



## Swim Ulster Schools Cup & Championships 2018-2019

### Meet Information and Entry Forms

<b>Date</b>	Saturday 20 <sup>th</sup> October 2018 & Sunday 21 <sup>st</sup> October 2018
<b>Venue :</b>	<p>Aurora Aquatic &amp; Leisure Complex 3 Valentine Road Bangor BT20 4TH</p> <p>The gala will be run in Short Course (25m) Format at the 10 Lane Olympic Pool at Aurora Aquatic &amp; Leisure Centre, 3 Valentine Road, Bangor BT20 4TH. This gala will be a fully licenced Swim Ulster Gala and all participants will be covered by Swim Ulster Insurance.</p>
<b>Entries to :</b>	<p>Swim Ulster Aurora Aquatic &amp; Leisure Complex 3 Valentine Road Bangor BT20 4TH</p> <p>Entries will only be accepted by POST along with the full payment. All entries must bear the school stamp and include payment in full. Entry Times must be included on the Entry Form. The closing date for entries is 5pm on Friday 5<sup>th</sup> October 2018.</p> <p>A Hy-tek entry file can be obtained by request to <a href="mailto:admin@swimulster.net">admin@swimulster.net</a>. Where the Hy-tek entry file is used, a paper copy of the entry authorised by the school must be forwarded to the address above along with payment. We cannot accept entries for swimmers without consent from their school.</p>
<b>Events :</b>	<p>The Age Up Date for this gala is 31<sup>st</sup> August 2019.</p> <p>Group 1 – 9 – Born 1<sup>st</sup> September 2009 to 31<sup>st</sup> August 2010 Group 2 – 10 – Born 1<sup>st</sup> September 2008 to 31<sup>st</sup> August 2009 Group 3 – 11 – Born 1<sup>st</sup> September 2007 to 31<sup>st</sup> August 2008 Group 4 – 12 – Born 1<sup>st</sup> September 2006 to 31<sup>st</sup> August 2007</p> <p>50m Backstroke, Breaststroke, Butterfly, Freestyle (Groups 1-4) 100m Individual Medley (Groups 3 &amp; 4). A swimmer can swim a maximum of 2 individual events.</p> <p>Relays – 4 x 50 Free &amp; Medley Team Relays (9/10yrs, 9-12yrs) Swimmers may swim in an older age group but at least one team member must be in the correct age group. A swimmer can swim a maximum of 2 relays – these do not need to be in the same age group.</p> <p>Group 5 - Junior 12-14 – Born 1<sup>st</sup> September 2004 – 31<sup>st</sup> August 2007 Group 6 - Intermediate 15-16 – Born 1<sup>st</sup> September 2002 – 31<sup>st</sup> August 2004 Group 7 – Senior 17-19 – Born – Born 1<sup>st</sup> September 1999 – 31<sup>st</sup> August 2002</p> <p>100m Backstroke, Breaststroke, Butterfly, Freestyle (Groups 5,6 &amp; 7) 200m Individual Medley (Groups 5,6 &amp; 7) 400m Freestyle (Open by invitation only based on 20 fastest entries with 5 Reserves – swimmers will be notified 2 weeks before the gala)</p>

