

Connacht and Leinster Regional Age Group Long Course Championships 2025

UL Sport Arena, University of Limerick

Qualification Standards 2024-2025 (Long Course)

Female				Open		
14yrs	13yrs	12yrs		12yrs	13yrs	14yrs
00:32.56	00:32.84	00:34.81	50m Free	00:34.94	00:32.19	00:30.11
01:10.36	01:12.39	01:17.76	100m Free	01:15.33	01:11.04	01:06.22
02:34.31	02:42.69	02:51.03	200m Free	02:47.90	02:41.07	02:30.55
05:22.99	05:32.31	05:32.31	400m Free	05:32.17	05:32.17	05:10.01
10:59.85	11:41.68		800m Free		11:11.12	10:41.97
21:38.31	22:09.60		1500m Free		22:08.89	21:25.43
01:20.52	01:24.39	01:29.63	100m Back	01:28.65	01:23.52	01:18.20
02:58.25	03:03.91	03:16.20	200m Back	03:11.08	03:04.64	02:51.30
01:34.20	01:36.83	01:44.79	100m Breast	01:42.41	01:36.17	01:28.58
03:27.88	03:33.22	03:46.99	200m Breast	03:42.64	03:38.60	03:18.40
01:23.92	01:28.13	01:31.26	100m Butterfly	01:29.25	01:24.66	01:17.12
03:17.26	03:21.57	03:21.57	200m Butterfly	03:16.81	03:16.81	03:05.55
03:00.40	03:07.64	03:16.28	200m IM	03:10.74	03:02.89	02:52.32
06:30.43	06:49.64		400m IM		06:42.63	06:16.76

Consideration Standards 2024-2025 (Long Course)

Female				Open		
14yrs	13yrs	12yrs		12yrs	13yrs	14yrs
00:34.19	00:34.48	00:36.55	50m Free	00:36.68	00:33.80	00:31.62
01:13.88	01:16.01	01:21.65	100m Free	01:19.10	01:14.59	01:09.53
02:42.03	02:50.83	02:59.58	200m Free	02:56.29	02:49.12	02:38.08
05:39.14	05:48.93		400m Free		05:48.78	05:25.51
			800m Free			
			1500m Free			
01:24.54	01:28.61	01:34.12	100m Back	01:33.08	01:27.69	01:22.11
03:07.17	03:13.11	03:26.01	200m Back	03:20.64	03:13.87	02:59.86
01:38.91	01:41.67	01:50.03	100m Breast	01:47.53	01:40.98	01:33.01
03:38.27	03:43.89	03:58.34	200m Breast	03:53.77	03:49.53	03:28.32
01:28.12	01:32.53	01:35.82	100m Butterfly	01:33.71	01:28.90	01:20.97
03:27.13	03:31.65	03:31.65	200m Butterfly	03:26.65	03:26.65	03:14.83
03:09.42	03:17.02	03:26.09	200m IM	03:20.28	03:12.03	03:00.94
06:49.95	07:10.13		400m IM		07:02.77	06:35.60