

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

	<b>A</b>	<b>B</b>
100 Free		1:40.00
100 Back		1:49.00
100 Breast		2:05.00
100 Fly		2:15.00

**Female 10-10**

	<b>A</b>	<b>B</b>
100 Free	1:18.30	1:39.58
200 Free	2:50.55	
100 Back	1:26.40	1:49.92
100 Breast	1:37.02	2:03.42
100 Fly	1:24.78	1:47.24
200 IM	3:06.21	

**Female 11-11**

	<b>A</b>	<b>B</b>
100 Free	1:18.30	1:38.20
200 Free	2:50.55	3:34.00
100 Back	1:26.40	1:48.40
100 Breast	1:37.02	2:01.70
100 Fly	1:24.78	1:46.30
200 IM	3:06.21	3:59.60

**Female 12-12**

	<b>A</b>	<b>B</b>
100 Free	1:18.30	1:35.70
200 Free	2:50.55	3:28.50
100 Back	1:26.40	1:45.60
100 Breast	1:37.02	1:58.42
100 Fly	1:24.78	1:43.60
200 IM	3:06.21	3:53.10

**Female 13 & Over**

	<b>A</b>	<b>B</b>
100 Free	1:16.50	1:33.00
200 Free	2:46.59	3:22.70
100 Back	1:24.06	1:42.70
100 Breast	1:34.32	1:55.30
100 Fly	1:22.44	1:40.70
200 IM	3:06.21	3:46.90

**Male 9 & Under**

	<b>A</b>	<b>B</b>
100 Free		1:40.83
100 Back		1:50.20
100 Breast		2:05.42
100 Fly		1:48.91

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**CLUB2020 STANDARDS Squad Progression Times Short Course Meters**

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**Male 10-10**

	<b>A</b>	<b>B</b>
100 Free	1:18.03	1:39.58
200 Free	2:52.35	
100 Back	1:25.32	1:49.92
100 Breast	1:37.11	2:03.42
100 Fly	1:24.33	1:47.24
200 IM	3:02.34	

**Male 11-11**

	<b>A</b>	<b>B</b>
100 Free	1:18.03	1:37.08
200 Free	2:52.35	3:31.48
100 Back	1:25.32	1:47.16
100 Breast	1:37.11	2:00.32
100 Fly	1:24.33	1:45.08
200 IM	3:02.34	3:56.82

**Male 12-12**

	<b>A</b>	<b>B</b>
100 Free	1:18.03	1:34.12
200 Free	2:52.35	3:25.02
100 Back	1:25.32	1:43.89
100 Breast	1:37.11	1:56.65
100 Fly	1:24.33	1:41.87
200 IM	3:02.34	3:49.59

**Male 13 & Over**

	<b>A</b>	<b>B</b>
100 Free	1:15.33	1:31.50
200 Free	2:44.07	3:19.30
100 Back	1:23.16	1:41.00
100 Breast	1:33.33	1:53.40
100 Fly	1:21.54	1:39.00
200 IM	3:02.34	3:43.00

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