	<p>A swimmer can swim a maximum of 2 individual events plus the 400m Free if selected.  Relays – 4 x 50m FTR and 4 x 50m MTR (Junior, Inter and Senior)  Swimmers may swim in an older age group but at least one team member must be in the correct age group. A swimmer can swim a maximum of 2 relays – these do not need to be in the same age group.</p>
<b>Awards :</b>	<p>Medals will be awarded for 1<sup>st</sup>, 2<sup>nd</sup> &amp; 3<sup>rd</sup> Place in each Age Group as follows :</p> <p>Group 1  Group 2  Group 3  Group 4  Group 5  Group 6  Group 7</p> <p><b>Swim Ulster Schools Cup</b>  The Swim Ulster Schools Cups will be awarded in the following Groups – Group 1-3 (Boys &amp; Girls), Group 5 (Boys &amp; Girls), Group 6 (Boys &amp; Girls), Group 7 (Boys &amp; Girls).  Points will be awarded for the top ten heat swims in each individual event from 20pts – 2pts with only the top 2 swimmers per school in age group counting. In the event of a tie, the cup will be awarded to the school with the most 1st Place finishes in the heats.</p>
<b>Entry Fee :</b>	<p><b>£5 / €6</b> per individual event - <b>£10 / €12</b> per relay event  All cheques should be made payable to Swim Ulster Ltd</p>
<b>Officials :</b>	<p><b>To ensure the smooth running of the event each school MUST provide an official to help with timekeeping - where a school has more than 10 swimmers that school may be asked to provide more officials.</b> Swim Ulster will circulate an Officials Roster during the week before the Championships.</p>
<b>Timing :</b>	<p>Electronic Timing and Hy-tek Meet Manager software will be used.  Times achieved at this gala will be recognised by Swim Ulster for qualification times for Swim Ulster Qualifying Galas.</p>
<b>Withdrawals :</b>	<p>Withdrawals should be made as soon as possible but no later than 45 minutes before the start of the session.</p>
<b>Facilities :</b>	<p>Parking &amp; Catering are available at the venue. The diving pool will be available for warm up and cool down throughout the event.</p>
<b>Enquiries</b>	<p>All enquiries should be sent by email only to <a href="mailto:admin@swimulster.net">admin@swimulster.net</a>  Entry reports and further information will be posted on the Swim Ulster website before the start of the gala – <a href="http://www.swimulster.net">www.swimulster.net</a></p>
<b>Selections :</b>	<p><b>Irish Minor Schools Swimming Championships – 10<sup>th</sup> February 2019</b></p> <p><b>Swimmers can qualify for the Irish Minor Schools Championships 2019 at the Swim Ulster Schools Championships 2018-2019. All Swimmers qualifying for this event MUST register with the Entry Desk and submit their Entry Form along with the entry fees at this competition. Late entries WILL NOT be accepted.</b> Qualifying swimmers will be marked on the results sheets posted at the event. The qualifying times for the Irish Minor Schools Swimming Championships are attached at the back of these meet conditions.</p> <p><b>Irish Schools Interprovincial Championships – 14<sup>th</sup> April 2019.</b>  From the results of the Swim Ulster Schools Championships 2018-2019, athletes from Groups 5-7 may be selected to represent the region at the Irish Schools Interprovincial Championships which will be held on 14<sup>th</sup> April 2019 at the NAC in Dublin.</p> <p>In order to be selected for the Irish Schools Interprovincial Championships, swimmers must have entered and competed in the 2018-2019 Swim Ulster Senior Schools Championships on 21<sup>st</sup> October 2018. Criteria for selection is included below.</p>
<b>Closing Date :</b>	<p>5pm on Friday 5<sup>th</sup> October 2018.</p>



**SWIM ULSTER SCHOOLS CHAMPIONSHIPS 2017-2018**

**ORDER OF EVENTS**

**Saturday 20<sup>th</sup> October 2018**

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

<b>Session 1 - Saturday AM - Groups 1 &amp; 2</b> <b>Warm Up Girls 8am – Warm Up Boys 8.25am</b> <b>Start 9am</b>		
<b>Event No</b>	<b>Event</b>	
1	Girls 9-10 50m Freestyle	Heats
2	Boys 9-10 50m Freestyle	Heats
3	Girls 9-10 50m Breaststroke	Heats
4	Boys 9-10 50m Breaststroke	Heats
5	Girls 9-10 50m Backstroke	Heats
6	Boys 9-10 50m Backstroke	Heats
7	Girls 9-10 50m Butterfly	Heats
8	Boys 9-10 50m Butterfly	Heats
9	Girls 9-10 4 x 50 Medley Team Relay	HDW
10	Boys 9-10 4 x 50 Medley Team Relay	HDW
11	Girls 9-10 4 x 50 Freestyle Team Relay	HDW
12	Boys 9-10 4 x 50 Freestyle Team Relay	HDW
Finals	Events 1-8 – Age 9 Final & Age 10 Final in each event	

<b>Session 2 - Saturday PM - Group 3 &amp; 4</b> <b>Warm Up Girls 2pm – Warm Up Boys 2.25pm Start 3pm</b>		
<b>Event No</b>	<b>Event</b>	
13	Girls 12&u 4 x 50 Medley Team Relay	HDW
14	Boys 12&u 4 x 50 Medley Team Relay	HDW
15	Girls 12&u 4 x 50 Freestyle Team Relay	HDW
16	Boys 12&u 4 x 50 Freestyle Team Relay	HDW
17	Girls 11-12 50m Freestyle	Heats
18	Boys 11-12 50m Freestyle	Heats
19	Girls 11-12 50m Breaststroke	Heats
20	Boys 11-12 50m Breaststroke	Heats
21	Girls 11-12 50m Backstroke	Heats
22	Boys 11-12 50m Backstroke	Heats
23	Girls 11-12 50m Butterfly	Heats
24	Boys 11-12 50m Butterfly	Heats
25	Girls 11-12 100IM	Heats
26	Boys 11-12 100IM	Heats
Finals	Events 17-26 – Age 11 Final & Age 12 Final in each event	



