age, then a parent, must sign the certificate accepting the rules.

If you do not have a UK/Irish Birth Certificate and are not resident in the Irish Republic or Northern Ireland then you are advised to notify Swim Ulster of your status. Membership of SU Teams is governed by FINA Law GR2, International Relations.

1. All team members are required to join the team at its point of departure and return to that point with the team. Requests for individual exceptions from the travel plan must be communicated to the Squad Administrator or Team Manager well in advance of departure and will only be considered in exceptional circumstances.
2. From arrival at the meeting point, you are responsible to the appointed Team Officials until the trip is complete and the team disperses.
3. As a representative of Swim Ulster and your country, you are expected to dress and behave in a fitting manner.
4. Socially improper language is not acceptable, in the company of your team members or in public.
5. All members are required to wear the kit and equipment issued by the current sponsor, whilst competing for or representing Ulster. This applies from the start of a representative trip until the team disperses. No logos or advertising may be added to SU gear without the prior written agreement of SU
6. Swimmers may not obtain sponsorship without the written permission of SU.
7. Team members must attend all meetings and other functions as directed by the Team Officials.
8. Punctuality is required on all occasions.
9. Curfews or other restrictions are in your interests and must be observed.
10. Swimmers must join the team free of the effects of alcohol and are not permitted to consume alcohol for the duration of the competition/camp. Intoxication will not be tolerated and will result in severe penalties.
11. Swimmers are required to ensure that the Team Manager is fully informed of approved medications required. If a medical doctor has approved the medication then a written statement from them as to its content and dosage is required to be presented to the Team Manager prior to the trip. Under FINA Law, YOU are responsible for ensuring that you do not breach FINA drug laws and you may be required to submit to a FINA drug test.
12. Swimmers are required to co-operate with the Media so long as such co-operation does not interfere with their race preparation or the instructions of the Meet Organiser. The Team Manager will approve all interviews and be present or represented, where and when appropriate. In such interviews, swimmers are required to present a positive image of Swim Ulster and the team, and to wear the kit issued by the sponsor. Team members are not permitted to publicly criticise the administrative or technical affairs S U. Such concerns should be put directly to the S U Board.

13. Negative comment or criticism of the Team should be reserved for Team meetings. It is important that there is mutual respect and unity amongst team members. Swimmers with a grievance should communicate it to the Team Manager. If they are still dissatisfied, they have the right to discuss the matter with the Swim Ulster – Swim Ireland Executive.
14. Team members are required to sit with the Team and to communicate with the Team Coach shortly before and shortly after their race. Any necessary departure from the Team or its daily plan should be discussed with the Team Manager.
15. Any form of sexual activity is considered inappropriate within a training and or competition experience and is therefore forbidden whilst the swimmer is under the jurisdiction of the Team Manager.
16. The Team Manager has the authority to deal with all disciplinary matters and the duty to impose penalties. There may include withdrawal from further competition or sending home of swimmers. Serious breaches of this Code will be reported to the Management Committee, who may take further action.
17. Seatbelts must be worn at all times while travelling on Ulster Squad trips
18. I understand and give consent to photographic and/or Video footage being taken and used for Swim Ulster approved advertising or PR purposes. The images can only be taken by Swim Ulster approved personnel.

ALL SWIMMERS(and their parents, if the swimmer is under 18) ARE REQUIRED TO COMPLY WITH THE CODE OF CONDUCT FOR SWIMMERS AS DETAILED IN "The Swim Ireland Guidelines for Safeguarding Children 2008".

Any squad member/parent who is not familiar with these guidelines must contact the Swim Ulster office before participating in squad activities.

Please cut off signed acceptance and return

I have read the Code of Conduct and the appropriate code of conduct detailed in **"The Swim Ireland Guidelines for Safeguarding Children 2008"** and agree to comply with both codes:

Name of swimmer _____

Signed: _____ (swimmer) Dated: _____

If the swimmer is under 18 years of age, a parent or guardian is required to sign below.

