

Connacht and Leinster Regional Senior Long Course Championships 2025

National Aquatic Centre, Dublin

Qualification Standards 2024-2025 (Long Course)

Female					Open				
18&over	17yrs	16yrs	15yrs		15yrs	16yrs	17yrs	18yrs	19&over
00:30.35	00:30.86	00:31.52	00:31.88	50m Free	00:28.56	00:28.19	00:27.76	00:27.74	00:26.93
01:06.47	01:07.77	01:08.93	01:09.20	100m Free	01:02.36	01:02.02	01:00.27	01:00.26	01:00.02
02:31.87	02:33.80	02:33.82	02:34.13	200m Free	02:21.66	02:21.26	02:19.23	02:18.89	02:18.88
05:12.88	05:15.06	05:17.01	05:20.59	400m Free	04:57.35	04:50.14	04:49.91	04:48.88	04:48.87
10:35.82	10:36.25	10:47.10	10:57.79	800m Free	10:00.42	09:51.22	09:51.20	09:51.19	09:51.18
20:35.07	20:35.08	20:35.09	21:17.02	1500m Free	20:30.73	20:08.68	19:42.50	19:30.24	19:30.23
00:34.26	00:34.26	00:34.26	00:34.26	50m Back	00:30.72	00:30.72	00:30.72	00:30.72	00:30.72
01:16.78	01:19.69	01:19.73	01:19.99	100m Back	01:14.56	01:12.25	01:12.18	01:11.84	01:11.25
02:52.97	02:54.11	02:55.39	02:56.84	200m Back	02:44.85	02:44.38	02:43.52	02:42.59	02:42.58
00:38.27	00:38.27	00:38.27	00:38.27	50m Breast	00:34.13	00:34.13	00:34.13	00:34.13	00:34.13
01:28.06	01:29.21	01:30.95	01:31.09	100m Breast	01:24.99	01:22.12	01:19.54	01:19.15	01:18.56
03:20.66	03:22.86	03:23.54	03:24.09	200m Breast	03:12.12	03:08.70	03:00.60	02:59.53	02:59.52
00:31.97	00:31.97	00:31.97	00:31.97	50m Butterfly	00:28.56	00:28.56	00:28.56	00:28.56	00:28.56
01:18.62	01:22.26	01:22.65	01:23.20	100m Butterfly	01:11.59	01:10.62	01:07.84	01:07.53	01:07.27
03:02.48	03:06.05	03:11.03	03:12.77	200m Butterfly	02:58.21	02:55.22	02:47.98	02:45.01	02:42.82
02:54.20	02:54.63	02:56.25	02:56.97	200m IM	02:42.64	02:39.96	02:39.86	02:39.01	02:39.00
06:14.49	06:17.41	06:23.21	06:30.27	400m IM	06:00.09	05:51.45	05:46.15	05:40.17	05:38.99

Consideration Standards 2024-2025 (Long Course)

Female					Open				
18&over	17yrs	16yrs	15yrs		15yrs	16yrs	17yrs	18yrs	19&over
00:31.26	00:32.09	00:32.79	00:33.16	50m Free	00:29.70	00:29.31	00:28.87	00:28.57	00:27.74
01:08.47	01:10.48	01:11.69	01:11.96	100m Free	01:04.85	01:04.50	01:02.68	01:02.07	01:01.82
02:36.43	02:39.95	02:39.98	02:40.29	200m Free	02:27.33	02:26.91	02:24.80	02:23.05	02:23.04
05:22.27	05:27.67	05:29.69	05:33.41	400m Free	05:09.25	05:01.75	05:01.51	04:57.55	04:57.54
10:35.82	10:36.25	10:47.10	10:57.79	800m Free	10:00.42	09:51.22	09:51.20	09:51.19	09:51.18
20:35.07	20:35.08	20:35.09	21:17.02	1500m Free	20:30.73	20:08.68	19:42.50	19:30.24	19:30.23
00:35.29	00:35.63	00:35.63	00:35.63	50m Back	00:31.95	00:31.95	00:31.95	00:31.64	00:31.64
01:19.08	01:22.88	01:22.92	01:23.19	100m Back	01:17.54	01:15.14	01:15.06	01:13.99	01:13.39
02:58.16	03:01.07	03:02.41	03:03.91	200m Back	02:51.45	02:50.95	02:50.06	02:47.47	02:47.46
00:39.41	00:39.80	00:39.80	00:39.80	50m Breast	00:35.50	00:35.50	00:35.50	00:35.16	00:35.16
01:30.71	01:32.78	01:34.59	01:34.73	100m Breast	01:28.39	01:25.40	01:22.72	01:21.52	01:20.91
03:26.68	03:30.97	03:31.68	03:32.25	200m Breast	03:19.81	03:16.25	03:07.82	03:04.91	03:04.90
00:32.93	00:33.25	00:33.25	00:33.25	50m Butterfly	00:29.70	00:29.70	00:29.70	00:29.41	00:29.41
01:20.98	01:25.55	01:25.95	01:26.53	100m Butterfly	01:14.46	01:13.44	01:10.55	01:09.56	01:09.29
03:07.95	03:13.49	03:18.67	03:20.48	200m Butterfly	03:05.34	03:02.23	02:54.70	02:49.96	02:47.71
02:59.43	03:01.61	03:03.30	03:04.05	200m IM	02:49.14	02:46.36	02:46.26	02:43.78	02:43.77
06:25.72	06:32.50	06:38.53	06:45.88	400m IM	06:14.50	06:05.51	06:00.00	05:50.37	05:49.16