

Aspiring Champions Series – 2024-2025

Meet Information

Meet	Date	Venue	Closing Date for Entries / Payment
Aspiring Champions Series Meet 1 (SC)	19 th & 20 th October 2024	Lisnasharragh Leisure Centre, Belfast	4.10.24
Aspiring Champions Series Meet 2 (LC)	15 th & 16 th March 2025	Aurora Aquatic & Leisure Complex, Bangor	28.2.24

Age Groups: *Minimum entry age is 13yrs*
 Male: 13-14yrs, 15-16yrs, 17 & older
 Female: 13-14yrs, 15-16yrs, 17 & older

Age Up Date: Meet 1: 31st December 2024
 Meet 2: 31st December 2025

Events: All events are Heat Declared Winner
 50, 100m, 200m all four strokes
 200m, 400m Individual Medley
 400m Freestyle
 Mixed 800m, 1500m Freestyle
 Male, Female and Mixed 4 x 50m Freestyle & Medley Team Relays

Athletes with a disability must be registered as members of a Swim Ireland affiliated club at the time of entry.

Entries: No qualifying times will be published although consideration times will be published for 400/800/1500m to manage meet timelines. Athletes may only compete in their own Region.

Unless otherwise stated in the meet conditions athletes can enter as many individual events as deemed appropriate by their coach and should only enter events on the recommendation from their coach. Clubs can enter multiple relay teams.

Price: £6 / €7 per individual event.
 £6 / €7 per relay event for Aspiring Champions Meet 1 only – this will be reviewed going forward.
 Payment should be forwarded to the Swim Ulster Office by the closing date.

Awards: Time banded awards for all age groups using the US Swimming Motivational Times (SC) as per the table below for Aspiring Champions Meet 1 – October 2024 – these awards should be collected from the Awards Desk on poolside.

Girls 13-14yrs			SC Times	Boys 13-14yrs		
Bronze	Silver	Gold		Gold	Silver	Bronze
36.09	33.49	30.89	50 M Free	28.39	30.79	33.19
1:18.29	1:12.69	01:07.09	100 M Free	01:02.19	1:07.29	1:12.49
2:49.29	2:37.19	02:25.09	200 M Free	02:15.39	2:26.69	2:37.99
5:58.29	5:32.69	05:07.09	400 M Free	04:49.99	5:14.19	5:38.29
12:16.89	11:24.19	10:31.59	800 M Free	10:00.99	10:51.09	11:41.09
23:15.29	21:35.69	19:55.99	1500 M Free	19:00.89	20:35.99	22:11.09
1:25.29	1:19.19	01:13.09	100 M Back	01:08.19	1:13.89	1:19.59
3:04.89	2:51.69	02:38.49	200 M Back	02:28.79	2:41.19	2:53.59
1:37.99	1:30.99	01:23.99	100 M Breast	01:17.09	1:23.49	1:29.89
3:32.19	3:16.99	03:01.89	200 M Breast	02:48.89	3:02.99	3:17.09
1:24.99	1:18.89	01:12.89	100 M Fly	01:07.69	1:13.29	1:18.89
3:07.89	2:54.49	02:41.09	200 M Fly	02:29.99	2:42.49	2:54.99
3:09.49	2:55.89	02:42.39	200 M IM	02:31.59	2:44.19	2:56.79
6:44.19	6:15.39	05:46.49	400 M IM	05:23.79	5:50.69	6:17.69