I agree that my son/daughter/ward sign the above and I accept that the terms of this Code of Conduct and of the appropriate code of conduct detailed in **"The Swim Ireland Guidelines for Safeguarding Children 2008"** will apply to them whilst members of an Ulster Team:

Name of parent / guardian _____

Signed: _____ (parent/guardian) Dated: _____

SWIM-ULSTER LTD
RECORD CLAIM FORM

Type of record being claimed for _____ (Junior or Senior)

Name		**DOB**		**SI Membership No.** **Club**	
Address					
E-mail			**Tel. No**		
Event (Stroke & distance)					
Time					
Length of Pool (25m or 50m)					
Venue/Meet					
Date of Swim					

We verify that the above information is correct (please sign)

Swimmer	
Club Secretary	
Dated	

This form should be forwarded with the relevant documentation to:
Hon. Recorder
SWIM-ULSTER LTD
C/o House of Sport
Upper Malone Road
Belfast
BT9 5LA
Records are not official until ratified by Swim Ulster Ltd

ULSTER HIGH PERFORMANCE /DEVELOPMENT SQUAD CLAIM FORM

Swimmer Information

Name		**Signature**	
Date of Birth		**Club**	
Address		**Squad** **High Performance** **Yes / No** **Development** **Yes / No**	
Post Code	**Mobile number**	**Home number**	
Email address - swimmer			
Email address – parent / guardian			

Event	**Time**	**Meet**	**Date**
1.			
2.			
3.			

Coach Information

Name		**Signature**
Address		
Post Code	**Mobile number**	**Home number**
Email address		

All times must be electronic and if achieved anywhere other than Swim Ulster meets or Swim Ireland National meets, an official copy of the results must be attached to support the claim.

SWIM OFFICE received by **date** **signature**

ULSTER SQUAD CLAIM FORM

Swimmer Information

Name			**Signature**
Date of Birth	**Region**		**Club**
Address			
Post Code	**Mobile number**		**Home number**
Email address - swimmer			
Email address – parent / guardian			

Event	**Time**	**Meet**	**Date**
1.			
2.			
3.			

Coach Information

Name		**Signature**
Address		
Post Code	**Mobile number**	**Home number**
Email address		

ULSTER REGIONAL SQUAD CLAIM FORM

Swimmer Information

Name		**Signature**	
Date of Birth	**Region**	**Club**	
Address			
Post Code	**Mobile number**	**Home number**	
Email address - swimmer			
Email address – parent / guardian			
Event	**Time**	**Meet**	**Date**

Coach Information

Name	**Signature**	
Address		
Post Code	**Mobile number**	**Home number**
Email address		

Swim Ulster

ure of the TM Development Pathway

TM Level **Three**
(National Level)

↑

TM Level **Two**
(Regional Level)

↑

TM Level **One** (cost £40)
(Club Level)

For more information on these courses and their location, please contact:

your Club Chairperson
or
the Swim Ireland Education Team

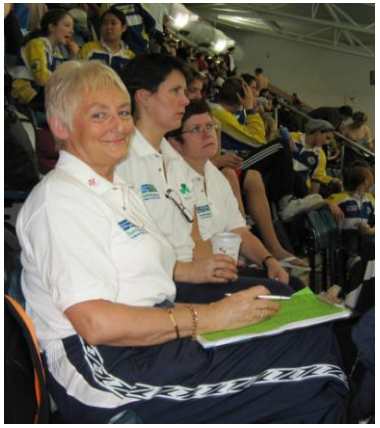
Contact details:
Chantal Gibney
Education & Development Officer

Email: edo2@swimireland.ie
Telephone: +353 1 625 1190
When phoning, please ask for a member of the Education & Development Team

Websites
www.swimireland.ie
www.womeninsport.ie

TEAM MANAGER DEVELOPMENT PROGRAMME

Level 1 – Club Team Manager



IRISH CLUBS SWIMMING INTO THE FUTURE

Swim Ireland
excellence through teamwork

women in sport
Supported by the Irish Sports Council

Swim Ireland Time Keepers Qualification
Level One (1T)

Qualifies you to fulfil this role at all levels up to and including National Competition

Pre Requisites

- Swim Ireland Registered Member.
- Child Protection in Sport Awareness Training.

Training

- Attend 3 hour seminar.
- Read worksheets detailing roles and issues that you may face as a time keeper

Assessment Procedure

- Two session assessments in the Time Keeper Role at either club, regional or National competitions.

Cost: £10

To register for this course or for any other queries please contact Trish Mayon in Swim Ireland on edo1@swimireland.ie or
phone: +353 86 8094786

To organise a course in your club please contact Ruth McQuillan in Swim Ulster on ruthmcquillan@houseofsport.net or phone 02890383829

Long Term Athlete Development Workshop

All coaches/teachers, tutors, swimmers and parents are invited to attend our *Long Term Athlete Development Workshop*, where you will have the concept of *LTAD* explained in full detail. All swimming clubs from across each region should be represented at one of these workshops.

