

Irish National Division 2 Competition

LC / SC Standards - Swimming 2022



Irish National Division 2 Competition

UL Sport Arena, Limerick
6th – 10th July 2022



Long Course Consideration Standards

Achieved Long Course Only in the Period 1st January 2022 – 12th June 2022

MALE									
Event	Consideration Standards	19 yrs & Over 2003/Earlier	18 years 2004	17 years 2005	16 years 2006	15 years 2007	14 years 2008	13 years 2009	12 years 2010
50m Freestyle	Upper Cut Off	26.03	26.59	26.60	27.52	28.71	29.58	31.49	
	Consideration	28.11	28.72	28.73	29.72	31.01	31.95	34.01	34.64
100m Freestyle	Upper Cut Off	56.14	58.02	58.03	59.73	1:01.95	1:03.99	1:07.91	
	Consideration	1:00.63	1:02.66	1:02.68	1:04.51	1:06.61	1:09.11	1:13.34	1:14.70
200m Freestyle	Upper Cut Off	2:04.98	2:08.34	2:09.58	2:12.76	2:15.72	2:21.26	2:28.54	
	Consideration	2:14.98	2:18.60	2:19.95	2:23.38	2:26.58	2:32.57	2:40.52	2:43.39
400m Freestyle	Upper Cut Off	4:31.65	4:38.22	4:40.52	4:45.83	4:53.27	5:04.77	5:18.17	
	Consideration	4:53.38	5:00.47	5:02.96	5:08.69	5:16.73	5:29.15	5:43.62	5:49.98
800m Freestyle	Upper Cut Off	9:22.98	9:28.11	9:28.12	9:37.71	9:58.56	10:15.99	10:43.07	
	Consideration	10:08.02	10:13.56	10:13.57	10:23.92	10:46.45	11:05.27	11:34.52	
1500m Freestyle	Upper Cut Off	17:48.74	18:17.22	18:24.38	18:46.03	19:33.25	20:02.40	20:46.00	
	Consideration	19:14.24	19:45.00	19:52.74	20:16.11	21:07.11	21:38.59	22:25.68	
50m Backstroke	Upper Cut Off	29.61	29.61	29.61	29.61	29.61			
	Consideration	31.98	31.98	31.98	31.98	31.98			
100m Backstroke	Upper Cut Off	1:07.94	1:09.16	1:09.17	1:09.86	1:12.45	1:15.81	1:19.91	
	Consideration	1:13.38	1:14.69	1:14.71	1:15.45	1:18.24	1:21.87	1:26.30	1:27.90
200m Backstroke	Upper Cut Off	2:28.82	2:30.59	2:31.37	2:33.54	2:36.49	2:42.33	2:49.05	
	Consideration	2:40.73	2:42.63	2:43.48	2:45.82	2:49.01	2:55.32	3:02.58	3:05.96
50m Breaststroke	Upper Cut Off	32.11	32.11	32.11	32.11	32.11			
	Consideration	34.68	34.68	34.68	34.68	34.68			
100m Breaststroke	Upper Cut Off	1:14.27	1:17.47	1:19.64	1:19.93	1:23.15	1:26.80	1:32.31	
	Consideration	1:20.21	1:23.66	1:26.01	1:26.32	1:29.80	1:33.75	1:39.69	1:41.54
200m Breaststroke	Upper Cut Off	2:45.31	2:51.07	2:54.90	2:55.28	3:03.41	3:07.78	3:16.98	
	Consideration	2:58.54	3:04.76	3:08.89	3:09.30	3:18.08	3:22.80	3:32.74	3:36.67
50m Butterfly	Upper Cut Off	26.92	26.92	26.92	26.92	26.92			
	Consideration	29.07	29.07	29.07	29.07	29.07			
100m Butterfly	Upper Cut Off	1:02.42	1:04.68	1:05.74	1:08.47	1:11.98	1:16.32	1:20.45	
	Consideration	1:07.42	1:09.85	1:11.00	1:13.95	1:17.74	1:22.43	1:26.89	1:28.50
200m Butterfly	Upper Cut Off	2:26.71	2:28.69	2:29.89	2:33.42	2:40.59	2:47.20	2:57.35	
	Consideration	2:38.45	2:40.59	2:41.88	2:45.69	2:53.43	3:00.58	3:11.53	3:15.08
200m IM	Upper Cut Off	2:23.81	2:29.61	2:29.63	2:33.34	2:35.10	2:41.38	2:48.74	
	Consideration	2:35.32	2:41.58	2:41.60	2:45.60	2:47.50	2:54.30	3:02.24	3:05.62
400m IM	Upper Cut Off	5:11.22	5:12.31	5:14.71	5:22.66	5:33.03	5:57.59	6:09.66	
	Consideration	5:36.12	5:37.29	5:39.89	5:48.47	5:59.67	6:26.19	6:39.23	

