Competition Programme
2011/2012

£5/€6

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www.swimulster.net

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Swim Ulster

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Foreword.

Hello everyone and welcome to the 2011/2012 Swim Ulster Competition Handbook.

I hope that everyone is looking forward to the new swimming calendar and I would like to wish every swimmer good luck as we begin the new swimming season. Reflecting on last season's achievements, many of our talented swimmers have made their mark at national and international level and I'm sure will continue to do so this season.

Furthermore Swim Ulster was delighted that our esteemed colleague Wally Clarke was elected as the President of Swim Ireland. We wish Wally every success in his new role. His rise to the Swim Ireland tree came after many years as a volunteer with his club Cathal Brugha and the other positions he has held, these include Chairperson, Secretary and Treasurer of the Irish Water Polo Association and his roles at Swim Ulster which have included treasurer and board member.

I would also like to take this opportunity to thank all the officials, gala organisers, Coaches, Teachers, volunteers and parents who give their time to promote the sport of swimming in Ulster. Without your continued support this would not be possible. Many thanks.

On a final note I wish all our swimmers good luck as we begin this new exciting season. I hope you will enjoy the challenges that swimming brings you this year.

Thank you,

Margaret McCreesh.

Company Secretary

SWIM ULSTER COMPETITION CALENDAR 2011-2012

Competitions in bold are competitions organised by Swim Ulster

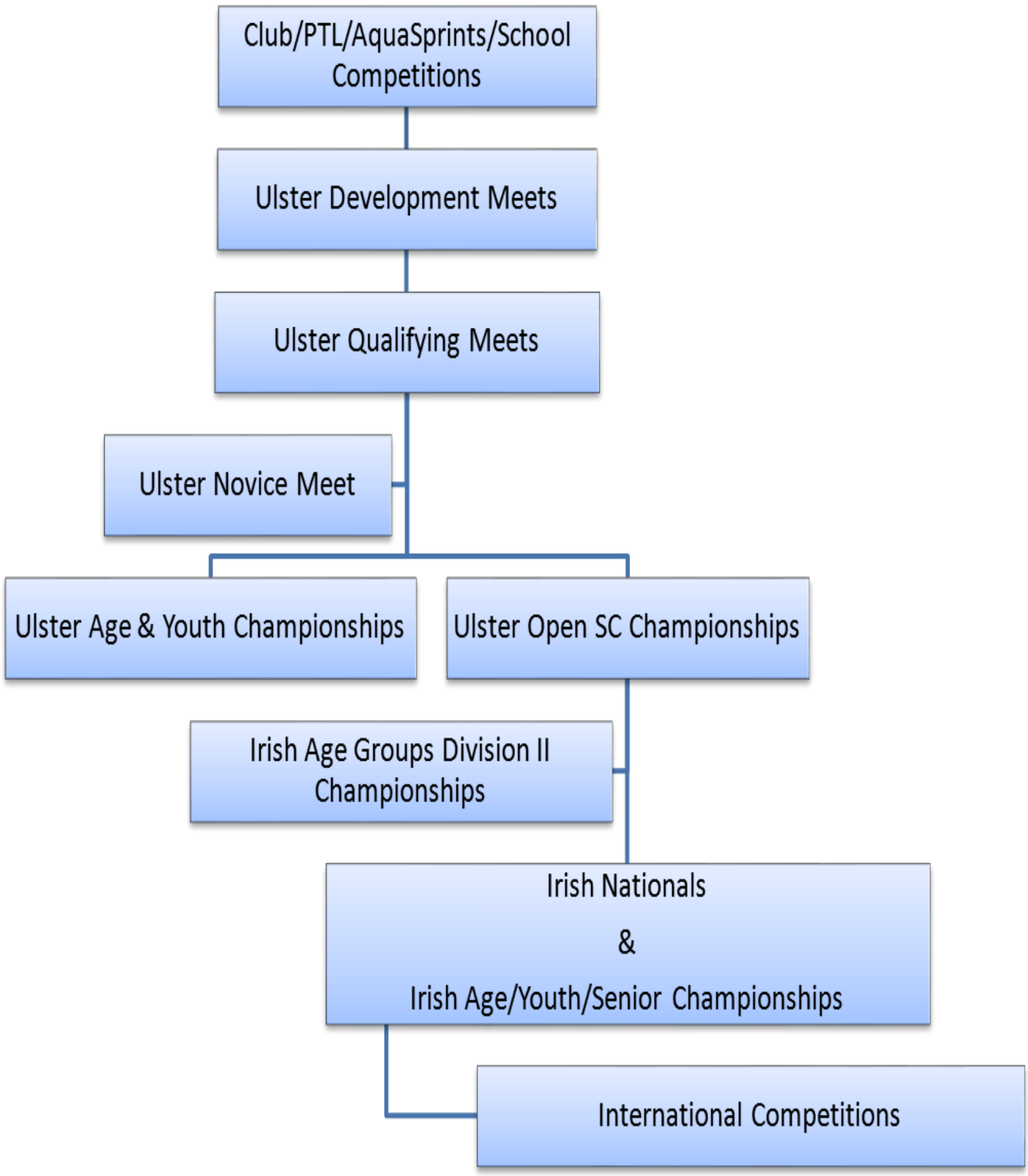
Date	Page	SEPTEMBER 2011	Venue
7TH to 13TH September		Commonwealth Youth Games	
OCTOBER 2011			
1st,8th,15th October		Ulster Minor Schools	
6th October		**Closing date SU Dev Meet 1**	
23rd October		**SU Development Meet 1**	**Cookstown**
22nd October		DSNI Swimming Gala	
28th October		**Closing date SU Hal-loween Meet**	
27th October		**Closing date War Memorial**	
28th October to		Ulster Schools Trip	
NOVEMBER 2011			
10th November		**Closing date Ulster Masters**	
11th November		**Closing Date SU Dev Meet 2**	
11th/13th November		**SU Halloween Qual-ifying Meet**	**Lisburn**
12th November		**War Memorial Gala**	**Lisburn**
18th November		**Closing date Bloom-field Ulster Open**	
19th November		Ulster Grammar Schools	
26th November		**Swim Ulster Masters Gala**	**Lisburn**
27th November		**SU Development Meet 2**	**Larne**
DECEMBER 2011			
2nd/3rd/4th December		**Bloomfield Ulster Open Champion-ships**	**Bangor**
8th to 11th December		European SC Champi-onships	
16th to 18th December		Irish SC Champion-ships	Lisburn
22nd December		**Closing date SU De-velopment meet 3**	

