

Connacht and Leinster Regional Senior Long Course Championships 2026

National Aquatic Centre, Dublin

Qualification Standards (Long Course)

Female					Open			
18&over	17yrs	16yrs	15yrs		15yrs	16yrs	17yrs	18&over
30.17	30.86	31.52	31.84	50m Free	28.56	28.19	27.76	27.17
1.05.42	1.07.77	1.08.37	1.08.75	100m Free	1.02.36	1.01.35	1.00.27	59.31
2.28.57	2.29.77	2.29.77	2.30.18	200m Free	2.19.04	2.17.15	2.16.66	2.15.90
5.12.27	5.12.27	5.12.27	5.17.33	400m Free	4.57.35	4.50.14	4.49.91	4.48.88
10.31.13	10.36.25	10.47.10	10.57.79	800m Free	10.00.42	9.51.20	9.51.20	9.51.19
20.20.24	20.35.09	20.35.09	21.14.96	1500m Free	20.30.73	20.06.83	19.42.50	19.18.10
35.5	35.68	35.86	37.51	50m Back	34.5	33.26	33.09	31.74
1.16.78	1.17.20	1.17.20	1.19.91	100m Back	1.12.86	1.12.23	1.12.18	1.11.55
2.47.77	2.47.78	2.47.78	2.47.78	200m Back	2.39.94	2.39.51	2.39.51	2.39.51
39.88	40.48	41.1	43.41	50m Breast	39.26	38.72	37.95	35.82
1.27.02	1.29.21	1.30.95	1.31.09	100m Breast	1.24.25	1.21.93	1.19.54	1.18.22
3.16.95	3.19.10	3.19.77	3.20.31	200m Breast	3.08.56	3.01.23	2.57.25	2.54.51
33.33	33.84	34.35	35.94	50m Butterfly	32.61	31.29	30.27	29.22
1.16.87	1.18.68	1.19.88	1.21.10	100m Butterfly	1.11.59	1.08.59	1.07.84	1.05.91
2.59.10	3.02.61	3.07.49	3.09.20	200m Butterfly	2.54.91	2.51.97	2.44.87	2.38.54
2.50.97	2.51.39	2.51.64	2.53.37	200m IM	2.39.83	2.34.11	2.34.11	2.34.11
6.07.55	6.10.42	6.16.11	6.23.04	400m IM	5.53.43	5.44.95	5.39.73	5.26.47

Consideration Standards (Long Course)

Female					Open			
18&over	17yrs	16yrs	15yrs		15yrs	16yrs	17yrs	18yrs
30.17	30.86	31.52	31.84	50m Free	28.56	28.19	27.76	27.17
1.07.36	1.09.86	1.10.40	1.10.79	100m Free	1.04.21	1.03.17	1.02.06	1.01.06
2.32.97	2.34.20	2.34.20	2.34.63	200m Free	2.23.16	2.21.22	2.20.70	2.19.92
5.19.93	5.19.95	5.19.95	5.25.13	400m Free	5.04.66	4.57.28	4.57.03	4.57.03
10.31.13	10.36.25	10.47.10	10:57.8	800m Free	10.00.42	9.51.22	9.51.20	9.51.19
20.20.24	20.35.08	20.35.09	21.14.96	1500m Free	20.30.73	20.06.83	19.42.50	19.18.10
35.5	35.68	35.86	37.51	50m Back	34.5	33.26	33.09	31.74
1.19.82	1.21.04	1.21.04	1.23.90	100m Back	1.15.02	1.14.37	1.14.31	1.13.66
2.53.36	2.56.13	2.56.13	3.00.35	200m Back	2.44.68	2.44.23	2.44.23	2.44.23
39.88	40.48	41.1	43.41	50m Breast	39.26	38.72	37.95	35.82
1.29.59	1.31.85	1.33.65	1.33.79	100m Breast	1.26.74	1.24.36	1.21.90	1.20.54
3.22.79	3.25.00	3.26.24	3.26.24	200m Breast	3.14.15	3.06.60	3.02.50	2.59.69
33.33	33.84	34.35	35.94	50m Butterfly	32.61	31.29	30.27	29.22
1.19.15	1.21.02	1.22.25	1.23.50	100m Butterfly	1.13.71	1.10.62	1.09.85	1.07.87
3.04.40	3.08.02	3.13.05	3.14.80	200m Butterfly	3.00.09	2.57.06	2.47.21	2.43.23
2.55.84	2.56.46	2.56.72	2.58.51	200m IM	2.44.35	2.38.69	2.38.69	2.38.69
6.16.59	6.19.52	6.25.35	6.32.45	400m IM	6.02.11	5.53.42	5.48.09	5.36.14