

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

Age as of 31st December	19 & older		18		17		16		15		14		13		12	
Long/Short Course	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC
100m Freestyle	58.32	56.72	58.56	56.96	59.13	57.53	1:00.85	59.25	1:01.18	59:58	1:05.59	1:03.99	1:10.37	1:08.77	1:14.62	1:13.02
200m Freestyle	2:12.45	2:09.25	2:12.46	2:09.26	2:14.08	2:10.88	2:16.03	2:12.83	2:16.42	2:13.22	2:26.37	2:23.17	2:36.60	2:33.40	2:43.23	2:40.03
400m Freestyle	4:40.70	4:34.30	4:40.71	4:34.31	4:44.44	4:38.04	4:44.67	4:38.27	4:51.74	4:45.34	5:07.08	5:00.68	5:29.04	5:22.64	5:13.37	5:06.97
800m Freestyle	9:28.87	9:15.67	9:28.88	9:16.08	9:34.47	9:21.67	9:34.48	9:21.68	9:43.42	9:30.62	10:29.86	10:17.06	10:58.46	10:45.66		
1500m Freestyle	18:46.07	18:22.07	18:46.08	18:22.08	19:09.04	18:45.04	19:34.47	19:10.47	19:55.90	19:31.90	21:01.18	20:37.18	21:43.82	21:19.82		
100m Backstroke	1:09.24	1:08.04	1:09.80	1:08.60	1:10.81	1:09.61	1:10.89	1:09.69	1:13.15	1:11.95	1:17.46	1:16.26	1:22.73	1:21.53	1:27.81	1:26.61
200m backstroke	2:35.06	2:32.66	2:35.07	2:32.67	2:37.47	2:35.07	2:38.29	2:35.89	2:38.75	2:36.35	2:46.54	2:44.14	2:59.51	2:57.11	3:05.78	3:03.38
100m Breaststroke	1:16.33	1:14.33	1:16.91	1:14.91	1:18.04	1:16.04	1:20.57	1:18.57	1:23.39	1:21.39	1:27.75	1:25.75	1:35.27	1:33.27	1:41.44	1:39.44
200m Breaststroke	2:51.21	2:47.21	2:51.22	2:47.22	2:53.91	2:49.91	3:01.71	2:57.71	3:05.01	3:01.01	3:12.88	3:08.88	3:32.53	3:28.53	3:36.46	3:32.46
100m Butterfly	1:05.36	1:03.56	1:05.62	1:04.22	1:06.56	1:05.16	1:09.28	1:07.88	1:10.24	1:08.84	1:16.39	1:14.99	1:23.86	1:22.46	1:28.41	1:27.01
200m Butterfly	2:35.28	2:32.48	2:37.37	2:34.57	2:41.76	2:38.96	2:48.73	2:45.93	2:51.61	2:48.81	3:00.40	2:57.60	3:11.34	3:08.54	3:11.34	3:08.54
200m IM	2:31.64	2:28.44	2:31.65	2:28.45	2:33.94	2:30.74	2:34.03	2:30.83	2:36.61	2:33.41	2:47.54	2:44.34	2:57.81	2:54.61	3:05.44	3:02.24
400m IM	5:23.30	5:16.90	5:24.42	5:18.04	5:33.33	5:26.93	5:38.44	5:32.04	5:46.76	5:40.36	6:06.29	5:59.89	6:31.45	6:25.05		

To qualify for A squad a swimmer must have

a) achieved two swim times faster than, or equal to the times above 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 lighter shaded colours are the long course LC (50m pool) times, and the darker shaded columns are the short course SC (25m pool) conversion times. The SC conversion times are always faster than the LC times