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SWIM ULSTER LTD

2010—2011

COMPETITION HANDBOOK

www.swimulster.net

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HYTEK

Website is:
http://www.hy-tekltd.com

Go to DOWNLOAD CENTRE

Check out the eLessons and go to help/ content for detailed help in the software.

- Donna will send out file
- You import file
- Run eligibility report for your swimmers/coaches
- Enter swimmers
- Export file—RENAME if necessary
- Send file to Donna.

Further Contacts:_____

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Further copies of the handbook, A4 in colour may be purchased from the swim office. £5 or 6 EUROS

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OTHER IMPORTANT INFORMATION			
		Where info can be found	
HEALTH & SAFETY	Swim Ireland Rules	Swim Ireland & Ulster websites	All Meets
		In Meet Programme on day of event/meet	All Meets
FINES	For No Shows (NS)	Details in Meet Info in handbook	Graded Meets
	For NS and QT infractions	Details in Meet Info in handbook	Championship Meets

PRESIDENT'S FOREWORD

Welcome to the 2010-11 competition handbook.
This is my final few months as President of Swim Ulster. I have been honoured to hold the office for a second time. During the year I was delighted to share in the birthday celebrations of Ballymoney and of City of Derry. Ulster swimmers have continued to make their mark at Irish level and made up a significant proportion of Irish teams competing abroad. Curtis Coulter of Ards and Sycerika McMahon of Leander won medals at British Youths. Laurence McGivern won bronze in S9 100m backstroke at the German Championships. Sycerika McMahon became the first ever Ulster swimmer to medal at European Juniors: bronze in 400m freestyle. Congratulations, all.
Congratulations also to the 10 swimmers selected for the Delhi Commonwealth Games in October: Andrew Bree (Ards) , Bethany Carson (Lisburn City), Chelsey Wilson (Enniskillen Lakelanders) , Clare Dawson (Bangor), Conor Leaney (Larne), Laurence McGivern (Newry & Mourne) Melanie Nocher (Ards), Michael Dawson (Ards), Ryan Harrison (City of Derry) and Sycerika McMahon (Leander) , and to our coaches: Nelson Lindsay (Ards) and Kate Wylie (Leander).
Work has begun on the Bangor Olympic size pool as has the process to appoint a coach to run a high performance squad based there. When the pool is completed Ireland will have high performance coaches and squads in each of its 50m pools: NAC (Dublin), Limerick and Bangor.
During the 2009/10 season Swim Ulster tried to raise the profile of galas by providing event T shirts to volunteers. We also kept a record of volunteers and held an event in June to honour our top 30 volunteers. If you have any further ideas to recognise the huge contribution made by volunteers please email the Swim Ulster office (donna@swimulster.net).

On May 15th 25 coaches got together to discuss changes they would like to see in next season's calendar.

Graded Galas

The main changes to the 5 graded galas are:

- Different ages swim on different days

Some galas are away from the Lisburn-Bangor-Larne triangle.

Championships

- The Ulster Open is a week earlier so less of a clash with Christmas shopping

The Age Group Championship is absorbed into the Youth Championship but without the 11 and under age group, which will be incorporated into a novice meet in May.
I hope that the changes further enrich our competition programme. I wish all clubs and swimmers a successful and enjoyable season.

Frank Stevens
1st Sept 2010

Dates and formats may change from time to time - please refer to websites for updated content.					
2010/2011 Calendar					
PTL/TOTS/CLUB	**SWIM ULSTER**	**IRISH**	**INTL**	**Sunday**	
All PTL & Tot manual timing. Ards, Bangor and Antrim Open electronic meets.	**All SU competition is SC. Graded meets C and above. All meets electronic.**	**SC - Short Course (25m) LC-Long Course (50m) See also Irish Handbook. Website: www.swimireland.ie**	**www.swimulster.net www.swimireland.ie www.britishswimming.org**	**2010**	**Season week #**
	Coaches Meeting 1st Monday PEC		UK School Games	5-Sep-10	1
		11 Sept Coaches Forum		12-Sep-10	2
				19-Sep-10	3
25 Sept PTL 1				26-Sep-10	4
	1-3 Oct Cook Graded 1 LISBURN	2nd INTERPRO—LISBURN	C'Wealth 4-9 Oct	3-Oct-10	5
		SI Conf. Closed W/end		10-Oct-10	6
		16/17 Oct Aer Ling Mstrs		17-Oct-10	7
23 Oct PTL 2.	**23 Oct DSNI Champs SC**			24-Oct-10	8
			30-31 Oct Tollcross LC	31-Oct-10	9
6 Nov PTL 3	5-7 Nov Halloween Graded 2			7-Nov-10	10
	13 Nov War Memorial AGM LISBURN			14-Nov-10	11
		SC Nat 18-21 Nov GALWAY 3 1/2 day meet.	20-21 Nov UK Nat Disability SC Champs	21-Nov-10	12
28 Nov Bangor Age Group 1	27 Nov Masters Champs LISBURN		25-28 LEN Euro SC	28-Nov-10	13
4th Dec PTL 4 NUIM Gala	Coaches Meeting 1st Mon PEC			5-Dec-10	14
	10-12 Dec Winter Open LISBURN			12-Dec-10	15
			15-19 FINA World SC	19-Dec-10	16
				26-Dec-10	17

PTL/TOTS/CLUB	SWIM ULSTER	IRISH	INTL	Sunday	2011
				2-Jan-11	18
				9-Jan-11	19
15 Jan PTL 5				16-Jan-11	20
	21-23 Jan Burns Graded 3 BANGOR			23-Jan-11	21
29 Jan City of Derry Masters				30-Jan-11	22
		Dave Mc 4-6 Feb LC		6-Feb-11	23
12 Feb PTL 6				13-Feb-11	24
	18-20 Feb Valentine's Graded 4 LARNE	I 19th Irish Schools		20-Feb-11	25
26 Feb PTL 7. Bangor AG 2.	Alan Rapley Swim Clinic			27-Feb-11	26
	4-6 Mar Youth Champs SC LISBURN			6-Mar-11	27
11/12 Mar PTL Time Trials			Brit LC 5—12 Mar TBC	13-Mar-11	28
	18-20 Mar Earth Day Graded 5 LISBURN			20-Mar-11	29
	Squad LC Comp. Trip Away—TBC		Malaga Open	27-Mar-11	30
	Coaches/Calendar conf. 1st Monday PEC		WISE TBC	3-Apr-11	31
				10-Apr-11	32
16 April PTL End of Season Gala		AGM		17-Apr-11	33
EASTER	EASTER	EASTER	EASTER	24-Apr-11	34
		LC Champs 28Apr –1stMay		1-May-11	35
	6-8 May Date SC	**Irish Open Masters—Cork**		8-May-11	36
13 May KB Relays. 14/15 Antrim CH				15-May-11	37
21 May Ards Junior Open			Brit Op LC 19-21 May	22-May-11	38
				29-May-11	39
3 Jun Teletots Finals	Squad LC Comp Trip Away—TBC			5-Jun-11	40
10/11 Jun Bridgestone Gala				12-Jun-11	41
			15-18 ASA Nationals	19-Jun-11	42
		IAG D2 24-26 Jun		26-Jun-11	43
			EJC TBC	3-Jul-11	44
		IAG D1 8-10 Jul	EYOF TBC	10-Jul-11	45
				17-Jul-11	46
		I Yth&Sen 21-24 Jul	World LC 24-31 Jul	24-Jul-11	47
		Tri-Nations Wales LC TBC	BAG 27-31 Jul	31-Jul-11	48
			Brit Yth 2-7 Aug 8-18th Aug World Uni Games China	7-Aug-11	49
			World Jun TBC	14-Aug-11	50

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Swim Ulster

CALENDAR 2011

CALENDAR 2011/2012

Swim Ulster

2011 / 2012				
REG	IRISH	INTL		
			11 September 2011	2
			18 September 2011	3
			25 September 2011	4
			02 October 2011	5
			09 October 2011	6
			16 October 2011	7
			23 October 2011	8
			30 October 2011	9
			06 November 2011	10
			13 November 2011	11
	SC Nat 17-20 Nov		20 November 2011	12
			27 November 2011	13
			04 December 2011	14
		Euro SC 8-11 Dec	11 December 2011	15
			18 December 2011	16
			25 December 2011	17
			01 January 2012	18
			08 January 2012	19
			15 January 2012	20
			22 January 2012	21
			29 January 2012	22
			05 February 2012	23
			12 February 2012	24
			19 February 2012	25
			26 February 2012	26
			04 March 2012	27
		Brit LC 8-11Ma	11 March 2012	28
		Euro LC TBC	18 March 2012	29
	Dave Mc 23-25 Mar		25 March 2012	30
			01 April 2012	31
EASTER	EASTER	EASTER	08 April 2012	32
			15 April 2012	33
	Irish LC 19-22 Mar		22 April 2012	34
			29 April 2012	35
			06 May 2012	36
			13 May 2012	37
			20 May 2012	38
		Brit OP 25-27 May	27 May 2012	39
			03 June 2012	40
			10 June 2012	41
			17 June 2012	42
	IAG D2 22-24 Jun		24 June 2012	43
			01 July 2012	44
	IAG D1 6-8Jul	EJC TBC	08 July 2012	45
			15 July 2012	46
	I Yth&Sen 19-22 Jul	BAG TBC	22 July 2012	47
		Brit Yth TBC	29 July 2012	48
		LONDON 2012	05 August 2012	49
			12 August 2012	50
			19 August 2012	51
		LONDON Para	26 August 2012	52

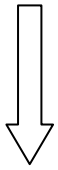
Competition & Swimmer Development Pathway

Learn to Swim Club Scheme / School Swimming / Leisure Centre Lessons

Club / PTL / **AquaSprints** / School Competitions

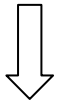
Ulster Graded Competitions
Ulster Regional Development Squads

Irish Age Groups Division 2 Championships
11 yrs +

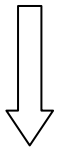


Ulster / Regional Youth / Age Group Championships
Inter-Pro
Ulster High Performance Development Squads

Ulster Open Championships
Ulster High Performance Squad



Irish National Championships (Short and Long Course) Irish Age Group / Youth / Open
Irish National High Performance Development Squads



International Competitions
Irish National High Performance Elite Squad

GRADED INFO

SWIM ULSTER GRADED GALAS 2010/2011

The Swim Ulster Graded Galas are qualifying meets for Ulster Age Group, Youth and Open Championships.

Electronic timing. Swim Ireland rules. Events may be restricted if any session is over-subscribed.

There are 5 Graded Galas, each being held over 1 weekend with 1 session on Friday pm and 3 sessions each on Saturday and Sunday. It is not recommended that swimmers attend all three sessions - please select the sessions over the season from the beginning.

Age: 'Age' Groups: u/9 -13 years . Age on Last Day of Each Graded Gala.
'Youth' and 'Open' **:** 13 years and older. Age as at 20th March 2011

1st—3rd October 2010 – The Cook Graded Gala 1— Lisburn
Closing date Fri. 24th September 2010
Any outstanding War Memorial trophies are due in at this gala.

5th—7th November 2010 - The Halloween Graded Gala 2—Cookstown
Closing date Fri. 22nd October 2010
Any outstanding Winter Championships Trophies are due in at this gala.

21st -24th January 2011 - The Burns Graded Gala 3—Bangor
Closing date Fri. 8th January 2011

18th-20th February 2011 – The Valentine's Graded Gala 4—Larne
Closing date 4th February 2011

18th-20th March 2011 – The Earth Day Graded Gala 5—Lisburn
Closing date 4th March 2011

Grading: Any swimmer achieving three C, B or A grades will be graded as such in meets—swimmers may move between grades during the season.

Records: Organisers must be made aware of any record attempts a MINIMUM of 1 hour BEFORE RACING START—in writing.

Relay Sheets: Names must be entered in HyTek please. Up to 8 may be entered. NO relay splits may be recorded as legal unless a relay sheet has been entered with correct swim order an hour before swim. Awards—Series Hy-Tek/FINA points over season.

SESSIONS FOR ALL GRADED : May change due to light or heavy entries in any particular session. It is important that clubs get their entries in BEFORE the close off date in order that these times can be sorted in good time.

Event Numbering
111—Day 1 & Session 1 of the meet, Event 1
234—2nd Day & 3rd Session of the meet, 4th Event of that session.

GRADED AWARDS

GRADED INFO CONTINUED.....

Merging events: Events may be merged where numbers allow. Please ensure that anyone going for a record has notified the organisers at least an hour before the start of the session.

Event restrictions: 1500, 200 Butterfly & 400 IM - ALL ages—Must be B Grade swimmers—must have achieved at least 3 B Grades at various disciplines.

800 Freestyle, 400 Freestyle, 200 Breaststroke, 200 IM—ALL Ages—Must be C grade swimmer—ie must already have at least 3 C grade swims.

200 Backstroke—Age group—must be C grade swimmer.

Championships Events: 400IM, 800 Free and 1500 Free are swum with the Earth Day Meet. Fees as Champ fees and must have Champsionship Qualifying times.

Fees for Graded Galas:
Individual : £4.00 Before, or on, Close Date (b.c.d.). £5 After Close Date (a.c.d.)*
Relays: £6.00 b.c.d.. £8 a.c.d.*

After Close Date (a.c.d.)* - *only if lanes are available.
May enter on the day.*£8 per individual. *only if lanes are available. Relays may not enter on the day.

Awards (Age Group, and 13+ (Youth and Open)):

- **AGE GROUP (9/u—13 years)** Medals 1st,2nd and 3rd in each of the A, B and C grades in the Age Group Events (AG). Presented on day. Volunteers required.

- **13+** (Youth and Open) The 13 and over are treated as swimming in a series. Awards are calculated on times over the season using HyTek/FINA points. There is an overlap in the 13 years band in case of swimmers aging up during the season....

***YOUTH (Female 13,14,15 &16 years and Male 13,14,15,16 & 17 years)** Potential Olympian medals are awarded to swimmers who swim all 18 events through the season at A grade. No swimmer achieved this during 2009 / 2010.

***Open** Medals 1st,2nd,3rd awarded after the end of season using FINA points for fastest swims—there are 7 categories:

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 open category awards. 1st ranked swimmer in each category receives financial award of £75.

FINES: For NO SHOW (where a swimmer has not been withdrawn in writing 1 hour before start of racing) - £5

GRADED INFO SUMMARY

This is a summary sheet.
AG—Age Group.
YO—Youth & Open

	#1		#2		#3	#4	#5
	COOK		***HALLOWEEN***		***BURNS***	***VALENTINE***	***EARTH***
	Graded 1		**Graded 2**		**Graded 3**	**Graded 4**	**Graded 5**
	Fri Eve		**Fri Eve**		**Fri Eve**	**Fri Eve**	**Fri Eve**
SET UP	*16:00*		*16:00*		*16:00*	*16:00*	*16:00*
AGES	**S1 ALL**		**S1 ALL**		**S1 ALL**	**S1 ALL**	**S1 ALL**
W/UP MXD	**17:00**		**17:00**		**17:00**	**17:00**	**17:00**
START	**18:00**		**18:00**		**18:00**	**18:00**	**18:00**
EVENTS	1500 Fr 400 Free		800 Fr 400 IM		1500 Fr 400 Free	800 Fr 400 IM	1500 Fr** 400 Free
	Sat	**Sun**	**Sat YO**	**Sun AG**	**Sat YO & Sun AG**	**Sat YO & Sun AG**	**Sat AG & Sun YO**
AGES	S2 YO	**S3 AG**	Leisure Centre Lessons	**S4**			
W/UP	**08:00**	**08:00**		**08:00**	**08:00**	**08:00**	**08:00**
START	**09:00**	**09:00**		**09:00**	**09:00**	**09:00**	**09:00**
EVENTS	50 FR 100BS 200BRS 400 IM	50FR 100BS 200BRS 50 Fly 400 IM		50 Fly 100BRS 200 Fly 50 Free 400 Free	50 Free 100 Back 200 Breast 50 Fly 400 IM	50 Fly 100 Breast 200 Fly 50 Free 400 Free	100 Back 400 IM** 200 Breast 50 Fly
AGES	**11 00***	**S4 ALL**	**S2 YO**	**S5 AG**	**Sat YO & Sun AG**	Sat YO & Sun AG	Sat AG & Sun YO
W/UP	**12 00***	**11:30**	**11:30**	**11:30**	**11:30**	**11:30**	**11:30**
START		**12:30**	**12:30**	**12:30**	**12:30**	**12:30**	**12:30**
EVENTS		800FR 200 I.M.	**50 Fly** **100BRS** **200 Fly** **400 Free** **50 Free**	1500FR 4x50 MTR 100 IM	800 Free 4x100 MTR 200 I.M.	1500 Free 4x50 FTR 100 IM	800 Free** 4 x 200 FTR 200 I.M.
AGES		**S5 ALL**	**S£ YO**	**S6 AG**	**Sat YO & Sun AG**	Sat YO & Sun AG	Sat AG & Sun YO
W/UP		**15:00**	**15:00**	**15:00**	**15:00**	**15:00**	**15:00**
START		**16:00**	**16:00**	**16:00**	**16:00**	**16:00**	**16:00**
EVENTS		50 Back 100 Fly 200 Free 50BRS 100 I.M.	50 Back 100 Free 200 Back 50BRS 200 IM	50 Back 100 Free 200 Back 50BRS 200 IM	50 Back 100 Fly 200 Free 50 Breast 100 I.M.	50 Back 100 Free 200 Back 50 Breast 200 IM	50 Back 100 Fly 200 Free 50 Breast 100 I.M.

INTERPRO

**Distance Champ Events 1500, 800 and 400 I.M. Will be swum at Graded 5—see QTs & Fees for Champ events

NOTE OF CAUTION: Swim Ulster does NOT recommend that you enter young swimmers in all 3 sessions in one day - please select your events wisely to suit the ability of the athlete. Swim Ulster also recommends that swimmers under 9 should not be entered unless their coach and parents are content that they are suitable.

