

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

Age as of 31st December Long/Short Course		18 & older		17		16		15		14		13		12	
		LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC	LC	SC
100m Freestyle	QT	1:02.71	1:01.11	1:03.93	1:02.33	1:05.03	1:03.43	1:05.28	1:03.68	1:06.38	1:04.78	1:08.29	1:06.69	1:13.36	1:11.76
	CT	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	QT	2:20.62	2:17.42	2:22.41	2:19.21	2:22.43	2:19.23	2:22.71	2:19.51	2:22.88	2:19.68	2:30.64	2:27.44	2:38.36	2:35.16
	CT	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	QT	4:55.17	4:48.77	4:57.23	4:50.83	4:59.07	4:52.67	5:02.44	4:46.04	5:04.71	4:58.31	5:13.50	5:07.10	5:13.50	5:07.10
	CT	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		
800m Freestyle	QT	9:59.83	9:47.03	10:00.24	9:47.44	10:10.47	9:57.67	10:20.56	10:07.76	10:22.50	10:09.70	11:01.96	10:49.16		
	CT	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	QT	19:25.16	19:01.16	19:25.17	19:01.17	19:25.18	19:01.18	20:04.74	19:40.74	20:24.82	20:00.82	20:54.34	20:30.34		
	CT	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	QT	1:12.43	1:11.23	1:15.18	1:13.98	1:15.22	1:14.02	1:15.46	1:14.26	1:15.96	1:14.76	1:19.61	1:18.41	1:24.56	1:23.36
	CT	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	QT	2:40.16	2:37.76	2:41.21	2:38.81	2:42.40	2:40.00	2:43.74	2:41.34	2:45.05	2:42.65	2:50.29	2:47.89	3:01.67	2:59.27
	CT	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	QT	1:23.08	1:21.08	1:24.16	1:22.16	1:25.80	1:23.80	1:25.93	1:23.93	1:28.87	1:26.87	1:31.35	1:29.35	1:38.86	1:36.86
	CT	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	QT	3:05.80	3:01.80	3:07.83	3:03.83	3:08.46	3:04.46	3:08.97	3:04.97	3:12.48	3:08.48	3:17.43	3:13.43	3:30.18	3:26.18
	CT	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	QT	1:14.17	1:12.77	1:17.60	1:16.20	1:17.97	1:16.57	1:18.49	1:17.09	1:19.17	1:17.77	1:23.14	1:21.74	1:26.09	1:24.69
	CT	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	QT	2:48.96	2:46.16	2:52.27	2:49.47	2:56.88	2:54.08	2:58.49	2:55.69	3:02.65	2:59.85	3:06.64	3:03.84	3:06.64	3:03.84
	CT	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	QT	2:41.30	2:38.10	2:41.69	2:38.49	2:43.19	2:39.99	2:43.86	2:40.66	2:47.04	2:43.84	2:53.74	2:50.54	3:01.74	2:58.54
	CT	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	QT	5:46.75	5:40.35	5:49.45	5:43.05	5:54.82	5:48.42	6:01.36	5:54.96	6:01.51	5:55.11	6:19.30	6:12.90		
	CT	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 consideration times (CT'S) for two different strokes, or
- b) achieved a swim time faster than or equal to one qualifying time (QT) (bold numbers on the chart above)

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 faster than the LC times