DEVELOPMENT MEETS

Meet Information

There will be 4 Development Meets held throughout the 2015/2016 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 1	Sunday, 29th November 2015	Newry	***9th November 2015***
Development Meet 2	Sunday, 24th January 2016	Lisburn	***4th January 2016***
Development Meet 3	Saturday, 27th February 2016	Omagh	***8th February 2016***
Development Meet 4	Saturday, 7th May 2016	Larne	***18th April 2016***

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 Winter, 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 1 – Newry – 29th November 2015 Meet 3 – Omagh – 27th February 2016	
**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 2 – Lisburn – 24th January 2016 Meet 4 – Larne – 7th May 2016	
**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 Qualifying Meets 2015-2016
(Winter, Spring & Summer)
Short Course Qualifying Times

Male								Female					
9-11	**12**	**13**	**14**	**15**	**16/17**	**Open**	**Events**	**Open**	**15/16**	**14**	**13**	**12**	**9-11**
						00:27.70	**50Free**	00:31.46					
01:22.13	01:17.51	01:13.03	01:09.15	01:06.92	01:02.43	00:59.73	**100Free**	01:06.96	01:10.63	01:11.69	01:13.70	01:15.97	01:20.73
03:00.58	02:48.41	02:42.00	02:32.65	02:30.87	02:20.64	02:12.92	**200Free**	02:26.33	02:33.51	02:36.66	02:38.80	02:47.35	02:57.58
06:23.62	06:08.28	05:55.12	05:24.89	05:24.89	05:29.54	04:52.11	**400Free**	05:12.05	05:38.79	05:39.07	05:49.15	06:06.96	06:24.24
							800Free	10:53.47	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**						
						00:34.04	**50Back**	00:36.66					
01:35.16	01:30.62	01:27.09	01:23.49	01:20.53	01:16.72	01:11.11	**100Back**	01:16.40	01:22.19	01:23.46	01:24.99	01:27.59	01:32.02
03:22.72	03:18.35	03:09.24	02:59.34	02:56.38	02:47.82	02:39.22	**200Back**	02:47.44	02:59.51	03:01.92	03:08.32	03:11.11	03:17.66
						00:39.43	**50Breast**	00:43.12					
01:48.25	01:42.72	01:38.81	01:35.02	01:31.69	01:27.30	01:20.36	**100Breast**	01:28.92	01:37.81	01:37.81	01:39.15	01:42.72	01:46.44
03:54.95	03:43.76	03:34.37	03:26.19	03:18.95	03:09.32	03:01.43	**200Breast**	03:16.41	03:30.22	03:37.11	03:40.79	03:44.71	03:48.67
						00:30.88	**50Fly**	00:35.42					
01:34.41	01:29.91	01:26.10	01:22.79	01:19.93	01:14.09	01:07.57	**100Fly**	01:15.64	01:25.51	01:28.81	01:29.39	01:31.45	01:36.02
03:28.51	03:18.58	03:10.27	03:03.02	02:56.61	02:51.26	02:49.13	**200Fly**	03:02.31	03:07.54	03:13.71	03:16.92	03:20.49	03:30.51
						01:16.62	**100IM**	01:23.09					
03:27.82	03:19.90	03:07.12	02:59.79	02:59.79	02:48.97	02:33.36	**200IM**	02:48.26	03:01.02	03:04.02	03:04.02	03:10.48	03:20.61
07:35.43	07:13.75	06:55.58	06:39.78	06:25.65	06:07.12	05:48.64	**400IM**	06:03.06	06:17.72	06:17.72	06:26.81	06:42.41	07:22.22

Swim Ulster Qualifying Meets 2015-2016
(Winter, Spring & Summer)
Long Course Qualifying Times

Male								Female					
9-11	12	13	14	15	16/17	Open	Events	Open	15/16	14	13	12	9-11
						00:28.26	**50Free**	00:32.09					
01:23.78	01:19.06	01:14.49	01:10.54	01:08.26	01:03.68	01:00.92	**100Free**	01:08.30	01:12.04	01:13.12	01:15.18	01:17.49	01:22.35
03:04.20	02:51.78	02:45.24	02:35.70	02:33.89	02:23.45	02:15.57	**200Free**	02:29.26	02:36.58	02:39.79	02:41.97	02:50.69	03:01.13
06:31.29	06:15.65	06:02.22	05:31.39	05:31.39	05:36.13	04:57.95	**400Free**	05:18.30	05:45.57	05:45.85	05:56.13	06:14.30	06:31.92
							800Free	11:06.54	12:24.48	12:24.48	12:24.48	13:03.90	13:29.54
27:27.97	26:09.50	25:03.89	24:06.60	23:15.60	22:08.48	20:23.09	**1500Free**						
						00:34.72	**50Back**	00:37.39					
01:37.06	01:32.43	01:28.83	01:25.16	01:22.14	01:18.25	01:12.53	**100Back**	01:17.93	01:23.83	01:25.13	01:26.69	01:29.34	01:33.86
03:26.78	03:22.31	03:13.03	03:02.93	02:59.91	02:51.18	02:42.40	**200Back**	02:50.79	03:03.10	03:05.56	03:12.09	03:14.93	03:21.61
						00:40.22	**50Breast**	00:43.98					
01:50.42	01:44.77	01:40.79	01:36.92	01:33.52	01:29.05	01:21.96	**100Breast**	01:30.70	01:39.76	01:39.76	01:41.13	01:44.77	01:48.57
03:59.65	03:48.23	03:38.66	03:30.31	03:22.92	03:13.10	03:05.06	**200Breast**	03:20.34	03:34.43	03:41.46	03:45.21	03:49.20	03:53.24
						00:31.50	**50Fly**	00:36.13					
01:36.29	01:31.71	01:27.82	01:24.44	01:21.53	01:15.57	01:08.92	**100Fly**	01:17.15	01:27.22	01:30.59	01:31.18	01:33.28	01:37.94
03:32.68	03:22.55	03:14.07	03:06.68	03:00.15	02:54.69	02:52.52	**200Fly**	03:05.95	03:11.29	03:17.59	03:20.86	03:24.50	03:34.72
							100IM						
03:31.97	03:23.90	03:10.86	03:03.39	03:03.39	02:52.35	02:36.43	**200IM**	02:51.62	03:04.64	03:07.70	03:07.70	03:14.29	03:24.63
07:44.54	07:22.42	07:03.89	06:47.78	06:33.36	06:14.46	05:55.61	**400IM**	06:10.32	06:25.28	06:25.28	06:34.54	06:50.45	07:31.06