The 17, 18 and 19 & Over age groups will swim as a 17 & Over age group. They are separated above due to different Consideration Standards

Heats may be limited to fit with the competition timeline

Irish National Division 2 Competition

UL Sport Arena, Limerick

6th – 10th July 2022



Long Course Consideration Standards

Achieved Long Course Only in the Period 1st January 2022 – 12th June 2022

FEMALE								
Event	Consideration Standards	18 years & Over 2004/Earlier	17 years 2005	16 years 2008	15 years 2007	14 years 2008	13 years 2009	12 years 2010
50m Freestyle	Upper Cut Off	28.83	29.36	29.84	30.43	31.13	31.88	
	Consideration	31.13	31.70	32.23	32.86	33.62	34.43	35.06
100m Freestyle	Upper Cut Off	1:02.63	1:03.90	1:04.60	1:05.27	1:06.55	1:09.41	
	Consideration	1:07.64	1:09.02	1:09.76	1:10.49	1:11.87	1:14.96	1:16.35
200m Freestyle	Upper Cut Off	2:16.71	2:19.17	2:20.05	2:23.50	2:25.42	2:29.84	
	Consideration	2:27.65	2:30.31	2:31.25	2:34.98	2:37.05	2:41.83	2:44.82
400m Freestyle	Upper Cut Off	4:55.67	4:57.87	5:02.24	5:05.85	5:14.27	5:22.86	
	Consideration	5:19.32	5:21.70	5:26.42	5:30.31	5:39.41	5:48.69	5:55.15
800m Freestyle	Upper Cut Off	10:01.37	10:12.89	10:17.30	10:27.26	10:40.92	10:56.36	
	Consideration	10:49.48	11:01.92	11:06.69	11:17.44	11:32.19	11:48.87	
1500m Freestyle	Upper Cut Off	19:25.95	19:25.96	19:41.18	20:00.23	20:14.45	20:43.71	
	Consideration	20:59.23	20:59.24	21:15.68	21:36.25	21:51.61	22:23.21	
50m Backstroke	Upper Cut Off	32.64	32.64	32.64	32.64			
	Consideration	35.25	35.25	35.25	35.25			
100m Backstroke	Upper Cut Off	1:12.00	1:14.03	1:14.97	1:15.47	1:17.52	1:20.02	
	Consideration	1:17.76	1:19.95	1:20.97	1:21.51	1:23.72	1:26.42	1:28.02
200m Backstroke	Upper Cut Off	2:35.49	2:39.83	2:40.56	2:44.08	2:47.79	2:51.90	
	Consideration	2:47.93	2:52.61	2:53.40	2:57.20	3:01.21	3:05.65	3:09.09
50m Breaststroke	Upper Cut Off	36.50	36.50	36.50	36.50			
	Consideration	39.42	39.42	39.42	39.42			
100m Breaststroke	Upper Cut Off	1:22.32	1:25.31	1:26.41	1:27.12	1:29.99	1:32.84	
	Consideration	1:28.91	1:32.14	1:33.33	1:34.09	1:37.19	1:40.27	1:42.12
200m Breaststroke	Upper Cut Off	3:02.83	3:05.34	3:05.35	3:07.23	3:16.81	3:18.87	
	Consideration	3:17.46	3:20.17	3:20.18	3:22.21	3:32.55	3:34.78	3:38.76
50m Butterfly	Upper Cut Off	30.42	30.42	30.42	30.42			
	Consideration	32.85	32.85	32.85	32.85			
100m Butterfly	Upper Cut Off	1:09.58	1:12.00	1:12.90	1:15.57	1:18.86	1:22.26	
	Consideration	1:15.15	1:17.76	1:18.73	1:21.62	1:25.17	1:28.84	1:30.48
200m Butterfly	Upper Cut Off	2:42.87	2:45.65	2:49.15	2:55.42	2:57.75	3:01.63	
	Consideration	2:55.90	2:58.91	3:02.68	3:09.45	3:11.97	3:16.16	3:19.79
200m IM	Upper Cut Off	2:33.89	2:37.41	2:38.86	2:43.56	2:48.99	2:53.65	
	Consideration	2:46.20	2:50.01	2:51.57	2:56.64	3:02.51	3:07.54	3:11.01
400m IM	Upper Cut Off	5:40.48	5:43.13	5:51.82	5:54.82	6:02.53	6:16.08	
	Consideration	6:07.71	6:10.58	6:19.96	6:23.20	6:31.53	6:46.17	

The 17 and 18&Over age groups will swim as a 17&Over age group. They are separated above due to different Consideration Standards

