

**Swim Ulster SC Championships 2024 - 15/11/2024 to 17/11/2024****Session Report**

Session: 1 Friday AM - Heats - Warm Up 8.30-9.10 Female 9.10-9.50 Open  
 Day of Meet: 1 Starts at 10:00 AM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	101 Female 13 & Over 200 Breaststroke	23	3 u	10:00 AM	_____
Prelims	102 Open 13 & Over 200 Breaststroke	27	4 u	10:12 AM	_____
Finals-S	103 Female 13 & Over 400 Freestyle	6	1 u	10:27 AM	_____
Finals-S	104 Open 13 & Over 400 Freestyle	8	1 u	10:33 AM	_____
Prelims	105 Female 13 & Over 50 Backstroke	25	4 u	10:39 AM	_____
Prelims	106 Open 13 & Over 50 Backstroke	25	4 u	10:46 AM	_____
Prelims	107 Female 13 & Over 200 IM	22	3 u	10:53 AM	_____
Prelims	108 Open 13 & Over 200 IM	30	4 u	11:04 AM	_____
Prelims	109 Female 13 & Over 100 Butterfly	21	3 u	11:18 AM	_____
Prelims	110 Open 13 & Over 100 Butterfly	28	4 u	11:24 AM	_____
Prelims	111 Female 13 & Over 50 Freestyle	57	8 u	11:32 AM	_____
Prelims	112 Open 13 & Over 50 Freestyle	43	6 u	11:45 AM	_____
Finals	114 Female 13 & Over 200 Freestyle Relay	8	1 u	11:53 AM	_____
	Break: 10 Minutes: Medals 113 & 114				
Finals	113 Open 13 & Over 200 Freestyle Relay	8	1 u	12:07 PM	_____
	Swimmers Counts for Warm-ups: 199	=====	=====		
	Entry / Heat Totals:	331	47		
	Finish Time			12:11 PM	_____

Session: 2 Friday PM - Finals - Warm Up 4pm Mixed  
 Day of Meet: 1 Starts at 05:00 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	101 Female 13 & Over 200 Breaststroke	16	2 u	05:00 PM	_____
Finals	102 Open 13 & Over 200 Breaststroke	16	2 u	05:08 PM	_____
Finals-1	103 Female 13 & Over 400 Freestyle	8	1 u	05:15 PM	_____
Finals-1	104 Open 13 & Over 400 Freestyle	8	1 u	05:21 PM	_____
	Break: 10 Minutes: Medals 101 - 102				
Finals	105 Female 13 & Over 50 Backstroke	16	2 u	05:37 PM	_____
Finals	106 Open 13 & Over 50 Backstroke	16	2 u	05:40 PM	_____
Finals	107 Female 13 & Over 200 IM	16	2 u	05:44 PM	_____
Finals	108 Open 13 & Over 200 IM	16	2 u	05:51 PM	_____
	Break: 10 Minutes: Medals 103 - 106				
Finals	109 Female 13 & Over 100 Butterfly	16	2 u	06:07 PM	_____
Finals	110 Open 13 & Over 100 Butterfly	16	2 u	06:11 PM	_____
Finals	111 Female 13 & Over 50 Freestyle	16	2 u	06:15 PM	_____
Finals	112 Open 13 & Over 50 Freestyle	16	2 u	06:18 PM	_____
	Break: 10 Minutes: Medals 107 - 110				
	Swimmers Counts for Warm-ups: 119	=====	=====		
	Entry / Heat Totals:	176	22		
	Finish Time			06:31 PM	_____

**Swim Ulster SC Championships 2024 - 15/11/2024 to 17/11/2024****Session Report**

Session: 3 Saturday AM Heats - Warm Up 8.30-9.10 Open 9.10-9.50 Female  
 Day of Meet: 2 Starts at 10:00 AM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	201 Mixed 13 & Over 200 Freestyle Relay	8	1 u	10:00 AM	_____
Prelims	202 Female 13 & Over 200 Freestyle	27	4 u	10:04 AM	_____
Prelims	203 Open 13 & Over 200 Freestyle	28	4 u	10:18 AM	_____
Prelims	204 Female 13 & Over 200 Backstroke	18	3 u	10:30 AM	_____
Prelims	205 Open 13 & Over 200 Backstroke	18	3 u	10:42 AM	_____
Prelims	206 Female 13 & Over 100 Breaststroke	23	3 u	10:53 AM	_____
Prelims	207 Open 13 & Over 100 Breaststroke	35	5 u	11:00 AM	_____
Prelims	208 Female 13 & Over 100 IM	17	3 u	11:12 AM	_____
Prelims	209 Open 13 & Over 100 IM	24	3 u	11:18 AM	_____
Prelims	210 Female 13 & Over 50 Butterfly	24	3 u	11:25 AM	_____
Prelims	211 Open 13 & Over 50 Butterfly	28	4 u	11:29 AM	_____
Finals	212 Mixed 13 & Over 200 Medley Relay	11	2 u	11:35 AM	_____
Finals-S	213 Mixed 13 & Over 800 Freestyle	16	2 u	11:42 AM	_____
	Break: 10 Minutes: Medals 201 & 212				
	Swimmers Counts for Warm-ups: 167	=====	=====		
	Entry / Heat Totals:	277	40		
	Finish Time			12:14 PM	_____