#1 COOK

1st—3rd October 2010 – The Cook Graded Gala 1

Closing date Fri. 24th September 2010

Age as at 3rd October 2010.

VENUE: Lisburn Leisureplex
ENTRY FEES:
Individual: £4 before close date / £5 after c.d.*
Relay £6 b.c.d. / £8 a.c.d.* Ind eod:£8

FRIDAY 1st Oct—ALL

DAY 1 FRIDAY Evening SESSION 1:
Warm up 5pm. Start 6pm. Mixed. Age Group: All.
EVENTS
111 Mixed 1500m Freestyle (Min B grade swimmer)
112 Mixed 400m Freestyle(Min C grade swimmer)

SATURDAY 2nd Oct—YO

DAY 2 SUNDAY morning SESSION 2
Warm up 0800 (8am). Start 0900 (9am). Male first.
Ages: Youth & Open 13/+. Series - no medals on day.

EVENTS (Day, Session, Event#)

221 Male 50m Freestyle
222 Female 50m Freestyle
223 Male 100m Backstroke
224 Female 100m Backstroke
225 Male 200m Breaststroke (Min C Grade swimmer)
226 Female 200m Breaststroke (Min C Grade swimmer)
227 Mixed 400 IM (Min B Grade swimmer)

INTER– PROVINCIAL MEET
See next page:

SESSION 1

200 free
100 back
100m Breast
400mfree
4 x 50 Freestyle Relay

SESSION 2

200IM
100 Butterfly
100 Freestyle
400IM
4 x 50 Medley Relay

SUNDAY 3rd Oct

DAY 3 SUNDAY morning
SESSION 3 - AG ONLY
Warm up 0800 (8am). Start 0900 (9am). Male first.
Ages: Age Group—9 & u—13. Medals.

EVENTS (Day, Session, Event#)

331 Male 50m Freestyle
332 Female 50m Freestyle
333 Male 100m Backstroke
334 Female 100m Backstroke
335 Male 200m Breaststroke (Min C Grade swimmer)
336 Female 200m Breaststroke (Min C Grade swimmer)
337 Male 50m Butterfly
338 Female 50m Butterfly
339 Mixed 400 IM (Minimum B Grade swimmer)

DAY 3 SUNDAY Midday
SESSION 4: ALL (due to Interpro)
Warm up 1130 (11.30am). Start 12.30. Mixed.
Ages: Age Group—9 & u—13. Medals. 13+ series

EVENTS (Day, Session, Event#)
341 Mixed 800 Freestyle (Min B Grade swimmer)
342 Male 200 IM (Min C Grade swimmer)
343 Female 200 IM (Min C Grade swimmer)

DAY 3 SUNDAY Afternoon
SESSION 5: ALL (due to Interpro)
Warm up 1500 (3pm). Start 1600 (4pm) . Male First.
Ages: Age Group—9 & u—13. Medals.. 13+series.

EVENTS (Day, Session, Event#)
351 Male 50m Backstroke
352 Female 50m Backstroke
353 Male 100m Butterfly
354 Female 100m Butterfly
355 Male 200m Freestyle
356 Female 200m Freestyle
357 Male 50m Breaststroke
358 Female 50m Breaststroke
359 Mixed 100 IM

INTER-PRO

Inter-Provincial Meet

Challenge Trophy System

Individual Age Groupings; 11/12, 13/14, 15/16, Open

Relay Age Groupings; U/14, Open

October 2nd 2010
Lisburn Leisure Centre

Meet Conditions

Entry is by Region using Hy-Tek file (attached)
Entries will be made by the Regional Secretary
By email to patdonovan2@eircom.net

In 11/12 and 13/14 sections - swimmers must swim in their age category and may not swim up in individual or in relay events. 15/16s may swim up in individual and in relay events.
Swimmers are permitted to swim a maximum of 4 individual events and 4 relays events.
Warm-up will take place at 11am with Females warming up for the first 25 minutes and Males for the next 25 minutes.
Each Region may enter up to a maximum of 6 swimmers or relays per event.
2 swimmers or relays will score.
All events will be HDW.

Order of Events

(Male Events will follow Female)

Session 1	11am	Session 2	3pm
15/16	200m Freestyle	**15/16**	200m Individual Medley
Open	200m Freestyle	**Open**	200m Individual Medley
11/12	100m Backstroke	**11/12**	100m Butterfly
13/14	100m Backstroke	**13/14**	100m Butterfly
15/16	100m Backstroke	**15/16**	100m Butterfly
Open	100m Backstroke	**Open**	100m Butterfly
11/12	100m Breaststroke	**11/12**	100m Freestyle
13/14	100m Breaststroke	**13/14**	100m Freestyle
15/16	100m Breaststroke	**15/16**	100m Freestyle
Open	100m Breaststroke	**Open**	100m Freestyle
15/16	400m Freestyle	**15/16**	400m Ind. Medley
Open	400m Freestyle	**Open**	400m Ind. Medley
U/14	4x50m Freestyle Relay	**U/14**	4x50m Medley Relay
Open	4x50m Freestyle Relay	**Open**	4x50m Medley Relay

Swim Ulster

#2 HALLOWEEN

5th—7th November 2010 - The Halloween Graded Gala 2

Closing date Fri. 22nd October 2010

Age on 7th November 2010

VENUE: **TBC**
ENTRY FEES:
Individual: £4 before close date / £5 after c.d.*
Relay £6 b.c.d. / £8 a.c.d.**Ind eod:£8

FRIDAY 5th Nov—ALL

DAY 1 FRIDAY Evening SESSION 1:
Warm up 5pm. Start 6pm. Mixed. Age Group: All.
EVENTS
111 Mixed 800m Freestyle (Min. C grade swimmer)
112 Mixed 400m I.M. (Min. B grade swimmer)

SATURDAY 6th Nov—YO

DAY 2 SATURDAY Midday SESSION 2:
Warm up 1130 (11.30am). Start 12.30. Mixed.
Ages: Youth & Open 13/+. Series—no medals on day.

EVENTS (Day, Session, Event#)
221 Female 50m Butterfly
222 Male 50m Butterfly
223 Female 100m Breaststroke
224 Male 100m Breaststroke
225 Female 200m Butterfly (Min B Grade swimmer)
226 Male 200 Butterfly (Min B Grade swimmer)
227 Mixed 400m Freestyle (Min C Grade swimmer)
228 Female 50m Freestyle
229 Male 50m Freestyle

DAY 2 SATURDAY Afternoon SESSION 3
Warm up 1500 (3pm). Start 1600 (4pm) Female First.
Ages: Youth & Open 13/+. Series—no medals on day.

EVENTS (Day, Session, Event#)
231 Female 50mBackstroke
232 Male 50m Backstroke
233 Female 100m Freestyle
234 Male 100m Freestyle
235 Female 200m Backstroke (Min C Grade swimmer)
236 Male 200m Backstroke (Min C Grade swimmer)
237 Female 50m Breaststroke
238 Male 50m Breaststroke
239 Mixed 200m IM (Min C Grade swimmer)

SUNDAY 7th Nov—AG

DAY 3 SUNDAY morning SESSION 4
W/up 0800 (8am). Start 0900 (9am). Female First.
Ages: : Age Group—9 & u—13. Medals.

EVENTS (Day, Session, Event#)
341 Female 50m Butterfly
342 Male 50m Butterfly
343 Female 100m Breaststroke
344 Male 100m Breaststroke
345 Female 200m Butterfly (Min B Grade swimmer)
346 Male 200m Butterfly (Min B Grade swimmer)
347 Female 50m Freestyle
348 Male 50m Freestyle
349 Mixed 400m Freestyle (Min C Grade swimmer)

DAY 3 SUNDAY Midday SESSION 5
Warm up 1130 (11.30am). Start 12.30. Mixed.
Ages: : Age Group—9 & u—13. Medals.

EVENTS (Day, Session, Event#)
351 Mixed 1500 Freestyle (Min B Grade swimmer)
352 Mixed 4 x 50 MTR
353 Male 100m IM
354 Female 100m IM

DAY 3 SUNDAY Afternoon SESSION 6
Warm up 1500 (3pm). Start 1600 (4pm) Female First.
Ages: : Age Group—9 & u—13. Medals.

EVENTS (Day, Session, Event#)
361 Female 50m Backstroke
362 Male 50m Backstroke
363 Female 100m Freestyle
364 Male 100m Freestyle
365 Female 200m Backstroke
366 Male 200m Backstroke
367 Female 50m Breaststroke
368 Male 50m Breaststroke
369 Mixed 200m IM (Min C Grade swimmer)

#3
BURNS

Swim Ulster

21st -23rd January 2011 - The Burns Graded Gala 3

Closing date Fri. 8th January 2011

Age on 22nd January 2011.

VENUE: **Bangor**
ENTRY FEES:
Individual: £4 before close date / £5 after c.d.*
Relay £6 b.c.d. / £8 a.c.d.* Ind eod:£8

FRIDAY 21st Jan—ALL

DAY 1 FRIDAY Evening SESSION 1:
Warm up 5pm. Start 6pm. Mixed. Age Group: All.
EVENTS
111 Mixed 1500m Free (Minimum B grade swimmer)
112 Mixed 400m Free Minimum C grade swimmer)

SATURDAY 22nd Jan —AG

DAY 2 SATURDAY morning SESSION 2
Warm up 0800 (8am). Start 0900 (9am). Male first.
Ages: Age Group—9 & u—13. Medals.

EVENTS (Day, Session, Event#)
221 Male 50m Freestyle
222 Female 50m Freestyle
223 Male 100m Backstroke
224 Female 100m Backstroke
225 Male 200m Breaststroke (Min C Grade swimmer)
226 Female 200m Breaststroke (Min C Grade swimmer)
227 Male 50m Butterfly
228 Female 50m Butterfly
229 Mixed 400 IM (Minimum B Grade swimmer)

DAY 2 SATURDAY Midday SESSION 3:
Warm up 1130 (11.30am). Start 12.30. Mixed.
Ages: Age Group—9 & u—13. Medals.

EVENTS (Day, Session, Event#)
231 Mixed 800 Freestyle (Min C Grade swimmer)
232 Mixed 4 x 100 MTR
233 Male 200 IM (Min C grade swimmer)
234 Female 200 IM (Min C grade swimmer)

DAY 2 SATURDAY Afternoon SESSION 4
Warm up 1500 (3pm). Start 1600 (4pm) . Male First.
Ages: Age Group—9 & u—13. Medals.

EVENTS (Day, Session, Event#)
241 Male 50m Backstroke
242 Female 50m Backstroke
243 Male 100m Butterfly
244 Female 100m Butterfly
245 Male 200m Freestyle
246 Female 200m Freestyle
247 Male 50m Breaststroke
248 Female 50m Breaststroke
249 Mixed 100 IM

SUNDAY 23rd Jan—YO

DAY 3 SUNDAY morning SESSION 5
Warm up 0800 (8am). Start 0900 (9am). Male first.
Ages: Youth & Open 13/+. Series - no medals on day.

EVENTS (Day, Session, Event#)
351 Male 50m Freestyle
352 Female 50m Freestyle
353 Male 100m Backstroke
354 Female 100m Backstroke
355 Male 200m Breaststroke (Min C Grade swimmer)
356 Female 200m Breaststroke (Min C Grade swimmer)
357 Male 50m Butterfly
358 Female 50m Butterfly
359 Mixed 400 IM (Min B Grade swimmer)

DAY 3 SUNDAY Midday SESSION 6
Warm up 1130 (11.30am). Start 12.30. Mixed.
Ages: Youth & Open 13/+. Series - no medals on day.

EVENTS (Day, Session, Event#)
361 Mixed 800 Freestyle (Min B Grade swimmer)
362 Mixed 4 x 100 MTR
363 Male 200 IM (Min C Grade swimmer)
364 Female 200m IM (Min C Grade swimmer)

DAY 3 SUNDAY Afternoon SESSION 7
Warm up 1500 (3pm). Start 1600 (4pm) . Male First.
Ages: Youth & Open 13/+. Series - no medals on day.

EVENTS (Day, Session, Event#)
371 Male 50m Backstroke
372 Female 50m Backstroke
373 Male 100m Butterfly
374 Female 100m Butterfly
375 Male 200m Freestyle
376 Female 200m Freestyle
377 Male 50m Breaststroke
378 Female 50m Breaststroke
379 Mixed 100 IM

Swim Ulster

#4
VALENTINE'S

18th-20th February 2011 – The Valentine's Graded Gala 4

Closing date 4th February 2011

Age on 20th February 2011.

VENUE: Larne Leisure Centre
ENTRY FEES:
Individual: £4 before close date / £5 after c.d.*
Relay £6 b.c.d. / £8 a.c.d.* Ind eod:£8

FRIDAY 18th February—ALL

DAY 1 FRIDAY Evening SESSION 1:
Warm up 5pm. Start 6pm. Mixed. Age Group: All.
EVENTS (Day, Session, Event#)
111 Mixed 800m Freestyle (Min. C grade swimmer)
112 Mixed 400m I.M. (Minimum B grade swimmer)

SATURDAY 19th February—YO

DAY 2 SATURDAY morning SESSION 2
W/up 0800 (8am). Start 0900 (9am). Female First.
Ages: Youth & Open 13/+. Series—no medals on day.

EVENTS (Day, Session, Event#)
221 Female 50m Butterfly
222 Male 50m Butterfly
223 Female 100m Breaststroke
224 Male 100m Breaststroke
225 Female 200m Butterfly (Min B Grade swimmer)
226 Male 200 Butterfly (Min B Grade swimmer)
227 Female 50m Freestyle
228 Male 50m Freestyle
229 Mixed 400m Freestyle (Min C Grade swimmer)

DAY 2 SATURDAY Midday SESSION 3:
Warm up 1130 (11.30am). Start 12.30. Mixed.
Ages: Youth & Open 13/+. Series—no medals on day.

EVENTS (Day, Session, Event#)
231 Mixed 1500 Freestyle (Min B Grade swimmer)
232 Mixed 4 x 50 FTR
233 Male 100m IM
234 Female 100m IM

DAY 2 SATURDAY Afternoon SESSION 4
Warm up 1500 (3pm). Start 1600 (4pm) . Female First.
Ages: Youth & Open 13/+. Series—no medals on day.

EVENTS (Day, Session, Event#)
241 Female 50mBackstroke
242 Male 50m Backstroke
243 Female 100m Freestyle
244 Male 100m Freestyle
245 Female 200m Backstroke (Min C Grade swimmer)
246 Male 200m Backstroke (Min C Grade swimmer)
247 Female 50m Breaststroke
248 Male 50m Breaststroke
249 Mixed 200m IM (Min C Grade swimmer)

SUNDAY 20th February—AG

DAY 3 SUNDAY morning SESSION 5
W/up 0800 (8am). Start 0900 (9am). Female First.
Ages: : Age Group—9 & u—13. Medals.

EVENTS (Day, Session, Event#)
351 Female 50m Butterfly
352 Male 50m Butterfly
353 Female 100m Breaststroke
354 Male 100m Breaststroke
355 Female 200m Butterfly (Min B Grade swimmer)
356 Male 200m Butterfly (Min B Grade swimmer)
357 Female 50m Freestyle
358 Male 50m Freestyle
359 Mixed 400m Freestyle (Min C Grade swimmer)

DAY 3 SUNDAY Midday SESSION 6
Warm up 1130 (11.30am). Start 12.30. Mixed.
Ages: : Age Group—9 & u—13. Medals.

EVENTS (Day, Session, Event#)
361 Mixed 1500 Freestyle (Min B Grade swimmer)
362 Mixed 4 x 50 FTR
363 Male 100m IM
364 Female 100m IM

DAY 3 SUNDAY Afternoon SESSION 7
Warm up 1500 (3pm). Start 1600 (4pm) . Female First.
Ages: : Age Group—9 & u—13. Medals.

EVENTS (Day, Session, Event#)
371 Female 50m Backstroke
372 Male 50m Backstroke
373 Female 100m Freestyle
374 Male 100m Freestyle
375 Female 200m Backstroke
376 Male 200m Backstroke
377 Female 50m Breaststroke
378 Male 50m Breaststroke
379 Mixed 200m IM (Min C Grade swimmer)

#5 DIST CHAMPS* EARTH DAY

ULSTER CHAMPIONSHIPS MEET FOR THE 1500, 800 and 400IM QTs must be since 1st September 2010

18th-20th March 2011 – The Earth Day Graded Gala 5

Closing date 4th March 2011—Venue Lisburn Leisureplex

Age on 19th March 2011 (for these DIST CHAMPS events also)

VENUE: LISBURN
ENTRY FEES:
Individual: £4 before close date / £5 after c.d.*
Distance Championship events: £4.50—no late entry.
Relay £6 b.c.d. / £8 a.c.d.* NO entries on day due to Ch.

FRIDAY 18th March—ALL

DAY 1 FRIDAY Evening SESSION 1:
Warm up 5pm. Start 6pm. Mixed. Age Group: ALL
EVENTS
111 Male 1500m Free (DIST CHAMP QT)
112 Female 1500m Freestyle (DIST CHAMP QT)

SATURDAY 19th March—AG

DAY 2 SATURDAY morning SESSION 2
Warm up 0800 (8am). Start 0900 (9am). Male first.
Venue: TBA
Ages: Age Group—9 & u—13. Medals.

EVENTS (Day, Session, Event#)
221 Male 100m Backstroke
222 Female 100m Backstroke
223 Male 200m Breaststroke (Min C Grade swimmer)
224 Female 200m Breaststroke (Min C Grade swimmer)
225 Male 50m Butterfly
226 Female 50m Butterfly
227 Male 400 IM (DIST CHAMP QT)
228 Female 400 IM (DIST CHAMP QT)

DAY 2 SATURDAY Midday SESSION 3:
Warm up 1130 (11.30am). Start 12.30. Mixed.
Ages: Age Group—9 & u—13. Medals.