**SWIM ULSTER SCHOOLS CHAMPIONSHIPS 2017-2018**

**ORDER OF EVENTS**

**Sunday 21<sup>st</sup> October 2018**

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

Session 3 - Sunday AM - Group 5 - Junior Warm Up Girls 8am – Warm Up Boys 8.25am - Start 9am		
Event No	Event	
27	Junior Girls 100m Backstroke	Heats
28	Junior Boys 100m Backstroke	Heats
29	Junior Girls 100m Breaststroke	Heats
30	Junior Boys 100m Breaststroke	Heats
31	Junior Girls 100m Butterfly	Heats
32	Junior Boys 100m Butterfly	Heats
33	Junior Girls 100m Freestyle	Heats
34	Junior Boys 100m Freestyle	Heats
35	Junior Girls 200IM	HDW
36	Junior Boys 200IM	HDW
Finals	Events 27-34	
37	Junior Girls 4 x 50 Medley Team Relay	HDW
38	Junior Boys 4 x 50 Medley Team Relay	HDW
39	Junior Girls 4 x 50 Freestyle Team Relay	HDW
40	Junior Boys 4 x 50 Freestyle Team Relay	HDW

Session 4 - Sunday PM - Group 6 & 7 – Intermediate & Senior Warm Up Girls 12pm – Warm Up Boys 12.25pm Start 1pm		
Event No	Event	
41	Intermediate Girls 4 x 50 Medley Team Relay	HDW
42	Intermediate Boys 4 x 50 Medley Team Relay	HDW
43	Intermediate Girls 4 x 50 Freestyle Team Relay	HDW
44	Intermediate Boys 4 x 50 Freestyle Team Relay	HDW
45	Open Girls 400m Freestyle	HDW
46	Open Boys 400m Freestyle	HDW
47	Intermediate & Senior Girls 100m Backstroke	Heats
48	Intermediate & Senior Boys 100m Backstroke	Heats
49	Intermediate & Senior Girls 100m Breaststroke	Heats
50	Intermediate & Senior Boys 100m Breaststroke	Heats
51	Intermediate & Senior Girls 100m Butterfly	Heats
52	Intermediate & Senior Boys 100m Butterfly	Heats
53	Intermediate & Senior Girls 100m Freestyle	Heats
54	Intermediate & Senior Boys 100m Freestyle	Heats
55	Intermediate & Senior Girls 200IM	HDW
56	Intermediate & Senior Boys 200IM	HDW
Finals	Events 47-54 – 1 Intermediate Final & 1 Senior Final in each event	
57	Senior Girls 4 x 50 MTR	HDW
58	Senior Boys 4 x 50 MTR	HDW
59	Senior Girls 4 x 50 FTR	HDW
60	Senior Boys 4 x 50 FTR	HDW



## **Criteria for Swim Ulster Schools Cups 2017-2018**

Swim Ulster Schools Cups will be awarded in the following categories:

### **Groups 1-3**

The Cummings Primary Schools Cup for Boys

The Clarke Primary Schools Cup for Girls

### **Group 5**

The Campbell Junior Schools Cup for Boys

The Firth Junior Schools Cup for Girls

### **Group 6**

The McGivern Intermediate Schools Cup for Boys

The McMahon Intermediate Schools Cup for Girls

### **Group 7**

The Bree Senior Schools Cup for Boys

The Nocher Senior Schools Cup for Girls

Points will be awarded for the top ten heat swims in each individual event (except the 400m Freestyle as this is an open event) from 20pts – 2pts with only the top 2 swimmers per school in each age group counting. In the event of a tie, the cup will be awarded to the school with the most 1st Place finishes in the heats.



## Criteria for the Ulster Interprovincial Team 2019

The Ulster Interprovincial Team 2019 will be selected from the results of the Swim Ulster Schools Cup & Championships 2018-2019. Swimmers must have competed to be eligible for selection.

All expenses will be covered by Swim Ulster.

**Age Groups:** Junior, Intermediate and Senior

**Events:** All Events are HDW  
100m Backstroke, Breaststroke, Butterfly, Freestyle  
200m IM  
400m Freestyle (Open only)  
4 x 50m Medley Team Relay  
4 x 50m Freestyle Team Relay

### Team Selection:

- Swimmers must have competed at the SU Schools Cup & Championships in 2018-2019 to be eligible for selection
- Individual selections will be from the results of finals only:
  - Fastest two swimmers in each age group in the 100m Backstroke, Breaststroke, Butterfly, Freestyle, and 200m IM
  - Fastest two swimmers overall in the 400m Freestyle
- Swimmers are permitted to swim a maximum of two individual events (excluding the 400m Freestyle) and two relay events
- In the event that swimmers do not take up their places or are unavailable, their place will be filled with swimmers already on the team. If these places can't be filled by swimmers already on the team, additional swimmers may be selected from the Swim Ulster Hytek database on 18<sup>th</sup> December 2018 provided they competed at the SU Schools Cup & Championships in 2018.
- Relay teams will be selected using the Swim Ulster Hytek Rankings on 1<sup>st</sup> March 2019
  - Two teams per event may be entered and athletes may swim up if they haven't already competed in a relay in their own age group