JANUARY 2012			
DAY	**PAGE**	**EVENT**	**VENUE**
5th January		**Closing date SU Burns Qualifying Meet**	
7th January		Ulster Schools	
15th January		**SU Development Meet 3**	**Ballymena**
20th/21st/22nd January		**SU Burns Qualifying Meet**	**Bangor**
FEBRUARY 2012			
3rd and 4th February		Irish Schools	
9th February		**Closing date SU Valentines Meet**	
19th February		Bangor Junior Meet	Bangor
23rd February		**Closing date for SU Development Meet 4**	
24th/25th/26th February		**SU Valentines Qualifying Meet**	**Larne**
MARCH 2012			
1st to 4th March		Irish LC Nationals	Dublin
8th March		**Closing date SU Age Group and Youth**	
10th March		**SU Development Meet 4**	**Bangor**
23rd/24th/25th March		**SU Age Group and Youth Championships**	**Lisburn**
APRIL 2012			
5th April		**Closing date SU Novice Meet**	
21st and 22nd April		**SU Novice and Distance Meet**	**Lisburn**
27th to 29th April		Dave Mc Cullagh and Celtic Tri Nations	NAC
		MAY 2012	
11TH May		Keith Buchanan Relays	Lisburn
12th and 13th May		Antrim Open Championships	
16th to 27th May		European Long Course Championships	
20th May		Ards Junior Meet	Ards

JUNE 2012			
DAY	**PAGE**	**EVENT**	**VENUE**
1st June		AQUASPRINT JUNIOR SWIMMING LEAGUE	Various venues
20TH TO 23RD June		ASA National Champion-ships	**Sheffield**
22nd/23rd/24th June		IAG Division 2	Limerick
JULY 2012			
4th to 8th July		European Junior Champion-ships	**Antwerp**
12th to 15th July		IAG D1 and Youth/OPEN	**Dublin**
17th to 21st July		ASA Youth Championships	**Sheffield**
22nd to 27th July		ASA Age Group Champs	Sheffield
28th to 31st July		Olympic Games	London
AUGUST 2012			
1st to 4th August		Olympic Games	**London**
30th August to 8th September		Paralympics	London

COMPETITION PATHWAY 2011-2012

(Refer to the Swim Ulster and Swim Ireland handbooks for details on each meet)



Swim Ulster General Meet Conditions

ENTRIES

Entries must be submitted using Hy-Tek Team Manager. Electronic entries, submitted on a CD or as an e-mail attachment to donna@swimulster.net are required and should include an entry report.

Entries will be rejected for the following reasons:

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

Swim Ulster reserves the right to limit entries and merge events were numbers allow. In the event that entries are rejected the entry fee will be refunded, a single cheque will be made payable to Club in question. The swim office will email confirmation of accepted entries after the closing date of the meet.

If swimmers are found to have entered meets with false times, they will be disqualified from all events that they have entered and their entry fees will be forfeit.

No refunds will be made for withdrawals other than in exceptional circumstances, or unless support-ed by a medical certificate. All withdrawals must be notified to the meet office. The organisers must be informed of withdrawals by no later than one hour prior to the session start times.

FINES

For NO SHOW (where a swimmer has not been withdrawn 1 hour before the start of racing) £5

RELAY SHEETS

Relay Sheets are to be submitted to the Meet office one hour prior to the start of the session.

AGE UP DATE

The age up date will always be the last day of the meet unless otherwise specified.

AWARDS

Competitors will only receive an award if they have achieved the qualifying standard. Swimmers must ensure that they are suitably clothed (club tee shirt and shorts or tracksuit) when receiving Awards. It is the responsibility of the Coach/Team Manager to ensure that medallists or a deputy be available for presentation as per the presentation schedule, a copy of which will be provided at the start of the meet.

STARTS

Over the top starts will be used wherever possible

SEEDING

Preliminary Heats - The placing of competitors in the heats will be multi age, spearheaded, and swum slowest to fastest.
Heat Declared Winner Events - All heats will be spearheaded, and will be swum slow to fast
Finals - Finalists shall be allocated lanes using the spearhead principal from the results of the heats

SESSION TIMES

The session times are provisional. Session timing will be finalised once all entries have been processed and swimmers/clubs will be notified accordingly. Please note that it is the swimmers` responsibility to present themselves ready to swim, to the Marshalling Area prior to the start of their event.

