

# 2025 Irish Summer National Age Group Championships (50m)

10<sup>th</sup> – 13<sup>th</sup> July 2025, Limerick - Programme of Events

Day 1 – Thu 10 <sup>th</sup> July 2025	Day 2 – Fri 11 <sup>th</sup> July 2025	Day 3 – Sat 12 <sup>th</sup> July 2025	Day 4 – Sun 13 <sup>th</sup> Jul 2025
<b>Session 1 Heats</b> Female Events Warm Up xxx Open Events Warm Up xxx Start xxx	<b>Session 4 Heats</b> Open Events Warm Up xxx Female Events Warm Up xxx Start xxx	<b>Session 7 Heats</b> Open Events Warm Up xxx Female Events Warm Up xxx Start xxx	<b>Session 10 Heats</b> Female Events Warm Up xxx Open Events Warm Up xxx Start xxx
<ul style="list-style-type: none"> <li>▪ Female 100m Breaststroke</li> <li>▪ Open 13-14 yrs 400m IM</li> <li>▪ Female 200m Freestyle</li> <li>▪ Open 200m Freestyle</li> <li>▪ Mixed 12 yrs 200m Mixed Medley Relay HDW</li> <li>▪ Mixed 13/14 yrs 400m Mixed Medley Relay HDW</li> </ul>	<ul style="list-style-type: none"> <li>▪ Open 200m Backstroke</li> <li>▪ Female 50m Freestyle</li> <li>▪ Open 50m Freestyle</li> <li>▪ Female 100m Butterfly</li> <li>▪ Open 12 yrs 200m Freestyle Relay HDW</li> <li>▪ Female 12 yrs 200m Freestyle Relay HDW</li> <li>▪ Open 13/14 yrs 400m Freestyle Relay HDW</li> <li>▪ Female 13/14 yrs 400m Freestyle Relay HDW</li> </ul>	<ul style="list-style-type: none"> <li>▪ Open 100m Freestyle</li> <li>▪ Female 400m Freestyle</li> <li>▪ Open 200m Breaststroke</li> <li>▪ Female 100m Backstroke</li> <li>▪ Open 12 yrs 200m Medley Relay HDW</li> <li>▪ Female 12 yrs 200m Medley Relay HDW</li> <li>▪ Open 13/14 yrs 400m Medley Relay HDW</li> <li>▪ Female 13/14 yrs 400m Medley Relay HDW</li> </ul>	<ul style="list-style-type: none"> <li>▪ Female 100m Freestyle</li> <li>▪ Open 400m Freestyle</li> <li>▪ Female 13-14 years 400m IM</li> <li>▪ Open 200m Butterfly</li> <li>▪ Mixed 12 yrs 200m Mixed Freestyle Relay HDW</li> <li>▪ Mixed 13/14 yrs 400m Freestyle Relay HDW</li> </ul>
<b>Session 2 Heats</b> Open Events Warm Up xxx Female Events Warm Up xxx Start xxx	<b>Session 5 Heats</b> Female Events Warm Up xxx Open Events Warm Up xxx Start xxx	<b>Session 8 Heats</b> Open Events Warm Up xxx Female Events Warm Up xxx Start xxx	<b>Session 11 Heats</b> Female Events Warm Up xxx Open Events Warm Up xxx Start xxx
<ul style="list-style-type: none"> <li>▪ Open 100m Breaststroke</li> <li>▪ Female 200m Backstroke</li> <li>▪ Open 13-14 yrs 1500m Freestyle HDW</li> </ul>	<ul style="list-style-type: none"> <li>▪ Female 200m IM</li> <li>▪ Open 100m Butterfly</li> <li>▪ Female 13-14 yrs 800m Freestyle HDW</li> </ul>	<ul style="list-style-type: none"> <li>▪ Open 100m Backstroke</li> <li>▪ Female 200m Breaststroke</li> <li>▪ Open 13-14 yrs 800m Freestyle HDW</li> </ul>	<ul style="list-style-type: none"> <li>▪ Female 200m Butterfly</li> <li>▪ Open 200m IM</li> <li>▪ Female 13-14 yrs 1500m Freestyle</li> </ul>
<b>Session 3 Finals</b> Female Events Warm Up xxx Open Events Warm Up xxx Start xxx	<b>Session 6 Finals</b> Open Events Warm Up xxx Female Events Warm Up xxx Start xxx	<b>Session 9 Finals</b> Open Events Warm Up xxx Female Events Warm Up xxx Start xxx	<b>Session 12 Finals</b> Female Events Warm Up xxx Open Events Warm Up xxx Start xxx
<ol style="list-style-type: none"> <li>1. Female 12 yrs 100m Breaststroke 'B'</li> <li>2. Female 12 yrs 100m Breaststroke 'A'</li> <li>3. Female 13 yrs 100m Breaststroke 'B'</li> <li>4. Female 13 yrs 100m Breaststroke 'A'</li> <li>5. Female 14 yrs 100m Breaststroke 'B'</li> <li>6. Female 14 yrs 100m Breaststroke 'A'</li> <li>7. Open 13 yrs 400m IM</li> <li>8. Open 14 yrs 400m IM</li> <li>9. Female 12 yrs 200m Freestyle 'B'</li> <li>10. Female 12 yrs 200m Freestyle 'A'</li> <li>11. Female 13 yrs 200m Freestyle 'B'</li> <li>12. Female 13 yrs 200m Freestyle 'A'</li> <li>13. Female 14 yrs 200m Freestyle 'B'</li> <li>14. Female 14 yrs 200m Freestyle 'A'</li> </ol>	<ol style="list-style-type: none"> <li>33. Open 12 yrs 200m Backstroke 'B'</li> <li>34. Open 12 yrs 200m Backstroke 'A'</li> <li>35. Open 13 yrs 200m Backstroke 'B'</li> <li>36. Open 13 yrs 200m Backstroke 'A'</li> <li>37. Open 14 yrs 200m Backstroke 'B'</li> <li>38. Open 14 yrs 200m Backstroke 'A'</li> <li>39. Female 12 yrs 50m Freestyle 'B'</li> <li>40. Female 12 yrs 50m Freestyle 'A'</li> <li>41. Female 13 yrs 50m Freestyle 'B'</li> <li>42. Female 13 yrs 50m Freestyle 'A'</li> <li>43. Female 14 yrs 50m Freestyle 'B'</li> <li>44. Female 14 yrs 50m Freestyle 'A'</li> <li>45. Open 12 yrs 50m Freestyle 'B'</li> <li>46. Open 12 yrs 50m Freestyle 'A'</li> </ol>	<ol style="list-style-type: none"> <li>71. Open 12 yrs 100m Freestyle 'B'</li> <li>72. Open 12 yrs 100m Freestyle 'A'</li> <li>73. Open 13 yrs 100m Freestyle 'B'</li> <li>74. Open 13 yrs 100m Freestyle 'A'</li> <li>75. Open 14 yrs 100m Freestyle 'B'</li> <li>76. Open 14 yrs 100m Freestyle 'A'</li> <li>77. Female 12/13 yrs 400m Freestyle</li> <li>78. Female 14 yrs 400m Freestyle</li> <li>79. Open 12 yrs 200m Breaststroke 'B'</li> <li>80. Open 12 yrs 200m Breaststroke 'A'</li> <li>81. Open 13 yrs 200m Breaststroke 'B'</li> <li>82. Open 13 yrs 200m Breaststroke 'A'</li> <li>83. Open 14 yrs 200m Breaststroke 'B'</li> <li>84. Open 14 yrs 200m Breaststroke 'A'</li> </ol>	<ol style="list-style-type: none"> <li>103. Female 12 yrs 100m Freestyle 'B'</li> <li>104. Female 12 yrs 100m Freestyle 'A'</li> <li>105. Female 13 yrs 100m Freestyle 'B'</li> <li>106. Female 13 yrs 100m Freestyle 'A'</li> <li>107. Female 14 yrs 100m Freestyle 'B'</li> <li>108. Female 14 yrs 100m Freestyle 'A'</li> <li>109. Open 12/13 yrs 400m Freestyle</li> <li>110. Open 14 yrs 400m Freestyle</li> <li>111. Female 13 yrs 400m IM</li> <li>112. Female 14 yrs 400m IM</li> <li>113. Open 12/13 yrs 200m Butterfly 'B'</li> <li>114. Open 12/13 yrs 200m Butterfly 'A'</li> <li>115. Open 14 yrs 200m Butterfly 'B'</li> <li>116. Open 14 yrs 200m Butterfly 'A'</li> </ol>

