SWIM ULSTER

HALLOWEEN, CHRISTMAS AND VALENTINES MEETS 2013/14

Meet Information

Meet	Date	Venue	Closing Date
Halloween Meet	18th,19th,20th October 2013	Larne	*7th Oct 2013*
Christmas Meet	13th,14th,15th December 2013	Lisburn	*22nd Nov 2013*
Valentines Meet	7th,8th,9th February 2014	Lisburn	*17th Jan 2014*

Age Groups;
Minimum entry age is 9 yrs
Males; 9/10 yrs, 11/12 yrs, 13/14 yrs, 15/16 yrs, 17 & older
Females; 9 yrs, 10/11 yrs, 12/13 yrs, 14/15 yrs, 16 & older

Age Up Date;
Age on last day of each meet

Events
A full Olympic Programme plus 50m Backstroke, Breaststroke and Butterfly, 100 Individual Medley, Men's 800 Freestyle and Women's 1500m Freestyle
(If a swimmer is attempting to set a record in either the Men's 800 or Women's 1500 freestyle, coaches must notify the Swim Ulster Office when the entries are being submitted)
All events are Heat Declared Winner

Awards; Medals will be awarded in each age group to the first three swimmers in an event who have swam faster in the meet competition than the qualifying standard time for entry to that event.

Multi Class/Disability Athletes;

Swimmers with a disability who have achieved the qualifying time for any event will be subject to all the terms of open competition and will not be eligible for a separate Multi Class Award.
Other Ulster Regional Disability Squad swimmers, who have not achieved a qualifying time will, as far as is practical, swim together in a Multi-C lass heat and medals will be awarded to the the first 3 places irrespective of classification and age.

Entries; Swimmers entering this meet must be a registered member of an affiliated club.
All entries must be submitted on the meet Hy tek file and include a time – no swims will be accepted without a time.
The Swim Ireland Registration number for each swimmer must be included in the file.
Swimmers must have 3 or more qualifying times to enter any of these meets. These Qualifying Times must be achieved in the year prior to the closing date of this event.
Swimmers are allowed to enter a maximum of 3 bonus events in addition to those in which they have achieved the qt
£5 per event
Entries to be emailed to
ruth@swimulster.net
07714750455

Programme of Events

Session times may be changed if there are a large number of entries

Session 1 Friday
**Warm up 5.00 pm Start 6.00 pm
Halloween Meet Female 800m Freestyle
Christmas & Valentines Meets Mixed 800m Freestyle
Halloween Meet Male 1500 Freestyle
Christmas & Valentines Meets Mixed 1500 Freestyle

Session 2 Sat am	Session 3 Sat pm
**Warm up 9.00am Start 10.00am	**Warm up 2.00pm Start 3.00pm
Female 400 Individual Medley	Male 400 Freestyle
Male 200 Individual Medley	Female 200 Freestyle
Female 100 Butterfly	Male 200 Breaststroke
Male 200 Backstroke	Female 100 Backstroke
Female 100 Breaststroke	Male 200 Butterfly
Male 100 Freestyle	Female 50 Freestyle
Female 50 Butterfly	Male 50 Breaststroke
Male 50 Backstroke	Female 100 Individual Medley

Session 4 Sun am	Session 5 Sun pm
**Warm up 9.00am Start 10.00am	**Warm up 2.00pm Start 3.00pm
Male 400 Individual Medley	Female 400 Freestyle
Female 200 Individual Medley	Male 200 Freestyle
Male 100 Butterfly	Female 200 Breaststroke
Female 200 Backtstroke	Male 100 Backstroke
Male 100 Breaststroke	Female 200 Butterfly
Female 100 Freestyle	Male 50 Freestyle
Male 50 Butterfly	Female 50 Breaststroke
Female 50 Backstroke	Male 100 Individual Medley