Girls 15-16yrs			SC Times	Boys 15-16yrs		
Bronze	Silver	Gold		Gold	Silver	Bronze
35.39	32.89	30.39	50 M Free	27.39	29.59	31.89
1:16.89	1:11.39	1:05.89	100 M Free	59.59	1:04.49	1:09.49
2:45.59	2:33.79	2:21.99	200 M Free	02:10.09	2:20.89	2:31.79
5:50.69	5:25.59	5:00.59	400 M Free	04:39.49	5:02.79	5:26.09
12:05.69	11:13.89	10:22.09	800 M Free	09:39.89	10:28.19	11:16.49
22:57.09	21:18.69	19:40.39	1500 M Free	18:23.89	19:55.89	21:27.89
1:23.39	1:17.39	1:11.49	100 M Back	01:04.79	1:10.19	1:15.59
3:01.39	2:48.39	2:35.49	200 M Back	02:21.99	2:33.79	2:45.59
1:36.09	1:29.19	1:22.39	100 M Breast	01:13.49	1:19.59	1:25.79
3:27.89	3:13.09	2:58.19	200 M Breast	02:39.79	2:53.09	3:06.39
1:23.29	1:17.29	1:11.39	100 M Fly	01:04.69	1:10.09	1:15.49
3:04.29	2:51.09	2:37.99	200 M Fly	02:23.39	2:35.39	2:47.29
3:05.79	2:52.59	2:39.29	200 M IM	02:24.69	2:36.69	2:48.79
6:35.09	6:06.89	5:38.69	400 M IM	05:11.69	5:37.69	6:03.59

Girls 17-18yrs			SC Times	Boys 17-18yrs		
Bronze	Silver	Gold		Gold	Silver	Bronze
34.79	32.29	29.79	50 M Free	26.49	28.69	30.89
1:15.29	1:09.99	1:04.59	100 M Free	58.19	1:02.99	1:07.79
2:44.19	2:32.49	2:20.79	200 M Free	02:07.59	2:18.19	2:28.79
5:49.29	5:24.39	4:59.39	400 M Free	04:34.29	4:57.19	5:20.09
12:03.09	11:11.39	10:19.79	800 M Free	09:35.69	10:23.69	11:11.69
22:50.29	21:12.39	19:34.59	1500 M Free	18:04.99	19:35.39	21:05.79
1:22.29	1:16.39	1:10.49	100 M Back	01:02.79	1:07.99	1:13.19
2:58.19	2:45.39	2:32.69	200 M Back	02:18.49	2:29.99	2:41.49
1:34.89	1:28.09	1:21.29	100 M Breast	01:11.89	1:17.89	1:23.89
3:24.39	3:09.79	2:55.19	200 M Breast	02:36.70	2:49.89	3:02.99
1:21.99	1:16.09	1:10.29	100 M Fly	01:02.39	1:07.59	1:12.79
3:01.59	2:48.69	2:35.69	200 M Fly	02:20.69	2:32.39	2:44.19
3:02.99	2:49.99	2:36.89	200 M IM	02:22.19	2:33.99	2:45.89
6:29.99	6:02.09	5:34.29	400 M IM	05:03.99	5:29.29	5:54.69

Time banded awards for all age groups using the US Swimming Motivational Times (LC) as per the table below for Aspiring Champions Meet 2 – March 2025 – these awards should be collected from the Awards Desk on poolside.

Girls 13-14yrs			LC Times	Boys 13-14yrs		
Bronze	Silver	Gold		Gold	Silver	Bronze
37.09	34.49	31.79	50 M Free	29.49	31.99	34.39
01:20.49	01:14.79	01:08.99	100 M Free	01:04.49	01:09.89	01:15.29
02:54.29	02:41.79	02:29.39	200 M Free	02:20.59	02:32.29	2:44.09
06:06.79	05:40.59	05:14.39	400 M Free	04:59.19	5:24.09	5:49.09
12:35.99	11:41.99	10:47.99	800 M Free	10:22.19	11:13.99	12:05.89
24:06.39	22:23.09	20:39.79	1500 M Free	19:48.39	21:27.39	23:06.49
1:29.99	1:23.59	01:17.09	100 M Back	01:11.89	01:17.89	01:23.89
03:12.39	02:58.69	02:44.89	200 M Back	02:36.09	02:49.09	03:02.09
01:42.09	01:34.79	01:27.49	100 M Breast	01:21.29	1:28.09	1:34.89
03:39.69	03:23.99	03:08.29	200 M Breast	02:56.09	03:10.79	03:25.49
01:26.59	01:20.39	01:14.29	100 M Fly	01:09.69	1:15.49	1:21.29
03:12.99	02:59.19	02:45.49	200 M Fly	02:35.09	02:47.99	03:00.89
03:15.79	03:01.79	02:47.79	200 M IM	02:38.29	02:51.39	03:04.59
06:55.49	06:25.89	05:56.19	400 M IM	05:36.59	6:04.69	6:32.69