Purpose

To present coaches, teachers, tutors, swimmers, parents and members of the aquatics community with information on SI Aquatic pathway incorporating the LTAD framework – which provides focus around training, competition and recovery programmes for optimal development of the swimmer. The framework is based upon a swimmer's age (i.e. maturation level rather than chronological age), is performer centred and should be coach driven and administration, sports science and sponsor supported. The workshops will serve as follow-on to our booklet and will be an exercise in raising awareness to the aquatic pathway incorporating the LTAD principles.

Sign up

Please contact: Ruth McQuillan ruthmcquillan@houseofsport.net

Workshop:

Duration –3 hrs 15 mins

Cost:

£30 (includes 'A Pathway to Aquatics Development' booklet)

Swim Ireland Courses
Continuous Professional Development (CPD) Programme

CPD Seminars/Courses

1. Intro into Freestyle
2. Intro into Backstroke
3. Intro into Butterfly
4. Intro into Breaststroke
5. National Plan Teaching Swimming (Fundamentals)
6. National Plan Teaching Swimming (Mini Polo)
7. National Plan Teaching Swimming (Aqua Fun)
8. National Plan Teaching Swimming (Flip'n'Fun)
9. Effective sculling techniques and development into the four strokes
10. Teaching Turns
11. Coaching Disabled Swimmers
12. Including Disabled Swimmers
13. Working with Child with Behavioural Difficulties
14. Voice Projection
15. LTAD
16. Timekeepers Course
17. Team Manager – Level 1 Course
18. Club Supporters Course

New Swim Ireland Courses and Qualifications

SI Level 1: Coaching Swimming/Coaching Diving/Coaching Water Polo/Coaching Synchronised Swimming.

Course Aim: The qualification is designed for candidates who wish to work in the aquatic environment and will enable SI Level 1 coaches to be able to assist more qualified coaches and plan and deliver aspects of coaching sessions with the support of a Level 2 qualified Coach or above.

The qualification should be delivered using a combination of theory and practice throughout Units 1 and 2. Unit 1 must be completed before candidates' progress to Unit 2.

Pre-requisites/Entry Requirements:

• Candidates must be at least 16 years of age at the commencement of the learning programme

• When registering on the course the candidate must be able to provide the Education and Development team with evidence of attending the Irish Sports Council "Child protection in Sport Awareness Workshop", or the Coaching Northern Ireland "Child Protection Awareness Workshop" (maximum 4 hours). Please note that a certificate number will only be accepted upon registration for the course. Candidates must have completed this course as a prerequisite.

Course Duration: 35 Hours

Theory: 23 hours including a 1 hour written exam)

Practical: 12 hours

SI Level 1: Teaching Aquatics

Course Aim: The qualification is designed for candidates who wish to work in the aquatic environment and will enable SI Level 1 teachers to be able to assist more qualified teachers and plan and deliver aspects of teaching sessions with the support of a Level 2 qualified Teacher . The qualification should be delivered using a combination of theory and practice throughout Units 1 and 2. Unit 1 must be completed before candidates' progress to Unit 2.

Pre-requisites/Entry Requirements:

• Candidates must be at least 16 years of age at the commencement of the learning programme

• When registering on the course the candidate must be able to provide the Education and Development team with evidence of attending the Irish Sports Council "Child protection in Sport Awareness Workshop", or the Coaching Northern Ireland "Child Protection Awareness Workshop" (maximum 4 hours). Please note that a certificate number will only be accepted upon registration for the course. Candidates must have completed this course as a prerequisite.

Course Duration: 35 Hours

Theory: 23 hours including a 1 hour written exam)

Practical: 12 hours

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SI Level 2: Coaching Swimming/Coaching Diving/Coaching Water Polo/Coaching **Synchronised Swimming**.

Course Aim: The qualification is designed for candidates who wish to work in the aquatic environment and will enable SI Level 2 coaches to be able to prepare for, plan and implement, deliver and review a series of coaching sessions within a meso cycle. The qualification comprises 6 units. Units 1 to 3 are common across all the disciplines and Units 4 to 6 are discipline specific. TO gain the qualification candidates must achieve all six units.

Candidates wishing to undertake this qualification must be working in a competitive aquatic environment and with competitors with a range of abilities. Candidates would therefore have to be working, in a paid or voluntary capacity, with an affiliated Swim Ireland club.

