

# 2025 Irish Summer National Age Group, Youth & Senior Championships (50m) Qualifying & Consideration Standards



## Long Course (50m Pool) Qualifying & Consideration Times

Achieved Long Course (50m Pool) in the Period 01 January 2025 – 09 June 2025

SC Conversions will be accepted for athletes ages 12-14 ONLY

| Event             | OPEN                                 |  |                      |                      |                      |                      |                      |                      |                      |
|-------------------|--------------------------------------|--|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|
|                   | Qualifying Time & Consideration Time | 19 years & Over (Born 2006 or Earlier) | 18 years (Born 2007) | 17 years (Born 2008) | 16 years (Born 2009) | 15 years (Born 2010) | 14 years (Born 2011) | 13 years (Born 2012) | 12 years (Born 2013) |
| 50m Freestyle     | QT                                   | 25.41                                  | 26.17                | 26.19                | 26.59                | 26.94                | 28.41                | 30.37                | 32.96                |
|                   | CT                                   | 26.17                                  | 26.96                | 27.24                | 27.65                | 28.02                | 29.83                | 31.89                | 34.61                |
| 100m Freestyle    | QT                                   | 56.62                                  | 56.85                | 56.86                | 0:58.51              | 0:58.83              | 1:02.47              | 1:07.02              | 1:11.07              |
|                   | CT                                   | 58.32                                  | 58.56                | 59.13                | 1:00.85              | 1:01.18              | 1:05.59              | 1:10.37              | 1:14.62              |
| 200m Freestyle    | QT                                   | 2:08.59                                | 2:08.60              | 2:08.92              | 2:10.80              | 2:11.17              | 2:19.40              | 2:29.14              | 2:35.46              |
|                   | CT                                   | 2:12.45                                | 2:12.46              | 2:14.08              | 2:16.03              | 2:16.42              | 2:26.37              | 2:36.60              | 2:43.23              |
| 400m Freestyle    | QT                                   | 4:32.52                                | 4:32.53              | 4:33.50              | 4:33.72              | 4:40.52              | 4:52.46              | 5:13.37              | 5:13.37              |
|                   | CT                                   | 4:40.70                                | 4:40.71              | 4:44.44              | 4:44.67              | 4:51.74              | 5:07.08              | 5:29.04              |                      |
| 800m Freestyle    | QT                                   | 9:17.72                                | 9:17.73              | 9:17.74              | 9:17.75              | 9:26.43              | 10:05.63             | 10:33.13             |                      |
|                   | CT                                   | 9:28.87                                | 9:28.88              | 9:34.47              | 9:34.48              | 9:43.42              | 10:29.86             | 10:58.46             |                      |
| 1500m Freestyle   | QT                                   | 18:23.99                               | 18:24.00             | 18:35.57             | 19:00.26             | 19:21.07             | 20:12.67             | 20:53.67             |                      |
|                   | CT                                   | 18:46.07                               | 18:46.08             | 19:09.04             | 19:34.47             | 19:55.90             | 21:01.18             | 21:43.82             |                      |
| 50m Backstroke    | QT                                   | 28.98                                  | 28.98                | 28.98                | 28.98                | 28.98                |                      |                      |                      |
| 100m Backstroke   | QT                                   | 1:07.22                                | 1:07.77              | 1:08.09              | 1:08.16              | 1:10.34              | 1:13.77              | 1:18.79              | 1:23.63              |
