

Kilkenny Swimming Club
2022/2023 Season**CLUB2020 STANDARDS Squad Progression Times Long Course Meters****Female 9 & Under**

	A	B
100 Free		1:41.60
100 Back		1:50.20
100 Breast		2:07.00
100 Fly		2:16.40

Female 10-10

	A	B
100 Free	1:19.90	1:41.18
200 Free	2:53.75	
100 Back	1:27.60	1:51.12
100 Breast	1:39.02	2:05.42
100 Fly	1:26.18	1:48.64
200 IM	3:09.41	

Female 11-11

	A	B
100 Free	1:19.90	1:39.80
200 Free	2:53.75	3:37.20
100 Back	1:27.60	1:49.60
100 Breast	1:39.02	2:03.70
100 Fly	1:26.18	1:47.70
200 IM	3:09.41	4:02.80

Female 12-12

	A	B
100 Free	1:19.90	1:37.30
200 Free	2:53.75	3:31.70
100 Back	1:27.60	1:46.80
100 Breast	1:39.02	2:00.42
100 Fly	1:26.18	1:45.00
200 IM	3:09.41	3:56.30

Female 13 & Over

	A	B
100 Free	1:18.10	1:34.60
200 Free	2:49.79	3:25.90
100 Back	1:25.26	1:43.90
100 Breast	1:36.32	1:57.30
100 Fly	1:23.84	1:42.10
200 IM	3:09.41	3:50.10

Male 9 & Under

	A	B
100 Free		1:42.43
100 Back		1:51.40
100 Breast		2:07.42
100 Fly		1:50.31

Kilkenny Swimming Club
2022/2023 Season**CLUB2020 STANDARDS Squad Progression Times Long Course Meters****Male 10-10**

	A	B
100 Free	1:19.63	1:41.18
200 Free	2:55.75	
100 Back	1:26.52	1:51.12
100 Breast	1:39.11	2:05.42
100 Fly	1:25.73	1:48.64
200 IM	3:05.54	

Male 11-11

	A	B
100 Free	1:19.63	1:38.68
200 Free	2:55.75	3:34.68
100 Back	1:26.52	1:48.36
100 Breast	1:39.11	2:02.32
100 Fly	1:25.73	1:46.48
200 IM	3:05.54	4:00.02

Male 12-12

	A	B
100 Free	1:19.63	1:35.72
200 Free	2:55.55	3:28.22
100 Back	1:26.52	1:45.09
100 Breast	1:39.11	1:58.65
100 Fly	1:25.73	1:43.27
200 IM	3:03.54	3:52.79

Male 13 & Over

	A	B
100 Free	1:16.93	1:33.10
200 Free	2:47.27	3:22.50
100 Back	1:24.36	1:42.20
100 Breast	1:35.33	1:55.40
100 Fly	1:22.94	1:40.40
200 IM	3:05.54	3:46.20