



DEVELOPMENT MEETS 2016-2017

These meets are the first introduction to open competition for the majority of club members therefore it is important that swimmers, coaches and parents have an enjoyable experience. Over the last few years the Development Meets have been very popular and sessions have become very long.

Swim Ulster have proposed and implemented some changes to the Development Meet format for the 2016-2017 season:

- A staggered introduction to competition i.e. 9/10yrs will only swim 50m events plus 100m Individual Medley and 11&over will swim 50m Butterfly; 100m Backstroke, Breaststroke, Freestyle; and 200m Individual Medley
- Technical assessment on the Individual Medley events to ensure that swimmers progressing to the Qualifying Meets have four legal strokes and can execute good streamlining on turns
- Introduction of mixed relays for speed development and fun

The purpose of these changes is to ensure swimmers at this age focus on skill application during racing, and provide a fun and rewarding experience for everyone.

Swimmers wishing to qualify for the Qualifying Meets are required to achieve a qualifying time on Individual Medley (legal strokes and streamlining - hips past the flags) and two 50m (9/10yrs) or 100m (11&over) qualifying times.

Qualifying times on the 50m events have been established by calculating the pace required on the first 50m of the 100m to qualify for the Ulster Age Groups at age 11years. The 11&over qualifying times have been established using the methodology below.

**Andrew Reid,
SI Ulster High Performance Coach
September 2016**



DEVELOPMENT MEETS 2016-2017

Meet Information

There will be 4 Development Meets held throughout the 2016-2017 season to provide swimmers with opportunities to achieve the qualifying criteria for the Ulster Qualifying Meets.

The first 2 Development Meets will be held at 6 lane centres and will be divided into regions as follows :

North	South
Alliance, Ards, Ballymena, Ballymoney, Bangor, City of Belfast, Coleraine, Donegall, Larne, Leander, Limavady, Lisburn, Mid Ulster, Olympia, Templemore	Armagh, Banbridge, Breifne, City of Derry, Cookstown, Dungannon, East Cavan, Enniskillen, Killeel, Lecale, Lurgan, Marlin's, Newry & Mourne, Portadown, Sliabh Beagh, Strule Dolphins, Swilly Seals, Riversdale Otters

Meet	Date	Venue	Closing Date for Entries / Payment
Development Meet 1 North	Saturday 1 st October 2016	Ballymena	19.9.16
Development Meet 1 South	Sunday 2 nd October 2016	Armagh	19.9.16
Development Meet 2 South	Saturday 21 st January 2017	Omagh	9.1.16
Development Meet 2 North	Sunday 22 nd January 2017	Larne	9.1.16
Development Meet 3 All	Saturday 4 th March 2017	Lisburn	17.2.16
Development Meet 4 All	Sunday 7 th May 2017	Newry	14.4.16

Age Groups : Minimum entry age is 9 yrs

Female 9-10yrs, 11-12yrs, 13&over
Male 9-10yrs, 11-12yrs, 13-14yrs, 15&over

Age Up Date : Age on day of meet

Events :

9-10yrs 50m Butterfly, 50m Backstroke, 50m Breaststroke, 50m Freestyle, 100m IM, 100m Freestyle Kick
11&over 50m Butterfly, 100m Backstroke, 100m Breaststroke, 100m Freestyle, 200m IM, 100m Freestyle Kick

4 x 25 Mixed Medley Relay

8 x 25 Mixed Butterfly Kick Relay – Fun relay made up of any swimmer from any Club who wishes to take part on the day.

Awards : Medals in each age group for each individual event including Freestyle Kick
No medals will be awarded for Relay Events.

Multi-Class / Disability Swimmers will, as far as is practical, swim together in a Multi-Class heat.

Entries: Swimmers entering this meet must be a member of an affiliated club. No entry times will be published however all entries must include a time. Entries to be emailed to admin@swimulster.net.

Swimmers are restricted to individual 4 events per meet plus relay events.

