

Kilkenny Swimming Club **FEMALE A Times 2025/26**

<i>Age as of 31st December</i>	18 & older		17		16		15		14		13		12	
<i>Long/Short Course</i>	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC
100m Freestyle	1:04.59	1:02.99	1:06.49	1:04.89	1:07.63	1:06.03	1:07.89	1:06.29	1:09.70	1:08.10	1:11.70	1:10.10	1:17.03	1:15.43
200m Freestyle	2:24.84	2:21.64	2:28.11	2:24.91	2:28.13	2:24.93	2:28.42	2:25.22	2:30.02	2:26.82	2:38.17	2:34.97	2:46.28	2:43.08
400m Freestyle	5:04.03	4:57.63	5:09.12	5:02.72	5:11.03	5:04.63	5:14.54	5:08.14	5:19.95	5:13.55	5:29.18	5:22.78	5:13.50	5:07.10
800m Freestyle	10:11.83	9:59.03	10:18.25	10:05.45	10:28.78	10:15.98	10:39.18	10:26.38	10:47.40	10:34.60	11:28.44	11:15.64		
1500m Freestyle	19:48.46	19:24.46	20:00.13	19:36.13	20:00.14	19:36.18	20:40.88	20:16.88	21:13.81	20:49.81	21:44.51	21:20.51		
100m Backstroke	1:14.60	1:13.40	1:18.19	1:16.99	1:18.23	1:17.03	1:18.48	1:17.28	1:19.76	1:18.56	1:23.59	1:22.39	1:28.79	1:27.59
200m backstroke	2:44.96	2:42.56	2:47.66	2:45.26	2:48.90	2:46.50	2:50.29	2:47.89	2:53.30	2:50.90	2:58.80	2:56.40	3:10.75	3:08.35
100m Breaststroke	1:25.57	1:23.57	1:27.53	1:25.53	1:29.23	1:27.23	1:29.37	1:27.37	1:33.31	1:31.31	1:35.92	1:33.92	1:43.80	1:41.80
200m Breaststroke	3:11.37	3:07.37	3:15.34	3:11.34	3:16.00	3:12.00	3:16.53	3:12.53	3:22.10	3:18.10	3:27.30	3:23.30	3:40.69	3:36.69
100m Butterfly	1:16.40	1:15.00	1:20.70	1:19.30	1:21.09	1:19.69	1:21.63	1:20.23	1:23.13	1:21.73	1:27.30	1:25.90	1:30.39	1:28.99
200m Butterfly	2:54.03	2:51.23	2:59.16	2:56.36	3:03.96	3:01.16	3:05.63	3:02.83	3:11.78	3:08.98	3:15.97	3:13.17	3:15.97	3:13.17
200m IM	2:46.14	2:42.94	2:48.16	2:44.96	2:49.72	2:46.52	2:50.41	2:47.21	2:55.39	2:52.19	3:02.43	2:59.23	3:10.83	3:07.63
400m IM	5:57.15	5:50.75	6:03.43	5:57.03	6:09.01	6:02.61	6:15.81	6:09.41	6:19.59	6:13.19	6:38.26	6:31.86		

To qualify for A squad a swimmer must have

- a) achieved **two** swim times faster than, or equal to the times in two different strokes, or
- b) achieved a swim time faster than or equal to **one Qualifying time** for the current years Irish Summer National Championships

Note: The columns with light colours are the long course LC (50m pool) times, and the darker coloured columns are the short course SC (25m pool) conversion times. The SC conversion times are always faster than the LC times