EVENTS (Day, Session, Event#)
231 Female 800 Freestyle (DIST CHAMP QTs)
232 Male 800 Freestyle (DIST CHAMP QTs)
232 Mixed 4 x 200 FTR
233 Male 200 IM (Min C grade swimmer)
234 Female 200 IM (Min C grade swimmer)

DAY 2 SATURDAY Afternoon SESSION 4
Warm up 1500 (3pm). Start 1600 (4pm) . Male First.
Ages: Age Group—9 & u—13. Medals.

EVENTS (Day, Session, Event#)
241 Male 50m Backstroke
242 Female 50m Backstroke
243 Male 100m Butterfly
244 Female 100m Butterfly
245 Male 200m Freestyle
246 Female 200m Freestyle
247 Male 50m Breaststroke
248 Female 50m Breaststroke
249 Mixed 100 IM

SUNDAY 20th March—YO

DAY 3 SUNDAY morning SESSION 5
Warm up 0800 (8am). Start 0900 (9am). Male first.
Venue: TBA
Ages: Youth & Open 13/+. Series - no medals on day.

EVENTS (Day, Session, Event#)
351 Male 100m Backstroke
352 Female 100m Backstroke
353 Male 400 IM (DIST CHAMP QTs)
354 Female 400 IM (DIST CHAMP QTs)
355 Male 200m Breaststroke (Min C Grade swimmer)
356 Female 200m Breaststroke (Min C Grade swimmer)
357 Male 50m Butterfly
358 Female 50m Butterfly

DAY 3 SUNDAY Midday SESSION 6
Warm up 1130 (11.30am). Start 12.30. Mixed.
Ages: Youth & Open 13/+. Series - no medals on day.

EVENTS (Day, Session, Event#)
361 Female 800 Freestyle (DIST CHAMP QTs)
362 Male 800 Freestyle (DIST CHAMP QTs)
363 Mixed 4 x 200 FTR
364 Male 200 IM (Min C Grade swimmer)
365 Female 200m IM (Min C Grade swimmer)

DAY 3 SUNDAY Afternoon SESSION 7
Warm up 1500 (3pm). Start 1600 (4pm) . Male First.
Ages: Youth & Open 13/+. Series - no medals on day.

EVENTS (Day, Session, Event#)
371 Male 50m Backstroke
372 Female 50m Backstroke
373 Male 100m Butterfly
374 Female 100m Butterfly
375 Male 200m Freestyle
376 Female 200m Freestyle
377 Male 50m Breaststroke
378 Female 50m Breaststroke
379 Mixed 100 IM

Times are following percentages off Swim Ireland Squad and FINA A times as of 1st September 2010. SI may change their sq times during the season following release of new times from FINA.

Swim Ulster

FEMALE GRADE A and B

FEMALE A Grade

	17+	16fA	15fA	14fA	13fA	12fA	11fA	10fA	9fA / u
	25%	31%	35%	39%	44%	50%	58%	67%	75%
50FR	*00:31.31*	00:32.82	00:33.82	00:34.82	00:36.07	00:37.58	00:39.58	00:41.83	00:43.84
100FR	*01:08.01*	01:11.28	01:13.45	01:15.63	01:18.35	01:21.62	01:25.97	01:30.86	01:35.22
200 FR	*02:26.87*	02:33.92	02:38.62	02:43.32	02:49.20	02:56.25	03:05.65	03:16.22	03:25.62
400FR	*05:09.36*	05:24.21	05:34.11	05:44.01	05:56.39	06:11.23	06:31.03	06:53.31	07:13.11
800FR	*10:35.30*	11:05.79	11:26.12	11:46.45	12:11.87	12:42.36	13:23.02	14:08.76	14:49.42
1500FR	*20:52.50*	21:52.62	22:32.70	23:12.78	24:02.88	25:03.00	26:23.16	27:53.34	29:13.50
50BS	*00:35.25*	00:36.94	00:38.07	00:39.20	00:40.61	00:42.30	00:44.56	00:47.09	00:49.35
100BS	*01:15.96*	01:19.61	01:22.04	01:24.47	01:27.51	01:31.15	01:36.02	01:41.49	01:46.35
200BS	*02:10.87*	02:51.27	02:56.50	03:01.73	03:08.27	03:16.11	03:26.57	03:38.34	03:48.79
50BRS	*00:40.00*	00:41.92	00:43.20	00:44.48	00:46.08	00:48.00	00:50.56	00:53.44	00:56.00
100BRS	*01:24.96*	01:29.04	01:31.76	01:34.48	01:37.88	01:41.95	01:47.39	01:53.51	01:58.95
200BRS	*03:02.49*	03:11.25	03:17.09	03:22.93	03:30.23	03:38.99	03:50.66	04:03.80	04:15.48
50FLY	*00:34.19*	00:35.83	00:36.92	00:38.02	00:39.38	00:41.03	00:43.21	00:45.67	00:47.86
100FLY	*01:13.08*	01:16.58	01:18.92	01:21.26	01:24.18	01:27.69	01:32.37	01:37.63	01:42.30
200FLY	*02:41.10*	02:48.83	02:53.99	02:59.14	03:05.59	03:13.32	03:23.63	03:35.23	03:45.54
100IM	*01:16.25*	01:19.21	01:22.35	01:24.79	01:27.84	01:31.50	01.36.38	01.41.87	01.46.75
200IM	*02:46.58*	02:54.57	02:59.90	03:05.23	03:11.89	03:19.89	03:30.55	03:42.54	03:53.20
400IM	*05:51.00*	06:07.85	06:19.08	06:30.31	06:44.35	07:01.20	07:23.66	07:48.94	08:11.40

FEMALE B Grade

	17+	16fB	15fB	14fB	13fB	12fB	11fB	10fB	9 / u
	31%	35%	39%	45%	51%	58%	66%	73%	80%
50FR	00:32.82	00:33.57	00:34.82	00:36.32	00:37.83	00:39.58	00:41.58	00:43.34	00:45.09
100FR	01:11.28	01:12.91	01:15.63	01:18.89	01:22.16	01:25.97	01:30.32	01:34.13	01:37.94
200 FR	02:33.92	02:37.45	02:43.32	02:50.37	02:57.42	03:05.65	03:15.05	03:23.27	03:31.50
400FR	05:24.21	05:31.64	05:44.01	05:58.86	06:13.71	06:31.03	06:50.83	07:08.16	07:25.48
800FR	11:05.79	11:21.04	11:46.45	12:16.95	12:47.44	13:23.02	14:03.68	14:39.26	15:14.83
1500FR	21:52.62	22:22.68	23:12.78	24:12.90	25:13.02	26:23.16	27:43.32	28:53.46	30:03.60
50BS	00:36.94	00:37.79	00:39.20	00:40.89	00:42.58	00:44.56	00:46.81	00:48.79	00:50.76
100BS	01:19.61	01:21.43	01:24.47	01:28.12	01:31.76	01:36.02	01:40.88	01:45.13	01:49.39
200BS	02:51.27	02:55.19	03:01.73	03:09.57	03:17.42	03:26.57	03:37.03	03:46.18	03:55.33
50BRS	00:41.92	00:42.88	00:44.48	00:46.40	00:48.32	00:50.56	00:53.12	00:55.36	00:57.60
100BRS	01:29.04	01:31.08	01:34.48	01:38.56	01:42.63	01:47.39	01:52.83	01:57.59	02:02.35
200BRS	03:11.25	03:15.63	03:22.93	03:31.69	03:40.44	03:50.66	04:02.34	04:12.56	04:22.78
50FLY	00:35.83	00:36.65	00:38.02	00:39.66	00:41.30	00:43.21	00:45.40	00:47.32	00:49.23
100FLY	01:16.58	01:18.34	01:21.26	01:24.77	01:28.27	01:32.37	01:37.04	01:41.14	01:45.23
200FLY	02:48.83	02:52.70	02:59.14	03:06.88	03:14.61	03:23.63	03:33.94	03:42.96	03:51.98
100IM	01.19.91	01:22.35	01:24.79	01:28.45	01:32.11	01:36.38	01:41.26	01.45.53	01.49.80
200IM	02:54.57	02:58.57	03:05.23	03:13.23	03:21.22	03:30.55	03:41.21	03:50.54	03:59.87
400IM	06:07.85	06:16.27	06:30.31	06:47.16	07:04.01	07:23.66	07:46.13	08:05.78	08:25.44

FEMALE NOVICE & C

FEMALE NOVICE

FEMALE NOVICE			
	11	10	9/u
	70%	80%	90%
50FR	00:43.00	00:45.09	00:47.60
100FR	01:32.50	01:37.94	01:43.38
200 FR	03:19.75	03:31.50	03:43.25
400FR	07:00.73	07:25.48	07:50.23
800FR	14:24.01	15:14.83	16:05.66
1500FR	28:23.40	30:03.60	31:43.80
50BS	00:47.94	00:50.76	00:53.58
100BS	01:43.31	01:49.39	01:55.46
200BS	03:42.26	03:55.33	04:08.41
50BRS	00:54.40	00:57.60	01:00.80
100BRS	01:55.55	02:02.35	02:09.14
200BRS	04:08.18	04:22.78	04:37.38
50FLY	00:46.49	00:49.23	00:51.97
100FLY	01:39.38	01:45.23	01:51.07
200FLY	03:39.10	03:51.98	04:04.87
100IM	01:43.70	01:49.80	01:55.90
200IM	03:46.54	03:59.87	04:13.19
400IM	07:57.36	08:25.44	08:53.52

Not all events are swum at Swim Ulster meets. Times may be used for squad purposes, if needed.

Distance events may need B or C grades to enter—check Meet criteria..

FEMALE C GRADE

	17+	16fC	15fC	14fC	13fC	12fC	11fC	10fC	9fC / u
	40%	45%	49%	54%	61%	67%	77%	87%	100%
50FR	00:35.07	00:36.32	00:37.32	00:38.58	00:40.33	00:41.83	00:44.34	00:46.84	00:50.10
100FR	01:16.17	01:18.89	01:21.07	01:23.79	01:27.60	01:30.86	01:36.31	01:41.75	01:48.82
200 FR	02:44.50	02:50.37	02:55.08	03:00.95	03:09.17	03:16.22	03:27.97	03:39.73	03:55.00
400FR	05:46.49	05:58.86	06:08.76	06:21.13	06:38.46	06:53.31	07:18.06	07:42.81	08:14.98
800FR	11:51.54	12:16.95	12:37.28	13:02.69	13:38.27	14:08.76	14:59.58	15:50.41	16:56.48
1500FR	23:22.80	24:12.90	24:52.98	25:43.08	26:53.22	27:53.34	29:33.54	31:13.74	33:24.00
50BS	00:39.48	00:40.89	00:42.02	00:43.43	00:45.40	00:47.09	00:49.91	00:52.73	00:56.40
100BS	01:25.08	01:28.12	01:30.55	01:33.59	01:37.84	01:41.49	01:47.56	01:53.64	02:01.54
200BS	03:03.04	03:09.57	03:14.80	03:21.34	03:30.49	03:38.34	03:51.41	04:04.48	04:21.48
50BRS	00:44.80	00:46.40	00:47.68	00:49.28	00:51.52	00:53.44	00:56.64	00:59.84	01:04.00
100BRS	01:35.16	01:38.56	01:41.28	01:44.67	01:49.43	01:53.51	02:00.31	02:07.10	02:15.94
200BRS	03:24.39	03:31.69	03:37.53	03:44.82	03:55.04	04:03.80	04:18.40	04:33.00	04:51.98
50FLY	00:38.29	00:39.66	00:40.75	00:42.12	00:44.03	00:45.67	00:48.41	00:51.14	00:54.70
100FLY	01:21.84	01:24.77	01:27.11	01:30.03	01:34.12	01:37.63	01:43.47	01:49.32	01:56.92
200FLY	03:00.43	03:06.88	03:12.03	03:18.48	03:27.50	03:35.23	03:48.12	04:01.01	04:17.76
100IM	01:25.40	01:28.45	01:30.89	01:33.94	01:38.21	01:41.87	01:47.97	01:54.07	02:02.00
200IM	03:06.56	03:13.23	03:18.56	03:25.22	03:34.55	03:42.54	03:55.87	04:09.20	04:26.52
400IM	06:33.12	06:47.16	06:58.39	07:12.43	07:32.09	07:48.94	08:17.02	08:45.10	09:21.60

Swim Ulster

MALE GRADE A and B

MALE **A Grade**

	18Open	17mA	16mA	15mA	14mA	13mA	12mA	11mA	10mA	9/ u mA
/ u	23%	28%	32%	36%	41%	46%	58%			
50FR	00:27.07	00:28.17	00:29.05	00:29.93	00:31.03	00:32.13	00:34.78	00:39.58	00:41.83	00:43.84
100FR	00:59.64	01:02.07	01:04.01	01:05.95	01:08.37	01:10.80	01:16.61	01:25.97	01:30.86	01:35.22
200 FR	02:11.72	02:17.08	02:21.36	02:25.64	02:31.00	02:36.35	02:49.20	03:05.65	03:16.22	03:25.62
400FR	04:38.61	04:49.93	04:58.99	05:08.05	05:19.38	05:30.70	05:57.89	06:31.03	06:53.31	07:13.11
800FR	09:47.60	10:11.49	10:30.60	10:49.71	11:13.59	11:37.48	12:34.81	13:23.02	14:08.76	14:49.42
1500FR	18:26.34	19:11.31	19:47.29	20:23.27	21:08.24	21:53.21	23:41.15	26:23.16	27:53.34	29:13.50
50BS	00:30.89	00:32.15	00:33.16	00:34.16	00:35.42	00:36.67	00:39.69	00:44.56	00:47.09	00:49.35
100BS	01:06.80	01:09.52	01:11.69	01:13.86	01:16.58	01:19.29	01:25.81	01:36.02	01:41.49	01:46.35
200BS	02:25.04	02:30.94	02:35.65	02:40.37	02:46.27	02:52.16	03:06.31	03:26.57	03:38.34	03:48.79
50BRS	00:35.24	00:36.68	00:37.82	00:38.97	00:40.40	00:41.83	00:45.27	00:50.56	00:53.44	00:56.00
100BRS	01:14.60	01:17.63	01:20.06	01:22.48	01:25.52	01:28.55	01:35.83	01:47.39	01:53.51	01:58.95
200BRS	02:41.97	02:48.55	02:53.82	02:59.08	03:05.67	03:12.25	03:28.05	03:50.66	04:03.80	04:15.48
50FLY	00:30.29	00:31.52	00:32.51	00:33.49	00:34.72	00:35.95	00:38.91	00:43.21	00:45.67	00:47.86
100FLY	01:04.05	01:06.65	01:08.73	01:10.82	01:13.42	01:16.02	01:22.27	01:32.37	01:37.63	01:42.30
200FLY	02:22.56	02:28.35	02:32.99	02:37.62	02:43.42	02:49.21	03:03.12	03:23.63	03:35.23	03:45.54
100IM	01:06.42	01:09.12	01:11.28	01:13.44	01:16.14	01:18.84	01:25.32	01.36.38	01.41.87	01.46.75
200IM	02:27.08	02:33.06	02:37.85	02:42.63	02:48.61	02:54.59	03:08.94	03:30.55	03:42.54	03:53.20
400IM	05:13.06	05:25.79	05:35.97	05:46.15	05:58.87	06:11.60	06:42.14	07:23.66	07:48.94	08:11.40

MALE **B Grade**

	18Open	17mB	16mB	15mB	14mB	13mB	12mB	11mB	10mB	9/ u mB
	29%	35%	40%	47%	52%	57%	66%			
50FR	00:28.39	00:29.71	00:30.81	00:32.35	00:33.46	00:34.56	00:37.20	00:41.58	00:43.34	00:45.09
100FR	01:02.55	01:05.46	01:07.89	01:11.28	01:13.70	01:16.13	01:21.95	01:30.32	01:34.13	01:37.94
200 FR	02:18.15	02:24.57	02:29.93	02:37.42	02:42.78	02:48.13	03:00.98	03:15.05	03:23.27	03:31.50
400FR	04:52.20	05:05.79	05:17.11	05:32.97	05:44.30	05:55.62	06:22.80	06:50.83	07:08.16	07:25.48
800FR	10:16.27	10:44.93	11:08.82	11:42.26	12:06.14	12:30.03	13:27.36	14:03.68	14:39.26	15:14.83
1500FR	19:20.30	20:14.27	20:59.24	22:02.21	22:47.18	23:32.15	25:20.09	27:43.32	28:53.46	30:03.60
50BS	00:32.40	00:33.91	00:35.16	00:36.92	00:38.18	00:39.43	00:42.45	00:46.81	00:48.79	00:50.76
100BS	01:10.06	01:13.32	01:16.03	01:19.84	01:22.55	01:25.27	01:31.78	01:40.88	01:45.13	01:49.39
200BS	02:32.12	02:39.19	02:45.09	02:53.34	02:59.24	03:05.13	03:19.28	03:37.03	03:46.18	03:55.33
50BRS	00:36.96	00:38.68	00:40.12	00:42.12	00:43.55	00:44.99	00:48.42	00:53.12	00:55.36	00:57.60
100BRS	01:18.24	01:21.88	01:24.91	01:29.16	01:32.19	01:35.22	01:42.50	01:52.83	01:57.59	02:02.35
200BRS	02:49.87	02:57.77	03:04.35	03:13.57	03:20.15	03:26.74	03:42.54	04:02.34	04:12.56	04:22.78
50FLY	00:31.77	00:33.24	00:34.48	00:36.20	00:37.43	00:38.66	00:41.62	00:45.40	00:47.32	00:49.23
100FLY	01:07.17	01:10.29	01:12.90	01:16.54	01:19.15	01:21.75	01:28.00	01:37.04	01:41.14	01:45.23
200FLY	02:29.51	02:36.46	02:42.26	02:50.37	02:56.17	03:01.96	03:15.87	03:33.94	03:42.96	03:51.98
100IM	01:09.66	01:12.90	01:15.60	01:19.38	01:22.08	01:24.78	01:29.64	01:41.26	01.45.53	01.49.80
200IM	02:34.26	02:41.43	02:47.41	02:55.78	03:01.76	03:07.74	03:22.09	03:41.21	03:50.54	03:59.87
400IM	05:28.33	05:43.60	05:56.33	06:14.14	06:26.87	06:39.60	07:10.14	07:46.13	08:05.78	08:25.44

MALE
NOVICE & C

Ulster Age Group End of Season Gala - for graded novices - not eligible to swimmers with **ANY** UAG Championships times.

