



WINTER, SPRING & SUMMER QUALIFYING MEETS 2016-2017

Meet Information

Meet	Date	Venue	Closing Date for Entries / Payment
Winter Meet (SC)	18 th , 19 th & 20 th November 2016	Lisburn	31 st October 2016
Spring Meet (LC)	25 th , 26 th & 27 th February 2017	Bangor Aurora	6 th February 2017
Summer Meet (LC)	26 th , 27 th & 28 th May 2017	Bangor Aurora	8 th May 2017

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.

Progression from Development Meets:

Once a swimmer has achieved the standards outlined below they can enter **ANY** event for which they have achieved a Qualifying Time plus a maximum of three bonus swims:

- 9/10yrs – 100m IM (legal & hips past flags on streamline) and two 50m qualifying times
- 11&over – 200m IM (legal & hips past flags on streamline) and two 100m qualifying times

A list of swimmers achieving the required streamlining standard will be circulated to clubs following each Development Meet. It is the responsibility of coaches to check this list when submitting entries.

Swimmers who competed in the 2015-2016 Qualifying Meets:

Swimmers aged 9-11yrs must achieve qualifying times in the following events:

- 9/10yrs – 100m IM and two 50m events
- 11&over – 200m IM and two 100m events

The swimmer can then enter **ANY** event for which they have achieved a Qualifying Time plus a maximum of three bonus swims.

Swimmers aged 12&over must achieve any three published qualifying times for their respective age group. The swimmer can then enter **ANY** event for which they have achieved a Qualifying Time plus a maximum of three bonus swims.

All times must be achieved during the 12 months prior to the entry closing date.

Price : £5 / €6 per event Payment should be forwarded to the Swim Ulster Office by the closing date.



WINTER, SPRING & SUMMER QUALIFYING MEETS 2016-2017

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 Male 1500m Freestyle
Spring & Summer Meets Mixed 800m Freestyle 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	

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	



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	01:22.07	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	01:20.73
02:58.89	02:58.89	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	02:57.13	02:57.13
06:21.57	06:21.57	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	06:24.24	06:24.24
								800Free	10:51.04	12:03.98	12:03.98	12:03.98	12:48.53	13:13.66	13:13.66
26:55.66	26:55.66	25:38.72	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	01:34.91	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	01:31.86
03:20.77	03:20.77	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	03:17.10	03:17.10
00:49.00							00:39.43	50Breast	00:42.56						00:49.00
01:48.75	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	01:46.45
03:54.31	03:54.31	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	03:48.54	03:48.54
00:43.00							00:30.70	50Fly	00:34.96						00:43.00
01:34.41	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	01:36.02
03:28.53	03:28.53	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	03:30.51	03:30.51
01:40.00							01:16.62	100IM	01:22.16						01:40.00
03:26.10	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	03:19.93
07:35.43	07:35.43	07:17.75	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	06:42.41	07:22.22	07:22.22



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	01:23.71	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	01:22.34
03:02.47	03:02.47	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	03:00.67	03:00.67
06:29.20	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	06:31.92
								800Free	11:04.06	12:18.46	12:18.46	12:18.46	13:03.90	13:29.54	13:29.54
27:27.97	27:27.97	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	01:36.81	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	01:33.70
03:24.79	03:24.79	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	03:21.05	03:21.05
00:49.98							00:40.22	50Breast	00:43.41						00:49.98
01:50.42	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	01:48.57
03:58.99	03:58.99	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	03:53.11	03:53.11
00:43.86							00:31.31	50Fly	00:35.66						00:43.86
01:36.29	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	01:37.94
03:32.70	03:22.55	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	03:34.72	03:34.72
								100IM							
03:30.23	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	03:23.93
07:44.54	07:22.42	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	07:31.06	07:31.06