

Connacht and Leinster Regional Age Group Long Course Championships 2026

UL Sport Arena, University of Limerick

Qualification Standards (Long Course)

Female				Open		
14yrs	13yrs	12yrs		12yrs	13yrs	14yrs
32.56	32.84	34.81	50m Free	34.94	32.19	30.11
1.10.15	1.12.03	1.16.57	100m Free	1.15.53	1.11.03	1.06.22
2.31.45	2.37.40	2.47.86	200m Free	2.44.88	2.35.44	2.27.62
5.22.99	5.32.31	5.32.31	400m Free	5.32.28	5.32.17	5.10.01
10.59.85	11.41.68		800m Free		11.11.12	10.41.97
21.38.31	22.09.60		1500m Free		21.44.12	21.13.87
1.20.36	1.23.06	1.27.42	100m Back	1.27.38	1.22.53	1.18.13
2.52.88	2.58.18	3.08.50	200m Back	3.07.55	2.56.47	2.47.79
1.34.20	1.36.48	1.41.81	100m Breast	1.42.41	1.34.46	1.28.58
3.23.45	3.26.76	3.40.84	200m Breast	3.38.52	3.27.93	3.14.72
1.22.50	1.26.60	1.30.81	100m Butterfly	1.29.25	1.24.66	1.17.12
3.13.61	3.15.47	3.15.47	200m Butterfly	3.13.16	3.13.16	3.02.12
2.56.10	3.00.94	3.09.41	200m IM	3.07.21	2.55.79	2.48.23
6.23.30	6.40.12		400m IM		6.35.18	6.09.78

Consideration Standards (Long Course)

Female				Open		
14yrs	13yrs	12yrs		12yrs	13yrs	14yrs
34.19	34.48	36.55	50m Free	36.68	33.80	31.62
1.12.95	1.14.90	1.19.63	100m Free	1.18.34	1.13.87	1.08.86
2.37.50	2.43.77	2.54.57	200m Free	2.51.25	2.41.64	2.33.51
5.34.24	5.43.88		400m Free		5.53.74	5.20.81
			800m Free			
			1500m Free			
1.26.02	1.28.92	1.33.58	100m Back	1.30.87	1.25.83	1.21.25
3.04.75	3.10.72	3.21.79	200m Back	3.15.03	3.03.51	2.54.49
1.37.97	1.40.33	1.45.85	100m Breast	1.46.49	1.38.42	1.32.12
3.31.57	3.35.02	3.49.66	200m Breast	3.36.43	3.36.23	3.22.49
1.25.08	1.30.05	1.34.43	100m Butterfly	1.32.81	1.28.04	1.20.20
3.31.23	3.23.28	3.40.84	200m Butterfly	3.13.16	3.20.87	3.09.39
3.03.19	3.08.16	3.16.97	200m IM	3.14.68	3.02.81	2.54.94
6.36.54	6.54.05		400m IM		6.48.94	6.22.65