MALE & FEMALE NOVICE

	11	10	9/u
	70%	80%	90%
50FR	00:43.00	00:45.09	00:47.60
100FR	01:32.50	01:37.94	01:43.38
200 FR	03:19.75	03:31.50	03:43.25
400FR	07:00.73	07:25.48	07:50.23
800FR	14:24.01	15:14.83	16:05.66
1500FR	28:23.40	30:03.60	31:43.80
50BS	00:47.94	00:50.76	00:53.58
100BS	01:43.31	01:49.39	01:55.46
200BS	03:42.26	03:55.33	04:08.41
50BRS	00:54.40	00:57.60	01:00.80
100BRS	01:55.55	02:02.35	02:09.14
200BRS	04:08.18	04:22.78	04:37.38
50FLY	00:46.49	00:49.23	00:51.97
100FLY	01:39.38	01:45.23	01:51.07
200FLY	03:39.10	03:51.98	04:04.87
100IM	01:43.70	01:49.80	01:55.90
200IM	03:46.54	03:59.87	04:13.19
400IM	07:57.36	08:25.44	08:53.52

MALE NOVICE & C

Not all events are swum at Swim Ulster meets. Times may be used for squad purposes, if needed.

Distance events may need B or C grades to enter—check Meet criteria..

MALE **C Grade**

	18Open	17mC	16mC	15mC	14mC	13mC	12mC	11mC	10mC	9/ u mC
	40%	45%	47%	52%	59%	67%	77%			
50FR	00:30.81	00:31.91	00:32.35	00:33.46	00:35.00	00:36.76	00:38.96	00:44.34	00:46.84	00:50.10
100FR	01:07.89	01:10.31	01:11.28	01:13.70	01:17.10	01:20.98	01:25.83	01:36.31	01:41.75	01:48.82
200 FR	02:29.93	02:35.28	02:37.42	02:42.78	02:50.27	02:58.84	03:09.55	03:27.97	03:39.73	03:55.00
400FR	05:17.11	05:28.44	05:32.97	05:44.30	06:00.15	06:18.27	06:40.92	07:18.06	07:42.81	08:14.98
800FR	11:08.82	11:32.70	11:42.26	12:06.14	12:39.58	13:17.80	14:05.57	14:59.58	15:50.41	16:56.48
1500FR	20:59.24	21:44.22	22:02.21	22:47.18	23:50.14	25:02.10	26:32.04	29:33.54	31:13.74	33:24.00
50BS	00:35.16	00:36.42	00:36.92	00:38.18	00:39.94	00:41.95	00:44.46	00:49.91	00:52.73	00:56.40
100BS	01:16.03	01:18.75	01:19.84	01:22.55	01:26.35	01:30.70	01:36.13	01:47.56	01:53.64	02:01.54
200BS	02:45.09	02:50.98	02:53.34	02:59.24	03:07.49	03:16.93	03:28.72	03:51.41	04:04.48	04:21.48
50BRS	00:40.12	00:41.55	00:42.12	00:43.55	00:45.56	00:47.85	00:50.72	00:56.64	00:59.84	01:04.00
100BRS	01:24.91	01:27.94	01:29.16	01:32.19	01:36.43	01:41.29	01:47.35	02:00.31	02:07.10	02:15.94
200BRS	03:04.35	03:10.94	03:13.57	03:20.15	03:29.37	03:39.91	03:53.07	04:18.40	04:33.00	04:51.98
50FLY	00:34.48	00:35.71	00:36.20	00:37.43	00:39.15	00:41.12	00:43.59	00:48.41	00:51.14	00:54.70
100FLY	01:12.90	01:15.50	01:16.54	01:19.15	01:22.79	01:26.96	01:32.16	01:43.47	01:49.32	01:56.92
200FLY	02:42.26	02:48.05	02:50.37	02:56.17	03:04.28	03:13.55	03:25.14	03:48.12	04:01.01	04:17.76
100IM	01:15.60	01:18.30	01:19.38	01:22.08	01:25.86	01:30.18	01:35.38	01:47.97	01:54.07	02:02.00
200IM	02:47.41	02:53.39	02:55.78	03:01.76	03:10.13	03:19.70	03:31.66	03:55.87	04:09.20	04:26.52
400IM	05:56.33	06:09.05	06:14.14	06:26.87	06:44.69	07:05.05	07:30.50	08:17.02	08:45.10	09:21.60

POTENTIAL OLYMPIAN OPEN RESULTS 2009 2010

MALE

	Freestyle	Backstroke
1st	**Conor Leaney (LARNE)**	**Lee Galloway (LISBURN)**
2nd	Curtis Coulter (ARDS)	Ciaran Sloan (COLERAINE)
3rd	Patrick Brines (LARNE)	Luke Campbell (BANGOR)

	Butterfly	I.M.
1st	**Darren Bell (ARDS)**	**Nicky Galloway (LISBURN)**
2nd	Philip Carroll (LARNE)	Peter Sands (LISBURN)
3rd	David Patton (BALLYMONEY)	Chris Coulter (ARDS)

	Breaststroke	Distance
1st	**Darren Bell (ARDS)**	**David Graham (ARDS)**
2nd	Jay-Dee Ferguson (COLERAINE)	Owen Williamson (LARNE)
3rd	Roger Dawson (BANGOR)	Christian Bennison (LEANDER)

	Sprints
1st	**Jordan Sloan (BANGOR)**
2nd	Iain McCulloch (COLERAINE)
3rd	Jay-Dee Ferguson (COLERAINE)

FEMALE

	Freestyle	Backstroke
1st	**Sycerika McMahon (LEANDER)**	**Katie Reid (LISBURN)**
2nd	Katie Reid (LISBURN)	Kirsty Turner (LARNE)
3rd	Emily Heyburn (CITY OF BELFAST)	Jeny Drennan (BANGOR)

	I.M.	Butterfly
1st	**Sophie Adams (TEMPLEMORE)**	**Sycerika McMahon (LEANDER)**
2nd	Fiona Hanley (TEMPLEMORE)	Emily Heyburn (CITY OF BELFAST)
3rd	Shannon Corbett (TEMPLEMORE)	Jemma Bingham (LISBURN)

	Breaststroke	Distance
1st	**Sycerika McMahon (LEANDER)**	**Sycerika McMahon (LEANDER)**
2nd	Alison Todd (CITY OF BELFAST)	Donna Marie O'Prey (LARNE)
3rd	Molly Dixon (LURGAN)	Rebecca Barry (LEANDER)

	Sprint
1st	**Jemma Bingham (LISBURN)**
2nd	Anne McIlveen (LISBURN)
3rd	Sophie Adams (TEMPLEMORE)

YOUTH / AG POTENTIAL OLYMPIAN AWARDS FOR COMPLETING ALL 18 EVENTS OVER THE 2009 2010 SEASON:

No Swimmer achieved this , although many managed 15 events or more

PTL INFO

Inter-Club Meets, usually held on a Saturday evening taking 2—3 hours. A superb introduction to competition for young swimmers.

Swim Ulster

Clubs and their officials or coaches wishing to update their skills please contact our Development Officer for course details. Check out the website for regular course updates: www.swimulster.net.

PROVINCIAL TOWNS SWIMMING ASSOCIATION

PROVINCIAL TOWNS LEAGUE – RULES 2010-2011

GENERAL

All Applications for inclusion in the league **MUST BE MADE NOT LATER THAN [Friday, 16 June 2010] No late applications will be considered.**
The division of participating clubs will be based on the **Positions** in the previous Year's League Tables together with **Promotion** and **Relegation** and the rulesgoverning the admission of new or returning clubs.
One Team will be **Promoted** and **One Team** will be **Relegated** in each division of the league, this will be applied without exception to the top and bottom teams in each division [relegation will of course not apply in the bottom division]

Note: Should it become necessary to adjust the number of teams in any division, then additional promotions may be made through a swim off between the team relegated from that division and the runner up in the division below. [if more than one team is required then the next team would also be involved etc.]

New or returning clubs will enter or rejoin the league in the bottom division.
Acceptance of a league place carries with it the responsibility to full fill all fixtures on the dates allocated, except in exceptional circumstances -- in which case the league secretary must be informed of any agreed changes of date or venue.
Only swimmers who are insured by their club for the current season may swim in league gala's. This rule must be strictly adhered to a list of all team members with their date of birth should be sent to the league secretary prior to the first gala, any alterations should also be sent to him/her before the swimmer takes part in a league gala.

Specific rules or season

Competing Clubs as per fixture list.
Programme – this will begin on September 2010 and finish before March 2011
GROUP A – SWIMMERS BORN IN 2000 OR LATER (2001,2 etc) **GROUP C – SWIMMERS BORN IN 1996 OR 1997**
GROUP B – SWIMMERS BORN IN 1998 OR 1999 **GROUP D – SWIMMERS BORN IN 1995 OR EARLIER ('94,'93,**
STROKES - ALL AGE GROUPS: All 4 strokes and 100 IM Individual, Medley and Freestyle RELAYS in both Girls and Boys sections.
Distances – ALL EVENTS – 50m (2 lengths of the pool)."A" Group RELAYS 4 x 25m , "B,C,D Group RELAYS 4 x 50m
TEAM MEMBERS All Team Members must be first claim swimmers for the club they represent.
TEAM COUNTING SWIMMERS Clubs may swim THREE swimmers in each individual event but only the TWO BEST PLACED IN EACH TEAM score points. **Home Teams swim in Lanes 2,4 and 6. AWAY** Teams swim in lanes 1,3 and 5. **SCORING RELAYS** use lanes 3 and 4.
SWIMMER LISTS - Before the start of each gala each club must make available for reference at the recorders table a list of their competing swimmers, dates of birth . Those swimmers who qualify to swim in their respective age groups *(year of birth)* at the start of the season will remain eligible to the end of the season even though this may be in the next year.
POINTS: **MATCH-** Individual Events 7,5,4,3. Relays 14,10 **SECTION** - WIN 2 points. Tie 1 point **OVERALL** -WIN 2 points. Tie 1 point.
END OF SEASON AWARDS - In the event of a tie at the end of the season in the overall or section points, the total aggregate points accumulated in match points will be used to decide the overall winner or section winner.
No points will be awarded for galas not swum except where a club concedes the gala and informs the Gala Secretary, in writing, accordingly, points in such circumstances will be awarded on an aggregate basis at the end of the season to the club which has received the concession.(AGM 2003)
ORDER OF EVENTS - In all AGE GROUPS the order will be:
Medley* RELAYS, Individual: Backstroke, Breaststroke, Butterfly, Frontcrawl, 100 I.M.* and lastly Freestyle RELAYS.
(Medley = Back, Breast, Fly, Frontcrawl IM = Fly, Back, Breast, Frontcrawl)
NUMBER OF GALAS AND VENUE - Each Club will swim once against ALL OTHER CLUBS, each club will have, as far as possible, half their fixtures at home and half away, for each COMPLETED fixture the venue will be reversed in the following season. This may not always be possible when the number or membership of any section changes.
OFFICIALS - Each club will provide one STROKE JUDGE. Each club will provide a minimum of 3 timekeepers (every effort should be made to have 2 timekeepers on each lane.). The HOME club shall provide a REFEREE.
There shall be an ODD number (usually 3) of FINISH JUDGES with the visiting club having the majority of one.
STROKE JUDGING - In **GROUP "A"** swimmers will not be disqualified but the swimmer and the team manager/coach will be informed of any infringement of the rules of swimming. In **GROUPS "B,C and D"** swimmers will be disqualified if the **RULES OF SWIMMING **** are broken – those not disqualified will be the point scorers. **The **rules of swimming** may be found at the back of the Swim Ulster Handbook.
AGE GROUP EXCEPTION - In **GROUPS B and C RELAYS ONLY (not individual events) -** ONE swimmer, and two swimmers in **GROUP"D" (not individual events)** may be swam in each relay from **groups A,B or C, PROVIDED** that these swimmers have **NOT SWUM FOR POINTS** in their own group A,B or C. If a club is taking advantage of this option they must declare such swimmers to the opposing club prior to the start of the gala.
PENALTY FOR AGE GROUP INFRINGEMENT - Swimmers must not swim out of their age group except as outlined above. In the event of this happening the League Secretary shall deduct TWO POINTS from both the Section AND overall points of the club concerned. The event in which the offending swimmer (s) took part will be re-scored by the League Secretary as if the swimmer had not swum, an objection to any swimmer (s) MUST be made in writing to the League Secretary and accompany the gala programme, this intention to object must be indicated to the opposing club on the poolside AT or BEFORE the end of the gala and the swimmer(s) involved named.
MATCH RESULTS - A fully entered up programme (including a points summary section) showing the names of all the swimmers whether individual or relay events, together with their appropriate times and placings should be sent by both clubs to the League Secretary within **TEN days** of the gala having taken place. This may be done my e-mail.
SUSPENDED CLUBS - In the event of a club being under suspension and therefore being unable to fulfil a particular fixture on the date allocated the opposing club will automatically be awarded both the overall and section points for that gala.
GALA ARRANGEMENTS - The home club is responsible for making the arrangements for any gala and communicating those arrangements to the visiting club. Note: Where a five lane pool is used an agreement as to swimmer distribution must be come to well in advance of the gala for selection purposes (usually two boys and three girls and three boys and two girls for the other club) scoring will be as set out under –[counting swimmers]
EXTRA EVENTS/SWIMMERS – Extra, Non-Counting, events may be included in the gala if agreed by both competing clubs but must not appear on t he gala programme. Extra, non-counting, swimmers may swim in spare lanes, but must be declared as such to the recorders and race referee prior t o the start of the events involving them, their names or times must not appear on the gala programme.

A full set of rules should be held by your gala secretary & perhaps on your club noticeboard. Please e-mail me for a typed copy if you need it.

P.T.L. FIXTURES

P.T.S.A.

PROVINCIAL TOWNS SWIMMING ASSOCIATION — FIXTURE LIST 2010 - 2011

RESULTS POSTED or EMAILLED: Contact details below.

DIVISION 1

	BRIEFNE	COLERAINE	LARNE	NEWRY & MOURNE	TEMPLEMORE
25-Sep-10	Templemore V Coleraine			Newry & Mourne V Briefne	
23-Oct-10	Newry & Mourne V Templemore			Briefne V Larne	
06-Nov-10	Templemore V Briefne			Coleraine V Larne	
04-Dec-10	*Spare date*				
15-Jan-11	Larne V Templemore			Coleraine v Newry & Mourne	
12-Feb-11	Briefne V Coleraine			Larne V Newry & Mourne	
26-Feb-11	*Spare date*				
11/12 Mar 20	Area Time Trials - North - Coleraine (11th) W/up 5.30pm. South - Newry W/up 5.30pm.				
16-Apr-11	PTL FINALS @ Ballymena - Seven Towers Leisure Centre - warm up 5.00pm. **Start 5.30pm**				

DIVISION 2

	BALLYMENA	BANBRIDGE	DUNGANNON	ENNISKILLEN	LEANDER	SWILLY SEALS
25-Sep-10	Dungannon V Enniskillen		Ballymena V Banbridge		Leander V Swilly Seals	
23-Oct-10	Swilly Seals V Enniskillen		Banbridge V Dungannon		Leander V Ballymena	
06-Nov-10	Banbridge V Swilly Seals		Dungannon V Ballymena		Enniskillen V Leander	
04-Dec-10	*Spare date*					
15-Jan-11	Leander V Banbridge		Swilly Seals V Dungannon		Enniskillen V Ballymena	
12-Feb-11	Dungannon V Leander		Ballymena V Swilly Seals		Banbridge V Enniskillen	
26-Feb-11	*Spare date*					
11/12 Mar 20	Area Time Trials - North - Coleraine (11th) W/up 5.30pm. South - Newry W/up 5.30pm.					
16-Apr-11	PTL FINALS @ Ballymena - Seven Towers Leisure Centre - warm up 5.00pm. **Start 5.30pm**					

DIVISION 3

	BALLYMONEY	COOKSTOWN	LIMAVADY	MID-ULSTER	PORTADOWN
25-Sep-10	Portadown V Limavady		Mid-Ulster V Cookstown		
23-Oct-10	Limavady V Cookstown		Ballymoney V Mid-Ulster		
06-Nov-10	Mid-Ulster V Limavady		Ballymoney V Portadown		
04-Dec-10	*Spare date*				
15-Jan-11	Limavady V Ballymoney		Cookstown V Portadown		
12-Feb-11	Portadown V Mid-Ulster		Cookstown V Ballymoney		
26-Feb-11	*Spare date*				
11/12 Mar 20	Area Time Trials - North - Coleraine (11th) W/up 5.30pm. South - Newry W/up 5.30pm.				
16-Apr-11	PTL FINALS @ Ballymena - Seven Towers Leisure Centre - warm up 5.00pm. **Start 5.30pm**				

DIVISION 4

	ARMAGH	ALLIANCE	CITY OF DERRY	LECALE	STRULE DOLPHINS	OLYMPIA
25-Sep-10	Alliance V Olympia		Armagh V Strule Dolphins		Lecale V City of Derry	
23-Oct-10	Alliance V Lecale		Olympia V Armagh		Strule Dolphins V City of Derry	
06-Nov-10	Lecale V Armagh		Strule Dolphins V Olympia		City of Derry V Alliance	
04-Dec-10	*Spare date*					
15-Jan-11	Armagh V City of Derry		Olympia V Lecale		Strule Dophins V Alliance	
12-Feb-11	City of Derry V Olympia		Lecale V Strule Dolphins		Alliance V Armagh	
26-Feb-11	*Spare date*					
11/12 Mar 20	Area Time Trials - North - Coleraine (11th) W/up 5.30pm. South - Newry W/up 5.30pm.					
16-Apr-11	PTL FINALS @ Ballymena - Seven Towers Leisure Centre - warm up 5.00pm. **Start 5.30pm**					

RESULTS POSTED TO: June Traill, 53 Castlecat Road, Bushmills, BT57 8TN - 02820731163 Mobile: 0789 99 66 457 (texts)

RESULTS may be e-mailled to: junetraill@aol.com

Area Teams	
NORTH	Swilly Seals COD Limavady Coleraine Ballymoney Ballymena Larne Mid-Ulster Cookstown Leander Alliance
SOUTH	Briefne N& Mourne Enniskillen Dungannon Armagh Banbridge Portadown Templemore Lecale Strule Dolphins Olympia

Trophy winners for 2009 please return trophies by 10th October to the Swim Office. Thank you.