Pre-requisites/Entry Requirements:

• Candidates must be at least 18 years of age at the commencement of the learning programme

• Be holders of the Swim Ireland/UKCC Level 1 Certificate for Coaching Swimming

• Be holders of the Swim Ireland Level 1 Certificate for Teaching Swimming post 2002

• Be holders of the Swim Ireland Assistant Teacher Certificate (Swimming) post September 1994 or alternatively,

• Gained exemption prior to the learning programme from Swim Ireland

• Before commencement of Unit 6 candidates must hold a Swim Ireland Teacher/Coach Licence (or have evidence that they have applied to Swim Ireland)

• When registering on the course the candidate must be able to provide the Education and Development team with evidence of attending the Irish Sports Council "Child protection in Sport Awareness Workshop", or the Coaching Northern Ireland "Child Protection Awareness Workshop" (maximum 4 hours). Please note that a certificate number will only be accepted upon registration for the course. Candidates must have completed this course as a prerequisite.

• The candidate must (in line with NCTC requirements) have evidence of having planned (and delivered) a 12 week cycle or equivalent competition cycle, within a registered Swim Ireland Club.

Course Duration: 68 hours (Contact Time)

Theory: 42 hours

Practical: 26 hours

SI Level 2: Teaching Aquatics

Course Aim: The qualification is designed for candidates who wish to work in the aquatic environment and will enable SI Level 2 teachers to be able to prepare for, plan and implement, deliver and review a series of teaching lessons within a lesson cycle. The qualification comprises 6 units. Units 1 to 3 are common across all the disciplines and Units 4 to 6 are discipline specific. To gain the qualification candidates must achieve all six units.

Pre-requisites/Entry Requirements:

• Candidates must be at least 18 years of age at the commencement of the learning programme

• Be holders of the Swim Ireland/UKCC Level 1 Certificate for Teaching Aquatics

• Be holders of the Swim Ireland Level 1 Certificate for Teaching Swimming post 2002

• Be holders of the Swim Ireland Assistant Teacher Certificate (Swimming) post September 1994 or alternatively,

• Gained exemption prior to the learning programme from Swim Ireland

• Before commencement of Unit 6 candidates must hold a Swim Ireland Teacher/Coach Licence (or have evidence that they have applied to Swim Ireland)

• When registering on the course the candidate must be able to provide the Education and Development team with evidence of attending the Irish Sports Council "Child protection in Sport Awareness Workshop", or the Coaching Northern Ireland "Child Protection Awareness Workshop" (maximum 4 hours). Please note that a certificate number will only be accepted upon registration for the course. Candidates must have completed this course as a prerequisite.

• The candidate must (in line with NCTC requirements) have evidence of having planned (and delivered) a 12 week cycle or equivalent competition cycle, within a registered Swim Ireland Club.

Course Duration: 68 hours (Contact Time)

Theory: 42 hours

Practical: 26 hours

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CPD Seminars/Courses

Intro into Freestyle:

The aim of this seminar is to explore the technique involved in teaching/coaching freestyle to participants at the FUNdamentals and Swim Skills Stages of their development through the understanding of how the freestyle body position, leg action, arm action, breathing and timing work.

This seminar is 3 hours and 15 minutes in duration (including breaks) and is theory based.

Intro into Backstroke:

The aim of this seminar is to explore the technique involved in teaching/coaching backstroke to participants at the FUNdamentals and Swim Skills Stages of their development through the understanding of how the backstroke body position, leg action, arm action, breathing and timing work.

This seminar is 3 hours and 15 minutes in duration (including breaks) and is theory based.

Intro into Butterfly:

The aim of this seminar is to explore the technique involved in teaching/coaching butterfly to participants at the FUNdamentals and Swim Skills Stages of their development through the understanding of how the butterfly body position, leg action, arm action, breathing and timing work.

This seminar is 3 hours and 15 minutes in duration (including breaks) and is theory based.

Intro into Breaststroke:

The aim of this seminar is to explore the technique involved in teaching/coaching breaststroke to participants at the FUNdamentals and Swim Skills Stages of their development through the understanding of how the breaststroke body position, leg action, arm action, breathing and timing

