



Swim Ulster

Open Long Course Meet 2025

Meet Information

18th & 19th January 2025

Aurora Aquatic & Leisure Complex, Bangor

Swim Ulster Open Long Course Meet 2025

Meet Information

Venue: Aurora Aquatic & Leisure Complex, Bangor

Date: 18th & 19th January 2025

Age Groups: Minimum entry age is 12 years
Female -12yrs, 13/14yrs, 15/16yrs, 17&over
Open - 12yrs, 13/14yrs, 15/16yrs, 17&over

Age Up Date: 31st December 2025

Events: All events are Heat Declared Winner

50m, 100m, 200m all four strokes

200m Individual Medley

400m Individual Medley – this event will be limited to the fastest 30 swimmers entered

400m Freestyle – this event will be limited to the fastest 30 swimmers entered

800m Freestyle – this event will be limited to the fastest 20 swimmers entered

1500m Freestyle – this event will be limited to the fastest 20 swimmers entered

Mixed Stroke and 50m Freestyle SKINS

The top 10 athletes in the 200m IM and 50m Freestyle will be selected to compete in a Mixed Stroke and Freestyle SKINS event respectively.

Round 1 – 4 athletes eliminated

Round 2 – 2 athletes eliminated

Round 3 – 2 athletes eliminated

Round 4 – final

For the Mixed Stroke SKINS, the stroke will be drawn out of a hat for the first race than the slowest eliminated swimmer will pick the next stroke randomly out of a hat for the next round. Each round will start every 3 minutes.

Awards: Medals will be awarded to the fastest three athletes per age group per event excluding the SKINS. The winning athlete in the SKINS events will receive a £100.00 Gift Voucher.

Entries: Swimmers entering the Swim Ulster Open Meet must be a member of a Swim Ireland affiliated club or a club from outside Ireland registered with their National Federation.

Disabled swimmers are welcomed and encouraged to enter this competition.

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.

Long Course Consideration Times have been published for this event and must be achieved in a **Level 3 Licensed Meet** since 1st January 2024. Hytek converted short course times achieved in the same period will be accepted for entry.

Except for swimmers aged 12-14yrs who can enter the 50m Form Strokes if they have achieved the 100m consideration standard in that stroke, swimmers can only enter events for which there is a consideration standard published for their age group.

Entry Fees: £6 / €7 per Individual Event

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

Tech Suit

Policy

The Swim Ireland Tech Suit Policy will be adhered to for this Meet –

<https://swimireland.ie/wp-content/uploads/sites/2/2023/06/Swim-Ireland-Tech-Suit-Policy-Updated-May-2024.pdf>

Closing Date: 5pm on Wednesday 8th January 2025 – No entries will be accepted after this date.

Please note that if Aurora is unable to facilitate this event, Swim Ulster reserves the right to change the venue and/or the date of this event.

Order of Events

All events are Heat Declared Winner

Event	Day 1 – Session 1	Event	Day 2 – Session 1
101	Mixed 800m Freestyle (2 heats)	201	Open 50m Freestyle
102	Open 200m Individual Medley	202	Female 50m Butterfly
103	Female 100m Breaststroke	203	Open 200m Breaststroke
104	Open 100m Backstroke	204	Female 200m Backstroke
105	Female 200m Butterfly	205	Open 100m Butterfly
106	Open 50m Breaststroke	206	Female 400m Individual Medley
107	Female 50m Backstroke	207	Open 400m Freestyle
108	Open 200m Freestyle	208	Open 50m Free SKINS – fastest 10 swimmers from event 201
109	Female 100m Freestyle		
110	Open Mixed Stroke SKINS - fastest 10 swimmers from event 102		
	Day 1 – Session 2		Day 2 – Session 2
111	Female 50m Freestyle	209	Female 200m Individual Medley
112	Open 50m Butterfly	210	Open 100m Breaststroke
113	Female 200m Breaststroke	211	Female 100m Backstroke
114	Open 200m Backstroke	212	Open 200m Butterfly
115	Female 100m Butterfly	213	Female 50m Breaststroke
116	Open 400m Individual Medley	214	Open 50m Backstroke
117	Female 400m Freestyle	215	Female 200m Freestyle
118	Female 50m Free SKINS – fastest 10 swimmers from event 111	216	Open 100m Freestyle
		217	Mixed 1500m Freestyle
		218	Female Mixed Stroke SKINS - fastest 10 swimmers from event 209