Swim Ulster

WAR MEMORIAL

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 13th November 2010 VENUE : LISBURN
Closing date for entries: Friday 22nd October 2010

ENTRIES TO donna@swimulster.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.

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

ORDER OF EVENTS Warm up 6pm—7pm. Start 7.15 Sharp

HEATS of Events 1—8 (including CEREMONY before Event 8)

1. FEMALES OPEN 4 X 50m Medley Relay
2. MALES OPEN 4 x 50m Medley Relay
3. FEMALES 1998/later 12&u 4x25m Freestyle relay
4. MALES 1998/later 12&u 4x25m Freestyle relay.
5. FEMALES 1996/later 14&u 4x25m Medley relay.
6. MALES 1996/later 14&u 4 x25m Medley relay
7. Ladies Open 4x50m Freestyle relay

MEMORIAL CEREMONY *(No applause)*

8. Men's Open 6x50m Freestyle Relay

PRESENTATION of TROPHIES for 2010—2011;

ELIZABETH LONG TROPHIES – MOST PROMISING JUN. GIRL & 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 of EVENTS 1– 8

1. FEMALES OPEN 4 X 50m Medley Relay ROYAL NAVY TROPHY
2. MALES OPEN 4 x 50m Medley Relay ROYAL NAVY TROPHY
3. FEMALES 1998/later 12&u 4x25m Freestyle relay FRED RUCK SHIELD
4. MALES 1998/later 12&u 4x25m Freestyle relay. KEITH BUCHANAN SHIELD
5. FEMALES 1996/later 14&u 4x25m Medley relay. LES BECK SHIELD
6. MALES 1996/later 14&u 4x25m Medley relay MARK NICHOL SHIELD
7. Ladies Open 4x50m Freestyle relay SIR DAWSON BATES CUP
8. Men's Open 6x50m Freestyle Relay WAR MEMORIAL SHIELD

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

ULSTER MASTERS
SWIMMING CHAMPIONSHIPS
(UNDER SWIM IRELAND LAWS)

SATURDAY 27th NOVEMBER 2010

Lagan Valley Leisureplex
Lisburn

NO ENTRY WILL BE ACCEPTED WITHOUT A SWIM IRELAND REGISTRATION NUMBER FOR EVERY SWIMMER TAKING PART.

Session 1 – Warm-Up 10:00am Start 10:30 am – 1:00 pm

Session 2 – Warm-Up 1:30 pm Start 2:00 pm - 5:00 pm

Session 1 Events:

1. Ladies 100m Individual Medley
2. Men's 100m Individual Medley
3. Ladies 50m Freestyle
4. Men's 50m Freestyle
5. Ladies 100m Breaststroke
6. Men's 100m Breaststroke
7. Ladies 50m Backstroke
8. Men's 50m Backstroke
9. Ladies 100m Butterfly
10. Men's 100m Butterfly

Session 2 Events:

11. Men's 50m Breaststroke
12. Ladies 50m Breaststroke
13. Men's 100m Backstroke
14. Ladies 100m Backstroke
15. Men's 50m Butterfly
16. Ladies 50m Butterfly
17. Men's 100m Freestyle
18. Ladies 100m Freestyle
19. Men's 400m Freestyle
20. Ladies 400m Freestyle
21. Ladies 4x25m Freestyle Relay 100+yrs
22. Men's 4x25m Freestyle Relay 100+yrs
23. Ladies 4x25m Freestyle Relay 150+yrs
24. Men's 4x25m Freestyle Relay 150+yrs
25. Ladies 4x25m Freestyle Relay 200+yrs

Awards:
1st,2nd,3rd medals in each age group.

Seeding:
All events will be run as Heat Declared Winner events. In each group of events swimmers will be seeded according to their entry time and will compete against those with similar times after which they will be categorised into their age groups.

Entry Times: Where entry times (even if only an estimate) have not been submitted swimmers will be placed in the first heats of the particular event.

Eligibility:
The Ulster Masters Championships are open to any master swimmer who is 18, or over, on the date of the competition.

Competitors must be members of Swim Ireland or another recognised Swimming Federation.

All swimmers must also be a member of an affiliated swimming club.****NB**

Age Groups:
19-24,25-29, 30-34, 35-39, 40-44, 45-49,
50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & Over.

Age Date: Age as on 31st December 2010

Age for Relays: 100 years and over
150 years and over
200 years and over
Accumulative age of all 4 swimmers must exceed the minimum level as indicated.

Entry Fees:
£3.50 Sterling per individual event
£10.00 Sterling per Relay Team

Cheques made payable to:

Swim Ulster Ltd
Entries to: Swim Ulster
Queens Sport
Belfast
BT9 5EX
Or e-mail: donna@swimulster.net
Tel: 02890667546
See also website detail at bottom of page.
Closing Date: 31st October 2010

ULSTER OPEN

PLEASE REMEMBER TO RETURN TROPHIES BY END OF OCTOBER***

ULSTER OPEN SC CHAMPIONSHIPS

10TH– 12TH December 2010

VENUE - LISBURN LEISUREPLEX

CLOSING DATE FOR ENTRIES 12 Noon WEDNESDAY 24th November 2010

ENTRIES TO donna@swimulster.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) Please enter up to 8 names in Hy-tek.*

£12.00 per Relay team (Ulster) Please enter up to 8 names.*

***Relay entries:** Please have the athletes on your entries—it is too time consuming to add them on the day. Surplus names can be deleted.

SESSION TIMES

Day 1 - Friday 10TH DEC 10

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 11TH DEC 10

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 12TH DEC 10

Session 5: Heats - Warm-up 9.00 Start 10.30 A.M.

Session 6: Finals - Warm-up 2.00 Start 3.30 P.M.

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

Females – under 16 on the last day of the meet

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.

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 NS 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**

ULSTER OPEN SC CHAMPIONSHIPS

10TH– 12TH December 2010

VENUE - LISBURN LEISUREPLEX

CLOSING DATE FOR ENTRIES 12 Noon WEDNESDAY 24th November 2010

AWARDS

Medals will be awarded as follows:

Individual Events

Ulster Open 1st, 2nd, 3rd
Ulster Champion - Perpetual Trophy
Ulster Junior 1st, 2nd, 3rd

Winners of the Ulster Championship 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 for time trial, the Meet Manager will arrange a separate heat.
Clubs are restricted to 2 relay entries per relay team event.
10/U and 11/12 Relays (Age on last day of the meet) - medals to 1st, 2nd & 3rd
Relay Swimmers may swim in any events for which they are eligible but can only swim in one team per event.

RELAY SHEETS Please hand these in AT LEAST an hour before the start of each day sessions. There is no need to hand in final sheets—unless you have a change. Swimmers must swim in the order provided.

FINALS / SEMI-FINALS / Fastest Heat

- **SEMIs** will take place as long as there are 21 or more ENTRIES in the event.
- **STRAIGHT FINALS** will not take place . ALL Events will have Heats and Finals, where allocated.
- Only the SEMIs may be eliminated and there are no finals where the Event is Heat Declared (400m+)
- **FASTEST HEATS** We have moved the fastest heats of the Heat declared Events (400—1500) to the morning due to the numbers of swimmers who have a large number of finals in the evenings.

ULSTER OPEN

Swim Ulster

ULSTER OPEN SC CHAMPIONSHIPS
10TH– 12TH December 2010
VENUE - LISBURN LEISUREPLEX

Day 1 Friday	Day 2 Saturday	Day 3 Sunday
Heats 10.30am	Heats 10.30am	Heats 10.30am
W/UP 9.00	W/UP 9.00	W/UP 9.0
1 W 800M FREE - All heats	14 W 100M IM	32 M 100M IM
2 M 400M IM - All Heats	15 M 1500M FREE - ALL Heats	33 W 400M IM - ALL Heats
3 W 100M BREAST	16 W 400M FREE - All Heats	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
4.30pm	4.30pm	3.30pm
W/UP 3.00 pm	W/UP 3.00	W/UP 2.00
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
3 W 100M BREAST	28 FEMALES10/U 4X50M MTR	45 FEMALES 11/12 4x50 FTR
6 M 200M FREE	14 W 100M IM	32 M 100M IM
7 W 100M FREE	29 MALES 10/U 4X50M MTR	46 MALES 11/12 4X50 FTR
8 M 100M FLY	17 M 100M BREAST	34 M 100M BACK
9 W 200M BACK	30 FEMALES 10/U 4X50M FTR	35 W 100M FLY
10 M 200M BREAST	20 W 50M FREE FINAL	47 FEMALES11/12 4X50M MTR
11 W 200M IM	19 M 200M I M	42 M 50M BREAST SEMI
4 M 50M BACK FINAL	31 MALES 10/U 4X50M FTR	48 MALES 11/12 4X50M MTR
5 W 50M FLY FINAL	18 W 200M BREAST	36 M 400M FREE Fastest Heat
12 M 4X200 FTR	21 M 100M FREE	37 W 200M FREE
13 W 4X200 FTR	28 FEMALES 10/U MTR FINAL	38 M 50M FREE FINAL
	22 W 50M BACK SEMI	45 FEMALES11/12FTR FINAL
	23 M 200M BACK	39 W 50M BREAST FINAL
	29 MALES 10/U MTR FINAL	40 M 200M FLY
	24 W 200M FLY	46 MALES 11/12 FTR FINAL
	25 M 50M FLY FINAL	41 W 100M BACK
	30 FEMALES 10/U FTR FINAL	42 M 50M BREAST FINAL
	22 W 50M BACK FINAL	47 FEMALES 11/12 MTR FINAL
	31 MALES 10/U FTR FINAL	48 MALES 11/12 MTR FINAL
	26 W 4X100M MTR	43 W 4X100M FTR
	27 M 4X100M MTR	44 M 4X100M FTR

028 90667546 *www.swimulster.net*

ULSTER OPEN SC CHAMPIONSHIPS

10TH– 12TH December 2010

VENUE - LISBURN LEISUREPLEX

CLOSING DATE FOR ENTRIES 12 Noon WEDNESDAY 24th November 2010

ULSTER SC QUALIFYING TIMES
AGE AS 12th DECEMBER 2010

MALE				FEMALE		
	Ulster Club QTs				Ulster Club QTs	
Open	**Open**	**JUNIOR 17 & u**	**EVENTS**	**Open**	**Open**	**JUNIOR 16 & u**
17.50%	20.00%	26%		17.50%	22.00%	27%
00:25.87	00:26.41		50 Freestyle	00:29.43	00:30.56	
00:56.98	00:58.19		100 Freestyle	01:03.93	01:06.38	
02:05.83	02:08.51	02:14.93	200 Freestyle	02:18.06	02:23.35	02:29.23
04:26.15	04:31.81	04:45.40	400 Freestyle	04:50.80	05:01.94	05:14.31
	09:33.27		800 Freestyle	09:57.18	10:20.05	
17:36.87	17:59.35		1500 Freestyle	19:37.35	20:22.44	
	00:30.14		50 Backstroke	00:33.13	00:34.40	
01:03.82	01:05.17		100 Backstroke	01:11.40	01:14.14	
02:18.56	02:21.50	02:28.58	200 Backstroke	02:33.62	02:39.50	02:46.04
	00:34.38		50 Breaststroke	00:37.60	00:39.04	
01:11.26	01:12.78		100 Breaststroke	01:19.86	01:22.92	
02:34.73	02:38.02	02:45.92	200 Breaststroke	02:51.54	02:58.11	03:05.41
	00:29.55		50 FLY	00:32.14	00:33.37	
01:01.18	01:02.48		100 FLY	01:08.69	01:11.32	
02:16.19	02:19.08	02:26.03	200 FLY	02:31.43	02:37.23	02:43.68
02:20.51	02:23.50	02:30.67	200 I.M.	02:36.58	02:42.58	02:49.24
04:59.07	05:05.42	05:20.70	400 I.M.	05:29.94	05:42.58	05:56.62

YOUTH CHAMPS

Swim Ulster

ULSTER YOUTH & AGE GROUP CHAMPIONSHIPS

4th—6th March 2011
VENUE—LISBURN LEISURPLEX
CLOSING DATE FOR ENTRIES - Friday 12th February 2010

AGE ON LAST DAY OF CHAMPIONSHIPS 6th MARCH 2011

Entries to - donna@swimulster.net
FEES:
Individual Events £4.50 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 11/12, 13/14 AND 15/16
BOYS 11/12, 13, 14/15 AND 16/17

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

RELAYS
Girls: 12& u, 14 &u, 16 &u
Boys 12 & u, 14 &u, 17 &u
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

FINALS : All Events will be swum as heats and finals. Heats will be multi aged and graded. Finals will be top 8 in each age group 11,12,13,14, etc.

SCRATCHES/WITHDRAWALS : One hour **at least (please)** BEFORE start of session. It takes about 30 minutes to get the admin ready AFTER the last query has been dealt with. Where possible could you get into the habit of checking entries BEFORE getting to meet and contacting office with queries before meet. Report withdrawals and scratches between 9—9.15 every morning.

YOUTH CHAMPS EV.

ULSTER YOUTH & AGE CHAMPIONSHIPS
EVENTS ORDER

SESSION 1. Friday 4th March 2011
Scratches before 5pm.
Warm Up: 5.00pm Start 6.00pm
Females then Males (11/u,-...F16, M17)
200 IM HDW
400 Free HDW

AWARDS: Friday evening awards will be presented on Saturday afternoon.
RECORDS: Age as at Meet. Certificates will be posted if not presented at meet.

SESSION 2: Saturday 5th March 2011
Scratches & relay sheets BEFORE 9am
Warm Up: 09.00am Start 10.00 am
Males then Females (11/u,-...F16, M17)

HEATS
100M BACKSTROKE
200M BUTTERFLY (HDW)
4x50 Medley 12 & u, 14 & u Relays

FINALS
100M BACKSTROKE
4x50 Medley 12 & u, 14 & u Relays

SESSION 3. SATURDAY 5th March 2011
Scratches & relay sheets BEFORE 1pm
Warm Up: 1.00pm Start 2.00pm
Males then Females(11/u,-...F16, M17)

HEATS -
100M BREASTSTROKE
200M FREESTYLE (HDW)
4x50 Freestyle F16&u, M17 &u Relays

FINALS
100M BREASTSTROKE
4x50 Freestyle F16&u, M17 &u Relays

SESSION 4. Sunday 6th March 2011
Scratches & relay sheets BEFORE 9am
Warm Up: 09.00am start 10:00am
Females then Males (11/u,-...F16, M17)
HEATS
100M BUTTERFLY
200M BACKSTROKE (HDW)
4x50 Freestyle 12 & u, 14 & u Relays

FINALS
100M BUTTERFLY
4x50 Freestyle 12 & u, 14 & u Relays

SESSION 5: Sunday 6th March 2011
Scratches & relay sheets BEFORE 1pm
Warm Up: 1.00pm Start 2.00pm
Females then Males (11/u,-...F16, M17)

HEATS -
100M FREESTYLE
200M BREASTSTROKE (HDW)
4 x 50M Medley F16&u, M17 &u Relays

FINALS
100M FREESTYLE
4 x 50M Medley F16&u, M17 &u Relays

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 Youth 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.'

1500, 800 and 400 IM champ events will be swum with Earth Day meet—age up is same as Earth Day . Fees and QTs required to enter those events are Championship ones.