MEET RESULTS

Meet results will be posted on the Swim Ulster website within 72 hours of the Meet closing. Results will also be passed to Swim Ireland for their reference and inclusion in rankings. For clubs using Hy-Tek, a complete electronic copy of the Meet results can be obtained following the Meet. For all other clubs a PDF copy of the Meet results can be obtained following the Meet. A copy of the results will be emailed to all participating clubs.

Swim Ulster Development Meets

Event Information

There will be four Development meets held throughout the season to provide swimmers with the opportunity to achieve the qualifying criteria for the Ulster Qualifying Meets.

MEET	DATE	VENUE	CLOSING DATE
MEET 1	23rd October 2011	Cookstown	6th October 2011
MEET 2	27th November 2011	Larne	11th November 2011
MEET 3	15th January 2012	Ballymena	22nd December 2011
MEET 4	10th March 2012	Bangor	23rd February 2012

Age Groups

Male 10yrs & under, 11/12yrs, 13/14yrs, 15 & over

Female 9yrs & under, 10/11yrs, 12/13yrs, 14 & over

Age Up Date

Last day of the meet

Events

50m, 100m, 200m Freestyle, Backstroke, Breaststroke, Butterfly – all age groups

100m, 200m Individual Medley – all age groups

400m Freestyle – all age groups

400m Individual Medley – 11 & over

800m, 1500m Freestyle – 11 & over

Awards

Awards will be given to the first 3 places in each age group

(see Swim Ulster Meet Conditions)

Entries

Swimmers entering this meet must be a registered member of a competitive swimming club. Entries must be submitted electronically as outlined in the Swim Ulster Meet Conditions.

No qualifying times are required to enter this meet however swimmers who have achieved the standards for the Ulster Qualifying meets are not eligible to enter the Development meets.

Entry Fees

All entries must be submitted electronically using Hytek's Team Manager or Team Manager Lite software

Individual Entry Fee £4.00

Programme of Events

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

Meet 1 & 3	
Session 1 (Warm-up 9.00am – Start 10am)	**Session 2 (Warm-up 12.30 – Start 1.30pm)**
400m IM (11 & over)	100m Butterfly
200m IM (10 & under)	100m Breast
200m Free	50m Back
50m Butterfly	100m Free
200m Back	1500m Free (11 & over)

Meet 2 & 4	
Session 1 (Warm-up 9.00am – Start 10am)	**Session 2 (Warm-up 12.30 – Start 1.30pm)**
400m Free	200m Butterfly
50m Breast	50m Free
100m Back	100m IM
200m IM	800m Free (11 & over)
200m Breast	

War Memorial Gala

Event Information

The War Memorial Gala shall be held on the Saturday nearest the 11 November each year. It includes a ceremony to commemorate all swimmers who fell in the 1914-1918 and 1939-1945 World Wars. The Ceremony is conducted prior to the heats of the War Memorial Shield event.

All swimmers and officials should stand in silence around the poolside or in the gallery. The lights are dimmed and a bugler sounds the "Last Post", this is followed by a one minute's silence, after which lines from Laurence Binyon's poem "For the Fallen" are read by one of the year's winners of the Elizabeth Long Trophies. The Ceremony ends with "Reveille" sounded by the bugler.

Please Note: There should be no applause after the ceremony ends. Dress code for officials at the War Memorial Gala is white tops and grey trousers.

Date 12th November 2011 Closing Date 27th October 2011

Venue

Lagan Valley Leisureplex, Lisburn, BT28 1LP

Age Groups

Male 1999 & under, 1997 & under, Open

Female 1999 & under, 1997 & under, Open

Age Up Date

31 December 2011

Awards

Perpetual Trophies awarded to the winning team in each event.

No medals will be presented.

Entries

Clubs may enter as many teams per event as they wish.

Swimmers may swim in any event fo which they are eligible, but may only swim in one team per event.

Entry Fees

All entries must be submitted electronically using Hytek's

Team Manager or Team Manager Lite software

Relay entry fee £5.00 per team

Programme of Events

Warm-up

Age Group Females 6.00-6.20pm

Age Group Males 6.20-6.40pm

Open 6.40-7.00pm

Start: 7.15pm

Order of Events	
Heats of Events 1-8 (including ceremony before Event 8)	
Female Open	4 x 50m Medley
Male Open	4 x 50m Medley
Female 1999 & under	4 x 25m Freestyle
Male 1999 & under	4 x 25m Freestyle
Female 1997 & under	4 x 25m Medley
Male 1997& under	4 x 25m Medley
Female Open	4 x 50m Freestyle
Memorial Ceremony (No applause)	
Male Open	6 x 50m Freestyle
Presentation of Trophies for 2010-2011 Elizabeth Long Trophies – most promising 11yr old girl and boy at Ulster Age Groups Lindsay McPherson Trophy – Official of the Year Belfast Telegraph Trophy – Swimmer of the Year Disability Swimmer of the Year Les Beck Trophy - Interprovincial	
Finals of Events 1-8	
Female Open	4 x 50m Medley
Male Open	4 x 50m Medley
Female 1999 & under	4 x 25m Freestyle
Male 1999 & under	4 x 25m Freestyle
Female 1997 & under	4 x 25m Medley
Male 1997 & under	4 x 25m Medley
Female Open	4 x 50m Freestyle
Male Open	6 x 50m Freestyle