Female Consideration Times (Long Course)

Open Consideration Times (Long Course)

17&over	16yrs	15yrs	14yrs	13yrs	12yrs		12yrs	13yrs	14yrs	15yrs	16yrs	17&over
00:32.12	00:33.45	00:34.16	00:35.56	00:36.20	00:39.11	50m Free	00:39.25	00:35.49	00:32.89	00:30.60	00:29.91	00:28.90
01:10.54	01:13.15	01:14.14	01:16.84	01:19.81	01:27.37	100m Free	01:24.64	01:18.32	01:12.32	01:06.81	01:05.82	01:02.74
02:37.13	02:40.21	02:42.07	02:45.40	02:56.05	03:08.59	200m Free	03:05.14	02:54.29	02:41.37	02:28.97	02:27.13	02:22.24
05:27.94	05:36.41	05:43.48	05:52.74	06:06.37		400m Free		06:06.22	05:38.56	05:18.58	05:07.90	05:01.76
10:55.90	11:20.09	11:37.98	11:53.76	12:46.23		800m Free		12:12.86	11:34.42	10:37.10	10:21.36	10:09.46
21:13.21	21:38.07	22:35.04	23:24.38	24:11.92		1500m Free		24:11.15	23:10.45	21:45.93	21:10.30	20:19.01
00:35.66	00:36.36	00:36.71				50m Back				00:32.91	00:32.60	00:31.97
01:22.95	01:24.61	01:25.70	01:27.93	01:33.04	01:40.70	100m Back	01:39.60	01:32.08	01:25.40	01:19.88	01:16.67	01:15.13
02:57.87	03:02.68	03:05.96	03:11.07	03:19.01	03:36.35	200m Back	03:30.71	03:19.79	03:03.61	02:53.35	02:51.20	02:47.06
00:39.83	00:40.61	00:41.00				50m Breast				00:36.57	00:36.22	00:35.53
01:32.86	01:36.51	01:37.59	01:42.88	01:46.76	01:57.73	100m Breast	01:55.05	01:46.03	01:36.74	01:31.06	01:27.14	01:22.79
03:27.24	03:31.99	03:34.61	03:42.82	03:50.73	04:10.31	200m Breast	04:05.51	03:56.55	03:32.66	03:22.03	03:16.54	03:04.50
00:33.28	00:33.93	00:34.25				50m Butterfly				00:30.60	00:30.30	00:29.72
01:25.62	01:27.71	01:29.14	01:31.65	01:37.16	01:42.53	100m Butterfly	01:40.27	01:33.34	01:24.22	01:16.70	01:14.94	01:10.61
03:10.07	03:18.97	03:22.71	03:31.44	03:38.12	03:40.19	200m Butterfly	03:34.99	03:32.96	03:18.89	03:07.40	03:02.50	02:51.61
02:58.40	03:03.57	03:06.09	03:13.37	03:23.04	03:36.44	200m IM	03:30.33	03:17.90	03:04.71	02:51.02	02:46.60	02:43.32
06:25.56	06:39.12	06:50.39	06:58.49	07:23.27		400m IM		07:15.68	06:43.84	06:18.66	06:06.05	05:53.63

Swimmers aged 12-14 years will be permitted to enter the 50m Form Strokes (Back, Breast & Fly) where they have achieved the 100m Consideration Time in that stroke.