Promotion from Development Meets to Qualifying Meets :

- 9-10 years – Legal 100 IM qualifying time including streamline on turns (hips past flags) plus two 50m qualifying times
- 11 & over - Legal 200 IM qualifying time including streamline on turns (hips past flags) plus two 100m qualifying times

Swimmers who have 3 or more qualifying times for the Winter, Spring & Summer Meets are not eligible to enter the Development Meets.

Price : £5 or €6 per individual event.

Relay Events – FOC

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**

Development Meets 1 & 3	
Session 1 (Warm-up 9.00am – Start 10am)	Session 2 (Warm-up 1.30pm – Start 2.30pm)
Male 9-11yrs 100m IM	Male 9&over 100m Freestyle Kick
Female 9-11yrs 100m IM	Female 9&over 100m Freestyle Kick
Male 11&over 200m IM	Male 9-10yrs 50m Backstroke
Female 11&over 200m IM	Female 9-10yrs 50m Backstroke
Male 9-10yrs 50m Breaststroke	Male 11&over 100m Freestyle
Female 9-10yrs 50m Breaststroke	Female 11&over 100m Freestyle
Male 11&over 100m Backstroke	Mixed 4 x 25 MTR
Female 11&over 100m Backstroke	

Development Meets 2 & 4	
Session 1 (Warm-up 9.00am – Start 10am)	Session 2 (Warm-up 1.30pm – Start 2.30pm)
Female 9-11yrs 100m IM	Female 9&over 100m Freestyle Kick
Male 9-11yrs 100m IM	Male 9&over 100m Freestyle Kick
Female 11&over 200m IM	Female 9&over 50m Butterfly
Male 11&over 200m IM	Male 9&over 50m Butterfly
Female 9-10yrs 50m Freestyle	Female 11&over 100m Breaststroke
Male 9-10yrs 50m Freestyle	Male 11&over 100m Breaststroke
	Mixed 8 x 25m Butterfly Kick Relay



Swim Ulster Qualifying Meets 2016-2017 (Winter, Spring & Summer) Short Course Qualifying Times

Male									Female						
9-10	11	12	13	14	15	16/17	Open	Events	Open	15/16	14	13	12	11	9-10
00:37.00							00:27.49	50Free	00:31.05						00:37.00
	01:22.07	01:16.60	01:12.62	01:08.70	01:06.53	01:02.40	00:59.41	100Free	01:06.56	01:09.86	01:11.23	01:12.57	01:15.97	01:20.73	
		02:47.28	02:40.05	02:32.36	02:30.87	02:20.64	02:12.52	200Free	02:25.31	02:32.23	02:35.52	02:37.40	02:47.35		
		06:01.64	05:48.14	05:22.02	05:22.02	05:22.02	04:50.52	400Free	05:09.93	05:33.68	05:34.70	05:47.49	06:04.21		
								800Free	10:51.04	12:03.98	12:03.98	12:03.98			
			24:34.41	23:38.23	22:48.23	21:42.44	19:59.11	1500Free							
00:43.00							00:33.60	50Back	00:36.22						00:43.00
	01:34.91	01:30.62	01:27.08	01:22.60	01:20.53	01:16.72	01:10.78	100Back	01:15.97	01:21.08	01:22.79	01:23.62	01:27.13	01:31.86	
		03:18.15	03:07.50	02:59.34	02:56.38	02:47.82	02:38.62	200Back	02:45.75	02:58.41	03:01.17	03:03.53	03:08.29		
00:49.00							00:39.43	50Breast	00:42.56						00:49.00
	01:48.25	01:42.72	01:38.81	01:35.02	01:31.69	01:27.30	01:20.36	100Breast	01:27.99	01:34.51	01:35.44	01:37.29	01:42.27	01:46.45	
		03:43.76	03:34.37	03:26.19	03:18.95	03:09.32	03:00.91	200Breast	03:13.01	03:30.22	03:34.86	03:34.86	03:43.78		
00:43.00							00:30.70	50Fly	00:34.96						00:43.00
	01:34.41	01:29.91	01:26.10	01:22.79	01:19.93	01:14.09	01:07.05	100Fly	01:14.71	01:24.79	01:26.41	01:26.41	01:31.45	01:36.02	
		03:18.58	03:10.27	03:03.02	02:56.61	02:51.26	02:43.36	200Fly	02:57.55	03:07.54	03:13.71	03:16.92	03:20.49		
01:40.00							01:16.62	100IM	01:22.16						01:40.00
	03:26.10	03:14.68	03:04.29	02:58.39	02:58.39	02:48.96	02:33.14	200IM	02:46.89	02:58.62	03:00.93	03:00.93	03:09.54	03:19.93	
			06:55.58	06:39.78	06:25.65	06:07.12	05:46.50	400IM	05:59.84	06:17.72	06:17.72	06:26.81			



