

Irish National SC Championships 2019

Short Course Qualifying Times

(Achieved Short Course Only in the Period 1st December 2018 – 18th November 2019)

MALE		EVENT	FEMALE	
Junior Born 2003 -2007	Senior Born 2002 & Earlier		Senior Born 2003 & Earlier	Junior Born 2004 - 2007
25.58	24.57	50m Freestyle	27.57	28.53
55.91	52.68	100m Freestyle	59.39	1:00.66
2:03.41	1:59.06	200m Freestyle	2:11.05	2:13.08
4:25.10	4:18.24	400m Freestyle	4:38.17	4:45.41
9:08.28	8:50.94	800m Freestyle	9:39.63	9:55.69
17:25.65	17:19.04	1500m Freestyle	18:34.25	18:56.96
29.49	28.47	50m Backstroke	31.17	31.91
1:03.21	1:02.02	100m Backstroke	1:06.73	1:07.61
2:19.78	2:17.38	200m Backstroke	2:26.96	2:27.82
33.66	31.61	50m Breaststroke	35.86	36.82
1:11.32	1:08.46	100m Breaststroke	1:16.31	1:18.39
2:41.62	2:35.94	200m Breaststroke	2:48.92	2:53.02
28.76	27.47	50m Butterfly	30.49	30.97
1:01.87	59.30	100m Butterfly	1:08.11	1:09.58
2:28.98	2:17.95	200m Butterfly	2:38.86	2:44.53
1:06.81	1:02.07	100m IM	1:08.95	1:12.93
2:19.94	2:16.73	200m IM	2:29.18	2:34.33
5:04.55	4:57.56	400m IM	5:25.23	5:33.00

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Long Course Qualifying Times

(Achieved Long Course Only in the Period 1st December 2018 – 18th November 2019)

MALE		EVENT	FEMALE	
Junior Born 2003 -2007	Senior Born 2002 & Earlier		Senior Born 2003 & Earlier	Junior Born 2004 - 2007
26.34	25.30	50m Freestyle	28.08	29.05
57.58	54.25	100m Freestyle	1:00.48	1:01.77
2:06.32	2:01.86	200m Freestyle	2:12.64	2:14.70
4:29.96	4:22.97	400m Freestyle	4:40.13	4:47.42
9:18.70	9:01.70	800m Freestyle	9:49.50	10:05.30
17:45.20	17:38.60	1500m Freestyle	18:43.78	19:06.45
30.20	29.20	50m Backstroke	31.90	32.50
1:05.10	1:03.87	100m Backstroke	1:07.54	1:08.43
2:23.95	2:21.48	200m Backstroke	2:28.71	2:29.62
34.60	32.60	50m Breaststroke	36.80	37.60
1:13.91	1:10.94	100m Breaststroke	1:18.59	1:20.73
2:47.48	2:41.60	200m Breaststroke	2:52.02	2:56.19
29.45	28.20	50m Butterfly	31.10	31.60
1:02.62	1:00.20	100m Butterfly	1:08.59	1:10.07
2:31.71	2:20.48	200m Butterfly	2:39.98	2:45.69
N/A	N/A	100m IM	N/A	N/A
2:22.70	2:19.50	200m IM	2:31.80	2:36.80
5:15.60	5:08.35	400m IM	5:31.19	5:39.10