Swim Ulster Qualifying Meets

Event Information

MEET	DATE	VENUE	CLOSING DATE
Halloween Meet	11th and 13th November 2011	Lisburn	28th October 2011
Burns Meet	20th/21st/22nd January 2012	Bangor	5th January 2012
Valentines Meet	24th/25th/26th February 2012	Larne	9th February 2012

Age Groups

Minimum age of entry is 9yrs

Age Group	Youth & Open
Male 9/10yrs, 11/12yrs, 13/14yrs	15/16yrs, 17 & over
Female 9yrs, 10/11yrs, 12/13yrs	14/15yrs, 16 & over

Age Up Date

Age Group – age on last day of each meet

Youth & Open – age on last day of the series

Events

Full Olympic Programme plus 50m Backstroke, Butterfly, Breast stroke and 100m Individual Medley

Awards

Age Group Awards will be given to the first 3 places in each age group (see Swim Ulster Meet Conditions)

Youth & Open Awards will be presented at the end of the season for the fastest swims in the following 7 categories.

Butterfly (50, 100, 200m), Backstroke (50, 100, 200m)
Breaststroke (50, 100, 200m), Freestyle (50, 100, 200m)
Individual Medley (100, 200, 400m), Sprint (50m all four strokes)
Distance (400, 800, 1500m Freestyle)

A Potential Olympian medal will be awarded to swimmers who swim all 13 Olympic events throughout the series.

Entries

Swimmers must achieve a minimum of 3 qualifying times in 2 different events.

Qualifying times must be achieved in the year prior to event.

Entry Fees

All entries must be submitted electronically using Hytek's Team Manager or Team Manager Lite software:

Individual Entry Fee £4.00

Programme of Events – session times are provisional and will be finalised once all the entries have been processed.

Meet 1—incorporating The War Memorial

Session 1 Friday (Warm-up 5.00pm – Start 6.00pm)	Session 2 Saturday (Warm-up 9.00am – Start 10.00am)	Session 3 Sunday (Warm-up 9.00am – Start 10.00am)
200m Free	100m Back	200m Breast
100m Breast	200m Butterfly	100m Butterfly
400m IM	50m Free	200m IM
	50m Breast	50m Back
	400m Free	1500m Free
100m Breast Final	100m Back Final	100m Butterfly Final
	War Memorial Gala (Warm-up 6pm– Start 7.00pm)	**Session 4 Sunday (Warm-up 1.00pm – Start 2.00pm)**
		200m Back
		100m Free
		50m Butterfly
		100m IM
		800m Free
		100m Free Final

Meet 2 and 3

Session 1 Friday (Warm-up 5.00pm – Start 6.00pm)	Session 2 Saturday (Warm-up 9.00am – Start 10.00am)	Session 4 Sunday (Warm-up 9.00am – Start 10.00am)
200m Free	100m Back	200m Back
100m Breast	200m Butterfly	100m Free
400m IM	50m Free	50m Butterfly
	50m Breast	100m IM
	400m Free	800m Free
100m Breast Final	100m Back Final	100m Free Final
	Session 3 Saturday (Warm-up 1.00pm – Start 2.00pm)	
	200m Breast	
	100m Butterfly	
	200m IM	
	50m Back	
	1500m Free	
	100m Butterfly Final	

Qualifying Meet Qualifying Times

Male									Female						
11&U	12	13	14	15	16	17	18 & over	Event	17 & over	16	15	14	13	12	11&U
01:20.92	01:17.06	01:13.87	01:11.00	01:08.58	01:07.36	01:05.27	01:03.61	**100 Free**	01:11.66	01:13.43	01:14.53	01:15.85	01:17.06	01:18.50	01:22.42
02:57.81	02:49.34	02:42.29	02:36.00	02:30.60	02:28.07	02:23.32	02:20.08	**200 Free**	02:35.45	02:39.75	02:42.29	02:44.93	02:47.80	02:50.78	02:59.32
06:38.71	06:19.72	06:03.87	05:50.00	05:37.65	05:31.93	05:21.44	05:10.37	**400 Free**	05:45.10	05:54.43	06:00.14	06:06.08	06:12.38	06:19.02	06:37.97
								800 Free	11:54.22	12:08.67	12:20.33	12:32.56	12:45.50	12:59.02	13:37.97
26:25.46	25:09.96	24:06.85	23:11.72	22:22.66	22:00.05	21:18.09	20:37.88	**1500 Free**							
01:33.37	01:28.93	01:25.20	01:21.93	01:19.02	01:17.74	01:15.29	01:14.48	**100 Back**	01:23.92	01:25.55	01:26.83	01:28.34	01:29.86	01:31.38	01:35.94
03:24.37	03:14.64	03:06.48	02:59.37	02:53.08	02:50.16	02:44.69	02:43.05	**200 Back**	02:59.60	03:04.03	03:06.95	03:10.09	03:13.36	03:16.74	03:26.57
01:46.22	01:41.17	01:36.97	01:33.24	01:29.98	01:28.46	01:25.66	01:23.68	**100 Breast**	01:32.07	01:36.15	01:38.02	01:39.65	01:41.40	01:43.15	01:48.30
03:50.56	03:39.58	03:30.37	03:22.33	03:15.22	03:11.96	03:05.78	03:00.65	**200 Breast**	03:21.17	03:26.29	03:29.56	03:33.05	03:36.67	03:40.51	03:51.54
01:32.64	01:28.23	01:24.50	01:21.24	01:18.44	01:17.04	01:14.59	01:13.66	**100 Fly**	01:20.42	01:23.92	01:25.31	01:26.71	01:28.11	01:29.74	01:34.23
03:24.62	03:14.87	03:06.71	02:59.60	02:53.31	02:50.40	02:44.92	02:42.12	**200 Fly**	02:59.84	03:04.03	03:06.95	03:10.09	03:13.24	03:16.74	03:26.57
03:30.61	03:20.58	03:12.19	03:04.85	02:58.32	02:55.29	02:49.81	02:45.38	**200 IM**	03:02.87	03:09.28	03:12.31	03:15.45	03:18.83	03:22.45	03:32.57
07:26.92	07:05.64	06:47.81	06:32.31	06:18.44	06:12.14	06:00.26	05:51.75	**400 IM**	06:28.11	06:36.74	06:43.15	06:49.79	06:56.78	07:04.24	07:25.45