Girls 15-16yrs			LC Times	Boys 15-16yrs		
Bronze	Silver	Gold		Gold	Silver	Bronze
36.39	33.79	31.19	50 M Free	27.89	30.19	32.59
01:19.19	01:13.49	01:07.89	100 M Free	01:01.69	01:06.89	01:11.99
02:50.49	02:38.29	02:26.19	200 M Free	02:14.89	2:26.09	2:37.39
05:58.49	05:32.89	05:07.29	400 M Free	4:46.09	5:09.89	5:33.69
12:21.29	11:28.39	10:35.39	800 M Free	10:00.09	10:50.09	11:40.09
23:43.89	22:02.19	20:20.49	1500 M Free	18:59.09	20:33.99	22:08.99
01:27.29	01:21.09	01:14.89	100 M Back	01:08.69	01:14.39	01:20.19
03:08.39	02:54.99	02:41.49	200 M Back	2:28.89	2:41.39	2:53.79
01:39.49	01:32.39	01:25.29	100 M Breast	1:16.99	1:23.49	1:29.89
03:35.89	03:20.49	03:05.09	200 M Breast	02:47.49	03:01.39	03:15.39
01:25.39	01:19.29	01:13.19	100 M Fly	1:06.29	1:11.79	1:17.39
03:07.29	02:53.99	02:40.59	200 M Fly	02:27.69	02:39.99	02:52.29
03:11.89	02:58.19	02:44.49	200 M IM	2:31.39	2:43.99	2:56.59
6:47.89	06:18.79	5:49.69	400 M IM	5:20.59	5:47.29	6:14.09

Girls 17-18yrs			LC Times	Boys 17-18yrs		
Bronze	Silver	Gold		Gold	Silver	Bronze
36.19	33.59	30.99	50 M Free	27.79	30.09	32.39
1:18.59	1:12.99	1:07.39	100 M Free	01:00.19	01:05.29	01:10.29
2:49.59	2:37.49	2:25.39	200 M Free	02:12.49	02:23.59	02:34.59
05:57.09	05:31.59	05:06.09	400 M Free	04:42.19	05:05.69	05:29.19
12:16.89	11:24.29	10:31.59	800 M Free	9:48.09	10:37.09	11:26.09
23:30.39	21:49.59	20:08.89	1500 M Free	18:46.89	20:20.79	21:54.69
01:26.59	01:20.39	01:14.19	100 M Back	01:07.39	01:12.99	01:18.59
03:06.89	02:53.59	02:40.19	200 M Back	02:26.19	02:38.39	02:50.59
01:38.69	01:31.69	01:24.59	100 M Breast	01:15.39	01:21.69	01:27.99
3:33.09	3:17.89	03:02.69	200 M Breast	02:44.19	02:57.89	03:11.59
01:24.29	01:18.29	01:12.19	100 M Fly	01:04.69	01:10.09	01:15.49
03:06.79	02:53.39	02:40.09	200 M Fly	02:24.39	02:36.39	02:48.39
3:10.69	02:56.99	02:43.39	200 M IM	02:28.89	02:41.29	02:53.69
6:45.19	6:16.29	5:47.29	400 M IM	05:16.59	05:42.99	06:09.39

Programme of Events

****Due to Swim Ireland Licensing restrictions, session times must not exceed 4 hours per session – session times may be changed if there are a large number of entries**

