Swim Ulster Long Course Meet

Date	24-26th May 2013
Venue	Bangor Aurora Aquatics & Leisure Centre, Bangor
Age Groups	Minimum age of entry is 9yrs 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 on last day of meet **26th May 2013**
Events	Full Olympic Programme plus 50m Backstroke, Butterfly, Breaststroke – all events HDW
Entries	Entries must be received before 4pm on 9th May 2013. No entries will be accepted after this time and date. There will be no entries on the day of the competition. The entry criteria for entering a 50 metre event in the Swim Ulster Long Course Meet is that swimmers must have the 100 metre qualifying time in that particular stroke. Short Course Qualifying times will be published for this event and swimmers may only enter events for which they have achieved a qualifying time since 1 June 2012 Entries are open to Disability swimmers who are members of the Swim Ulster Regional Disability Squad. Please supply the name of each disability swimmer and their classification in the body of the email when submitting the entry file. Swim Ulster reserves the right to limit the number of heats after the closing date to ensure session times do not exceed the 3.5hour limit. In the event that entries are rejected the entry fee will be refunded, a single cheque will be made payable to the club in question.
Awards	Medals will be awarded to the first 3 places in each age group (see Swim Ulster Meet Conditions). Awards for disabled swimmers will be awarded to the 1st, 2nd, 3rd place based on world records in the respective events.
Entry Fee	Entry fees must be received by Monday 13h May or entries received will be declared void. **Entry fee is £5 per event**

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 4 Sunday (Warm-up 9.00am – Start 10.00am)
Female 800m Free	Female 400m IM	Male 400m IM
Male 1500m Free	Male 200m IM	Female 200m IM
	Female 100m Butterfly	Male 100m Butterfly
	Male 200m Backstroke	Female 200m Backstroke
	Female 100m Breaststroke	Male 100m Breaststroke
	Male 100m Freestyle	Female 100m Freestyle
	Female 50m Butterfly	Male 50m Butterfly
	Male 50m Backstroke	Female 50m Backstroke

Session 3 Saturday (Warm-up 2.00pm – Start 3.00pm)	Session 5 Sunday (Warm-up 2.00pm – Start 3.00pm)
Male 400m Freestyle	Female 400m Freestyle
Female 200m Freestyle	Male 200m Freestyle
Male 200m Breaststroke	Female 200m Breaststroke
Female 100m Backstroke	Male 100m Backstroke
Male 200m Butterfly	Female 200m Butterfly
Female 50m Freestyle	Male 50m Freestyle
Male 50m Breaststroke	Female 50m Breaststroke