

Aspiring Champions Series – 2025-2026

Meet Information

Meet	Date	Venue	Closing Date for Entries / Payment
Aspiring Champions Series Meet 2 (LC)	14 th & 15 th March 2026	Aurora Aquatic & Leisure Complex, Bangor	27.2.26

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 2: 31st December 2026

Events: All events are Heat Declared Winner
 50m, 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 (13yrs & over)

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.

Athletes aged 13/14 years competing in the Future Challenger Series Round 1 will not be eligible to compete in the Aspiring Champions Series in the short course season (1st September to 31st December 2025) and those competing in the Future Challenger Series Round 2 will not be eligible to compete in the Aspiring Champions Series in the long course season (1st January to 31st August 2026).

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.

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

Price: £7 / €8 per individual event.
 £7 / €8 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 (LC) as per the table below for Aspiring Champions Meet 2 – March 2026 – 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 2 Long Course
Session 1 Saturday AM
**Warm up 9am Start 10am
Male 4 x 50m Freestyle Team Relay
Female 4 x 50m Medley Team Relay
Mixed 800m Freestyle
Male 100m Backstroke
Female 200m Backstroke
Male 200m Individual Medley
Female 100m Breaststroke
Male 100m Freestyle
Female 50m Butterfly
Male 200m Butterfly
Session 2 Saturday PM
**Warm up 1pm Start 2pm
Mixed 4 x 50m Freestyle Team Relay
Male 100m Butterfly
Female 200m Butterfly
Male 200m Breaststroke
Female 100m Freestyle
Male 400m Freestyle
Female 400m Individual Medley
Male 50m Freestyle
Female 50m Backstroke
Session 3 Sunday AM
**Warm up 9am Start 10am
Female 4 x 50m Freestyle Team Relay
Male 4 x 50m Medley Team Relay
Female 200m Individual Medley
Male 400m Individual Medley
Female 400m Freestyle
Male 200m Freestyle
Female 200m Breaststroke
Male 50m Backstroke
Female 50m Freestyle
Male 50m Breaststroke
Session 4 Sunday PM
**Warm up 1pm Start 2pm
Mixed 4 x 50m Medley Team Relay
Female 200m Freestyle
Male 100m Breaststroke
Female 100m Butterfly
Male 200m Backstroke
Female 100m Backstroke
Male 50m Butterfly
Female 50m Breaststroke
Mixed 1500m Freestyle

**Aspiring Champions Consideration Standards 2025-2026
Meet 2 - (Long Course)**

Female							Male					
Open	17&over	16yrs	15yrs	14yrs	13yrs		13yrs	14yrs	15yrs	16yrs	17&over	Open
05:21.90	05:25.03	05:31.38	05:39.99	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
10:44.30	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	10:03.53
20:45.70	21:13.21	21:38.07	22:32.85	23:24.38	24:11.92	1500m Free	23:44.10	22:57.94	21:45.93	21:08.37	20:19.01	19:42.27
06:18.90	06:25.56	06:39.12	06:50.39	06:58.49	07:21.13	400m IM	07:15.68	06:43.84	06:18.66	06:06.05	05:53.63	05:36.55