



## **Development Meets – Update September 2016**

Swim Ulster have received several queries regarding the changes to the Development Meets. This document will hopefully provide the answers to any queries swimmers, coaches and parents may have.

### **Progression from the Development Meets to Qualifying Meets**

A swimmer is required to achieve the following qualifying times to progress from the Development Meets to the Qualifying Meets. Once the swimmer has achieved the standards outlined they can enter the events for which they qualify plus a maximum of three bonus swims:

- 9/10yrs – 100m IM (legal & hips past flags on streamline) and two 50m qualifying times
- 11&over – 200m IM (legal & hips past flags on streamline) and two 100m qualifying times

If a swimmer aged 11&under competed in the Qualifying Meets during the 2015-2016 season they will continue to swim in the Qualifying Meets in 2016-2017 if they meet the standards outlined above.

If a swimmer aged 12&over competed in the Qualifying Meets during the 2015-2016 season they will continue to swim in the Qualifying Meets in 2016-2017 if they have achieved any three published qualifying times for their respective age group.

From September 2017 swimmers aged 14&under will be required to achieve an Individual Medley qualifying time.

### **Technical Assessment on Individual Medley**

- Swimmers must demonstrate the ability to execute all four strokes legally and will be disqualified in the Individual Medley events if they perform an illegal stroke.
- A team of coaches will assess streamlining during the Individual Medley events and swimmers must execute a tight streamline and remain under the surface until their hips pass the flags on all turns.
- Please watch the demonstration by clicking on the links below:

[100m Individual Medley Demo 1](#)

[100m Individual Medley Demo 2](#)

### **Introduction of 100m Freestyle Kick**

- Swim Ulster will supply small kick boards for use during this event.
- Swimmers will start in the water with one arm extended on the float and the other hand on the wall.
- When the starter gives the signal to start the swimmer will push off and place both hands on the float.
- At the turn and the finish the swimmers must finish with both hands on the float.
- When turning the swimmer keeps one hand on the float while executing a touch turn with the other hand.
- Please watch the demonstration by clicking on the link below:

[100m Freestyle Kick Demonstration](#)