Ulster Age Group & Youth
Long Course Championships 2016

Event Information

Date 8th – 10th April 2016

Venue Aurora Aquatic & Leisure Complex, 3 Valentine Road, Bangor, BT20 4TH

Age Groups Minimum age of entry is 9yrs
Male : 9-11yrs, 12yrs, 13yrs, 14yrs, 15yrs, 16/17yrs
Female : 9-11yrs, 12yrs, 13yrs, 14yrs, 15/16yrs

Age Up Date Age on first day of the meet

Events **Individual Events:**

100m, 200m Freestyle, Backstroke, Breaststroke, Butterfly – Heats & Finals
200m Individual Medley – Heats & Finals
400m Individual Medley, 400m/800m/1500m Freestyle – Heat Declared Winners

Relay Events:

4 x 50m Medley & 4 x 50m Freestyle. HDW events swum in the finals sessions
Male, Female 12&u, Male, Female 14&u, Female 16&u, Male 17&u
Relay entry conditions
Clubs are limited to two teams per event
Clubs must enter teams when submitting the Hy-tek entries and must generate an entry time on Hy-tek for seeding purposes. Clubs not submitting an entry time will be seeded in the slowest heat.
Clubs can use swimmers who have no individual events providing their names are on the team lists submitted with the entries
A Swimmer can only swim in one Medley and one Freestyle Relay and can either swim in their own age group or swim up.

Multi Class/Disability Athletes

Swimmers with a disability who have achieved the qualifying times 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 must have a National Classification and have a recorded time in the events entered. As far as is practical a separate Multi Class final will be held if there are 4 or more entries in the 100m Backstroke, 100m Butterfly, 100m Breaststroke, and 100m Freestyle. Medals will be awarded to the top three swimmers based on percentage closest to the world record or ranking in their classification.

Awards Medals will be awarded to the fastest 3 Ulster 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. Commemorative medals will be awarded to swimmers from outside the Ulster region if they finish 1st, 2nd or 3rd.

Elizabeth Long Trophy - awarded to the top performing girl and boy who are 11 years of age on the last day of the Ulster Age Group Championships **and are a member of a Swim Ulster Club**. This trophy will be presented at the War Memorial Gala, November 2016. The events counting will be the 100m in the 4 strokes and the 200m IM, scored as points - 11, 9, 8, 7, 6, 5, 4, 3, 2, 1 and for 1st to 10th place in finals or HDW events. The swimmer with the greatest number of points over the 5 events will be the winner. In the event of a tie the award will be shared. Points will only be awarded if swimmers achieve the qualifying time in the relevant event.

J**oe Fitzpatrick Trophy** - awarded to the top performing girl and boy who are 14 years of age on the last day of the Ulster Age Group Championships **and are a member of a Swim Ulster Club**. This trophy will be presented at the War Memorial Gala, November 2016. The events counting will be the **200m** in the 4 strokes and the **400m IM**, scored as points - 11, 9, 8, 7, 6, 5, 4, 3, 2, 1 and for 1st to 10th place in finals or HDW events. The swimmer with the greatest number of points over the 5 events will be the winner. In the event of a tie the award will be shared. Points will only be awarded if swimmers achieve the qualifying time in the relevant event.

Entries Swimmers entering the 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. The Swim Ireland Registration number for each swimmer must be included in the file.
Long Course & Short Course Qualifying Times have been published for this event and must be achieved in the year prior to the closing date for the competition. If the swimmer does not have Long Course Qualifying Times – a short course conversion to long course must be used – **no short course times should be submitted.**
Swimmers achieving less than three qualifying times can only swim in the events in which they qualify. Swimmers achieving three or more qualifying times can enter a maximum of two bonus swims from the following: 200BF, 200BC, 200BR, 400IM.

Entries in the 800m and 1500m events will be limited to the top six per age group based on rankings on the closing date for entries. If all lanes are not filled swimmers will be offered a lane based on rankings irrespective of age.

A maximum of 2 swimmers from outside the Ulster region are permitted to swim in each final. Commemorative medals will be awarded to swimmers from outside the Ulster region if they finish 1st, 2nd or 3rd.

Entry Fees Individual £5 / €6.50*
Team £10 / €13*

Closing Date 18th March 2016

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Programme of Events –
Session times are provisional and
will be finalised once all the entries have been processed.

Friday 8th April 2016	**Saturday 9th April 2016**	**Sunday 10th April 2016**
Session 1 **Warm-up – Boys - 8.30am** **Start 10.00am**	**Session 3** **Warm-up – Girls - 8.30am** **Start 10.00am**	**Session 5** **Warm-up – Boys - 8.30am** **Start 10.00am**
Boys 200m Free	Girls 200m IM	Boys 200m IM
Girls 100m Free	Boys 100m Free	Girls 400m IM HDW
Boys 400m IM HDW	Girls 400m Free HDW	Boys 400m Free HDW
Girls 100m Breast	Boys 200m Breast	Girls 100m Fly
Boys 200m Back	Girls 200m Fly	Boys 100m Back
Girls 200m Back	Boys 100m Fly	Girls 200m Breast
Boys 100m Breast	Girls 100m Back	Boys 200m Fly
Girls 800m Free HDW	Boys 1500m Free HDW	Girls 200m Free
Session 2 Finals **Warm-up – Mixed - 3.30pm** **Start 4.30pm**	**Session 4 Finals** **Warm-up – Mixed – 3.30pm** **Start 4.30pm**	**Session 6 Finals** **Warm-up – Mixed - 3.00pm** **Start 4.00pm**
Boys 200m Free	Girls 200m IM	Boys 200m IM
Girls 100m Free	Boys 100m Free	Girls 100m Fly
Boys 100m Breast	Girls 100m Back	Boys 100m Back
Girls 200m Back	Boys 200m Breast	Girls 200m Breast
Boys 200m Back	Girls 200m Fly	Boys 200m Fly
Girls 100m Breast	Boys 100m Fly	Girls 200m Free
Boys 12&U 4 x 50m MTR	Girls 12&U 4 x 50 FTR	Boys 14&U 4 x 50FTR
Girls 12&U 4 x 50m MTR	Boys 12&U 4 x 50 FTR	Girls 14&U 4 x 50FTR
Boys 14&U 4 x 50m MTR	Girls 16&U 4 x 50 MTR	Boys 17&U 4 x 50FTR
Girls 14&U 4 x 50m MTR	Boys 17&U 4 x 50 MTR	Girls 16&U 4 x 50FTR

