

Ulster Short Course Championships 2024

Event Information

Date: 15th to 17th November 2024

Venue: Lagan Valley Leisureplex, Lisburn

Age Groups: For qualification purposes only:
Minimum age of entry 13 years
Male & Female 13-16 years, 17/18 years, 19 & over

Age Up Date: 31st December 2024

Events: 50m, 100m, 200m all four strokes – heats and finals.
100, 200m Individual Medley – heats and finals.
400m Freestyle, 400m Individual Medley HDW with fastest heat swum in finals.
800m Freestyle, 1500m Freestyle HDW with the fastest heat swum in the finals– these events will be swum as mixed events and will be limited to 3 heats in each event.
Male & Female Relays - 4 x 50m MTR, 4 x 50m FTR HDW.
Mixed Relays - 4 x 50m MTR, 4 x 50m FTR HDW.
Relays will be seeded based on Entry Times.

Seeding: The placing of competitors in the heats will be spearheaded and swum slowest to fastest, with the three fastest heats being cyclically seeded.
Clubs not submitting an entry time for relay teams will be seeded in the slowest heats.

Awards: Individual Events

- Ulster Open 1st, 2nd, 3rd place
- Ulster Champion – Perpetual Trophy
- Ulster Junior Champion based on times recorded in heats

Relay Events

- Ulster Open 1st, 2nd, 3rd place
- Ulster Champions
- Ulster Junior Champions – medals to 1st place team

A Junior is defined for placing purposes as:

- Males – under 18
- Females – under 16

Entries: All swimmers entering the Ulster Short Course Championships must be a member of a Swim Ulster affiliated club or a club from outside Ireland registered with their National Federation.

Athletes with a disability must be registered as members of a Swim Ireland affiliated club and must have a recognised World Para Swimming, British Swimming, Paralympics Ireland, UKSA, INAS-FID or British Blind Sport Classification, which is held on the Swim Ulster or World Para Swimming database.

Entries must be submitted electronically to admin@swimulster.net using Hytek Team Manager. The Swim Ireland Registration number or equivalent for each swimmer must be included in the file.

Short Course Consideration Times have been published for this event and must be achieved in a **Level 3 Licensed Meet** since 17th November 2023. Hytek converted long course times achieved in the same period will be accepted for entry.

Clubs may only enter one Senior and one Junior relay team per relay event. Clubs not submitting an entry time for relay teams will be seeded in the slowest heats. Clubs must enter up to 8 swimmers at the time of submitting entries and generate an entry time on Hytek. Clubs can use swimmers who have no individual events providing their names are on the team lists submitted with the entries. Please note that Clubs must adhere to the Club Transfer rule of 12 weeks when entering Relay Teams.

Entry Fees : £6 / €7 per Individual Event
 £12 / €14 per Relay Event

Payment should be forwarded to the Swim Ulster Office by the closing date

Closing Date: 5pm on Monday 4th November 2024 – No entries will be accepted after this date

 Ulster Short Course Championships 2024 Consideration Times (Short Course)						
Female				Male		
19&O	17-18yrs	13-16yrs		13-16yrs	17-18yrs	19&O
00:29.09	00:29.59	00:30.21	50m Free	00:27.19	00:26.06	00:25.50
01:02.83	01:03.48	01:05.36	100m Free	00:59.24	00:57.39	00:56.08
02:18.47	02:20.99	02:22.46	200m Free	02:12.60	02:05.83	02:03.58
04:52.85	04:59.02	05:05.00	400m Free	04:43.85	04:29.57	04:23.37
10:08.05	10:18.35	10:26.95	800m Free	09:48.54	09:38.95	09:22.88
19:13.37	20:05.02	20:24.46	1500m Free	18:51.28	18:32.74	17:39.59
00:33.27	00:34.04	00:34.40	50m Back	00:31.67	00:30.18	00:29.60
01:10.66	01:13.36	01:14.08	100m Back	01:07.94	01:05.53	01:03.71
02:34.30	02:36.95	02:40.33	200m Back	02:29.17	02:25.27	02:23.86
00:38.05	00:38.43	00:39.09	50m Breast	00:35.97	00:33.83	00:33.00
01:21.62	01:22.83	01:24.62	100m Breast	01:18.11	01:14.04	01:12.35
02:59.76	03:03.23	03:05.00	200m Breast	02:51.83	02:43.15	02:41.57
00:31.53	00:31.90	00:32.63	50m Butterfly	00:29.80	00:28.25	00:27.63
01:11.01	01:11.71	01:14.05	100m Butterfly	01:06.82	01:04.28	01:02.75
02:51.51	02:54.02	02:55.71	200m Butterfly	02:33.52	02:29.29	02:26.62
01:13.22	01:14.49	01:15.47	100m IM	01:10.62	01:06.57	01:05.46
02:37.78	02:39.32	02:42.96	200m IM	02:31.05	02:26.43	02:23.61
05:42.01	05:46.48	05:54.17	400m IM	05:25.52	05:15.52	05:10.33

Ulster Short Course Championships 2024 - Programme of Events

*Session times will be finalised once all the entries have been processed

Day 1 – Friday 15 th November 2024	Day 2 – Saturday 16 th November 2024	Day 3 – Sunday 17 th November 2024
Session 1: Combined Heats	Session 3: Combined Heats	Session 5: Combined Heats
Female 200m Breaststroke Male 200m Breaststroke Female 400m Freestyle HDW Male 400m Freestyle HDW Female 50m Backstroke Male 50m Backstroke Female 200m IM Male 200m IM Female 100m Butterfly Male 100m Butterfly Female 50m Freestyle Male 50m Freestyle Male 200m Freestyle Relay HDW Female 200m Freestyle Relay HDW	Mixed 200m Freestyle Relay HDW Male 200m Freestyle Female 200m Freestyle Male 200m Backstroke Female 200m Backstroke Male 100m Breaststroke Female 100m Breaststroke Male 100m IM Female 100m IM Male 50m Butterfly Female 50m Butterfly Mixed 200m Medley Relay HDW Mixed 800m Freestyle HDW	Female 400m IM HDW Male 400m IM HDW Female 100m Backstroke Male 100m Backstroke Female 50m Breaststroke Male 50m Breaststroke Female 200m Butterfly Male 200m Butterfly Female 100m Freestyle Male 100m Freestyle Female 200m Medley Relay HDW Male 200m Medley Relay HDW Mixed 1500m Freestyle HDW
Session 2: Finals & Presentations	Session 4: Finals & Presentations	Session 6: Finals & Presentations
Female 200m Breaststroke Male 200m Breaststroke Female 400m Freestyle HDW (Fastest Heat) Male 400m Freestyle HDW (Fastest Heat) Female 50m Backstroke Male 50m Backstroke Female 200m IM Male 200m IM Female 100m Butterfly Male 100m Butterfly Female 50m Freestyle Male 50m Freestyle	Male 200m Freestyle Female 200m Freestyle Male 200m Backstroke Female 200m Backstroke Male 100m Breaststroke Female 100m Breaststroke Male 100m IM Female 100m IM Male 50m Butterfly Female 50m Butterfly Mixed 800m Freestyle HDW (Fastest Heat)	Female 400m IM HDW (Fastest Heat) Male 400m IM HDW (Fastest Heat) Female 100m Backstroke Male 100m Backstroke Female 50m Breaststroke Male 50m Breaststroke Female 200m Butterfly Male 200m Butterfly Female 100m Freestyle Male 100m Freestyle Mixed 1500m Freestyle HDW (Fastest Heat)