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15. Open 12 yrs 200m Freestyle 'B'	47. Open 13 yrs 50m Freestyle 'B'	85. Female 12 yrs 100m Backstroke 'B'	117. Female 12/13 yrs 200m Butterfly 'B'
16. Open 12 yrs 200m Freestyle 'A'	48. Open 13 yrs 50m Freestyle 'A'	86. Female 12 yrs 100m Backstroke 'A'	118. Female 12/13 yrs 200m Butterfly 'A'
17. Open 13 yrs 200m Freestyle 'B'	49. Open 14 yrs 50m Freestyle 'B'	87. Female 13 yrs 100m Backstroke 'B'	119. Female 14 yrs 200m Butterfly 'B'
18. Open 13 yrs 200m Freestyle 'A'	50. Open 14 yrs 50m Freestyle 'A'	88. Female 13 yrs 100m Backstroke 'A'	120. Female 14 yrs 200m Butterfly 'A'
19. Open 14 yrs 200m Freestyle 'B'	51. Female 12 yrs 100m Butterfly 'B'	89. Female 14 yrs 100m Backstroke 'B'	121. Open 12 yrs 200m IM 'B'
20. Open 14 yrs 200m Freestyle 'A'	52. Female 12 yrs 100m Butterfly 'A'	90. Female 14 yrs 100m Backstroke 'A'	122. Open 12 yrs 200m IM 'A'
21. Female 12 yrs 200m Backstroke 'B'	53. Female 13 yrs 100m Butterfly 'B'	91. Open 12 yrs 100m Backstroke 'B'	123. Open 13 yrs 200m IM 'B'
22. Female 12 yrs 200m Backstroke 'A'	54. Female 13 yrs 100m Butterfly 'A'	92. Open 12 yrs 100m Backstroke 'A'	124. Open 13 yrs 200m IM 'A'
23. Female 13 yrs 200m Backstroke 'B'	55. Female 14 yrs 100m Butterfly 'B'	93. Open 13 yrs 100m Backstroke 'B'	125. Open 14 yrs 200m IM 'B'
24. Female 13 yrs 200m Backstroke 'A'	56. Female 14 yrs 100m Butterfly 'A'	94. Open 13 yrs 100m Backstroke 'A'	126. Open 14 yrs 200m IM 'A'
25. Female 14 yrs 200m Backstroke 'B'	57. Open 12 yrs 100m Butterfly 'B'	95. Open 14 yrs 100m Backstroke 'B'	
26. Female 14 yrs 200m Backstroke 'A'	58. Open 12 yrs 100m Butterfly 'A'	96. Open 14 yrs 100m Backstroke 'A'	
27. Open 12 yrs 100m Breaststroke 'B'	59. Open 13 yrs 100m Butterfly 'B'	97. Female 12 yrs 200m Breaststroke 'B'	
28. Open 12 yrs 100m Breaststroke 'A'	60. Open 13 yrs 100m Butterfly 'A'	98. Female 12 yrs 200m Breaststroke 'A'	
29. Open 13 yrs 100m Breaststroke 'B'	61. Open 14 yrs 100m Butterfly 'B'	99. Female 13 yrs 200m Breaststroke 'B'	
30. Open 13 yrs 100m Breaststroke 'A'	62. Open 14 yrs 100m Butterfly 'A'	100. Female 13 yrs 200m Breaststroke 'A'	
31. Open 14 yrs 100m Breaststroke 'B'	63. Open 14 yrs 100m Butterfly 'B'	101. Female 14 yrs 200m Breaststroke 'B'	
32. Open 14 yrs 100m Breaststroke 'A'	64. Open 14 yrs 100m Butterfly 'A'	102. Female 14 yrs 200m Breaststroke 'A'	
	65. Female 12 yrs 200m IM 'B'		
	66. Female 12 yrs 200m IM 'A'		
	67. Female 13 yrs 200m IM 'B'		
	68. Female 13 yrs 200m IM 'A'		
	69. Female 14 yrs 200m IM 'B'		
	70. Female 14 yrs 200m IM 'A'		