Heats may be limited to fit with the competition timeline

Irish National Division 2 Competition

UL Sport Arena, Limerick
6th – 10th July 2022



Short Course Consideration Standards

Achieved Short Course Only in the Period 1st January 2022 – 12th June 2022

MALE									
Event	Consideration Standards	19 yrs & Over 2003/Earlier	18 years 2004	17 years 2005	16 years 2006	15 years 2007	14 years 2008	13 years 2009	12 years 2010
50m Freestyle	Upper Cut Off	25.28	25.82	25.83	26.72	27.88	28.72	30.58	
	Consideration	27.29	27.89	27.90	28.86	30.11	31.02	33.02	33.64
100m Freestyle	Upper Cut Off	54.51	56.34	56.35	58.00	1:00.15	1:02.13	1:05.94	
	Consideration	58.87	1:00.84	1:00.86	1:02.64	1:04.97	1:07.11	1:11.21	1:12.53
200m Freestyle	Upper Cut Off	2:02.11	2:05.39	2:06.60	2:09.71	2:12.60	2:18.01	2:25.12	
	Consideration	2:11.88	2:15.41	2:16.73	2:20.08	2:23.21	2:29.06	2:36.73	2:39.63
400m Freestyle	Upper Cut Off	4:26.76	4:33.31	4:35.47	4:40.68	4:47.99	4:59.28	5:12.44	
	Consideration	4:48.10	4:55.06	4:57.51	5:03.13	5:11.03	5:23.23	5:37.43	5:43.68
800m Freestyle	Upper Cut Off	9:12.60	9:17.80	9:17.82	9:27.60	9:48.90	10:06.50	10:34.00	
	Consideration	9:58.40	10:04.10	10:04.11	10:14.60	10:37.50	10:56.50	11:26.10	
1500m Freestyle	Upper Cut Off	17:29.20	17:53.22	18:00.38	18:22.02	19:09.25	19:38.40	20:22.00	
	Consideration	18:50.24	19:21.00	19:28.74	19:52.10	20:43.10	21:14.58	22:01.68	
50m Backstroke	Upper Cut Off	28.90	28.90	28.90	28.90	28.90			
	Consideration	31.40	31.40	31.40	31.40	31.40			
100m Backstroke	Upper Cut Off	1:05.97	1:07.15	1:07.16	1:07.83	1:10.35	1:13.61	1:17.59	
	Consideration	1:11.25	1:12.52	1:12.54	1:13.26	1:15.97	1:19.50	1:23.80	1:25.35
200m Backstroke	Upper Cut Off	2:24.50	2:26.22	2:26.90	2:29.09	2:31.95	2:37.62	2:44.15	
	Consideration	2:36.31	2:37.91	2:38.74	2:41.01	2:44.11	2:50.24	2:57.29	3:00.57
50m Breaststroke	Upper Cut Off	31.10	31.10	31.10	31.10	31.10			
	Consideration	33.80	33.80	33.80	33.80	33.80			
100m Breaststroke	Upper Cut Off	1:11.67	1:14.76	1:16.85	1:17.13	1:20.24	1:23.76	1:29.08	
	Consideration	1:17.40	1:20.73	1:23.00	1:23.30	1:26.66	1:30.47	1:36.20	1:37.99
200m Breaststroke	Upper Cut Off	2:39.52	2:45.08	2:48.78	2:49.15	2:56.99	3:01.21	3:10.09	
	Consideration	2:52.29	2:58.29	3:02.28	3:02.67	3:11.15	3:15.70	3:25.29	3:28.80
50m Butterfly	Upper Cut Off	26.20	26.20	26.20	26.20	26.20			
	Consideration	28.40	28.40	28.40	28.40	28.40			
100m Butterfly	Upper Cut Off	1:01.67	1:03.90	1:04.95	1:07.65	1:11.12	1:15.40	1:19.48	
	Consideration	1:06.61	1:09.01	1:10.15	1:13.06	1:16.81	1:21.44	1:25.85	1:27.44
200m Butterfly	Upper Cut Off	2:24.07	2:26.01	2:27.19	2:30.66	2:37.70	2:44.19	2:54.16	
	Consideration	2:35.60	2:37.70	2:38.97	2:42.71	2:50.31	2:57.33	3:08.08	3:11.57
200m IM	Upper Cut Off	2:21.00	2:26.90	2:26.91	2:30.70	2:32.50	2:38.90	2:46.30	
	Consideration	2:32.70	2:39.10	2:39.12	2:43.20	2:45.10	2:52.00	3:00.00	3:03.50
400m IM	Upper Cut Off	5:00.33	5:01.38	5:03.70	5:11.37	5:21.36	5:45.07	5:56.72	
	Consideration	5:24.36	5:25.48	5:27.60	5:36.27	5:47.08	6:15.57	6:25.26	

