

Future Challenger Series 2025-2026 Meet Information

There will be 4 Future Challenger Series Meets held throughout the 2025-2026 season for swimmers aged 10 years – 14 years (age as at 31st December). To ensure that Clubs only attend for a short time these events will be divided into regions as follows:

Region 1	Region 2
Alliance, Ards, Armagh, Ballymena, Ballymoney, Bangor, Coleraine, Larne, Leander, Limavady, Lisburn, Mid Ulster, Olympia, Portadown, Swim Belfast	Banbridge, Breifne, City of Derry, Cookstown, Dungannon, East Cavan, Enniskillen, Kilkeel, Lecale, Lurgan, Marlins, Newry, Sliabh Beagh, Strule Dolphins, Swilly Seals, Riversdale Otters

Meet	Date	Venue	Closing Date for Entries / Payment
Future Challenger Meet 4 Region 2 AM & Region 1 PM	21 st March 2026	Lagan Valley Leisureplex, Lisburn	6.3.26

Age

Groups: Minimum entry age is 10 yrs – see age up date below

Female 10yrs, 11yrs, 12yrs, 13/14yrs
Open 10yrs, 11yrs, 12yrs, 13/14yrs

Age Up

Date: 31st December 2026

Events:

50m, 100m all four strokes
200m Backstroke, Freestyle (refer to the order of events below)
400m Freestyle (refer to the order of events below)
100m, 200m Individual Medley

Mixed 4 x 25m Freestyle & Medley Team Relay

There is no limit on the number of teams however each relay must include at least 1 male and 1 female athlete. The age groups for relays will be 10-12yrs and 12-14yrs, with 12-year-old athletes only being eligible for one relay per event.

Clubs can use swimmers who have no individual events providing their names are on the team lists submitted with the entries.

Clubs may collaborate to enter relays.

Entries:

No consideration standards will be published for athletes to enter most events however a consideration standard will be published for entry into the 200m Breaststroke and 400m Freestyle, and the following guidance is provided to support entry decisions:

1. Athletes should be able to complete the race distance with the given stroke/s and have proven this in at least one meet/time trial prior to entry;
2. Athletes should be capable of executing the stroke/s legally;
3. Athletes should be capable of executing legal turns and good streamlining;
4. Athletes must swim in the corresponding 50m event prior to entering the 100m event, and the 100m event prior to entering the 200m event;
5. Athletes aged 12-14 years entering the 200m Breaststroke must have swum a 100m Breaststroke faster than the consideration time published below;
6. Athletes aged 12-14 years entering the 400m Freestyle must have swum a 200m Freestyle faster than the consideration time published below;

Male	Event	Female
01:38.00	100m Breaststroke	01:38.00
02:50.00	200m Freestyle	02:50.00

7. Athletes should only enter events on the recommendation from their coach

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. Athletes may swim up or down distances as outlined in the Order of Events if their coach believes this is the appropriate distance for them, and athletes are limited to 1 distance per stroke per meet. The Meet Organiser reserves the right to limit entries in the 200m Breaststroke and 400m Freestyle. Clubs can enter multiple relay teams.

The Future Challenger Series is open to all competitive members aged 10 to 14 years however athletes aged 13/14 years may only compete in the Future Challenger Series if they are new to competitive swimming and have not previously participated in the Aspiring Champions Series or higher-level meets and cannot compete at the Aspiring Champions Series in the same cycle i.e. the short course or long course season. Entries for the Aspiring Champions Series will be rejected if an athlete is found to have entered both competitions within the same cycle.

Participation in the Future Challenger Series for 13/14-year-olds is intended as a transitional opportunity and should be guided by the athlete's coach based on readiness and performance. These athletes are expected to progress to the Aspiring Champions Series as soon as they demonstrate the capability to compete at that level, ensuring they swim alongside their age peers in a more developmentally appropriate environment.

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

A Medley Pentathlon Award will be presented to every swimmer who completes all four strokes and the Individual Medley in their age group as below:

Age	Backstroke	Breaststroke	Butterfly	Freestyle	IM
10 years	50m	50m	50m	50m	100m
11 years	100m	100m	50m	100m	200m
12 years	100m	100m	100m	200m	200m

Tech Suit

Policy: Tech Suits will not be permitted at the Future Challenger Series Meets irrespective of age. We ask clubs to ensure coaches, parents and athletes are fully aware of the policy so that we avoid any negative experiences on poolside. Full details of the policy can be found on the [Swim Ireland website](#).