Session: 4 Saturday PM Finals - Warm Up 4pm Mixed  
 Day of Meet: 2 Starts at 05:00 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	202 Female 13 & Over 200 Freestyle	16	2 u	05:00 PM	_____
Finals	203 Open 13 & Over 200 Freestyle	16	2 u	05:07 PM	_____
Finals	204 Female 13 & Over 200 Backstroke	8	1 u	05:13 PM	_____
Finals	205 Open 13 & Over 200 Backstroke	8	1 u	05:17 PM	_____
	Break: 10 Minutes: Medals 202 - 203				
Finals	206 Female 13 & Over 100 Breaststroke	16	2 u	05:30 PM	_____
Finals	207 Open 13 & Over 100 Breaststroke	16	2 u	05:35 PM	_____
Finals	208 Female 13 & Over 100 IM	8	1 u	05:39 PM	_____
Finals	209 Open 13 & Over 100 IM	16	2 u	05:41 PM	_____
	Break: 10 Minutes: Medals 204 - 207				
Finals	210 Female 13 & Over 50 Butterfly	16	2 u	05:55 PM	_____
Finals	211 Open 13 & Over 50 Butterfly	16	2 u	05:58 PM	_____
	Break: 10 Minutes: Medals 208 - 209				
Finals-1	213 Mixed 13 & Over 800 Freestyle	8	1 u	06:11 PM	_____
	Break: 10 Minutes: Medals 210 - 213				
	Swimmers Counts for Warm-ups: 99	=====	=====		
	Entry / Heat Totals:	144	18		
	Finish Time			06:32 PM	_____

**Swim Ulster SC Championships 2024 - 15/11/2024 to 17/11/2024****Session Report**

Session: 5 Sunday AM - Heats - Warm Up 8.30-9.10 Female 9.10-9.50 Open  
 Day of Meet: 3 Starts at 10:00 AM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-S	301 Female 13 & Over 400 IM	12	2 u	10:00 AM	_____
Finals-S	302 Open 13 & Over 400 IM	9	2 u	10:14 AM	_____
Prelims	303 Female 13 & Over 100 Backstroke	30	4 u	10:27 AM	_____
Prelims	304 Open 13 & Over 100 Backstroke	27	4 u	10:37 AM	_____
Prelims	305 Female 13 & Over 50 Breaststroke	24	3 u	10:46 AM	_____
Prelims	306 Open 13 & Over 50 Breaststroke	40	5 u	10:51 AM	_____
Prelims	307 Female 13 & Over 200 Butterfly	13	2 u	10:59 AM	_____
Prelims	308 Open 13 & Over 200 Butterfly	13	2 u	11:07 AM	_____
Prelims	309 Female 13 & Over 100 Freestyle	42	6 u	11:14 AM	_____
Prelims	310 Open 13 & Over 100 Freestyle	45	6 u	11:27 AM	_____
	Break: 5 Minutes: Break				
Finals	311 Female 13 & Over 200 Medley Relay	9	2 u	11:43 AM	_____
Finals	312 Open 13 & Over 200 Medley Relay	11	2 u	11:52 AM	_____
	Break: 10 Minutes: Medals 311 & 312				
Finals-S	313 Mixed 13 & Over 1500 Freestyle	3	1 u	12:09 PM	_____
	Swimmers Counts for Warm-ups: 187	=====	=====		
	Entry / Heat Totals:	278	41		
	Finish Time			12:29 PM	_____

Session: 6 Sunday PM - Finals - Warm Up 3.30pm Mixed  
 Day of Meet: 3 Starts at 04:30 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-1	301 Female 13 & Over 400 IM	8	1 u	04:30 PM	_____
Finals-1	302 Open 13 & Over 400 IM	8	1 u	04:37 PM	_____
Finals	303 Female 13 & Over 100 Backstroke	16	2 u	04:44 PM	_____
Finals	304 Open 13 & Over 100 Backstroke	16	2 u	04:48 PM	_____
	Break: 10 Minutes: Medals 301 - 302				
Finals	305 Female 13 & Over 50 Breaststroke	16	2 u	05:03 PM	_____
Finals	306 Open 13 & Over 50 Breaststroke	16	2 u	05:06 PM	_____
Finals	307 Female 13 & Over 200 Butterfly	8	1 u	05:09 PM	_____
Finals	308 Open 13 & Over 200 Butterfly	8	1 u	05:13 PM	_____
	Break: 10 Minutes: Medals 303 - 306				
Finals	309 Female 13 & Over 100 Freestyle	16	2 u	05:26 PM	_____
Finals	310 Open 13 & Over 100 Freestyle	16	2 u	05:30 PM	_____
	Break: 10 Minutes: Medals 307 - 308				
Finals-1	313 Mixed 13 & Over 1500 Freestyle	8	1 u	05:44 PM	_____
	Break: 10 Minutes: Medals 309, 310 & 313				
	Swimmers Counts for Warm-ups: 114	=====	=====		
	Entry / Heat Totals:	136	17		
	Finish Time			06:13 PM	_____