

Kilkenny Swimming Club
2023/2024 Season

CLUB2024 STANDARDS Squad Times Updated Long Course Meters

Female 9 & Under

	A	B
100 Free		1:40.80
100 Back		1:49.70
100 Breast		2:06.00
100 Fly		2:15.60

Female 10-10

	A	B
100 Free		1:40.40
200 Free		
100 Back		1:50.60
100 Breast		2:04.40
100 Fly		1:47.90
200 IM		

Female 11-11

	A	B
100 Free	1:17.03	1:39.00
200 Free	2:46.28	3:34.00
100 Back	1:28.79	1:49.10
100 Breast	1:44.04	2:02.70
100 Fly	1:30.39	1:47.00
200 IM	3:10.83	4:01.20

Female 12-12

	A	B
100 Free	1:17.03	1:36.70
200 Free	2:46.28	3:28.50
100 Back	1:28.79	1:46.40
100 Breast	1:44.04	1:59.50
100 Fly	1:30.39	1:44.30
200 IM	3:10.83	3:54.80

Female 13-13

	A	B
100 Free	1:13.88	1:33.90
200 Free	2:42.28	3:24.40
100 Back	1:25.33	1:43.50
100 Breast	1:39.68	1:56.40
100 Fly	1:28.76	1:41.40
200 IM	3:06.01	

Female 14-14

	A	B
100 Free	1:09.73	
200 Free	2:35.30	
100 Back	1:23.01	
100 Breast	1:33.01	
100 Fly	1:25.08	

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200 IM 2:59.47

Female 15-15

	A	B
100 Free	1:08.03	
200 Free	2:32.07	
100 Back	1:20.89	
100 Breast	1:31.63	
100 Fly	1:22.95	
200 IM	2:55.47	

Female 16 & Over

	A	B
100 Free	1:07.71	
200 Free	2:29.77	
100 Back	1:19.09	
100 Breast	1:29.23	
100 Fly	1:21.09	
200 IM	2:49.72	

Male 9 & Under

	A	B
100 Free		1:40.83
100 Back		1:50.20
100 Breast		2:05.42
100 Fly		1:48.91

Male 10-10

	A	B
100 Free		1:39.58
200 Free		
100 Back		1:49.92
100 Breast		2:03.42
100 Fly		1:47.24
200 IM		

Male 11-11

	A	B
100 Free	1:14.62	1:37.08
200 Free	2:43.23	3:31.48
100 Back	1:27.81	1:47.16
100 Breast	1:41.44	2:00.32
100 Fly	1:28.41	1:45.08
200 IM	3:05.44	3:56.82

Male 12-12

	A	B
100 Free	1:14.62	1:34.12
200 Free	2:43.23	3:25.02
100 Back	1:27.81	1:43.89
100 Breast	1:41.44	1:56.65

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100 Fly	1:28.41	1:41.87
200 IM	3:05.44	3:49.59

Male 13-13

	A	B
100 Free	1:10.37	1:31.50
200 Free	2:39.67	3:19.30
100 Back	1:22.90	1:41.00
100 Breast	1:35.27	1:53.40
100 Fly	1:26.16	1:39.00
200 IM	3:05.54	3:43.00

Male 14-14

	A	B
100 Free	1:05.59	
200 Free	2:27.37	
100 Back	1:17.47	
100 Breast	1:30.24	
100 Fly	1:16.39	
200 IM	2:47.54	

Male 15-15

	A	B
100 Free	1:01.18	
200 Free	2:16.42	
100 Back	1:14.05	
100 Breast	1:25.25	
100 Fly	1:10.92	
200 IM	2:39.24	

Male 16 & Over

	A	B
100 Free	1:00.85	
200 Free	2:16.19	
100 Back	1:10.89	
100 Breast	1:20.57	
100 Fly	1:09.28	
200 IM	2:34.03	