WINTER, SPRING & SUMMER QUALIFYING MEETS 2015-2016

Meet Information

Meet	Date	Venue	Closing Date for Entries / Payment
Winter Meet	18th, 19th 20th December 2015	Lisburn	*1st December 2015*
Spring Meet (LC)	12th, 13th, 14th February 2016	Bangor Aurora	*25th January 2016*
Summer Meet (LC)	20th,21st,22nd May 2015	Bangor Aurora	*2nd May 2016*

Age Groups;
Minimum entry age is 9 yrs
Male : 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16yrs, 17 & older
Female : 9yrs, 10yrs, 11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16 & older

Age Up Date : Age on first 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 to the fastest 3 swimmers in each age group in each event. To be eligible for a medal, the swimmer must be within the qualifying time for the 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-Class heat and medals will be awarded to the first 3 places irrespective of classification and age.

Entries :

Swimmers entering these meets must be a registered member of an affiliated club. Entries to be emailed to admin@swimulster.net. 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.

3 qualifying times are needed for entry to any of the Winter, Spring & Summer Meets. These times must have been achieved during the 12 months prior to the meet entered.
Swimmers are allowed to enter a maximum of 3 bonus events in addition to those in which they have achieved the qualifying time

Price : £5 / €6.50* per event Payment should be forwarded to the Swim Ulster Office by the closing date.
Please note that the Euro Equivalent may fluctuate *

WINTER, SPRING & SUMMER QUALIFYING MEETS 2015-2016

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**
Winter Meet Female 800m Freestyle
Spring & Summer Meets Mixed 800m Freestyle
Winter Meet Male 1500 Freestyle
Spring & Summer Meets Mixed 1500 Freestyle

Session 2 Sat am ****Warm up 9.00am Start 10.00am**	**Session 3 Sat pm** ****Warm up 1.00pm Start 2.00pm**
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 ****Warm up 9.00am Start 10.00am**	**Session 5 Sun pm** ****Warm up 1.00pm Start 2.00pm**
Male 400 Individual Medley	Female 400 Freestyle
Female 200 Individual Medley	Male 200 Freestyle
Male 100 Butterfly	Female 200 Breaststroke
Female 200 Backstroke	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

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	05:24:89	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	05:31:39	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