Ulster Masters Swimming Championships

Event Information

Date 26th November 2011

Closing Date for Entries 10th November 2011

Venue

Lagan Valley Leisureplex, Lisburn, BT28 1LP

Age Groups

Individual Age Groups

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

Relay Age Groups - accumulative age of all 4 swimmers must exceed the minimum level as indicated below:

100yrs & over, 150yrs & over, 200yrs & over

Age Up Date

31 December 2011

Awards

Perpetual Trophies awarded to the winning team in each event. No medals will be presented.

Entries

Clubs may enter as many teams per event as they wish.

Swimmers may swim in any event for which they are eligible, but may only swim in one team per event.

Entry Fees £4.00 Individual £10.00 Relay Team

Session 1 Saturday (Warm-up 10.00am – Start 10.30am	**Session 2 Saturday (Warm-up 1.30pm – Start 2.00pm**
Events – Female then Male	Events Male then Female
100m IM	50m Breast
50m Free	100m Back
100m Breast	50m Butterfly
50m Back	100m Free
100m Butterfly	400m Free
	4 x 25m FTR 100yrs & over
	4 x 25m FTR 150yrs & over
	4 x 25m FTR 200yrs & over

Bloomfield Ulster Winter Open Championships

Event Information

Date 2nd/3rd/4th December 2011

Closing Date for Entries 18th November 2011

Venue

Bangor Castle Leisure Centre, Bangor, BT20 4BN

Age Groups

Open Meet; Minimum age of entry is 9yrs

Age Up Date

Age on last day of meet – 4th December 2011

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

Events

50m, 100m, 200m all four strokes – heats and finals (A&B)

100m, 200m Individual Medley – heats and finals (A&B)

400m Individual Medley HDW

400m Freestyle, 800m Freestyle, 1500m Freestyle HDW

4 x 100m MTR, 4 x 100m FTR, 4 x 200m FTR HDW swum as finals

(Clubs may only enter one Senior and one Junior team per event)

Awards

Individual Events	**Relay Events**
Ulster Open 1st, 2nd, 3rd place	Ulster Open 1st, 2nd, 3rd place
Ulster Champion – Perpetual Trophy	Ulster Champions
Ulster Junior Champion	Ulster Junior Champions (medals for 1st place)

Entries

Qualifying times are in place for this meet; please see enclosed standards for further information. Qualifying times must be achieved in the year prior to the closing date Of the event.

Ulster Entry Fees	Individual £6.00	Relay £12.00
Non Ulster Entry Fees	Individual £8.00	Relay £16.00

Programme of Events

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

Session 1 Friday **(Warm-up 4.00pm – Start 5.00pm)**	**Session 2 Saturday** **(Warm-up 9.00am – Start 10.00am)**	**Session 3 Sunday** **(Warm-up 9.00am – Start 10.00am)**
400m IM HDW	50m Free	400m Free HDW
50m Back	200m Back	100m Back
50m Breast	50m Butterfly	200m Breast
	200m Free	100m Fly
30min break	100m Breast	200m IM
	200m Butterfly	100m Free
50m Back Finals		
50m Breast Finals	30min break	30min break
4 x 200m FTR Straight Final		
	Female 800m Free HDW	Male 1500m Free HDW
	Session 3 Saturday FINALS (Warm-up 4.00pm – Start 5.00pm)	**Session 4 Sunday FINALS (Warm-up 4.00pm – Start 5.00pm)**
	50m Free Final	100m Back Final
	200m Back Final	200m Breast Final
	50m Butterfly Final	100m Butterfly Final
	200m Free Final	200m IM Final
	100m Breast Final	100m Free Final
	200m Butterfly	4 x 100m MTR Straight Final
	4 x 100m FTR Straight Final	