YOUTH CHAMPS QT

1500 Free
800 Free
400I.M. Swum
EARTH DAY Meet

ULSTER YOUTH & AGE CHAMPIONSHIPS **QUALIFYING TIMES**

MALE		Ulster Youth & Age Championships						
17mUYC	16mUYC	15UYC	14mUYC	13mUYC	12mUYC	11&uUYC		
23%	25%	27%	30%	37%	42%	47%		
00:27.07	00:27.51	00:27.95	00:28.61	00:30.15	00:31.25	00:32.35	50FR	
00:59.64	01:00.61	01:01.58	01:03.04	01:06.43	01:08.86	01:11.28	100FR	
02:11.72	02:13.86	02:16.00	02:19.22	02:26.71	02:32.07	02:37.42	200 FR	
04:38.61	04:43.14	04:47.67	04:54.46	05:10.32	05:21.64	05:32.97	400FR	
09:47.60	09:57.16	10:06.71	10:21.04	10:54.48	11:18.37	11:42.26	800FR *	*EARTH
18:26.34	18:44.32	19:02.31	19:29.30	20:32.26	21:17.23	22:02.21	1500FR *	DAY MEET
00:30.89	00:31.40	00:31.90	00:32.65	00:34.41	00:35.67	00:36.92	50BS	
01:06.80	01:07.89	01:08.97	01:10.60	01:14.40	01:17.12	01:19.84	100BS	
02:25.04	02:27.40	02:29.76	02:33.30	02:41.55	02:47.45	02:53.34	200BS	
00:35.24	00:35.82	00:36.39	00:37.25	00:39.26	00:40.69	00:42.12	50BRS	
01:14.60	01:15.81	01:17.03	01:18.85	01:23.09	01:26.12	01:29.16	100BRS	
02:41.97	02:44.60	02:47.23	02:51.18	03:00.40	03:06.99	03:13.57	200BRS	
00:30.29	00:30.78	00:31.27	00:32.01	00:33.74	00:34.97	00:36.20	50FLY	
01:04.05	01:05.09	01:06.13	01:07.69	01:11.34	01:13.94	01:16.54	100FLY	
02:22.56	02:24.88	02:27.19	02:30.67	02:38.78	02:44.58	02:50.37	200FLY	
02:27.08	02:29.47	02:31.87	02:35.45	02:43.82	02:49.80	02:55.78	200IM	
05:13.06	05:18.15	05:23.24	05:30.88	05:48.69	06:01.42	06:14.14	400IM *	*EARTH
								DAY MEET

FEMALE		Ulster Youth & Age Championships					
16fUYC	15fUYC	14UYC	13UYC	12UYC	11&uUYC		
23%	26%	30%	34%	39%	47%		
00:30.81	00:31.56	00:32.57	00:33.57	00:34.82	00:36.82	50FR	
01:06.92	01:08.56	01:10.73	01:12.91	01:15.63	01:19.98	100FR	
02:24.53	02:28.05	02:32.75	02:37.45	02:43.32	02:52.72	200 FR	
05:04.41	05:11.84	05:21.74	05:31.64	05:44.01	06:03.81	400FR	
10:25.14	10:40.38	11:00.71	11:21.04	11:46.45	12:27.11	800FR*	
20:32.46	21:02.52	21:42.60	22:22.68	23:12.78	24:32.94	1500FR*	*EARTH DAY MEET
00:34.69	00:35.53	00:36.66	00:37.79	00:39.20	00:41.45	50BS	
01:14.75	01:16.57	01:19.00	01:21.43	01:24.47	01:29.33	100BS	
02:40.81	02:44.73	02:49.96	02:55.19	03:01.73	03:12.19	200BS	
00:39.36	00:40.32	00:41.60	00:42.88	00:44.48	00:47.04	50BRS	
01:23.60	01:25.64	01:28.36	01:31.08	01:34.48	01:39.92	100BRS	
02:59.57	03:03.95	03:09.79	03:15.63	03:22.93	02:25.99	200BRS	
00:33.64	00:34.46	00:35.56	00:36.65	00:38.02	00:40.20	50FLY	
01:11.91	01:13.66	01:16.00	01:18.34	01:21.26	01:25.94	100FLY	
02:38.52	02:42.39	02:47.54	02:52.70	02:59.14	03:09.45	200FLY	
02:43.91	02:47.91	02:53.24	02:58.57	03:05.23	03:15.89	200IM	
05:45.38	05:53.81	06:05.04	06:16.27	06:30.31	06:52.78	400IM*	*EARTH DAY MEET

50m times are given as reference and for clubs if they wish to use for squads etc—there are NO 50m events in the Youth/ Age Meet.

AGE /YOUTH CHAMPS REC FEMALE

ULSTER YOUTH & AGE CHAMPIONSHIPS
RECORDS

YOUTH AGE GROUP CHAMP MEET RECORDS - FEMALE 10 - 13						
10-11	100	Free	1:07.90	BRIEF	Aiofe Brady	Ulster AG Champs 2008
	200	**Free**	**2:30.30**	**LISB**	**Alexandra Hunter at Ulster Age Group Championships**	
	400	Free	5:17.56	BAN	Erin McCreedy	UAGCh 2007
	800	**Free**	**10:55.82**	**TMORE**	**Danielle Hill at The Earth Day Distance Championships 5**	
	1500	Free	22:32.40	BAN	Bethany Houston	UAGCh 2010
	100	**Back**	**1:17.16**	**ARDS**	**Helen Navalli at Ulster Age Group Championships**	
	200	**Back**	**2:49.45**	**TMORE**	**Danielle Hill at Ulster Age Group Championships**	
	100	Breast	1:26.51	ARDS	Sycericka McMahon	Ulster Age Group Champs 2006
	200	Breast	3:04.53	ARDS	Sycerika McMahon	UAGCh 2006
	100	**Fly**	**1:14.48**	**BAN**	**Emma J. Reid at Ulster Age Group Championships**	
	200	Fly	2:56.72	BAN	Jemma Speers	UAGCh 2009
	200	IM	2:48.58	ARDS	Sycerika McMahon	UAGCh 2006
	400	IM	5:57.61	ENSK	Sally Burrell	UAGCh 2008
12-12	100	Free	1:03.54	LARNE	Erin McCreedy	UAGCh2008
	100	Back	1:13.36	LEA	Sycerika McMahon	UAGCh 2007
	100	Breast	1:17.05	LEA	Sycerika McMahon	UAGCh 2007
	100	Fly	1:11.02	LEA	Sycerika McMahon	UAGCh 2007
12-13	200	Free	2:06.11	LEA	Sycerika McMahon	UAGCh 2008
	400	Free	4:25.13	LEA	Sycerika McMahon	UAGCh 2008
	800	**Free**	**9:33.83**	**BAN**	**Mary-Kate Mc Dowell at The Earth Day Distance Championshi**	
	1500	Free	19:32.66	LARNE	Charlotte Hall	UAGCh 2008
	200	Back	2:30.85	ENSK	Chelsey Wilson	UAGCh 2004
	200	Breast	2:43.34	LEA	Sycerika McMahon	UAGCH 2008
	200	Fly	2:27.76	LEA	Sycerika McMahon	UAGCh 2008
	200	IM	2:22.23	LEA	Sycerika McMahon	UAGCh 2008
	400	IM	5:33.79	LISB	Jemma Binghan	UAGCh 2008
13-13	100	Free	59.31	LEA	Sycerika McMahon	UAGCh 2008
	100	Back	1:09.65	ENSK	Chelsey Wilson	UAGCh 2004
	100	Breast	1:13.77	LEA	Sycerika McMahon	UAGCh 2008
	100	Fly	1:07.27	LEA	Sycerika McMahon	UAGCh 2008

AGE /YOUTH CHAMPS REC FEMALE.....

2010 records in BOLD

YOUTH AGE CHAMP MEET RECORDS - FEMALE 14-18						
14-14	100	Free	1:00.19	LISB	Katie Reid	UAGCh 2008
	100	Back	1:05.19	ENSK	Chelsey Wilson	UAGCh 2005
	100	Breast	1:14.29	ARDS	Claire Nixon	UAGCh 1996
	100	Fly	1:08.79	ENSK	Chelsey Wilson	UGCh 2005
14-15	**200**	**Free**	**2:05.18**	**LEA**	**Sycerika Mc Mahon at Ulster Youth Championships**	
	400	**Free**	**4:25.00**	**LEA**	**Sycerika Mc Mahon at Ulster Youth Championships**	
	800	Free	9:25.29	CYBT	Melanis Nocher	UAGCh 2002
	1500	Free	21:49.07	BAN	Danielle Beattie	UAGCh 2009
	200	Back	2:22.29	CYBT	Melanie Nocher	UAGCh 2002
	200	**Breast**	**2:37.24**	**LEA**	**Sycerika Mc Mahon at Ulster Youth Championships**	
	200	**Fly**	**2:23.19**	**LEA**	**Sycerika Mc Mahon at Ulster Youth Championships**	
	200	**IM**	**2:21.38**	**LEA**	**Sycerika Mc Mahon at Ulster Youth Championships**	
	400	IM	5:08.69	ARDS	Claire Nixon	UAGCh 1997
15-15	100	Free	58.79	LISB	Bethany Carson	UYGCh 2007
	100	Back	1:06.74	ENSK	Chelsey Wilson	UAGCh 2006
	100	**Breast**	**1:12.45**	**LEA**	**Sycerika Mc Mahon at Ulster Youth Championships**	
	100	**Fly**	**1:04.74**	**LEA**	**Sycerika Mc Mahon at Ulster Youth Championships**	
16-18	100	Free	58.32	CYBT	Melanie Nocher	UYGCh 2005
	200	Free	2:03.99	LISB	Bethany Carson	UYGCh 2008
16-18	400	Free	4:30.30	BAN	Jill Nesbitt	UYGch 2004
	800	Free	9:30.52	BAN	Jill Nesbitt	UYGCh 2002
	1500	Free	20:44.20	UN	STANDARD	
	100	Back	1:05.17	CYBT	Melanise Nocher	UYGCh 2005
	200	Back	2:21.23	LISB	Bethany Carson	UYGCh 2008
	100	Breast	1:12.81	ARDS	Karen Marshall	UYGCh 1998
	200	Breast	2:40.61	ARDS	Karen Marshall	UYGCh 1998
	100	Fly	1:04.04	LISB	Bethany Carson	UYGCh 2008
	200	Fly	2:19.38	LISB	Bethany Carson	UYGCh 2008
	200	IM	2:19.68	LISB	Bethany Carson	UYGCh 2008
	400	IM	5:01.83	CYBT	Melanie Nocher	UYGCh 2005

AGE /YOUTH CHAMPS REC MALE

2010 records in BOLD

YOUTH AGE CHAMP MEET RECORDS - MALE 10-13						
10-11	100	Free	1:04.55	LISB	Regan McIlveen	UAGCh 2008
	200	Free	2:17.89	LISB	Regan McIlveen	UAGCH 2008
	400	Free	4:47.44	LISB	Regan McIlveen	UAGCh 2008
	800	Free	10:14.75	LISB	Peter Sands	UAGCh 2008
	1500	Free	19:24.03	LISB	Regan McIlveen	UAGCh 2008
	100	**Back**	**1:13.75**	**TMORE**	**Conor Ferguson at Ulster Age Group Championships**	
	200	Back	2:38.97	LISB	Regan Mcilveen	UAGCh 2008
	100	Breast	1:25.26	LISB	Regan McIlveen	Ulster Age Groups Champs 2008
	200	Breast	3:03.89	BAN	James Doggart	UAGCh 2008
	100	Fly	1:15.04	LARNE	Conor Brines	Ulster Age Group Champs 2007
	200	**Fly**	**2:57.33**	**BAN**	**Christopher Mc Caughey at Ulster Age Group Championships**	
	200	IM	2:41.11	LISB	Regan McIlveen	UAGCh 2008
	400	IM	5:46.08	LISB	Regan McIlveen	UAGCh 2008
12-12	100	Free	1:00.06	ENSK	Kevin Murray	UAGCH 2008
	100	**Back**	**1:10.45**	**TMORE**	**Glenn Higgins at Ulster Age Group Championships**	
	100	**Breast**	**1:17.38**	**CY DY**	**Daniel Doherty at Ulster Age Group Championships**	
	100	**Fly**	**1:09.02**	**BMNY**	**Michael M. Evans at Ulster Age Group Championships**	
12-13	200	Free	2:06.44	LARNE	Wilson Logan	UAGCh 2003
	400	Free	4:30.31	ARDS	Curtis Coulter	UAGCh 2008
	800	**Free**	**9:38.40**	**CY BT**	**Morgan Berryman at The Earth Day Distance Championships 5**	
	1500	**Free**	**17:38.28**	**LISB**	**Peter Sands at The Earth Day Distance Championships 5**	
	200	Back	2:21.68	ARDS	Luke Campbell	UAGCh 2007
	200	Breast	2:43.83	LARNE	Mark Wylie	UAGCh 2008
	200	**Fly**	**2:28.75**	**BREF**	**Ross Delaney at Ulster Age Group Championships**	
	200	IM	2:24.39	LARNE	Mark Wylie	UAGCh 2008
	400	**IM**	**5:09.86**	**LISB**	**Peter Sands at The Earth Day Distance Championships 5**	
13-13	100	Free	57.64	ARDS	Luke Campbell	UAGCh 2007
	100	Back	1:05.02	ARDS	Luke Campbell	UAGCh 2007
	100	Breast	1:12.63	LARNE	Mark Wylie	UAGCh 2008
	100	Fly	1:06.26	LARNE	Mark Wylie	UAGCh 2008

AGE /YOUTH CHAMPS REC FEMALE.....

SC Youth Age Champ Meet Records - MALE - 14-19					
14-14	100	Free	55.17	ARDS	Curtis Coulter at Ulster Youth Championships 2009
	100	Back	1:03.37	BAN	Jordan Sloan UAGCh 2008
	100	Breast	1:08.42	LARNE	Mark Wylie UAGCh 2009
	100	**Fly**	**1:02.99**	**R OTT**	**Kevin Murray at Ulster Youth Championships**
14-15	**200**	**Free**	**1:56.78**	**ARDS**	**Curtis Coulter at Ulster Youth Championships**
	400	Free	4:09.93	LARNE	Wilson Logan UAGCh 2005
	800	Free	9:10.38	LISB	Lee Galloway UAGCh 2008
	1500	Free	16:52.84	LARNE	Wilson Logan UAGCh 2005
	200	**Back**	**2:15.49**	**ARDS**	**Curtis Coulter at Ulster Youth Championships**
	200	Breast	2:30.93	ARDS	Michael Dawson UAGCh 2006
	200	Fly	2:13.93	ARDS	Christopher Hamilton UAGCh 2006
	200	**IM**	**2:10.22**	**ARDS**	**Curtis Coulter at Ulster Youth Championships**
	400	IM	4:50.09	LISB	Adam Mathews UAGCh 2009
15-15	100	Free	55.17	LARNE	Conor Leaney UYGCh 2005
	100	**Back**	**1:00.99**	**ARDS**	**Curtis Coulter at Ulster Youth Championships**
	100	Breast	1:07.76	ARDS	Michael Dawson UYG Ch 2006
	100	**Fly**	**59.46**	**ARDS**	**Curtis Coulter at Ulster Youth Championships**
16-16	100	Free	53.08	LARNE	Conor Leaney UYGCh 2006
	100	**Back**	**58.49**	**BAN**	**Luke Campbell at Ulster Youth Championships**
16-16	100	Breast	1:05.22	ARDS	Michael Dawson UYGCh 2007
	100	Fly	57.98	LARNE	Conor Leaney UYGCh 2007
16-19	**200**	**Free**	**1:55.77**	**BAN**	**Luke Campbell at Ulster Youth Championships**
	400	Free	4:10.41	ARDS	Mark Edwards UYGCh 2002
	800	Free	9:02.70	LEA	Mathew Harkness UYGCh 2009
	1500	Free	16:45.39	LEA	David Thompson UYGCh 2002
	200	Back	2:10.30	BAN	Robert Hoal UYGCh 2007
	200	Breast	2:19.19	LISB	Michael Williamson UYGCh 1999
	200	Fly	2:10.27	LARNE	Wilson Logan UYGCh 2007
	200	IM	2:08.74	ARDS	Michael Williamson UYGCh 1999
	400	IM	4:43.98	ARDS	Richard Thompson UYGCh 2002
17-19	100	Free	52.87	LARNE	Johnathan Niblock UYGCh 2004
	100	**Back**	**1:00.14**	**COL**	**Ciaran Sloan at Ulster Youth Championships**
	100	Breast	1:04.08	ARDS	Michael Dawson UAGCh 2008
	100	Fly	57.96	ARDS	Richard Thompson UYGCh 2003

Swim Ulster

NOVICE GALA

ULSTER NOVICE TEAM CHALLENGE & AGE GROUP NOVICE GALA
7th & 8th May 2011
Closing Date Wednesday 20th April 2011
FEES:£3 per Individual, £6 per relay VENUE— TBC

Age Group : 11/u

Qualifying times for 11—9 year olds are listed on the Novice and graded C pages : Female - p18 and Male p20. ALL swims Heat Declared Win—HDW—that means that there are NO finals.

NOVICE MEET— Swimmers who have an Ulster Youth or Age Group Qualifying time for any event, in the current season, may not enter the meet.

INDIVIDUAL Medal for ALL swimmers who swim at least—

One 50m event, AND
One 100m event, AND
One 200m event

Each of the three swims may be in any discipline (Free, Back, Breast, Fly or IM)

Team Points:

Individual Events:
5 points for two swimmers per team completing each event.
1 point for each swimmer thereafter completing each event per team.
Max counting swimmers: 7

Relay events:
5 Points for each relay team completing relay events. Max counting relays : 3

***

Max points per team per event is 15 (that is 7 swimmers counting per individual event, or three relays in the relay events)

SESSION 1: Saturday 7th May 2011
Scratches & relay sheets BEFORE 9am
Warm Up: 09.00am Start 10.00 am
Males then Females . 200s may be mixed.

50 Freestyle
100 Breaststroke
200 Backstroke
4 x 50 Freestyle Relays

SESSION 2. SATURDAY 7th May 2011
Scratches & relay sheets BEFORE 12 noon.
Warm Up: 12 noon. Start 1.00pm
Males then Females. 200s may be mixed.

