DEVELOPMENT MEETS

Meet Information

There will be 4 Development Meets held throughout the 2014/2015 season to provide swimmers with opportunities to achieve the qualifying criteria for the Ulster Qualifying Meets.

Meet	Date	Venue	Closing Date for Entries / Payment
Development Meet 3	17th January 2015	Lisburn	***22nd December 2014***
Development Meet 4	1st March 2015	Larne	***10th February 2015***

Age Groups : *Minimum entry age is 9 yrs*

Male : 9yrs, 10 yrs, 11yrs, 12 yrs, 13yrs, 14 yrs, 15yrs & older
Female : 9yrs, 10 yrs, 11yrs, 12 yrs, 13yrs, 14 yrs, 15yrs & older

Age Up Date : Age on day of meet

Events :
100m and 200m Freestyle, Backstroke, Breaststroke – all age groups
100m Butterfly and 200m Individual Medley – all age groups
100m Individual Medley – Males 9-11yrs, Females 9 & 10yrs
400m Freestyle – Males 11yrs & older, Females 10yrs & older

Awards : Medals will be awarded to the *fastest 3 swimmers* in each age group.

Multi-Class / Disability Swimmers will swim together in a Multi-Class heat.
Medals will be awarded to the 3 fastest swimmers irrespective of classification and/or age.

Entries: Swimmers entering this meet must be a 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. Entries to be emailed to admin@swimulster.net. *Swimmers are restricted to 4 events per meet.*

There are no qualifying times for the Development Meets. Swimmers can be entered either on times achieved previously, or time trials done in their club.
Swimmers who have 3 or more qualifying times for the Autumn, Spring & Summer Meets are not eligible to enter the Development Meets.

Price : £5 per event. Payment should be forwarded to the Swim Ulster Office by the closing date.

DEVELOPMENT MEETS

Programme of Events

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

Meet 3 – Lisburn - 17th January 2015	
**Warm up 9.00am Start 10.00am	**Warm up 2.00pm Start 3.00pm
*Female 100 Individual Medley	Male 200 Backstroke
Male 200 Freestyle	Female 200 Individual Medley
Female 200 Breaststroke	Male 100 Breaststroke
Male 100 Butterfly	Female 100 Freestyle
Female 100 Backstroke	*Male 400 Freestyle

Meet 4 – Larne– 1st March 2015	
**Warm up 9.00am Start 10.00am	**Warm up 2.00pm Start 3.00pm
*Male 100 Individual Medley	Female 200 Backstroke
Female 200 Freestyle	Male 200 Individual Medley
Male 200 Breaststroke	Female 100 Breaststroke
Female 100 Butterfly	Male 100 Freestyle
Male 100 Backstroke	*Female 400 Freestyle

**Note event restrictions*
100 Individual Medley – only open to Males 9-11 yrs, Females 9,10 yrs
400 Freestyle – only open to Males 11 yrs & Older, females 10 yrs & older

Swim Ulster Open Meets (Autumn, Spring & Summer) 2014-2015
Short Course Qualifying Times

Male								Female					
9-11	**12**	**13**	**14**	**15**	**16/17**	**Open**	**Events**	**Open**	**15/16**	**14**	**13**	**12**	**9-11**
						00:27.88	**50Free**	00:31.74					
01:22.13	01:17.76	01:13.03	01:09.39	01:06.92	01:02.43	00:59.86	**100Free**	01:07.61	01:11.69	01:12.57	01:14.02	01:16.65	01:20.93
03:00.95	02:49.37	02:42.06	02:32.65	02:30.87	02:20.64	02:13.01	**200Free**	02:27.51	02:35.25	02:38.62	02:40.10	02:49.42	02:58.60
06:27.52	06:10.58	05:59.51	05:37.20	05:37.20	05:29.54	04:52.90	**400Free**	05:14.00	05:39.19	05:40.21	05:49.15	06:13.02	06:27.04
							800Free	10:56.66	12:09.88	12:09.88	12:09.88	12:48.53	13:13.66
26:55.66	25:38.72	24:34.41	23:38.23	22:48.23	21:42.44	19:59.11	**1500Free**						
						00:34.14	**50Back**	00:37.03					
01:35.16	01:30.62	01:27.09	01:23.49	01:20.53	01:16.72	01:11.37	**100Back**	01:16.97	01:23.46	01:25.05	01:25.18	01:28.81	01:32.04
03:24.32	03:18.35	03:10.03	02:59.34	02:56.38	02:47.82	02:39.91	**200Back**	02:48.73	03:00.57	03:01.92	03:11.22	03:14.52	03:18.53
						00:39.43	**50Breast**	00:43.19					
01:48.25	01:42.72	01:38.81	01:35.02	01:31.69	01:27.30	01:20.36	**100Breast**	01:30.09	01:38.44	01:39.55	01:41.50	01:43.81	01:46.44
03:54.95	03:43.76	03:34.37	03:26.19	03:18.95	03:09.32	03:02.26	**200Breast**	03:18.74	03:30.22	03:37.11	03:40.79	03:44.71	03:49.18
						00:31.14	**50Fly**	00:35.85					
01:34.41	01:29.91	01:26.10	01:22.79	01:19.93	01:14.09	01:08.13	**100Fly**	01:17.08	01:25.60	01:28.36	01:29.79	01:31.45	01:36.02
03:28.51	03:18.58	03:10.27	03:03.02	02:56.61	02:51.26	02:49.93	**200Fly**	03:06.17	03:07.54	03:13.71	03:16.92	03:20.49	03:30.51
						01:16.62	**100IM**	01:23.59					
03:28.33	03:21.86	03:08.21	03:02.12	03:01.72	02:48.97	02:33.92	**200IM**	02:49.97	03:02.87	03:05.78	03:05.78	03:13.54	03:21.83
07:35.43	07:13.75	06:55.58	06:39.78	06:25.65	06:07.12	05:50.94	**400IM**	06:08.48	06:44.29	06:57.60	07:04.73	07:12.32	07:33.94