Qualifying Times

Ulster Championships

Male			Female	
Ulster SC			Ulster SC	
14 & U	Open	Event	Open	13 & U
	00:27.61	**50 Free**	00:30.76	
	01:00.80	**100 Free**	01:07.74	
02:21.50	02:14.12	**200 Free**	02:27.37	02:32.20
05:00.30	04:45.13	**400 Free**	05:09.95	05:19.50
		800 Free	10:32.82	10:56.80
19:54.10	18:40.66	**1500 Free**		
	00:32.76	**50 Back**	00:36.18	
	01:09.28	**100 Back**	01:16.26	
02:50.83	02:32.01	**200 Back**	02:39.73	03:04.15
	00:36.89	**50 Breast**	00:40.36	
	01:17.00	**100 Breast**	01:25.68	
03:12.70	02:51.13	**200 Breast**	03:05.74	03:26.35
	00:31.04	**50 Fly**	00:34.92	
	01:07.62	**100 Fly**	01:16.78	
02:51.05	02:38.81	**200 Fly**	02:53.99	03:04.04
	01:13.67	**100 IM**	01:19.35	
02:56.05	02:30.44	**200 IM**	02:43.72	03:09.37
06:13.63	05:28.02	**400 IM**	05:47.63	06:36.94

Ulster Age Group and Youth Championships

Event Information

Date 23rd/24th/25th March 2012

Closing Date for Entries 8th March 2012

Venue

Lagan Valley Leisureplex, Lisburn, BT28 1LP

Age Groups

Minimum age of entry is 9yrs

Male 11 & under, 12, 13, 14, 15, 16, 17yrs

Female 11 & under, 12, 13, 14, 15, 16yrs

Age Up Date

Age on last day of the meet 25th March 2012

Events

100m, 200m all four strokes

200m Individual Medley

400m Freestyle

800m, 1500m Freestyle and 400m Individual Medley will be swum at the Distance Championships

Awards

Awards will be given to the first 3 places in each age group

(see Swim Ulster Meet Conditions)

Elizabeth Long Trophy - awarded to the top performing girl and boy who are 11 years of age on the last day of the Ulster Age Group Championships. The events counting will be the 100m in the 4 strokes and the 200m IM, scored as 7 points, 5, 4, 3, 2 and 1 (for a 6 lane pool) or 9 points, 7, 6, 5, 4, 3, 2, 1, (for an 8 lane pool) for 1st to 6th or 8th place in finals or HDW 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 achieves the qualifying time in the relevant event.

Entries

Qualifying Times will be published for this event. Swimmers with only 1 qualifying time can enter the 200BC, 200BR, 200BF and 400IM. The organisers will accept the top 8 entries in all events.

Qualifying times must be achieved in the year prior to the closing date of the event

Entry Fees Individual £4.50 Relay £12.00

Programme of Events – session times are provisional and will be finalised once all the entries have been processed.

Session 1 Friday (Warm-up 5.00pm – Start 6.00pm)	**Session 2 Saturday (Warm-up 9.00am – Start 10.00am)**	**Session 3 Sunday (Warm-up 9.00am – Start 10.00am)**
200m IM	100m Back	100m Butterfly
400m Free	200m Butterfly	200m Back
	4 x 50m MTR – 12&U, 14&U	4 x 50m FTR – 12&U, 14&U
	100m Back Final	100m Buttefly Final
	4 x 50m MTR - Final	4 x 50m FTR - Final
	Session 3 Saturday (Warm-up 1.00pm – Start 2.00pm)	**Session 4 Sunday (Warm-up 1.00pm – Start 2.00pm)**
	100m Breast	100m Free
	200m Free	200m Breast
	4 x 50m FTR – F16&U, M17&U	4 x 50 MTR – F16&U, M17&U
	100m Breast Final	100m Free Final
	4 x 50m FTR Final	4 x 50m MTR Final

Male								Female						
11 & U	12	13	14	15	16	17	Event	16	15	14	13	12	11 & U
01:17.06	01:13.40	01:10.35	01:07.62	01:05.31	01:04.15	01:02.16	100 Free	01:09.93	01:10.98	01:12.24	01:13.40	01:14.76	01:18.50
02:49.34	02:41.28	02:34.56	02:28.57	02:23.43	02:21.02	02:16.50	200 Free	02:32.14	02:34.56	02:37.08	02:39.81	02:42.64	02:50.78
06:19.72	06:01.64	05:46.54	05:33.33	05:21.57	05:16.13	05:06.14	400 Free	05:37.55	05:42.99	05:48.65	05:54.65	06:00.97	06:19.02
							800 Free	11:33.97	11:45.07	11:56.73	12:09.05	12:21.92	12:59.02
25:09.96	23:58.06	22:57.95	22:05.45	21:18.72	20:57.19	20:17.23	1500 Free						
01:28.93	01:24.69	01:21.14	01:18.03	01:15.26	01:14.04	01:11.71	100 Back	01:21.47	01:22.70	01:24.14	01:25.58	01:27.02	01:31.38
03:14.64	03:05.37	02:57.60	02:50.83	02:44.84	02:42.06	02:36.84	200 Back	02:55.27	02:58.04	03:01.04	03:04.15	03:07.37	03:16.74
01:41.17	01:36.35	01:32.35	01:28.80	01:25.69	01:24.25	01:21.59	100 Breast	01:31.57	01:33.35	01:34.90	01:36.57	01:38.23	01:43.15
03:39.58	03:29.12	03:20.35	03:12.70	03:05.93	03:02.82	02:56.93	200 Breast	03:16.47	03:19.58	03:22.91	03:26.35	03:30.01	03:40.51
01:28.23	01:24.03	01:20.47	01:17.37	01:14.70	01:13.37	01:11.04	100 Fly	01:19.92	01:21.25	01:22.58	01:23.92	01:25.47	01:29.74
03:14.87	03:05.59	02:57.82	02:51.05	02:45.06	02:42.28	02:37.07	200 Fly	02:55.27	02:58.04	03:01.04	03:04.04	03:07.37	03:16.74
03:20.58	03:11.03	03:03.04	02:56.05	02:49.83	02:46.94	02:41.73	200 IM	03:00.26	03:03.15	03:06.15	03:09.37	03:12.81	03:22.45
07:05.64	06:45.37	06:28.39	06:13.63	06:00.42	05:54.42	05:43.10	400 IM	06:17.84	06:23.95	06:30.28	06:36.94	06:44.04	07:04.24