50 Breaststroke
100 Backstroke
200 I.M.
4 x 25 Freestyle Relays

SESSION 3. Sunday 8th May 2011
Scratches & relay sheets BEFORE 9am
Warm Up: 09.00am start 10:00am
Females then Males

50 Butterfly
100 Freestyle
100 I.M.
4 x 50 Medley relays

SESSION 4: Sunday 8th May 2011
Scratches & relay sheets BEFORE 12 noon
Warm Up: 12 noon Start 1.00pm
Females then Males . 200 may be mixed

50 backstroke
100 Butterfly
200 Freestyle
4 x 25 Freestyle Relays

Antrim Championships
Programme of Events

Session One Saturday (Lisburn)	Session Two Saturday	Session Three Saturday
Warm-up 9.00am Start 10.00am	Warm-up 1.00pm Start 1.30pm	Warm-up 3.30pm Start 4.00pm
1) Female 800m Freestyle 2) Male 400m IM 3) Female 200m Butterfly 4) Male 50m Freestyle 5) Female 50m Backstroke 6)Male 200m Backstroke 7)Female 100m Freestyle	8) Male 200m Freestyle 9)Female 400m Freestyle 10)Male 100m Butterfly 11)Female 50m Butterfly 12)Male 50m Breaststroke	13) Female 200m IM 14) Male 200m Breaststroke 15) Female 100m Breaststroke 16) Male 100m Backstroke 17)Female 14UMedley Relay 18)Male 14U Medley Relay 19)Female OPEN Medlay Relay 20)Male OPEN Medlay Relay All Relay 4x 50M
Session Four Sunday (Larne)	Session Five Sunday	Session Six Sunday
Warm-up 9.00am Start 10.00am	Warm-up 1.00pm Start 1.30pm	Warm-up 3.30pm Start 4.00pm
21) Male 1500m Freestyle 22) Female 400m IM 23) Male 200m Butterfly 24) Female 50m Freestyle 25) Male 50m Backstroke 26) Female 200m Backstroke 27) Male 100m Freestyle	28) Female 200m Freestyle 29) Male 400m Freestyle 30) Female 100m Butterfly 31) Male 50m Butterfly 32) Female 50m Breaststroke	33) Male 200IM 34) Female 200m Breaststroke 35) Male 100m Breaststroke 36) Female 100m Backstroke 37) Male 14U Free Relay 38) Female 14U Free Relay 39) Male OPEN Free Relay 40) Female OPEN Free Relay

For Relay events, only one entry per club.
Age as of First Day of Meet.

STARTS Over the top starts will be used wherever possible.

ELECTRONIC Timing system will be used at both venues. **MEET RESULTS** The Meet results will be posted on the Larne and Lisburn Website 72 hours of the Meet closing. Results will also be passed to Swim Ulster and Swim Ireland for their inclusion in Local and National Databases.

HEALTH & SAFETY No outdoors shoes to be worn on the poolside. Suitable footwear must be worn outside the pool area and particularly when moving around and climbing the steps in the competitors' area. **Swimmers are asked not to enter the spectator's area or foyer whilst they are competing.**

CAMERA USE The use of all photographic equipment is controlled at this Meet and spectators / coaches and swimmers are reminded that such equipment should not be used without a pass from Leisure Centre Receptions.

MOBILE PHONES Swimmers, parents and coaches are reminded that the use of mobile phones **is not allowed inside the Larne or Lisburn Leisure Centres.** This policy is actively enforced and all visitors are asked to comply.

GENERAL Any point not covered by these rules will be at the discretion of the organisers. Depending upon the situation, the Meet Manager or Referees decision, respectively, will be final.

VOLUNTEERS Attending clubs with 3 or more swimmers attending, will be expected to assist in the volunteer official duties, if Required. (eg Timekeeping etc)

APPEALS Any appeals must be submitted in accordance with FINA procedures and will be handled by the Meet Manager and Referees.

Websites
Larne Swimming Club: http://www.larneswimmingclub.co.uk/
Lisburn Swimming Club: http://swimlisburn.net/
Swim Ulster: http://www.swimulster.net/

Local Accommodation

LARNE HOTEL's

Curran Court Hotel
6 Redlands Road
Larne
BT40 1AX
(44) 028 28275505
http://www.currancourthotel.co.uk/

LISBURN HOTEL

136-144 Hillsborough Road
Lisburn
BT27 5QY
(44) 0870 111 2894
http://www.premierinn.com/en/hotel/LISTAB/lisburn

ENTRY CONSIDERATION TIMES

Female	Age	50FC	100FC	200FC	400FC	800FC	50BC	100BC	200BC
	U12		01:23.3	03:03.3	06:18.0	13:12.0		01:41.1	03:28.9
	U14		01:18.9	02:59.9	06:02.2	12:39.0		01:31.9	03:12.2
	U16		01:13.6	02:47.2	05:41.2	11:55.0		01:25.2	02:53.7
	17+	31.5	01:09.2	02:42.6	05:30.7	11:33.0	38.1	01:23.8	02:51.1
Female	**Age**	**50BS**	**100BS**	**200BS**	**50BF**	**100BF**	**200BF**	**200IM**	**400IM**
	U12		01:48.9	03:28.9		01:43.3	03:48.7	03:26.1	07:05.2
	U14		01:44.3	03:40.0		01:37.8	03:26.7	03:20.0	06:54.8
	U16		01:35.7	03:19.5		01:26.2	03:04.2	03:00.8	06:33.8
	17+	42.9	01:34.3	03:14.2	38.6	01:24.9	02:58.5	02:58.3	06:18.0
Male	**Age**	**50FC**	**100FC**	**200FC**	**400FC**	**1500FC**	**50BC**	**100BC**	**200BC**
	U12		01:19.6	03:03.3	06:18.0	24:31:00		01:35.6	03:24.4
	U14		01:17.8	02:55.4	06:02.2	23:30.0		01:30.6	03:08.9
	U16		01:09.3	02:29.1	05:30.7	21:27.0		01:21.9	02:50.1
	17+	29.8	01:05.5	02:28.9	05:04.5	19:45.0	36.2	01:19.6	02:42.7
Male	**Age**	**50BS**	**100BS**	**200BS**	**50BF**	**100BF**	**200BF**	**200IM**	**400IM**
	U12		01:47.8	03:47.8		01:43.3	03:42.2	03:26.1	06:49.5
	U14		01:42.8	02:33.3		01:36.7	03:24.4	03:12.1	06:39.0
	U16		01:27.1	03:11.1		01:21.9	02:58.5	02:49.5	06:15.0
	17+	39.1	01:25.9	03:00.6	36.2	01:19.6	02:48.0	02:48.9	05:57.0

FC Freestyle
BC Back Crawl
BS Breaststoke
BF Butterfly
IM Individual Medley
Age Groups U12 - 12 and Under
U14 - 13 and 14
U16 - 15 and 16
17+ 17 and over

AGE as of Last Day of Meet - 16th May 2010

Please enter swimmers on their achieved times , even if outside the Consideration Time.

We also welcome entries from Disability Swimmers.

Antrim Champs.... Antrim Championships.....

We Reserve the right to Limit Entries in the event that entry volume means the Gala would Run over the allotted Pool Hire times. We will accept slightly slower times than Consideration Times in All events up to 200M. For 400M Distance & above Events, Swimmer entry times should be inside the consideration time indicated.

Under SWIM IRELAND / FINA Rules.

Saturday 15th and Sunday 16th May 2010

Saturday 15th May at Lisburn City's , Lagan Valley Leisureplex , BT28 1LP
Sunday 16th May at Larne Leisure Centre, Larne, BT40 1AB.

Relay Entries:_____ @ **£12.00 GBP** Each = £_____

Individual Entries:_____ @ **£3.50 GBP** Each = £_____

TOTAL AMOUNT ENCLOSED:
£_____

CLUB:_____CONTACT:_____

ADDRESS:_____

PHONE [H]:_____EMAIL:_____

Closing Date for Entries on Hy-Tek Sunday 1st May 2010.
Payments by Friday 6th May 2010.
Hy-Tek entries to antrimopengala@yahoo.co.uk

Payment to: (Cheque Payable to Larne Swimming Club) – Post to

Theresa Kerr
Antrim Open Gala
5 Culzean Glen
Larne BT40 2HF
County Antrim

Please ensure Payment for ALL Entries are received by Larne SC by latest Friday 6th May 2010 or your Clubs entries may be withdrawn prior to start of Meet.

Licensing for Teachers & Coaches

Swim Ireland, in line with its Strategic Plan has introduced **licensing for Teachers and Coaches**. The purpose and benefits of licensing are not only to help raise, maintain and regulate standards of practice and help professionalise certain aspects and areas within the aquatics but also to help Swim Ireland reward and recognise those working within swimming both as volunteers and paid professionals for their achievement of qualifications.

Licensing will be mandatory for all Associated Members of Swim Ireland from 1st July 2011.
All current Associate Members will be required to apply for a license before this date.
Your Swim Ireland Teacher/Coach license will remain **valid for a period of 3 years** and every 3 years Swim Ireland Teachers and Coaches will be required to renew their license, by following the mandatory and elective criteria relevant to their qualification. Part of these criteria is obtaining points from attendance at CPD workshops / seminars. 12 points are needed to be a holder of a Swim Ireland full license.

For assistance in applying for your license, contact ruth@swimulster.net or ring 02890667546

Continuous Professional Development – (CPD)

The Swim Ireland Continuous Professional Development seminars have been developed to target a range of different levels of aquatic teacher, coach, club volunteer, parent and swimmer. All seminars are delivered by Swim Ireland qualified tutors and cover a wide variety of topics. Seminar fee includes course materials, tutor fees, facility hire and assessment fees, where relevant.
Please see below for a list of available seminars, and go to http://www.swimireland.ie to find out more information about them and any upcoming courses.

CDP seminars £30 – 3 points
Freestyle
Backstroke
Breaststroke
Butterfly
Effective sculling - Bring swimming gear
Teaching turns
Long term athlete development
Timekeepers - 2 additional assessments
Turn judge - 2 additional assessments

4 points - £35
FUNdamentals
Mini Polo - Bring swimming gear
Aqua Fun - Bring swimming gear
Flip'n'fun - Bring swimming gear
Coaching disabled swimmers
Including disabled swimmers
Working with children with behavioural difficulties

5 points
Team manager £40
Club supporters £15

Child protection- 0 points Mandatory for SI courses
Child protection £15

If you are interested in running one of these in your club, or wish to attend one, please contact me on ruth@swimulster.net or 02890667546

Ruth McQuillan – Coach Development Officer
July 2010

Nationwide NI Swimming Championships for People with Disabilities

The annual Northern Ireland swimming championships will be held this year on **Saturday 23rd October 2010** at Lagan Valley LeisurePlex in Lisburn.

The event which is organised by Disability Sports NI will once again be funded by Nationwide and supported by Swim Ulster and Lisburn City Swimming Club. The gala is designed to give people with disabilities the opportunity to take part in competitive swimming in a fun and exciting environment and is open to anyone with a physical, sensory or learning disability, **who can swim at least 25 metres unaided.**

In recent years the event has attracted over 150 competitors with swimmers ranging from first time competitors to Paralympic finalists.

If you would like to find out more about the Championships or would like to receive an entry pack please contact Elaine Reid, Disability Sports NI on 028 9038 7062 or email ereid@dsni.co.uk

Disability Sport Events

Nationwide

Creating Champions Together

Clubmarksi

What does it do?

- Raises standards within clubs
- Promotes best practice
- Promotes strong governance
- Provides information, guidance and support for clubs
- Recognises & rewards clubs for their achievements
- Planning tool
- Raises clubs' profiles
- Financial aid

To find out about clubmarksi contact ruth@swimulster.net or 02890667546
Ruth McQuillan – Club Development Officer

Clubmarksi

The overall aim of the scheme is to support, recognise and reward Swim Ireland affiliated clubs by providing them with a National process that will help them to develop their services and ultimately achieve the highest of club standards.

The Process

Clubs make contact with Ruth McQuillan (DO) to request a registration form
Registration completed and returned to DO
Club Audit is completed and returned to DO
Club Visit – DO helps club assess areas for improvement
Club working group works on writing a Club Development Plan
Club visit – DO provides ongoing support to club
Development Plan and Implementation Plan completed and returned to DO and further ongoing support from DO
Evidence Portfolio compiled and returned to DO.
Assessment and outcome notified.

The Programme

Best Practise Guides and supporting information and templates
Aquatic Planning (in line with LTAD principles)
Development Plan template
Development Officer support
Safeguarding Children (Primary focus)
Club Administration, Communication and Governance (Develop effective policies, procedures and structures and implementing them)
Develop and train the club workforce (Advice and guidance on recruitment, training and deployment)
Enhance ability to recruit new members through club links and development
Support clubs in accessing facilities and running under Health & Safety guidelines and with appropriate equipment.
Equity Inclusion
Swim clinics, stroke technique, squad structure and annual planning can all be arranged as part of the clubmarksi process.

Following successful completion of the programme, Club Mark SI will act as a mark of quality for participating clubs.
It is open to all Aquatics clubs who are currently registered with Swim Ireland.

Ruth McQuillan – Coach / Club Development Officer
ruth@swimulster.net or 02890667546

SW1 MANAGEMENT OF COMPETITIONS

SW 1.1 The Management Committee appointed by the governing body shall have jurisdiction over all matters not assigned by the rules to the referee, judges or other officials and shall have power to postpone events and give directions consistent with rules adopted for conducting any event.

SW 1.2 At the Olympic Games and World Championships the FINA Bureau shall appoint the following minimum numbers of officials for the control of the competitions:
• referee (1)
• control-room supervisor(1)
• judges of stroke (4)
• starters (2)
• chief inspectors of turns (2, 1 at each end of the pool)
• inspectors of turns (1 at each end of each lane)
• chief recorder (1)
• clerks of course (2)
• false start rope personnel (1)
• announcer (1)

SW 1.2.1 For all other international competitions, the governing body shall appoint the same or fewer number of officials, subject to the approval of the respective regional or international authority where appropriate.

SW 1.2.2 Where Automatic Officiating Equipment is not available, such equipment must be replaced by chief timekeeper, three (3) timekeepers per lane and two (2) additional timekeepers.

SW 1.2.3 A chief finish judge and finish judges are required when Automatic Equipment and/or three (3) digital watches per lane are not used.

SW 1.3 The swimming pool and the technical equipment for Olympic Games and World Championships shall be inspected and approved in due course prior to the Swimming competitions by the FINA Delegate together with a member of the Technical Swimming Committee.

SW 1.4 Where underwater video equipment is used by television, the equipment must be operated by remote control and shall not obstruct the vision or path of swimmers and must not change the configuration of the pool or obscure the required FINA markings.

SW4 THE START

SW 4.1 The start in Freestyle, Breaststroke, Butterfly and Individual Medley races shall be with a dive. On the long whistle (SW 2.1.5) from the referee the swimmers shall step onto the starting platform and remain there. 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. At the referee's first long whistle (SW 2.1.5), the swimmers shall immediately enter the water. At the Referee's second long whistle the swimmers shall return without undue delay to the starting position (SW 6.1). When all swimmers have assumed their starting positions, the starter shall give the command "take your marks". When all swimmers are stationary, the starter shall give the starting signal.

SW 4.3 In Olympic Games, World Championships and other FINA events the command "Take your marks" shall be in English and the start shall be by multiple loudspeakers, mounted one at each starting platform.

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. The Referee repeats the starting procedure beginning with the long whistle (the second one for backstroke) as per SW 2.1.5

Swim Ulster Ltd run officials courses during the season. Please contact the office for details or go to the website at: www.swimulster.net

SW5 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

SW6 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.

SW7 BREASTSTROKE

SW 7.1 After the start and after each turn, the swimmer may take one arm stroke completely back to the legs during which the swimmer may be submerged. A single butterfly kick is permitted during the first arm stroke, followed by a breaststroke kick.

SW 7.2 From the beginning of the first arm stroke after the start and after each turn, the body shall be on the breast. It is not permitted to roll onto the back at any time. From the start and throughout the race the stroke cycle must be one arm stroke and one leg kick in that order. All movements of the arms shall be simultaneous and on 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 must break the surface of the water. The head must break the surface of the water before the hands turn inward at the widest part of the second stroke. All movements of the legs shall be simultaneous and on the same horizontal plane without alternating movement.

SW 7.5 The feet must be turned outwards during the propulsive part of the kick. A scissors, flutter or downward butterfly kick is not permitted except as in SW 7.1. Breaking the surface of the water with the feet is allowed unless followed by a downward butterfly 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.

Swim Ulster Ltd run officials courses during the season. Please contact the office for details or go to the website at: www.swimulster.net

SW8 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.

.SW9 INDIVIDUAL MEDLEY

SW 9.1 In individual medley events, the swimmer covers the four swimming strokes in the following order: Butterfly, Backstroke, Breaststroke and Freestyle. Each of the strokes must cover one quarter (1/4) of the distance.

SW 9.2 In medley relay events, swimmers will cover the four swimming strokes 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 stroke concerned.

SW 10 THE RACE **SW 10.1** All individual races must be held as separate gender events.

SW 10.2 A swimmer swimming over the course alone shall cover the whole distance to qualify.

SW 10.3 The swimmer must remain and finish the race in the same lane in which he/she started.

SW 10.4 In all events, a swimmer when turning shall make physical contact with the end of the pool or course. The turn must be made from the wall, and it is not permitted to take a stride or step from the bottom of the pool.

SW 10.5 Standing on the bottom during freestyle events or during the freestyle portion of medley events shall not disqualify a swimmer, but he shall not walk.

SW 10.6 Pulling on the lane rope is not allowed.

SW 10.7 Obstructing another swimmer by swimming across another lane or otherwise interfering shall disqualify the offender. Should the foul be intentional, the referee shall report the matter to the Member promoting the race, and to the Member of the swimmer so offending.

SW 10.8 No swimmer shall be permitted to use or wear any device or swimsuit that may aid his/her speed, buoyancy or endurance during a competition (such as webbed gloves, flippers, fins, etc.). Goggles may be worn. Any kind of tape on the body is not permitted unless approved by FINA Sport Medicine Committee.

SW 10.9 Any swimmer not entered in a race, who enters the water in which an event is being conducted before all swimmers therein have completed the race, shall be disqualified from his next scheduled race in the meet.

SW 10.10 There shall be four swimmers on each relay team.

SW 10.11 In relay events, the team of a swimmer whose feet lose touch with the starting platform before the preceding team-mate touches the wall shall be disqualified.

