Criteria for the Ulster Interprovincial Team 2016

The Ulster Interprovincial Team 2016 will be selected from the results of the Swim Ulster Schools Cup & Championships 2015. Swimmers must have competed to be eligible for selection.

All expenses will be covered by Swim Ulster.

Age Groups: Junior, Intermediate and Senior

Events: All Events are HDW
100m Backstroke, Breaststroke, Butterfly, Freestyle
200m IM
400m Freestyle (Open only)
4 x 50m Medley Team Relay
4 x 50m Freestyle Team Relay

Individual Selection:

- The fastest two swimmers in each age group in the 100m Backstroke, Breaststroke, Butterfly, Freestyle, and 200m IM will be selected from the SU Schools Cup & Championships results
- The fastest two swimmers overall in the 400m Freestyle will be selected to swim the Open 400m Freestyle Event
- Swimmers are permitted to swim a maximum of two individual events (excluding the 400m Freestyle) and two relay events

Relay Selection:

- Relay teams will be selected using the Swim Ulster Hytek Rankings
- In the event that the team size is less than 40 Swim Ulster may select additional eligible athletes for relays only.
- Two teams per event may be entered and athletes may swim up if they haven't already competed in their own age group