Price: £7 / €8 per individual event
 £7 / €8 per relay event
 Payment should be forwarded to the Swim Ulster Office by the closing date

Awards: Time banded medals will be awarded for all age groups using the US Swimming Motivational Times (SC) as per the table below:

Female 10yrs				Open 10yrs		
Bronze	Silver	Gold		Gold	Silver	Bronze
42.99	38.89	34.69	50 M Free	34.19	38.09	41.99
1:38.99	1:28.39	01:17.89	100 M Free	01:16.99	1:26.99	1:36.99
51.99	46.29	40.59	50 M Back	40.99	46.79	52.69
1:52.69	1:40.19	01:27.69	100 M Back	01:27.49	1:39.09	1:50.69
58.89	52.49	46.19	50 M Breast	45.29	51.39	57.59
52.39	46.19	39.99	50 M Fly	39.09	44.79	50.49
1:53.39	1:41.29	01:29.19	100 M IM	01:27.89	1:38.79	1:49.79
4:01.49	3:36.19	03:10.8	200 M IM	03:08.9	3:33.49	3:58.09
Female 11yrs				Open 11yrs		
Bronze	Silver	Gold		Gold	Silver	Bronze
1:24.39	1:18.39	01:12.29	100 M Free	01:11.99	1:17.99	1:23.99
3:03.19	2:50.09	02:36.99	200 M Free	02:36.19	2:49.29	3:02.29
1:37.19	1:29.49	01:21.89	100 M Back	01:21.99	1:29.69	1:37.39
3:24.29	3:09.69	02:55.09	200 M Back	02:55.29	3:09.89	3:24.49
1:49.49	1:41.39	01:33.29	100 M Breast	01:32.59	1:40.99	1:49.29
42.09	39.09	36.09	50 M Fly	36.89	40.39	43.99
3:26.19	3:11.49	02:56.79	200 M IM	02:59.09	3:14.89	3:30.69
Female 12yrs				Open 12yrs		
Bronze	Silver	Gold		Gold	Silver	Bronze
1:21.29	1:15.49	01:09.69	100 M Free	01:07.29	1:12.89	1:18.49
2:58.09	2:45.39	02:32.69	200 M Free	02:27.49	2:39.79	2:52.09
6:15.49	5:48.69	05:21.89	400 M Free	05:12.99	5:39.09	6:05.19
1:34.19	1:26.69	01:19.29	100 M Back	01:16.59	1:23.69	1:30.89
3:15.19	3:01.29	02:47.29	200 M Back	02:43.49	2:57.19	3:10.79
1:44.29	1:36.59	01:28.89	100 M Breast	01:26.59	1:34.39	1:42.29
1:33.99	1:26.49	01:18.99	100 M Fly	01:16.89	1:24.49	1:32.09
3:19.69	3:05.39	02:51.19	200 M IM	02:46.69	3:01.49	3:16.19
Female 13-14yrs				Open 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
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
1:24.99	1:18.89	01:12.89	100 M Fly	01:07.69	1:13.29	1:18.89
3:09.49	2:55.89	02:42.39	200 M IM	02:31.59	2:44.19	2:56.79

Programme of Events

****Session times may be changed depending on the number of entries**

Future Challenger Series Meet 4 - Lisburn
**AM Session – Warm Up TBC – Start TBC
**PM Session – Warm Up TBC – Start TBC
Female 10-14yrs 100m IM or Female 11-14years 200m IM
Open 10-14yrs 100m IM or Open 11-14yrs 200m IM
Female 10-14yrs 50m Breaststroke or Female 11-14yrs 100m Breaststroke or Open 12 yrs 200m Breaststroke
Open 10-14yrs 50m Breaststroke or Open 11-14yrs 100m Breaststroke or Open 12 yrs 200m Breaststroke
Female 10-14yrs 50m Freestyle or Female 10-14yrs 100m Freestyle or Female 11-14yrs 200m Freestyle or Female 12yrs 400m Freestyle
Open 10-14yrs 50m Freestyle or Open 10-14yrs 100m Freestyle or Open 11-14yrs 200m Freestyle or Open 12yrs 400m Freestyle
Mixed 4 x 25m MTR
Athletes are limited to 1 distance per stroke per meet