

Connacht Regional Short Course Championships 2025

Female			Qualifying Standards	Open		
2006 & Earlier 19yrs +	2007 & 2008 17-18yrs	2009-2012 13-16yrs		2009-2012 13-16yrs	2007 & 2008 17-18yrs	2006 & Earlier 19yrs +
00:31.84	00:32.07	00:32.44	50m Free	00:29.20	00:28.26	00:27.91
01:08.77	01:08.82	01:10.18	100m Free	01:03.61	01:02.19	01:01.39
02:31.57	02:32.85	02:32.97	200m Free	02:21.31	02:16.41	02:15.27
05:18.32	05:22.61	05:27.50	400m Free	05:00.55	04:51.73	04:48.29
10:58.81	11:07.29	11:12.57	800m Free	10:31.95	10:27.64	10:16.14
21:02.49	21:46.34	21:54.78	1500m Free	20:14.72	20:06.30	19:19.84
00:36.12	00:36.90	00:36.94	50m Back	00:34.01	00:32.72	00:31.95
01:17.35	01:19.53	01:19.55	100m Back	01:12.96	01:11.04	01:09.74
02:48.90	02:50.14	02:52.15	200m Back	02:40.17	02:37.48	02:36.99
00:40.97	00:41.66	00:41.97	50m Breast	00:39.10	00:36.67	00:35.43
01:29.34	01:29.79	01:30.86	100m Breast	01:23.87	01:20.27	01:18.57
03:16.76	03:18.64	03:18.65	200m Breast	03:04.51	02:56.27	02:54.39
00:34.58	00:34.58	00:35.04	50m Butterfly	00:31.99	00:30.62	00:30.25
01:17.73	01:17.74	01:19.51	100m Butterfly	01:11.75	01:09.29	01:08.24
03:07.74	03:08.66	03:08.67	200m Butterfly	02:44.84	02:41.84	02:40.49
01:20.14	01:20.75	01:21.04	100m IM	01:15.83	01:11.73	01:10.83
02:52.18	02:52.72	02:54.98	200m IM	02:41.84	02:37.52	02:34.12
06:13.05	06:15.24	06:20.29	400m IM	05:49.53	05:42.06	05:37.44

Female			Consideration Standards	Open		
2006 & Earlier 19yrs +	2007 & 2008 17-18yrs	2009-2012 13-16yrs		2009-2012 13-16yrs	2007 & 2008 17-18yrs	2006 & Earlier 19yrs +
00:32.67	00:32.91	00:33.29	50m Free	00:29.96	00:28.99	00:28.64
01:10.56	01:10.61	01:12.02	100m Free	01:05.27	01:03.81	01:02.99
02:35.52	02:36.83	02:36.96	200m Free	02:25.00	02:19.97	02:18.80
05:26.62	05:31.03	05:36.04	400m Free	05:08.39	04:59.34	04:55.81
11:16.00	11:24.70	11:30.11	800m Free	10:48.43	10:44.01	10:32.21
21:35.43	22:20.42	22:29.08	1500m Free	20:46.41	20:37.77	19:50.10
00:37.06	00:37.87	00:37.90	50m Back	00:34.89	00:33.57	00:32.78
01:19.37	01:21.61	01:21.62	100m Back	01:14.86	01:12.89	01:11.56
02:53.31	02:54.58	02:56.65	200m Back	02:44.35	02:41.59	02:41.08
00:42.04	00:42.75	00:43.07	50m Breast	00:40.12	00:37.63	00:36.36
01:31.67	01:32.13	01:33.23	100m Breast	01:26.06	01:22.36	01:20.62
03:21.90	03:23.82	03:23.83	200m Breast	03:09.32	03:00.87	02:58.94
00:35.48	00:35.48	00:35.95	50m Butterfly	00:32.83	00:31.42	00:31.03
01:19.76	01:19.77	01:21.59	100m Butterfly	01:13.62	01:11.10	01:10.02
03:12.63	03:13.58	03:13.59	200m Butterfly	02:49.14	02:46.06	02:44.68
01:22.23	01:22.86	01:23.15	100m IM	01:17.81	01:13.60	01:12.68
02:56.67	02:57.22	02:59.55	200m IM	02:46.06	02:41.62	02:38.14
06:22.78	06:25.03	06:30.21	400m IM	05:58.65	05:50.98	05:46.25

All best LC times will be converted to SC on entry.