Aspiring Champions Series Meet 1 Short Course	Aspiring Champions Series Meet 2 Long Course
Session 1 Saturday AM **Warm up 9am Start 10am	Session 1 Saturday AM **Warm up 9am Start 10am
Male 4 x 50m FTR	Male 4 x 50m FTR
Female 4 x 50m MTR	Female 4 x 50m MTR
Mixed 800m Free	Mixed 800m Free
Male 100m Back	Male 100m Back
Female 200m Back	Female 200m Back
Male 200m Individual Medley	Male 200m Individual Medley
Female 100m Breast	Female 100m Breast
Male 100m Free	Male 100m Free
Female 50m Butterfly	Female 50m Butterfly
Male 200m Butterfly	Male 200m Butterfly
Session 2 Saturday PM **Warm up 1pm Start 2pm	Session 2 Saturday PM **Warm up 1pm Start 2pm
Mixed 4 x 50m FTR	Mixed 4 x 50m FTR
Female 100m Individual Medley (SC only)	Male 100m Butterfly
Male 100m Butterfly	Female 200m Butterfly
Female 200m Butterfly	Male 200m Breast
Male 200m Breast	Female 100m Free
Female 100m Free	Male 400m Free
Male 400m Free	Female 400m IM
Female 400m IM	Male 50m Free
Male 50m Free	Female 50m Back
Female 50m Back	
Session 3 Sunday AM **Warm up 9am Start 10am	Session 3 Sunday AM **Warm up 9am Start 10am
Female 4 x 50m FTR	Female 4 x 50m FTR
Male 4 x 50m MTR	Male 4 x 50m MTR
Female 200m Individual Medley	Female 200m Individual Medley
Male 400m Individual Medley	Male 400m Individual Medley
Female 400m Free	Female 400m Free
Male 200m Free	Male 200m Free
Female 200m Breast	Female 200m Breast
Male 50m Back	Male 50m Back
Female 50m Free	Female 50m Free
Male 50m Breaststroke	Male 50m Breaststroke
Session 4 Sunday PM **Warm up 1pm Start 2pm	Session 4 Sunday PM **Warm up 1pm Start 2pm
Mixed 4 x 50m MTR	Mixed 4 x 50m MTR
Male 100m Individual Medley (SC only)	Female 200m Free
Female 200m Free	Male 100m Breast
Male 100m Breast	Female 100m Butterfly
Female 100m Butterfly	Male 200m Back
Male 200m Back	Female 200m Breast
Female 100m Back	Male 50m Butterfly
Male 50m Butterfly	Female 100m Back
Female 50m Breast	Mixed 1500m Freestyle
Mixed 1500m Freestyle	

**Aspiring Champions Consideration Standards 2024-2025
Meet 1 - (Short Course)**

Female							Male					
Open	17&over	16yrs	15yrs	14yrs	13yrs		13yrs	14yrs	15yrs	16yrs	17&over	Open
05:16.09	05:21.39	05:29.68	05:36.61	05:45.69	05:59.04	400m Free	05:58.90	05:31.79	05:12.21	05:01.74	04:55.73	04:51.84
10:36.11	10:42.78	11:06.49	11:24.02	11:39.48	12:30.91	800m Free	11:58.20	11:20.53	10:24.36	10:08.93	09:57.27	09:57.26
20:35.62	20:47.75	21:12.11	22:07.94	22:56.29	23:42.89	1500m Free	23:42.13	22:42.64	21:19.81	20:44.90	19:54.63	19:42.24
06:11.33	06:17.85	06:31.14	06:42.18	06:50.12	07:14.40	400m IM	07:06.97	06:35.76	06:11.09	05:58.73	05:46.56	05:37.29

**Aspiring Champions Consideration Standards 2024-2025
Meet 2 - (Long Course)**

Female							Male					
Open	17&over	16yrs	15yrs	14yrs	13yrs		13yrs	14yrs	15yrs	16yrs	17&over	Open
05:22.54	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	04:57.80
10:49.09	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	10:09.45
21:00.84	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	20:06.37
06:18.90	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	05:44.18