



DEVELOPMENT MEETS 2017-2018

Meet Information

There will be 4 Development Meets held throughout the 2017-2018 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, Kilkeel, Lecale, Lurgan, Marlins, Newry & Mourne, Portadown, Sliabh Beagh, Strule Dolphins, Swilly Seals, Riversdale Otters

Meet	Date	Venue	Closing Date for Entries / Payment
Development Meet 4 All	Sunday 20 th May 2018	Lisburn	7.5.18

Age Groups: Minimum entry age is 10 yrs

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

Age Up Date: Development Meet 1 – 31st December 2017
 Development Meets 2, 3, 4 – 31st December 2018

Events: 50m Butterfly
 100m Backstroke, 100m Breaststroke, 100m Freestyle
 100m IM, 200IM
 75m Kick Team Challenge

 4 x 25 Mixed Medley Relay
 4 x 25 Mixed Butterfly Kick Relay (streamline position on back)

Awards: Medals in each age group for each individual swimming event
 No medals will be awarded for Relay Events
 Team Trophy for Development Meet Kick Champions - trophy will be awarded to the club with the highest total points score following the completion of Development Meet 4.

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 a Swim Ulster affiliated club. No entry times will be published however all entries must include a time. **NTs will not be accepted except for the 75m Kick event or relay events.** Entries to be emailed to admin@swimulster.net

Swimmers can enter 4 individual swimming events plus the relays

Price: £5 or €5.50 per individual swimming event
 75m Kick – Free of Charge (FOC)
 Relay Events – FOC
 Payment should be forwarded to the Swim Ulster Office by the closing date.

75m Kick Team Challenge:

- Clubs are encouraged to run time trials in the 75m Kick and submit the results to Swim Ulster
- On receipt of the results athletes will be awarded Time Banded Certificates
- Clubs can enter a maximum of three under 12yrs in the 75m Kick event
- Clubs are encouraged to use different swimmers in each meet but this is not mandatory
- Kick will be executed using an alignment board supplied by Swim Ulster
- Points will be awarded to the top 10 places in each meet and a trophy will be awarded to the club with the highest total points score following the completion of Meet 4

Promotion from Development Meets to Qualifying Meets :

- 10 years – Legal 100 IM qualifying time including streamline on turns (**head past flags**) plus two other qualifying times from eligible events
- 11 & over - Legal 200 IM qualifying time including streamline on turns (**head past flags**) plus two other qualifying times from eligible events

Swimmers must achieve the IM qualifying time in a Swim Ulster Development Meet however they can achieve the two additional qualifying times in a Club Meet.

Athletes are not eligible to enter Development Meets if they meet the qualifying criteria outlined above

Programme of Events

****Session times may be changed if there are a large number of entries**

Development Gala 4
Session 1 (**Warm-up 9.00am – Start 10am)
Male 10 100m IM
Female 10 100m IM
Male 10&over 200m IM
Female 10&over 200m IM
Male 10&over 50m Butterfly
Female 10&over 50m Butterfly
Male 10&over 100m Backstroke
Female 10&over 100m Backstroke
Session 2 (**Warm-up 1.30pm – Start 2.30pm)
Mixed 10-12yrs 75m Freestyle Kick
Male 10&over 100m Breaststroke
Female 10&over 100m Breaststroke
Male 10&over 100m Freestyle
Female 10&over 100m Freestyle
Mixed 4 x 25 MTR