The 17, 18 and 19&Over age groups will swim as a 17&Over age group. They are separated above due to different Consideration Standards

Heats may be limited to fit with the competition timeline

Irish National Division 2 Competition

UL Sport Arena, Limerick
6th – 10th July 2022



Short Course Consideration Standards

Achieved Short Course Only in the Period 1st January 2022 – 12th June 2022

FEMALE								
Event	Consideration Standards	18 years & Over 2004/Earlier	17 years 2005	16 years 2008	15 years 2007	14 years 2008	13 years 2009	12 years 2010
50m Freestyle	Upper Cut Off	28.31	28.83	29.30	29.88	30.57	31.31	
	Consideration	30.57	31.13	31.65	32.37	33.01	33.81	34.43
100m Freestyle	Upper Cut Off	1:01.50	1:02.75	1:03.44	1:04.10	1:05.35	1:08.16	
	Consideration	1:06.42	1:07.78	1:08.50	1:09.22	1:10.58	1:13.61	1:14.98
200m Freestyle	Upper Cut Off	2:15.07	2:17.50	2:18.37	2:21.78	2:23.67	2:28.04	
	Consideration	2:25.58	2:28.51	2:29.44	2:33.12	2:35.17	2:39.89	2:42.84
400m Freestyle	Upper Cut Off	4:53.60	4:55.78	5:00.12	5:03.71	5:12.07	5:20.60	
	Consideration	5:17.08	5:18.45	5:24.14	5:28.00	5:37.03	5:46.25	5:52.66
800m Freestyle	Upper Cut Off	9:51.70	10:03.40	10:07.90	10:18.00	10:31.80	10:47.50	
	Consideration	10:40.50	10:53.10	10:58.00	11:08.80	11:23.80	11:40.70	
1500m Freestyle	Upper Cut Off	19:01.95	19:01.936	19:17.18	19:36.23	19:50.45	20:19.71	
	Consideration	20:35.23	20:35.24	20:51.68	21:12.25	21:27.61	21:59.21	
50m Backstroke	Upper Cut Off	32.00	32.00	32.00	32.00			
	Consideration	34.70	34.70	34.70	34.70			
100m Backstroke	Upper Cut Off	1:11.14	1:13.14	1:14.07	1:14.56	1:16.59	1:19.06	
	Consideration	1:16.83	1:18.99	1:20.00	1:20.53	1:22.72	1:25.38	1:27.24
200m Backstroke	Upper Cut Off	2:33.62	2:37.91	2:38.63	2:42.11	2:45.78	2:49.84	
	Consideration	2:45.91	2:50.84	2:51.32	2:55.07	2:59.04	3:03.42	3:06.82
50m Breaststroke	Upper Cut Off	35.60	35.60	35.60	35.60			
	Consideration	38.60	38.60	38.60	38.60			
100m Breaststroke	Upper Cut Off	1:19.93	1:22.84	1:23.90	1:24.59	1:27.38	1:30.15	
	Consideration	1:26.33	1:29.47	1:30.43	1:31.36	1:34.37	1:37.36	1:39.16
200m Breaststroke	Upper Cut Off	2:59.54	3:02.00	3:02.01	3:03.86	3:13.29	3:15.29	
	Consideration	3:13.91	3:16.57	3:16.56	3:18.57	3:28.72	3:30.91	3:34.82
50m Butterfly	Upper Cut Off	29.80	29.80	29.80	29.80			
	Consideration	32.30	32.30	32.30	32.30			
100m Butterfly	Upper Cut Off	1:09.09	1:11.50	1:12.39	1:15.04	1:18.31	1:21.68	
	Consideration	1:14.62	1:16.62	1:18.18	1:21.05	1:24.57	1:28.22	1:29.85
200m Butterfly	Upper Cut Off	2:41.73	2:44.49	2:47.97	2:54.19	2:56.61	3:00.36	
	Consideration	2:54.67	2:57.66	3:01.40	3:08.12	3:10.63	3:14.79	3:18.39
200m IM	Upper Cut Off	2:31.30	2:34.90	2:36.40	2:41.20	2:46.60	2:51.40	
	Consideration	2:43.80	2:47.70	2:49.30	2:54.30	3:00.30	3:05.40	3:08.90
400m IM	Upper Cut Off	5:34.35	5:36.95	5:45.49	5:48.43	5:56.00	6:09.31	
	Consideration	6:01.09	6:03.91	6:13.12	6:16.30	6:24.48	6:38.86	

The 17 and 18&Over age groups will swim as a 17&Over age group. They are separated above due to different Consideration Standards

Heats may be limited to fit with the competition timeline