Swim Ulster Qualifying Meets 2016-2017 (Winter, Spring & Summer) Long Course Qualifying Times

	Male								Female							
9-10	11	12	13	14	15	16/17	Open	Events	Open	15/16	14	13	12	11	9-10	
00:37.74							00:28.04	50Free	00:31.67						00:37.74	
	01:23.71	01:18.13	01:14.07	01:10.08	01:07.86	01:03.64	01:00.60	100Free	01:07.89	01:11.26	01:12.66	01:14.02	01:17.49	01:22.34		
		02:50.62	02:43.25	02:35.41	02:33.89	02:23.45	02:15.17	200Free	02:28.22	02:35.27	02:38.63	02:40.55	02:50.69			
	06:29.20	06:08.88	05:55.11	05:28.46	05:28.46	05:28.46	04:56.33	400Free	05:16.13	05:40.36	05:41.39	05:54.44	06:11.49	06:31.92		
								800Free	11:04.06	12:18.46	12:18.46	12:18.46	13:03.90			
		26:09.50	25:03.89	24:06.60	23:15.60	22:08.48	20:23.09	1500Free								
00:43.86							00:34.27	50Back	00:36.95						00:43.86	
	01:36.81	01:32.43	01:28.82	01:24.25	01:22.14	01:18.25	01:12.19	100Back	01:17.49	01:22.70	01:24.44	01:25.29	01:28.87	01:33.70		
	03:26.78	03:22.11	03:11.25	03:02.93	02:59.91	02:51.18	02:41.79	200Back	02:49.07	03:01.98	03:04.79	03:07.20	03:12.05			
00:49.98							00:40.22	50Breast	00:43.41						00:49.98	
	01:50.42	01:44.77	01:40.79	01:36.92	01:33.52	01:29.05	01:21.96	100Breast	01:29.75	01:36.40	01:37.35	01:39.23	01:44.32	01:48.57		
		03:48.23	03:38.66	03:30.31	03:22.92	03:13.10	03:04.53	200Breast	03:16.87	03:34.43	03:39.15	03:39.16	03:48.26			
00:43.86							00:31.31	50Fly	00:35.66						00:43.86	
	01:36.29	01:31.71	01:27.82	01:24.44	01:21.53	01:15.57	01:08.40	100Fly	01:16.20	01:26.48	01:28.14	01:28.14	01:33.28	01:37.94		
		03:22.55	03:14.07	03:06.68	03:00.15	02:54.69	02:46.63	200Fly	03:01.10	03:11.29	03:17.59	03:20.86	03:24.50			
								100IM								
	03:30.23	03:18.58	03:07.97	03:01.96	03:01.96	02:52.34	02:36.20	200IM	02:50.22	03:02.19	03:04.54	03:04.55	03:13.33	03:23.93		
		07:22.42	07:03.89	06:47.78	06:33.36	06:14.46	05:53.43	400IM	06:07.04	06:25.28	06:25.28	06:34.54	06:50.45			