SW 10.12 Any relay team shall be disqualified from a race if a team member, other than the swimmer designated to swim that length, enters the water when the race is being conducted, before all swimmers of all teams have finished the race.

SW 10.13 The members of a relay team and their order of competing must be nominated before the race. Any relay team member may compete in a race only once. The composition of a relay team may be changed between the heats and finals of an event, provided that it is made up from the list of swimmers properly entered by a Member for that event. Failure to swim in the order listed will result in disqualification. Substitutions may be made only in the case of a documented medical emergency.

SW 10.14 Any swimmer having finished his race, or his distance in a relay event, must leave the pool as soon as possible without obstructing any other swimmer who has not yet finished his race. Otherwise the swimmer committing the fault, or his relay team, shall be disqualified.

SW 10.15 Should a foul endanger the chance of success of a swimmer, the referee shall have the power to allow him to compete in the next heat or, should the foul occur in a final event or in the last heat, he/she may order it to be re-swum.

SW 10.16 No pace-making shall be permitted, nor may any device be used or plan adopted which has that effect.

SWAG 1 Federations may adopt their own Age Group rules, using FINA technical rules

ULSTER LONG COURSE RECORDS based on claims received as 08/09/2010

	MEN	BOYS	WOMEN	GIRLS
50m FREESTYLE	23.49 C Leaney, Larne 31 July '09, World Champs, Rome, Italy	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 29 July'09, World Champs, Rome, Italy	51.39 C Leaney, CoB July'08 European Juniors, Belgrade	56.32 C Dawson, Bangor 30 July '09, World Champs, Rome, Italy	57.06 S McMahon, Leander 28 July'09, Sheffield
200m FREESTYLE	1:47.94 R Harrison, C of Derry 27 July'09, World Champs, Rome, Italy	1:52.44 C Leaney, CoB August'08, European Juniors, Belgrade	2:00.48 C Dawson, Bangor 29 April 2010, NAC, Dublin	2:02.84 S McMahon, Leander 31 July'09, Sheffield
400m FREESTYLE	3:55.88 R Harrison, C of Derry 26 July'09, World Champs, Rome, Italy	4:00.16 C Donnelly, Leander 25 July'09, NAC, Dublin	4:15.86 S McMahon, Leander 4 Aug '10, Sheffield	4:15.86 S McMahon, Leander 4 Aug '10, Sheffield
800m FREESTYLE	8:25.04 C Donnelly, Leander 30 July'09, Sheffield	8:25.04 C Donnelly, Leander 30 July'09, Sheffield	8:56.04 S McMahon, Leander 25 July 2010, NAC, Dublin	8:56.04 S McMahon, Leander 25 July 2010, NAC, Dublin
1500m FREESTYLE	15:59.64 C Donnelly, Leander 4 Aug'10, Sheffield	16:11.61 C Donnelly, Leander 26 July'09, NAC, Dublin	19:56.70 E Black, Larne July '07, Limerick	19:56.70 E Black, Larne July '07, Limerick
50m BACKSTROKE	27.85 J Sloan, Bangor 20 Mar '10, Stockholm	27.85 J Sloan, Bangor 20 March 2010, Stockholm	30.06 M Nocher, Ards Feb'09, Sheffield	31.19 K Reid, Lisburn July'09, NAC, Dublin
100m BACKSTROKE	59.37 R Gheel, Omagh September 88 Seoul	59.97 J Sloan, Bangor 19 March 2010, Stockholm	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	2:12.96 D Bell, Ards 24 July'10, NAC, Dublin	2:11.74 M Nocher, Ards July'10, NAC, Dublin	2:22.72 M Nocher COB April 04, NAC, Dublin
50m BREASTSTROKE	28.89 M Dawson, Ards July'09, NAC, Dublin	29.56 M Dawson, Ards Mar'08, Limerick	32.02 E Robinson Bangor Jul 02 Manchester	32.74 S McMahon, Leander 29 April 2010, NAC, Dublin
100m BREASTSTROKE	1:01.76 A Bree Ards Aug'08 Beijing Olympics, China	1:04.98 M Dawson, Ards Aug'08, European Juniors, Belgrade	1:09.15 E Robinson Bangor March 04, Sheffield	1:11.32 S McMahon, Leander 7 Aug'10, Sheffield
200m BREASTSTROKE	2:10.16 A Bree, Ards Aug'08, Beijing Olympics, China	2:21.45 A Bree, Ards Sept. 98 Kuala Lumpur	2:33.58 E Robinson, Bangor March 04, Swansea	2:35.71 S McMahon, Leander 2 May 2010, NAC, Dublin
50m BUTTERFLY	24.49 S McQuillan, Ards 24 July 09, NAC, Dublin	25.23 C Leaney, CoB July'08, NAC, Dublin	27.86 J Douglas Bangor Mar'05, Manchester	29.44 S McMahon, Leander July'10, NAC, Dublin
100m BUTTERFLY	54.67 S McQuillan, Ards 25 July'09, NAC, Dublin	55.68 C Leaney CoB July'08, NAC Dublin	1:02.28 M Madine, Leander May 96 Vienna	1:03.12 S McMahon, Leander July'10, NAC, Dublin
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	2:15.97 S McMahon, Leander 1 Aug'09, Sheffield
200m IND. MEDLEY	2:04.43 A Bree Ards June '08 Nashville, USA	2:11.72 A Bree, Ards Sept. 98 Kuala Lumpur	2:17.58 S McMahon, Leander 7 Aug'10, Sheffield	2:17.58 S McMahon, Leander 7 Aug'10, Sheffield
400m IND. MEDLEY	4:30.10 A Bree Ards Jun 01 Glasgow	4:39.53 A Bree, Ards Sept 98 Kuala Lumpur	4:51.03 S McMahon, Leander 16 July 2010, Helsinki	4:51.03 S McMahon, Leander 16 July 2010, Helsinki

ULSTER LONG COURSE RECORDS based on claims received as of 08/09/2010

	MEN	BOYS	WOMEN	GIRLS
4x50m MEDLEY TEAM RELAY - REPRESENTA-TIVE	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 FREE-STYLE TEAM RELAY - REP-RESENTATIVE	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 FREE-STYLE 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 MED-LEY TEAM RELAY – REPRESENTA-TIVE	4:03.36 Ulster (J Sloan, S Dick-son, R Hoal, I Chisholm) 22 Feb'09, Swansea	4:13.58 Ulster (L Campbell, J Leckey, C Hamilton, J Gil-mer) 22 Feb'09, Swansea	4:30.12 Northern Ireland (J Doug-las, L Robinson, L Card-well, E Robinson) Sept 98 Kuala Lumpur	4:37.10 Standard
4x100m FREE-STYLE TEAM RELAY – REPRESENTA-TIVE	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 Camp-bell) 20 Feb'09, Swansea	4:04.04 Northern Ireland (E Rob-inson, 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 FREE-STYLE TEAM RELAY – REPRESENTA-TIVE	8:00.63 Ulster (J Gilmer, L Camp-bell, I Chisholm, R Hoal) 21 Feb'09, Swansea	8:14.80 Standard	8:50.90 Standard	8:54.50 Standard
4x100m MED-LEY TEAM RELAY – CLUB	3:57.11 Ards (L Campbell, M Dawson, C Hamilton, S McQuillan) 25 July'09 NAC, Dublin	4:17.15 Ballymoney (B Traill, S Osborne, D Patton, P Traill) July'09, NAC, Dublin	4:28.72 Bangor (A Pugh, E Rob-inson, J Nesbitt, J Doug-las) Apr 04, NAC, Dublin	4:35.10 Standard
4x100m FREE-STYLE TEAM RELAY – CLUB	3:33.19 Ards (C Coulter, D Gra-ham, M Dawson, S McQuillan) 23 July'10, 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 Bam-ford, R Bradford, B Car-son) Apr 07, NAC, Dublin
4x200m FREE-STYLE TEAM RELAY – CLUB	7:49.49 Leander (I Chisholm, C Meek, D Madine, C Don-nolly) 23 July'10, 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

	MEN	BOYS	WOMEN	GIRLS
50m FREE-STYLE	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	26.70 S McMahon, Leander 19 Dec'09, Bangor
100m FREE-STYLE	50.02 C Leaney CoB ,12 Dec'08, Rijeka, Croatia	50.81 C Leaney CoB Dec'07 Grove	55.10 C Dawson, Bangor 15 Nov'09, Sheffield	56.10 S McMahon, Leander 21 Nov'09, NAC Dublin
200m FREE-STYLE	1:46.34 R Harrison, CoD 18 Dec'09, Bangor	1:51.20 C Donnelly Leander 18 Dec'09, Bangor	1:57.58 C Dawson, Bangor 14 Nov'09, Sheffield	2:00.86 S McMahon, Leander 22 Nov'09, NAC Dublin
400m FREE-STYLE	3:54.41 R Harrison, CoD Dec'08, Bangor	3:56.31 C Donnelly, Leander 20 Dec'09, Bangor	4:13.37 C Dawson, Bangor 8 Aug'09, Leeds	4:14.90 S McMahon, Leander 19 Nov'09, NAC, Dublin
800m FREE-STYLE	8:17.79 C Donnelly, Leander 2 Oct'09, Castlereagh	8:17.79 C Donnelly, Leander 2 Oct'09, Castlereagh	8:51.34 S McMahon, Leander 2 Oct'09, Castlereagh	8:51.34 S McMahon, Leander 2 Oct'09, Castlereagh
1500m FREE-STYLE	15:34.60 C Donnelly, Leander 19 Dec'09, Bangor	15:34.60 C Donnelly, Leander 19 Dec'09, Bangor	16:53.06 B Carson, Lisburn Nov'07, Grove	16:53.06 B Carson, Lisburn Nov'07, Grove
50m BACK-STROKE	26.85 J Sloan, Bangor 18 Dec'09, Bangor	26.85 J Sloan, Bangor 18 Dec'09, Bangor	29.31 M Nocher COB Feb 08, Saanich, Canada	30.26 M Nocher COB Dec 03, NAC, Dublin
100m BACK-STROKE	57.08 A Reid, Larne Junior March 98 Grove	58.75 J Sloan, Bangor 19 Dec'09, Bangor	1:00.35 M Nocher Ards, 10 Dec'09, European SC, Istanbul	1:03.74 M Nocher COB Jul 03, Irish Nats, Lisburn
200m BACK-STROKE	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, Rijeka, Croatia	2:15.61 M Nocher, COB Jul 03, Irish Nats, Lisburn
50m BREAST-STROKE	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	31.88 S McMahon, Leander 19 Nov'09, NAC, Dublin
100m BREAST-STROKE	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	1:09.48 S McMahon, Leander 18 Dec'09, Bangor
200m BREAST-STROKE	2:07.95 A Bree, Ards Dec 07, Debrecen	2:14.26 A Bree, Ards December 98 Glasgow	2:31.87 S McMahon, Leander 20 Nov'09, NAC, Dublin	2:31.87 S McMahon, Leander 20 Nov'09, NAC, Dublin
50m BUTTER-FLY	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	29.06 S McMahon, Leander 19 Nov'09, NAC Dublin
100m BUTTER-FLY	54.06 S McQuillan, Ards 10 Dec'09, Istanbul	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 BUTTER-FLY	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	2:17.90 S McMahon, Leander 20 Dec'09, Bangor
100m IND. MEDLEY	56.38 A Bree, Ards Dec 06, Grove	59.63 D Simpson, Lisburn March 98 Grove	1:04.00 S McMahon, Leander 19 Dec'09, Bangor	1:04.00 S McMahon, Leander 19 Dec'09, Bangor
200m IND. MEDLEY	1:58.42 A Bree Ards Dec 03 NAC	2:06.93 A Bree, Ards January 99 Grove	2:14.00 M Nocher Ards, 6 Aug'09, British Gas, Leeds	2:16.59 S McMahon, Leander 21 Nov'09, NAC Dublin
400m IND. MEDLEY	4:16.26 A Bree Ards Dec 01 Antwerp	4:28.49 A Bree, Ards December 98 Glasgow	4:49.56 S McMahon, Leander 20 Dec'09, Bangor	4:49.56 S McMahon, Leander 20 Dec'09, Bangor

ULSTER SHORT COURSE RECORDS based on claims received as of 12/09/10

	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 FREE-STYLE 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 FREE-STYLE 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	4:02.90 Bangor *(J Sloan, M Doggart, J Hyland, C Linden)* 19 Dec'09, Bangor	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 FREE-STYLE TEAM RELAY – CLUB	3:26.08 Leander *(A Stoney, C Meek, C Donnelly, I Chisholm)* 20 Dec'09, Bangor	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 FREE-STYLE TEAM RELAY – CLUB	7:31.07 Leander *(A Stoney, I Chisholm, C Meek, C Donnelly)* 18 Dec'09, Bangor	7:57.42 Larne *(G Williamson, S Traill, W Logan, C Leaney)* Dec'06 Grove	8:38.66 Bangor *(J Orr, A Hyland, S Henderson, C Dawson)* 18 Dec'09, Bangor	8:52.84 Lisburn *(C Beattie, S Bamford, R Bradford, B Carson)* Dec 06, Grove

SWIM IRELAND SQUADS

- International Squad (+3% of proposed 2012 A time)
- National Squad (+6 % of Proposed 2012 A time)
- Development Squad (+10 % of proposed 2012 A time)
- National / Youth Development Squad (+ 12—+16 % of Proposed 2012 A time)

Swimmers will qualify for the respective squads based on LC times achieved since 1st January 2010. **All qualified swimmers, and their coaches, will be contacted shortly with respect to the mandatory training camps in the coming months.** The dates of these training camps are as follows, so please make sure that these are in your diary.

- 18th September 2010—National Youth / Junior Development Squad Training Day
- 25-26th September 2010—International, National & Development Squads Training Camp
- 16-17th October 2010—National Youth / Junior Development Squad Training Camp

See Swim Ireland website for further information and updates.

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, 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

low fat

Things to avoid – crisps / biscuits

Drinks

Water Sports drinks Diluted Juice

Things to avoid – fizzy drinks

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

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 or heavy training

Within 20 minutes – re-hydrate with water / sports drink / carbohydrates / protein. Water melon / pineapple / potato bread / rice cakes / honey / jelly beans

SWIM ULSTER run Team Manager courses through the season—please check with the office ir the website for details.

CODE of CONDUCT

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 officials of 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: _____

RECORDS CLAIM

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

SQUAD CLAIM

ULSTER SQUAD CLAIM FORM

Swimmer Information

NAME		**SIGNATURE**	
DATE OF BIRTH		**CLUB**	
ADDRESS		**TELEPHONE NUMBERS**	
		HOME	
		MOBILE	
POSTCODE		ALT/Guardian	
EMAIL ADDRESSES			
OWN			
EMERGENCY			
COACH			

EVENT	TIME	MEET	DATE

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

ANTI-DOPING

General Anti-Doping Information

Swim Ulster / Ireland's policy is that doping is contrary to the spirit of sport and every member has a duty to ensure that the sport is free of doping.

Membership of Swim Ulster / Ireland means that all swimmers may be chosen for testing. Your membership of Swim Ulster / Ireland commits you to agreeing to testing and in the case of a Child (U/18) the prior written consent of the parent or guardian is required via the initial membership process at Club level, or at selection for competition or through competition entry forms.

All club personnel have a responsibility to ensure that club members are aware of the Irish Anti-Doping Rules and that there is an atmosphere supporting a drug free sport within the club. A complete copy of the Irish Anti-Doping Rules is available through Swim Ireland.

Once you join Swim Ulster / Ireland and enter a competition you are accepting the fact that you could be drug tested. To reassure parents of younger graded swimmers, the reality at the moment is that drug testing only occurs at national level events. However all parents should be aware of the possibility of the swimmers being tested and what regulations are in operation.

Athletes should be aware of the Irish Anti-Doping Rules.

The Irish Anti-Doping Rules were launched in 2004, and updated in 2009. For full information on the Irish Anti-Doping Rules and how they relate to the World Anti-Doping Agency, go the following link:
http://www.irishsportscouncil.ie/Anti-Doping/Rules/

Athletes should check their prescribed and over-the counter medications

Athletes should check their prescribed and over-the-counter medications to see if they are permitted for use by athletes. If a medication is not permitted, the athlete may need to apply for a Therapeutic Use Exemption. Check out the following link for detailed information on Therapeutic Use Exemptions and Medications:
http://www.irishsportscouncil.ie/Anti-Doping/TUEs_and_Medicines/

- Republic of Ireland**:** www.eirpharm.com has a 'Drugs in Sport Database' where athletes can check prescribed and over-the-counter medications
- Northern Ireland**:** www.didglobal.com has a Drugs in Sport Database where athletes can check prescribed and over-the-counter medications
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Do you know what happens in a drug test?

Athletes should be aware of what happens in a drugs test; their rights and responsibilities. Check out the following link for information on Sample Collection Procedures:

http://www.irishsportscouncil.ie/Anti-Doping/Information_and_Education/What_happens_in_a_drug_test_/

Anti-Doping Factsheets are available at the following link: http://www.irishsportscouncil.ie/Anti-Doping/Information_and_Education/Anti-Doping_Fact_Sheets

The Irish Sports Council Supplement Policy is available at: http://www.irishsportscouncil.ie/Anti-Doping/Information_and_Education/Food_and_Food_Supplements_Policy/

Contacts:

If you have any queries on Anti-Doping, the contact details for the Anti-Doping Officers of **Swim Ulster** are:
Betty Beattie: 028-90-826566 / bebeattie@btinternet.com

The **Irish Sports Council Anti-Doping Unit** can be contacted at:
Anti Doping Unit
Irish Sports Council
Top Floor, Block A
Westend Office Park,
Blanchardstown,
Dublin 15.

Tel: 00353 1 8608800
antidoping@irishsportscouncil.iewww.irishsportscouncil.ie