Ulster age groups

Relays-

Sat am- 12+ under med girls- Olivia Nelson, Leigh Higgins, Megan Simpson, Christina McDowell
12+ under med boys- Aston Edmond, Michael Honan, Ethan McKnight, Jamie Nichols
14+ under med girls- Evie Dougan, Tori Johnston, Emma Watson, Niamh Baines
14+ under med boys- Glen Higgins, Jon Glover, Robbie McDowell, James Hume

Sat pm- 16+ under med girls- Chloe Black, Rachel Lynn, Jane Sofley, Jessica Fairclough

Sun am- 12+ under free girls- Olivia Nelson, Leigh Higgins, Megan Simpson, Christina McDowell
12+ under free boys- Aston Edmond, Michael Honan, Ethan McKnight, Jamie Nichols
14+ under free girls- Evie Dougan, Tori Johnston, Emma Watson, Niamh Baines
14+ under free boys- Glen Higgins, Jon Glover, Robbie McDowell, James Hume

Sun pm- 16+ under free girls- Chloe Black, Rachel Lynn, Jane Sofley, Jessica Fairclough

Post age groups party

For all those competing at age groups there will be a celebratory pizza party at Templemore on the Sunday night to thank you for representing our club after the conclusion of the Sunday session, time to be confirmed! All swimmers of any age with one or more swims in the age groups, relay or individual are invited to this. There will be a pool party first for an hour for those interested (though not compulsory) while we wait for the pizzas to arrive so bring your swim gear, the club will cover the cost of the pizzas so no money necessary. We will however need a few parents to stay for child protection.

Session cancellations!

Thurs and Fri AM cancelled!

Sat AM senior session 8-8.40 for warm up for age groups at Templemore, for one time only you will warn up properly at Templemore then do a short session of pace 50's and sprints at Lisburn to refresh stroke counts, counts from flags, starting blocks etc!

Sun PM and Mon AM Cancelled!!

Good luck all, let your coach know asap if your are unavailable for relays!!

Mark