**SWIM ULSTER SCHOOLS CUP & CHAMPIONSHIPS 2018-2019**  
**Entry Form - Individual Events**



<b>School Name</b>		<b>Name of Contact</b>	
<b>Address</b>		<b>Mobile No</b>	
		<b>Email Address</b>	

<b>Individual Events - £5 (€6) per event – swimmers may enter 2 Individual events</b>															
<b>Name</b>	<b>M/F</b>	<b>Date of Birth</b>	<b>Name of Swim Club (if applicable)</b>	<b>Groups 1, 2, 3 &amp; 4</b> <b>Entry must include Entry Time</b>				<b>Groups 3&amp;4</b>	<b>Groups 5, 6 &amp; 7</b> <b>Entry must include Entry Time – essential for 400m Free</b>					<b>Total</b>	
				<b>50m Free</b>	<b>50m Breast</b>	<b>50m Back</b>	<b>50m Fly</b>	<b>100IM</b>	<b>100m Back</b>	<b>100m Breast</b>	<b>100m Fly</b>	<b>100m Free</b>	<b>200IM</b>		<b>400m Free</b>
														<b>Total</b>	

Please continue on additional form if required

I certify that the above pupils attend this school and that their dates of birth are correct and I also approve the Adult in Charge at the Gala

Name of Adult in Charge : \_\_\_\_\_ Contact Number : \_\_\_\_\_

Signature of Principal / Teacher in Charge of Sport : \_\_\_\_\_

**School Stamp**

**SWIM ULSTER SCHOOLS CUP & CHAMPIONSHIPS 2017-2018**  
**Entry Form – Relay Events**



<b>School Name</b>		<b>Name of Contact</b>	
<b>Address</b>		<b>Mobile No</b>	
		<b>Email Address</b>	

Relay Events - £10 (€11) per Team per event – swimmers may enter 2 relay events – swimmers may “swim up”.					
At least one swimmer on each team must swim in the correct age category					
Medley Team Relay	Male / Female	Group	Swimmers Names x 4	Date of Birth	
					<b>£10.00</b>
Freestyle Team Relay	Male / Female	Group	Swimmers Names x 4	Date of Birth	
					<b>£10.00</b>
				<b>Total</b>	

Please continue on additional form if required

I certify that the above pupils attend this school and that their dates of birth are correct and I also approve the Adult in Charge at the Gala

Name of Adult in Charge : \_\_\_\_\_ Contact Number : \_\_\_\_\_

Signature of Principal / Teacher in Charge of Sport : \_\_\_\_\_

School Stamp



**Irish Minor Schools Championships  
NAC - Dublin  
10<sup>th</sup> February 2019  
Qualifying Times**

Girls	U9	Group1	Backstroke	0:57.00
Boys	U9	Group1	Backstroke	0:57.00
Girls	10	Group2	Backstroke	0:54.00
Boys	10	Group2	Backstroke	0:54.00
Girls	11	Group3	Backstroke	0:46.00
Boys	11	Group3	Backstroke	0:45.00
Girls	12	Group4	Backstroke	0:45.00
Boys	12	Group4	Backstroke	0:43.00

Girls	U9	Group1	Breaststroke	1:05.00
Boys	U9	Group1	Breaststroke	1:05.00
Girls	10	Group2	Breaststroke	1:00.00
Boys	10	Group2	Breaststroke	0:57.00
Girls	11	Group3	Breaststroke	0:51.00
Boys	11	Group3	Breaststroke	0:50.00
Girls	12	Group4	Breaststroke	0:48.00
Boys	12	Group4	Breaststroke	0:47.00

Girls	U9	Group1	Butterfly	1:00.00
Boys	U9	Group1	Butterfly	1:00.00
Girls	10	Group2	Butterfly	0:55.00
Boys	10	Group2	Butterfly	0:55.00
Girls	11	Group3	Butterfly	0:55.00
Boys	11	Group3	Butterfly	0:50.00
Girls	12	Group4	Butterfly	0:45.00
Boys	12	Group4	Butterfly	0:45.00

Girls	U9	Group1	Freestyle	0:45.00
Boys	U9	Group1	Freestyle	0:45.00
Girls	10	Group2	Freestyle	0:43.00
Boys	10	Group2	Freestyle	0:41.00
Girls	11	Group3	Freestyle	0:39.00
Boys	11	Group3	Freestyle	0:38.00
Girls	12	Group4	Freestyle	0:36.00
Boys	12	Group4	Freestyle	0:35.00

Girls	11	Group3	IM	1:47.00
Boys	11	Group3	IM	1:43.00
Girls	12	Group4	IM	1:39.00
Boys	12	Group4	IM	1:30.00