### Notes:

1. Qualification Times and Consideration Times from long course (50m) competitions and Consideration Times from short course (25m) pool events with SC entries and LC entries separated in the heats (SC times seeded first and LC times seeded second per event). Long course consideration times take priority over short course consideration times in the allocation of swims
2. 'A' Finals - maximum of three non-Irish competitors
3. 'B' Finals – Irish competitors only
4. 50m/100m/200m Event Finals competed in age groups of
 

Open: 12 years; 13 years; 14 years (200m Butterfly Combined 12/13 years Final)
Female: 12 years; 13 years; 14 years (200m Butterfly Combined 12/13 years Final)
5. 50m/100m/200m Event Medals awarded in age groups of
 

Open: 12 years; 13 years; 14 years
Female: 12 years; 13 years; 14 years
6. 400m Freestyle Event Finals competed in age groups of
 

Open: 12/13 years; 14 years
Female: 12/13 years; 14 years
7. 400m Freestyle Event Medals awarded in age groups of
 

Open: 12 years; 13 years; 14 years
Female: 12 years; 13 years; 14 years

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8. 800m/1500m Freestyle Events competed in age groups of  
Open: 13 years; 14 years  
Female: 13 years; 14 years
9. 800m/1500m Freestyle Event Medals awarded in age groups of  
Open: 13 years; 14 years  
Female: 13 years; 14 years
10. 400m IM Events competed in age groups of  
Open: 13 years; 14 years  
Female: 13 years; 14 years
11. 400m IM Event Medals awarded in age groups of  
Open: 13 years; 14 years  
Female: 13 years; 14 years
12. Non-Irish athletes receive commemorative medals if achieved from 'A' Finals or Heat Declared Winner (HDW) events
13. 50m, 100m & 200m events have 'A' and 'B' Finals; 'B' Finals only take place in events where more 21 or more athletes compete in the heats within that age band
14. 400m events have 'A' Finals only
15. 800m/1500m events and Relay events are HDW
16. A maximum of two relay teams ('A' and 'B') can be entered per club per relay event; relay athletes must have a primary training base on the island of Ireland
17. Gold/Silver/Bronze Certificates Awarded to 'Highest Improvement Inside Entry Time' per age group per individual event
18. Top Club Award from XXXX