Swim Ulster Novice Meet

Event Information

Date 21st and 22nd April 2012

Closing Date for Entries 5th April 2012

Venue

Lisburn

Age Groups

Male 10yrs & under, 11/12yrs, 13/14yrs, 15—17 yrs

Female 9yrs & under, 10/11yrs, 12/13yrs, 14 –16 yrs

Age Up Date

22nd April 2012

Events

50m all four strokes

200m all four strokes

200m Individual Medley

400m Freestyle

Awards

Novice medals will be awarded to the first 3 places in each age group

(see Swim Ulster Meet Conditions)

Club Award for the best supporting team

Entries

Swimmers entering this meet must be a registered member of a competitive swimming club. Only swimmers who have not achieved qualifying standards for the Ulster Age Group and Youth Championships are eligible to enter this meet.

Entries must be submitted electronically as outlined in the Swim Ulster Meet Conditions.

Entry Fees Individual £3.00 Relay £6.00

Programme of Events – session times are provisional and will be finalised once all the entries have been processed.

Session 1 **(Warm-up 9.00am – Start 10am)**	**Session 2** **(Warm-up 12.30 – Start 1.30pm)**
400m Free	200m Butterfly
50m Breast	50m Back
200m Back	200m Free
50m Free	50m Butterfly
200m IM	200m Breast

Not faster than times for Novice Meet																	
Male										Female							
9	10	11	12	13	14	15	16	17	Event	16	15	14	13	12	11	10	9
01:24.96	01:20.92	01:17.06	01:13.40	01:10.35	01:07.62	01:05.31	01:04.15	01:02.16	100 Free	01:09.93	01:10.98	01:12.24	01:13.40	01:14.76	01:18.50	01:22.42	01:26.54
03:06.70	02:57.81	02:49.34	02:41.28	02:34.56	02:28.57	02:23.43	02:21.02	02:16.50	200Free	02:32.14	02:34.56	02:37.08	02:39.81	02:42.64	02:50.78	02:59.32	03:08.28
06:58.64	06:38.71	06:19.72	06:01.64	05:46.54	05:33.33	05:21.57	05:16.13	05:06.14	400Free	05:37.55	05:42.99	05:48.65	05:54.65	06:00.97	06:19.02	06:37.97	06:57.87
01:38.04	01:33.37	01:28.93	01:24.69	01:21.14	01:18.03	01:15.26	01:14.04	01:11.71	100Back	01:21.47	01:22.70	01:24.14	01:25.58	01:27.02	01:31.38	01:35.94	01:40.74
03:34.59	03:24.37	03:14.64	03:05.37	02:57.60	02:50.83	02:44.84	02:42.06	02:36.84	200Back	02:55.27	02:58.04	03:01.04	03:04.15	03:07.37	03:16.74	03:26.57	03:36.90
01:51.53	01:46.22	01:41.17	01:36.35	01:32.35	01:28.80	01:25.69	01:24.25	01:21.59	100Breast	01:31.57	01:33.35	01:34.90	01:36.57	01:38.23	01:43.15	01:48.30	01:53.72
04:02.09	03:50.56	03:39.58	03:29.12	03:20.35	03:12.70	03:05.93	03:02.82	02:56.93	200Breast	03:16.47	03:19.58	03:22.91	03:26.35	03:30.01	03:40.51	03:51.54	04:03.12
01:37.27	01:32.64	01:28.23	01:24.03	01:20.47	01:17.37	01:14.70	01:13.37	01:11.04	100Fly	01:19.92	01:21.25	01:22.58	01:23.92	01:25.47	01:29.74	01:34.23	01:38.94
03:34.85	03:24.62	03:14.87	03:05.59	02:57.82	02:51.05	02:45.06	02:42.28	02:37.07	200Fly	02:55.27	02:58.04	03:01.04	03:04.04	03:07.37	03:16.74	03:26.57	03:36.90
03:41.14	03:30.61	03:20.58	03:11.03	03:03.04	02:56.05	02:49.83	02:46.94	02:41.73	200IM	03:00.26	03:03.15	03:06.15	03:09.37	03:12.81	03:22.45	03:32.57	03:43.20