**Swim Ulster Qualifying Meets 2017-2018
(Autumn, Spring & Easter)
Short Course Qualifying Times**

Male									Female							
10	11	12	13	14	15	16	Open	Events	Open	16	15	14	13	12	11	10
							00:27.32	50Free	00:30.89							
01:25.43	01:20.74	01:15.96	01:11.24	01:07.80	01:05.10	01:02.40	00:59.09	100Free	01:06.18	01:09.05	01:10.49	01:10.67	01:12.20	01:15.97	01:20.72	01:25.43
	02:58.89	02:46.45	02:35.47	02:31.00	02:26.85	02:20.64	02:12.04	200Free	02:24.58	02:30.93	02:33.47	02:34.52	02:37.32	02:46.58	02:57.13	
		05:59.54	05:40.09	05:18.29	05:15.09	05:02.68	04:50.17	400Free	05:09.08	05:27.83	05:30.50	05:33.17	05:46.31	06:04.21		
								800Free	10:48.05	11:33.00	11:36.15	11:46.33	12:03.98	12:48.53		
		23:49.17	22:31.86	21:05.20	20:34.18	20:03.16	19:13.44	1500Free								
							00:33.48	50Back	00:35.90							
01:36.50	01:34.91	01:30.43	01:24.89	01:21.79	01:19.25	01:16.72	01:10.28	100Back	01:15.59	01:19.98	01:21.25	01:22.45	01:23.50	01:27.08	01:31.86	01:36.50
	03:20.77	03:17.49	03:03.37	02:59.34	02:53.58	02:47.82	02:38.15	200Back	02:45.08	02:55.15	02:56.38	02:58.74	03:01.63	03:08.29	03:17.10	
							00:38.98	50Breast	00:41.63							
01:52.55	01:48.25	01:42.72	01:38.33	01:35.02	01:29.57	01:27.30	01:20.12	100Breast	01:26.82	01:31.42	01:30.59	01:34.59	01:37.06	01:40.38	01:46.44	01:52.55
	03:54.31	03:43.76	03:34.37	03:18.74	03:14.03	03:09.32	02:58.89	200Breast	03:10.58	03:18.47	03:26.36	03:26.91	03:32.91	03:38.52	03:44.83	
00:43.77	00:41.71	00:37.20					00:30.39	50Fly	00:34.41					00:37.51	00:40.17	00:43.77
	01:34.41	01:25.11	01:23.95	01:22.79	01:18.58	01:14.09	01:06.40	100Fly	01:14.04	01:19.50	01:23.24	01:24.29	01:25.34	01:31.45	01:36.02	
	03:28.53	03:18.58	03:10.27	03:03.02	02:57.14	02:51.26	02:40.07	200Fly	02:56.64	03:07.54	03:10.63	03:13.71	03:16.92	03:20.49	03:30.51	
01:41.81							01:16.62	100IM	01:21.15							01:41.81
	03:24.97	03:11.60	03:00.95	02:55.45	02:41.94	02:37.12	02:32.30	200IM	02:44.60	02:54.26	02:55.53	02:59.74	03:00.22	03:08.71	03:19.93	
		06:44.61	06:23.30	06:12.30	05:53.97	05:35.65	05:26.01	400IM	05:57.04	06:09.92	06:12.47	06:17.15	06:21.84	06:38.81		



**Swim Ulster Qualifying Meets 2017-2018
(Autumn, Spring & Easter)
Long Course Qualifying Times**

Male									Female							
10	11	12	13	14	15	16	Open	Events	Open	16	15	14	13	12	11	10
							00:27.86	50Free	00:31.51							
01:27.13	01:22.36	01:17.48	01:12.66	01:09.15	01:06.40	01:03.64	01:00.27	100Free	01:07.50	01:10.43	01:11.90	01:12.08	01:13.64	01:17.49	01:22.34	01:27.13
	03:02.47	02:49.78	02:38.58	02:34.02	02:29.78	02:23.45	02:14.68	200Free	02:27.47	02:33.95	02:36.54	02:37.61	02:40.47	02:49.91	03:00.67	
		06:06.73	05:46.89	05:24.66	05:21.40	05:08.74	04:55.98	400Free	05:15.26	05:34.38	05:37.11	05:39.84	05:53.24	06:11.49		
								800Free	11:01.01	11:46.86	11:50.08	12:00.46	12:18.46	13:03.90		
		24:17.75	22:58.90	21:30.51	20:58.87	20:27.22	19:36.51	1500Free								
							00:34.15	50Back	00:36.62							
01:38.43	01:36.81	01:32.24	01:26.59	01:23.43	01:20.84	01:18.25	01:11.68	100Back	01:17.11	01:21.58	01:22.87	01:24.10	01:25.17	01:28.82	01:33.70	01:38.43
	03:24.79	03:21.44	03:07.04	03:02.93	02:57.05	02:51.18	02:41.31	200Back	02:48.39	02:58.65	02:59.91	03:02.32	03:05.26	03:12.05	03:21.05	
							00:39.76	50Breast	00:42.46							
01:54.80	01:50.42	01:44.77	01:40.30	01:36.92	01:31.36	01:29.05	01:21.72	100Breast	01:28.56	01:33.75	01:32.40	01:36.48	01:39.00	01:42.38	01:48.57	01:54.80
	03:58.99	03:48.23	03:38.66	03:22.72	03:17.91	03:13.10	03:02.47	200Breast	03:14.39	03:22.44	03:30.49	03:31.05	03:37.17	03:42.89	03:49.32	
00:44.65	00:42.54	00:38.26					00:31.00	50Fly	00:35.10					00:37.94	00:40.97	00:44.65
	01:36.29	01:26.81	01:25.63	01:24.44	01:20.15	01:15.57	01:07.73	100Fly	01:15.52	01:21.09	01:24.90	01:25.98	01:27.05	01:33.28	01:37.94	
	03:32.70	03:22.55	03:14.07	03:06.68	03:00.69	02:54.69	02:43.27	200Fly	03:00.17	03:11.29	03:14.44	03:17.59	03:20.86	03:24.50	03:34.72	
								100IM								
	03:29.07	03:15.44	03:04.57	02:58.96	02:45.18	02:40.27	02:35.35	200IM	02:47.89	02:57.75	02:59.04	03:03.33	03:03.82	03:12.48	03:23.93	
		06:52.70	06:30.96	06:19.74	06:01.05	05:42.36	05:32.53	400IM	06:04.18	06:17.32	06:19.92	06:24.70	06:29.48	06:46.79		