

# Ulster Short Course Championships 2024

## Event Information

**Date:** 15<sup>th</sup> to 17<sup>th</sup> November 2024

**Venue:** Lagan Valley Leisureplex, Lisburn

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

**Age Up Date:** 31<sup>st</sup> 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 combined (Open and Female) events and if run as combined events there will be a maximum of 3 heats. Swim Ulster reserve the right to run an Open and Female fastest heat swum in the finals session with all other athletes competing in combined (Open and Female) heats  
Open & 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 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place
- Ulster Champion – Perpetual Trophy
- Ulster Junior Champion based on times recorded in heats

Relay Events

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

A Junior is defined for placing purposes as:

- Open – 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. A maximum of 1 swimmer from outside Ulster is permitted to swim in each final or the fastest heat in an HDW event.

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](mailto: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 2 Licensed Meet** since 17<sup>th</sup> 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 4<sup>th</sup> November 2024 – No entries will be accepted after this date**



## Ulster Short Course Championships 2024 Consideration Times (Short Course)

Female				Open		
19&O	17-18yrs	13-16yrs		13-16yrs	17-18yrs	19&O
00:29.09	00:29.59	00:30.21	<b>50m Free</b>	00:27.19	00:26.06	00:25.50
01:02.83	01:03.48	01:05.36	<b>100m Free</b>	00:59.24	00:57.39	00:56.08
02:18.47	02:20.99	02:22.46	<b>200m Free</b>	02:12.60	02:05.83	02:03.58
04:52.85	04:59.02	05:05.00	<b>400m Free</b>	04:43.85	04:29.57	04:23.37
10:08.05	10:18.35	10:26.95	<b>800m Free</b>	09:48.54	09:38.95	09:22.88
19:13.37	20:05.02	20:24.46	<b>1500m Free</b>	18:51.28	18:32.74	17:39.59
00:33.27	00:34.04	00:34.40	<b>50m Back</b>	00:31.67	00:30.18	00:29.60
01:10.66	01:13.36	01:14.08	<b>100m Back</b>	01:07.94	01:05.53	01:03.71
02:34.30	02:36.95	02:40.33	<b>200m Back</b>	02:29.17	02:25.27	02:23.86
00:38.05	00:38.43	00:39.09	<b>50m Breast</b>	00:35.97	00:33.83	00:33.00
01:21.62	01:22.83	01:24.62	<b>100m Breast</b>	01:18.11	01:14.04	01:12.35
02:59.76	03:03.23	03:05.00	<b>200m Breast</b>	02:51.83	02:43.15	02:41.57
00:31.53	00:31.90	00:32.63	<b>50m Butterfly</b>	00:29.80	00:28.25	00:27.63
01:11.01	01:11.71	01:14.05	<b>100m Butterfly</b>	01:06.82	01:04.28	01:02.75
02:51.51	02:54.02	02:55.71	<b>200m Butterfly</b>	02:33.52	02:29.29	02:26.62
01:13.22	01:14.49	01:15.47	<b>100m IM</b>	01:10.62	01:06.57	01:05.46
02:37.78	02:39.32	02:42.96	<b>200m IM</b>	02:31.05	02:26.43	02:23.61
05:42.01	05:46.48	05:54.17	<b>400m IM</b>	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 <sup>th</sup> November 2024	Day 2 – Saturday 16 <sup>th</sup> November 2024	Day 3 – Sunday 17 <sup>th</sup> November 2024
<b>Session 1: Combined Heats</b>	<b>Session 3: Combined Heats</b>	<b>Session 5: Combined Heats</b>
Female 200m Breaststroke Open 200m Breaststroke Female 400m Freestyle HDW Open 400m Freestyle HDW Female 50m Backstroke Open 50m Backstroke Female 200m IM Open 200m IM Female 100m Butterfly Open 100m Butterfly Female 50m Freestyle Open 50m Freestyle Female 200m Freestyle Relay HDW Open 200m Freestyle Relay HDW	Mixed 200m Freestyle Relay HDW Open 200m Freestyle Female 200m Freestyle Open 200m Backstroke Female 200m Backstroke Open 100m Breaststroke Female 100m Breaststroke Open 100m IM Female 100m IM Open Male 50m Butterfly Female 50m Butterfly Mixed 200m Medley Relay HDW Mixed 800m Freestyle HDW	Female 400m IM HDW Open 400m IM HDW Female 100m Backstroke Open 100m Backstroke Female 50m Breaststroke Open 50m Breaststroke Female 200m Butterfly Open 200m Butterfly Female 100m Freestyle Open 100m Freestyle Female 200m Medley Relay HDW Open 200m Medley Relay HDW Mixed 1500m Freestyle HDW
<b>Session 2: Finals &amp; Presentations</b>	<b>Session 4: Finals &amp; Presentations</b>	<b>Session 6: Finals &amp; Presentations</b>
Female 200m Breaststroke A & B Final Open 200m Breaststroke A & B Final Female 400m Freestyle HDW (Fastest Heat) Open 400m Freestyle HDW (Fastest Heat) Female 50m Backstroke A & B Final Open 50m Backstroke A & B Final Female 200m IM A & B Final Open 200m IM A & B Final Female 100m Butterfly A & B Final Open 100m Butterfly A & B Final Female 50m Freestyle A & B Final Open 50m Freestyle A & B Final	Open 200m Freestyle A & B Final Female 200m Freestyle A & B Final Open 200m Backstroke A & B Final Female 200m Backstroke A & B Final Open 100m Breaststroke A & B Final Female 100m Breaststroke A & B Final Open 100m IM A & B Final Female 100m IM A & B Final Open 50m Butterfly A & B Final Female 50m Butterfly A & B Final Mixed 800m Freestyle HDW (Fastest Heat)	Female 400m IM HDW (Fastest Heat) Open 400m IM HDW (Fastest Heat) Female 100m Backstroke A & B Final Open 100m Backstroke A & B Final Female 50m Breaststroke A & B Final Open 50m Breaststroke A & B Final Female 200m Butterfly A & B Final Open 200m Butterfly A & B Final Female 100m Freestyle A & B Final Open 100m Freestyle A & B Final Mixed 1500m Freestyle HDW (Fastest Heat)