work.
This seminar is 3 hours and 15 minutes in duration (including breaks) and is theory based.
National Plan Teaching Swimming (Fundamentals):
Will explore the NPTS in relation to LTAD and how a teacher can adapt games to help with learning strategies at the FUNdamentals stage. It will also look at parental education, equipment use and lesson structures.
This seminar is 4 hours in duration (including breaks) and is
SI Courses and CPD April 2009 Page 6
National Plan Teaching Swimming (Mini Polo):
At the end of this seminar candidates will have an understanding of mini-polo, the importance of mini-polo in relations to LTAD FUNdamentals, how to get started and what centres would need and where the programme goes from here.
This seminar is 4.5 hrs in duration (including breaks) with 1 hour pool based practical work and the rest theory based.
National Plan Teaching Swimming (Aqua Fun):
This seminar is based around the basic of Synchronised Swimming and will look at the adaption of traditional strokes, developing techniques for sculling and eggbeater kick, basic positions, figures and special equipment and the how to introduce sequences to music. It will also look at the links of AquaFUN to LTAD.
This seminar is 4.5 hrs in duration (including breaks) with 1 hour pool based practical work and the rest theory based.
National Plan Teaching Swimming (Flip'n'Fun):
The aim of this seminar is to introduce the FUNdamentals of diving through Flip n Fun, to enable Level 2 Swimming Teachers to deliver a Flip n Fun Festival for diving and to teach poolside diving skills in a fun, informative and safe environment.
This seminar is 4.5 hrs in duration (including breaks) and has 1 ½ hours of theory, a 1 hour practical
session on dry land and a 1½ hour practical pool session.
Effective sculling techniques and development into the four strokes:
The aim of this seminar is to help candidates use sculling to improve pupils 'feel' of the water and the propulsive phases of their strokes, thus becoming more effective and efficient.
This seminar is 3.5 hrs in duration (including breaks) with 2 hours theory and 1 hour practical.
Teaching Turns:
The aim of this seminar is to explore the techniques involved in teaching/coaching TURNS (all 4 competitive strokes) at a basic level.
This seminar is 3 hours and 15 minutes in duration (including breaks) and is theory based.
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Coaching Disabled Swimmers:
The aim of this seminar is give Coaches a better understanding of coaching disabled swimmers, and
highlight ways that coaching practices can be adapted to ensure that disabled swimmers get the best
from training in mainstream clubs.
This seminar is 4 hours and 15 minutes in duration and is theory based.
Including Disabled Swimmers:
Inclusion/ integration, what does it really mean? This seminar looks at the impact disabilities can have on swimming, teachers issues, concerns and what they need to know and the benefits and negatives of inclusion.
This seminar is 4 hours and 15 minutes in duration and is theory based.
Working with Child with Behavioural Difficulties:
The aim of this seminar is to introduce people to conditions and syndromes that are barriers to learning, what are learning difficulties and developmental disorders and to share possible coping strategies.

This seminar is 4 hours and 15 minutes in duration and is theory based.
Voice Projection:
This is a 1 and ½ hour seminar aimed at teaching teachers/coaches of how their voices work and them importance of looking after their vocal cords.
LTAD:
The aim of the LTAD seminar is to help people to understand the basic concept and why having a pathway like LTAD is important to sport. It introduces the SI aquatics pathway and the phases and the current gaps in the system that need to be overcome and the benefits a pathway can have on the sport of swimming.
This seminar is 3 hours and 15 minutes in duration (including breaks) and is theory based.
*Timekeepers Course:
The aim of this course is to equip Swim Ireland members with the knowledge and skills to be able to fulfil the role of a Timekeeper at all levels up to and including National Championships.
The course contact time is 3 hours (excluding breaks) with a further 2 session assessments at either club, regional or national competitions.

Team Manager – Level 1 Course:
The aim of the Team Managers – Level 1 course is to help increase the number of suitably qualified and up to date team managers across the Island of Ireland. The course looks at the:
- The basic skills necessary to become and develop as a team manager at club level, with an overall aim of promoting an efficient, friendly and safe environment for swimmers.
- To provide a base for future development as a team manager at further levels.
The programme consists of one training day and also requires candidates to have completed logbook entries, organised 2 club events (e.g. club gala or training trip abroad) and to have written 2 team manager reports – all within one year of the training day.
The cost of the course is €45.00 per person (May be subject to change).
Club Supporters Course:
The Club Supporters Course is aimed at encouraging and increasing the number of volunteers in the club. It provides volunteers, both new and old, with important information on different aspects of club governance. It is suitable for anyone interested in becoming involved as a volunteer in their local club or for previous or existing volunteers who would like to know more about roles available within a club.
The course is 5½ hours in duration and costs €20.00 per person.
Seminar Costs (unless otherwise listed):
All 3 hour seminars are: €35.00 per member
€40.00 per non-member
*Timekeepers Course: €12.00 all attendees
All 4 hour seminars are: €40.00 per member
€45.00 per non-member
All 5 hour seminars are: €45.00 per member
€50.00 per non-member
All costs include tutor fees, resources for the tutor and candidate, facility hire, CPD certificates.
If you have any questions about the courses and seminars listed above please contact the Education and Development Team at Swim Ireland on edadmin@swimireland.ie or on 01-625 1158.