Winner of 2010 2011 - trophy to be returned at Time Trials

Winner of age group trophy 2010 2011 - to be returned at time trials

PROVINCIAL TOWNS SWIMMING ASSOCIATION FIXTURE LIST 2011 2012

RESULTS POSTED TO: June Traill, 53 Castlecat Road, Bushmills, BT57 8TN

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

A - Away H - Home

DIVISION 1

	BRIEFNE -AHHAH	BANBRIDGE -AAHHA	LARNE HAAAH	NEWRY & MOURNE HAHHA	TEMPLEMORE - AHAAH	DUNGANNON - HHAHA
24th September 2011	Larne v Briefne		Newry & Mourne v Banbridge		Dungannon v Templemore	
22nd October 2011	Templemore v Larne		Briefne v Banbridge		Dungannonn v Newry & Mourne	
5th November 2011	Briefne V Templemore		Newry & Mourne v Larne		Banbridge v Dungannon	
10th December 2011	*Spare date*		*Spare date*		*Spare date*	
28th January 2012	Newry & Mourne v Templemore		Banbridge v Larne		Dungannon v Briefne	
11th February 2012	Briefne V Newry & Mourne		Templemore V Banbridge		Larne v Dungannon	
17th March 2012	*Spare date*					
9th March 2012	Trophies returned: Area Time Trials - venues to be confirmed					
31st March 2012	PTL FINALS @ - - warm up 5.30pm					

Registration by 31st May 2012: AGM 16th June 2012

DIVISION 2

	COLERAINE - AAHHA	BALLYMENA - HHAAH	SWILLY SEALS - HAHHA	ENNISKILLEN - AAAHH		PORTADOWN-AHHAH
24th September 2011	Swilly Seals v Coleraine		Ballymena v Portadown		Cookstown v Enniskillen	
22nd October 2011	Cookstown v Swilly Seals		Ballymena v Coleraine		Portadown v Enniskillen	
5th November 2011	Coleraine v Enniskillen		Portadown v Cookstown		Swilly Seals v Ballymena	
10th December 2011	*Spare date*		*Spare date*		*Spare date*	
28th January 2012	Swilly Seals v Portadown		Enniskillen v Ballymena		Coleraine v Cookstown	
11th February 2012	Portadown v Coleraine		Enniskillen v Swillly Seals		Ballymena v Cookstown	
17th March 2012	*Spare date*		*Spare date*		*Spare date*	
9th March 2012	Trophies to be returned: Area Time Trials - venues to be confirmed					
31st March 2012	PTL FINALS @ - - warm up 5.30pm					

Registration by 31st May 2012: AGM 16th June 2012

DIVISION 3

	LEANDER - HHAAH	LIMAVADY - HAAAH	BALLYMONEY-AHHAA	CITY OF DERRY-AAHHH	ALLIANCE- HAAHA	STRULE DOLPHINS-AHHHA
24th September 2011	Limavady v Strule Dolphins		Alliance v City of Derry		Leander v Ballymoney	
22nd October 2011	Leander v Limavady		Ballymoney v Alliance		Strule Dolphins v City of Derry	
5th November 2011	Strule Dolphins v Alliance		Ballymoney v Limavady		City of Derry v Leander	
10th December 2011	*Spare date*		*Spare date*		*Spare date*	
28th January 2012	City of Derry v Limavady		Strule Dolphins v Ballymoney		Alliance v Leander	
11th February 2012	City of Derry v Ballymoney		Limavady v Alliance		Leander v Strule Dolphins	
17th March 2012	*Spare date*		*Spare date*		*Spare date*	
9th March 2012	Trophies to be returned: Area Time Trials - venues to be confirmed					
31st March 2012	PTL FINALS @ - - warm up 5.30pm					

Registration by 31st May 2012: AGM 16th June 2012

DIVISION 4

	MID-ULSTER - AHAAH	LECALE - HAAHH	OLYMPIA-HAHHA	ARMAGH - HAHAH	LISBURN - AHAHA	LURGAN - AHHAA
24th September 2011	Olympia v Mid-Ulster		Armagh v Lisburn		Lecale v Lurgan	
22nd October 2011	Mid-Ulster v Lecale		Lisburn v Olympia		Lurgan v Armagh	
5th November 2011	Armagh v Mid-Ulster		Olympia v Lecale		Lurgan v Lisburn	
10th December 2011	*Spare date*		*Spare date*		*Spare date*	
28th January 2012	Lecale v Armagh		Lisburn v Mid-Ulster		Olympia v Lurgan	
11th February 2012	Mid-Ulster v Lurgan		Lecale v Lisburn		Armagh v Olympia	
17th March 2012	*Spare date*		*Spare date*		*Spare date*	
9th March 2012	Trophies to be returned: Area Time Trials - venues to be confirmed					
31st March 2012	PTL FINALS @ - - warm up 5.30pm					

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

PTL

INFO

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.

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

PROVINCIAL TOWNS SWIMMING ASSOCIATION

PROVINCIAL TOWNS LEAGUE – RULE 2011—2012

GENERAL

All Applications for inclusion in the league **MUST BE MADE NOT LATER THAN [14th June 2011] 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 rules governing 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 2011 and finish before March 2012

GROUP A – SWIMMERS BORN IN 2001 OR LATER (2002,3 etc)

GROUP C – SWIMMERS BORN IN 1997 OR 1998

GROUP B – SWIMMERS BORN IN 1999 OR 2000

GROUP D – SWIMMERS BORN IN 1996 OR EARLIER ('95,'94,

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 nor 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 email junetraill@aol.com for a typed copy if you need it.