

# 2022 Irish Summer National Championships (50m)

## Long Course Consideration Times

(Achieved Long Course Only in the Period 1<sup>st</sup> January 2022 – 12<sup>th</sup> June 2022)



MALE							
	19 & Over 2003 & Earlier	18 years 2004	17 years 2005	16 years 2006	15 years 2007	14 years 2008	13 years 2009
50m Freestyle	25.77	26.03	26.08	26.98	28.43	29.29	30.57
100m Freestyle	56.14	57.02	57.46	58.56	1:00.74	1:02.74	1:05.93
200m Freestyle	2:02.53	2:05.82	2:08.30	2:10.16	2:14.38	2:17.15	2:24.21
400m Freestyle	4:26.32	4:32.76	4:35.02	4:37.50	4:47.52	4:55.89	5:08.90
800m Freestyle	9:06.58	9:16.25	9:16.98	9:20.88	9:41.13	9:58.05	10:24.34
1500m Freestyle	17:17.61	17:45.26	18:02.73	18:13.23	18:59.08	19:27.38	20:09.71
50m Backstroke	29.61	29.61	29.61	29.61	29.61		
100m Backstroke	1:06.61	1:08.21	1:08.49	1:09.17	1:11.73	1:14.32	1:17.58
200m Backstroke	2:24.49	2:26.20	2:28.40	2:30.53	2:33.42	2:39.15	2:44.13
50m Breaststroke	32.11	32.11	32.11	32.11	32.11		
100m Breaststroke	1:13.53	1:15.21	1:18.85	1:19.93	1:21.52	1:25.10	1:29.62
200m Breaststroke	2:42.07	2:47.72	2:51.47	2:53.54	2:59.81	3:04.10	3:11.24
50m Butterfly	26.92	26.92	26.92	26.92	26.92		
100m Butterfly	1:01.20	1:03.41	1:05.09	1:07.13	1:10.57	1:14.10	1:18.11
200m Butterfly	2:22.44	2:24.36	2:26.95	2:28.95	2:35.91	2:42.33	2:52.18
200m IM	2:22.39	2:25.25	2:28.15	2:30.33	2:33.56	2:38.22	2:43.83
400m IM	5:02.16	5:03.21	5:08.54	5:13.26	5:23.33	5:47.17	5:58.89

FEMALE						
	18 & Over 2004 & Earlier	17 years 2005	16 years 2006	15 years 2007	14 years 2008	13 years 2009
50m Freestyle	28.26	28.50	28.97	29.54	30.22	31.25
100m Freestyle	1:02.01	1:02.65	1:03.33	1:03.99	1:04.61	1:08.05
200m Freestyle	2:14.03	2:15.12	2:17.30	2:20.69	2:21.18	2:26.90
400m Freestyle	4:49.87	4:52.03	4:56.31	4:59.85	5:08.11	5:13.46
800m Freestyle	9:49.58	9:55.04	10:05.20	10:14.96	10:22.25	10:37.24
1500m Freestyle	18:51.99	18:52.00	19:06.78	19:25.27	19:39.08	20:07.49
50m Backstroke	32.64	32.64	32.64	32.64		
100m Backstroke	1:11.29	1:12.58	1:13.50	1:13.99	1:15.26	1:18.45
200m Backstroke	2:33.95	2:35.17	2:37.41	2:40.86	2:42.90	2:48.53
50m Breaststroke	36.50	36.50	36.50	36.50		
100m Breaststroke	1:20.71	1:22.83	1:24.72	1:26.26	1:28.23	1:31.92
200m Breaststroke	2:59.25	3:00.68	3:01.72	3:03.56	3:12.95	3:14.97
50m Butterfly	30.42	30.42	30.42	30.42		
100m Butterfly	1:08.22	1:09.90	1:11.47	1:14.09	1:16.56	1:19.86
200m Butterfly	2:39.68	2:40.83	2:44.22	2:50.31	2:52.57	2:56.34
200m IM	2:30.87	2:32.83	2:35.75	2:40.35	2:44.07	2:48.59
400m IM	5:33.80	5:36.40	5:41.57	5:47.86	5:55.42	6:05.13

17/18 years Males and 16/17 years Females will compete in a combined age group but have separate qualifying times

All qualifying standards are subject to review pending government restrictions for COVID 19

Heats may be limited to fit with the competition timeline