|                   | CT                                   | 1:09.24                                | 1:09.80              | 1:10.81              | 1:10.89              | 1:13.15              | 1:17.46              | 1:22.73              | 1:27.81              |
| 200m Backstroke   | QT                                   | 2:30.54                                | 2:30.55              | 2:31.41              | 2:32.20              | 2:32.64              | 2:38.61              | 2:50.96              | 2:56.93              |
|                   | CT                                   | 2:35.06                                | 2:35.07              | 2:37.47              | 2:38.29              | 2:38.75              | 2:46.54              | 2:59.51              | 3:05.78              |
| 50m Breaststroke  | QT                                   | 32.20                                  | 32.20                | 32.20                | 32.20                | 32.20                |                      |                      |                      |
| 100m Breaststroke | QT                                   | 1:14.11                                | 1:14.67              | 1:15.04              | 1:17.47              | 1:20.18              | 1:23.57              | 1:30.73              | 1:36.61              |
|                   | CT                                   | 1:16.33                                | 1:16.91              | 1:18.04              | 1:20.57              | 1:23.39              | 1:27.75              | 1:35.27              | 1:41.44              |
| 200m Breaststroke | QT                                   | 2:46.22                                | 2:46.23              | 2:47.22              | 2:54.72              | 2:57.89              | 3:03.70              | 3:22.41              | 3:26.15              |
|                   | CT                                   | 2:51.21                                | 2:51.22              | 2:53.91              | 3:01.71              | 3:05.01              | 3:12.88              | 3:32.53              | 3:36.46              |
| 50m Butterfly     | QT                                   | 26.94                                  | 26.94                | 26.94                | 26.94                | 26.94                |                      |                      |                      |
| 100m Butterfly    | QT                                   | 1:03.46                                | 1:03.71              | 1:04.00              | 1:06.62              | 1:07.54              | 1:12.75              | 1:19.87              | 1:24.20              |
|                   | CT                                   | 1:05.36                                | 1:05.62              | 1:06.56              | 1:09.28              | 1:10.24              | 1:16.39              | 1:23.86              | 1:28.41              |
| 200m Butterfly    | QT                                   | 2:30.76                                | 2:32.79              | 2:35.54              | 2:42.24              | 2:45.01              | 2:51.81              | 3:02.23              | 3:02.23              |
|                   | CT                                   | 2:35.28                                | 2:37.37              | 2:41.76              | 2:48.73              | 2:51.61              | 3:00.40              | 3:11.34              | 3:11.34              |
| 200m IM           | QT                                   | 2:27.22                                | 2:27.23              | 2:28.02              | 2:28.11              | 2:30.59              | 2:39.56              | 2:49.34              | 2:56.61              |
|                   | CT                                   | 2:31.64                                | 2:31.65              | 2:33.94              | 2:34.03              | 2:36.61              | 2:47.54              | 2:57.81              | 3:05.44              |
| 400m IM           | QT                                   | 5:13.88                                | 5:14.97              | 5:20.51              | 5:25.42              | 5:33.42              | 5:48.85              | 6:12.81              |                      |
|                   | CT                                   | 5:23.30                                | 5:24.42              | 5:33.33              | 5:38.44              | 5:46.76              | 6:06.29              | 6:31.45              |                      |