Ulster Age Group & Youth Championships 2016
Short Course Qualifying Times

Male							Female				
9-11	**12**	**13**	**14**	**15**	**16/17**	**Events**	**15/16**	**14**	**13**	**12**	**9-11**
01:16.76	01:12.44	01:08.25	01:04.63	01:02.54	00:58.35	**100Free**	01:06.01	01:07.21	01:08.88	01:11.42	01:15.45
02:48.77	02:37.39	02:31.40	02:22.66	02:21.00	02:11.44	**200Free**	02:23.47	02:26.41	02:28.41	02:36.40	02:45.96
05:58.52	05:44.19	05:31.89	05:03.64	05:03.64	05:03.64	**400Free**	05:16.63	05:16.89	05:26.31	05:42.95	05:59.10
						800Free	11:22.13	11:22.13	11:22.13	11:58.25	12:21.74
25:09.96	23:58.06	22:57.95	22:05.45	21:18.72	20:17.23	**1500Free**					
01:28.93	01:24.69	01:21.39	01:18.03	01:15.26	01:11.70	**100Back**	01:16.81	01:18.47	01:19.43	01:21.86	01:25.85
03:09.46	03:05.37	02:56.86	02:47.61	02:44.84	02:36.84	**200Back**	02:47.77	02:50.02	02:56.00	02:58.61	03:04.73
01:41.17	01:36.00	01:32.35	01:28.80	01:25.69	01:21.59	**100Breast**	01:31.41	01:31.41	01:32.66	01:35.98	01:39.48
03:39.58	03:29.12	03:20.35	03:12.70	03:05.93	02:56.93	**200Breast**	03:16.47	03:22.91	03:26.35	03:30.01	03:33.71
01:28.23	01:24.03	01:20.47	01:17.37	01:14.70	01:09.24	**100Fly**	01:19.92	01:22.58	01:23.54	01:25.47	01:29.74
03:14.87	03:05.59	02:57.82	02:51.05	02:45.06	02:40.06	**200Fly**	02:55.27	03:01.04	03:04.04	03:07.37	03:16.74
03:14.22	03:06.82	02:54.88	02:48.03	02:48.03	02:37.92	**200IM**	02:49.18	02:51.98	02:51.98	02:58.02	03:07.49
07:05.64	06:45.37	06:28.39	06:13.63	06:00.42	05:43.10	**400IM**	05:53.01	05:53.01	06:01.50	06:16.08	06:53.29

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Male							Female				
9-11	**12**	**13**	**14**	**15**	**16/17**	**Events**	**15/16**	**14**	**13**	**12**	**9-11**
01:18.30	01:13.89	01:09.62	01:05.92	01:03.79	00:59.52	**100Free**	01:07.33	01:08.34	01:10.26	01:12.42	01:16.96
02:52.15	02:40.54	02:34.43	02:25.51	02:23.82	02:14.07	**200Free**	02:26.34	02:29.34	02:31.38	02:39.53	02:49.28
06:05.69	05:51.07	05:38.53	05:09.71	05:09.71	05:09:71	**400Free**	05:22.96	05:23.23	05:32.84	05:49.81	06:06.28
						800Free	11:35.77	11:35.77	11:35.77	12:12.61	12:36.57
25:40.16	24:26.82	23:25.51	22:31.96	21:44.29	20:41.57	**1500Free**					
01:30.71	01:26.38	01:23.02	01:19.59	01:16.77	01:13.13	**100Back**	01:18.35	01:19.56	01:21.02	01:23.50	01:27.72
03:13.25	03:09.08	03:00.40	02:50.96	02:48.14	02:39.98	**200Back**	02:51.13	02:53.42	02:59.52	03:02.18	03:08.42
01:43.19	01:37.92	01:34.20	01:30.58	01:27.40	01:23.22	**100Breast**	01:33.24	01:33.24	01:34.51	01:37.92	01:41.47
03:43.97	03:33.30	03:24.36	03:16.55	03:09.65	03:00.47	**200Breast**	03:20.40	03:26.97	03:30.48	03:34.21	03:37.98
01:29.99	01:25.71	01:22.08	01:18.92	01:16.19	01:10.62	**100Fly**	01:21.52	01:24.66	01:25.21	01:27.18	01:31.53
03:18.77	03:09.30	03:01.38	02:54.47	02:48.36	02:43.26	**200Fly**	02:58.78	03:04.66	03:07.72	03:11.12	03:20.67
03:18.10	03:10.56	02:58.38	02:51.39	02:51.39	02:41.08	**200IM**	02:52.56	02:55.42	02:55.42	03:01.58	03:11.24
07:14.15	06:53.48	06:36.16	06:21.10	06:07.63	05:49.96	**400IM**	06:00.07	06:00.07	06:08.73	06:23.60	07:01.56