The population of Heats via Consideration Time will be limited to fit with the competition timeline

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**Long Course (50m Pool) Qualifying & Consideration Times**  
 Achieved Long Course (50m Pool) in the Period 01 January 2025 – 09 June 2025  
 SC Conversions will be accepted for athletes ages 12-14 ONLY

| Event             | FEMALE                               |  |                      |                      |                      |                      |                      |                      |
|-------------------|--------------------------------------|--|----------------------|----------------------|----------------------|----------------------|----------------------|----------------------|
|                   | Qualifying Time & Consideration Time | 18 years & Over (Born 2007 or Earlier) | 17 years (Born 2008) | 16 years (Born 2009) | 15 years (Born 2010) | 14 years (Born 2011) | 13 years (Born 2012) | 12 years (Born 2013) |
| 50m Freestyle     | QT                                   | 28.63                                  | 29.11                | 29.74                | 30.08                | 30.72                | 30.98                | 32.84                |
|                   | CT                                   | 29.49                                  | 30.27                | 30.93                | 31.28                | 32.26                | 32.53                | 34.48                |
| 100m Freestyle    | QT                                   | 1:02.71                                | 1:03.93              | 1:05.03              | 1:05.28              | 1:06.38              | 1:08.29              | 1:13.36              |
|                   | CT                                   | 1:04.59                                | 1:06.49              | 1:07.63              | 1:07.89              | 1:09.70              | 1:11.70              | 1:17.03              |
| 200m Freestyle    | QT                                   | 2:20.62                                | 2:22.41              | 2:22.43              | 2:22.71              | 2:22.88              | 2:30.64              | 2:38.36              |
|                   | CT                                   | 2:24.84                                | 2:28.11              | 2:28.13              | 2:28.42              | 2:30.02              | 2:38.17              | 2:46.28              |
| 400m Freestyle    | QT                                   | 4:55.17                                | 4:57.23              | 4:59.07              | 5:02.44              | 5:04.71              | 5:13.50              | 5:13.50              |
|                   | CT                                   | 5:04.03                                | 5:09.12              | 5:11.03              | 5:14.54              | 5:19.95              | 5:29.18              |                      |
| 800m Freestyle    | QT                                   | 9:59.83                                | 10:00.24             | 10:10.47             | 10:20.56             | 10:22.50             | 11:01.96             |                      |
|                   | CT                                   | 10:11.83                               | 10:18.25             | 10:28.78             | 10:39.18             | 10:47.40             | 11:28.44             |                      |
| 1500m Freestyle   | QT                                   | 19:25.16                               | 19:25.17             | 19:25.18             | 20:04.74             | 20:24.82             | 20:54.34             |                      |
|                   | CT                                   | 19:48.46                               | 20:00.13             | 20:00.14             | 20:40.88             | 21:13.81             | 21:44.51             |                      |
| 50m Backstroke    | QT                                   | 32.32                                  | 32.32                | 32.32                | 32.32                |                      |                      |                      |
| 100m Backstroke   | QT                                   | 1:12.43                                | 1:15.18              | 1:15.22              | 1:15.46              | 1:15.96              | 1:19.61              | 1:24.56              |
|                   | CT                                   | 1:14.60                                | 1:18.19              | 1:18.23              | 1:18.48              | 1:19.76              | 1:23.59              | 1:28.79              |
| 200m Backstroke   | QT                                   | 2:40.16                                | 2:41.21              | 2:42.40              | 2:43.74              | 2:45.05              | 2:50.29              | 3:01.67              |
|                   | CT                                   | 2:44.96                                | 2:47.66              | 2:48.90              | 2:50.29              | 2:53.30              | 2:58.80              | 3:10.75              |
| 50m Breaststroke  | QT                                   | 36.10                                  | 36.10                | 36.10                | 36.10                |                      |                      |                      |
| 100m Breaststroke | QT                                   | 1:23.08                                | 1:24.16              | 1:25.80              | 1:25.93              | 1:28.87              | 1:31.35              | 1:38.86              |
|                   | CT                                   | 1:25.57                                | 1:27.53              | 1:29.23              | 1:29.37              | 1:33.31              | 1:35.92              | 1:43.80              |
| 200m Breaststroke | QT                                   | 3:05.80                                | 3:07.83              | 3:08.46              | 3:08.97              | 3:12.48              | 3:17.43              | 3:30.18              |
|                   | CT                                   | 3:11.37                                | 3:15.34              | 3:16.00              | 3:16.53              | 3:22.10              | 3:27.30              | 3:40.69              |
| 50m Butterfly     | QT                                   | 30.16                                  | 30.16                | 30.16                | 30.16                |                      |                      |                      |
| 100m Butterfly    | QT                                   | 1:14.17                                | 1:17.60              | 1:17.97              | 1:18.49              | 1:19.17              | 1:23.14              | 1:26.09              |
|                   | CT                                   | 1:16.40                                | 1:20.70              | 1:21.09              | 1:21.63              | 1:23.13              | 1:27.30              | 1:30.39              |
| 200m Butterfly    | QT                                   | 2:48.96                                | 2:52.27              | 2:56.88              | 2:58.49              | 3:02.65              | 3:06.64              | 3:06.64              |
|                   | CT                                   | 2:54.03                                | 2:59.16              | 3:03.96              | 3:05.63              | 3:11.78              | 3:15.97              | 3:15.97              |
| 200m IM           | QT                                   | 2:41.30                                | 2:41.69              | 2:43.19              | 2:43.86              | 2:47.04              | 2:53.74              | 3:01.74              |
|                   | CT                                   | 2:46.14                                | 2:48.16              | 2:49.72              | 2:50.41              | 2:55.39              | 3:02.43              | 3:10.83              |
| 400m IM           | QT                                   | 5:46.75                                | 5:49.45              | 5:54.82              | 6:01.36              | 6:01.51              | 6:19.30              |                      |
|                   | CT                                   | 5:57.15                                | 6:03.43              | 6:09.01              | 6:15.81              | 6:19.59              | 6:38.26              |                      |

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