

2025 Irish Summer National Youth & Senior Championships (50m)

23rd – 27th July 2025, Dublin - Programme of Events

Day 1 - Thu 23 rd July 2025	Day 2 - Fri 24 th July 2025	Day 3 - Fri 25 th July 2025	Day 4 - Sat 26 th July 2025	Day 5 – Sun 27 th July 2025
Session 1 Heats Open Events Warm Up xxx Female Events Warm Up xxx Start xxx	Session 4 Heats Female Events Warm Up xxx Open Events Warm Up xxx Start xxx	Session 7 Heats Open Events Warm Up xxx Female Events Warm Up xxx Start xxx	Session 10 Heats Open Events Warm Up xxx Female Events Warm Up xxx Start xxx	Session 13 Heats Female Events Warm Up xxx Open Events Warm Up xxx Start xxx
<ul style="list-style-type: none"> ▪ Open 400m IM ▪ Female 200m Butterfly ▪ Open 200m Freestyle ▪ Female 200m Freestyle ▪ Open 100m Breaststroke ▪ Female 100m Breaststroke ▪ Open 15 yrs & Over 400m Freestyle Relay HDW ▪ Female 15 yrs & Over 400m Freestyle Relay HDW 	<ul style="list-style-type: none"> ▪ Female 50m Freestyle ▪ Open 200m Backstroke ▪ Female 100m Butterfly ▪ Open 50m Freestyle ▪ Female 200m IM ▪ Open 100m Butterfly ▪ Mixed 15 yrs & Over 400m Mixed Medley Relay HDW 	<ul style="list-style-type: none"> ▪ Open 50m Backstroke ▪ Female 50m Backstroke ▪ Open 100m Freestyle ▪ Female 100m Freestyle ▪ Open 200m Breaststroke ▪ Female 200m Breaststroke ▪ Open 15 yrs & Over 800m Freestyle Relay HDW 	<ul style="list-style-type: none"> ▪ Open 200m IM ▪ Female 200m Backstroke ▪ Open 400m Freestyle ▪ Female 400m Freestyle ▪ Open 200m Butterfly ▪ Female 15 yrs & Over 800m Freestyle Relay HDW 	<ul style="list-style-type: none"> ▪ Female 100m Backstroke ▪ Open 100m Backstroke ▪ Female 400m IM ▪ Open 50m Butterfly ▪ Female 50m Butterfly ▪ Open 50m Breaststroke ▪ Female 50m Breaststroke ▪ Open 15 yrs & Over 400m Medley Relay HDW ▪ Female 15 yrs & Over 400m Medley Relay HDW
Session 2 Heats Open Events Warm Up xxx Female Events Warm Up xxx Start xxx	Session 5 Heats Female Events Warm Up xxx Open Events Warm Up xxx Start xxx	Session 8 Heats Open Events Warm Up xxx Female Events Warm Up xxx Start xxx	Session 11 Heats Open Events Warm Up xxx Female Events Warm Up xxx Start xxx	Session 14 Heats Female Events Warm Up xxx Open Events Warm Up xxx Start xxx
<ul style="list-style-type: none"> ▪ Open 400m IM ▪ Female 200m Butterfly ▪ Open 200m Freestyle ▪ Female 200m Freestyle ▪ Open 100m Breaststroke ▪ Female 100m Breaststroke ▪ Open 800m Freestyle HDW 	<ul style="list-style-type: none"> ▪ Female 50m Freestyle ▪ Open 200m Backstroke ▪ Female 100m Butterfly ▪ Open 50m Freestyle ▪ Female 200m IM ▪ Open 100m Butterfly ▪ Female 1500m Freestyle HDW 	<ul style="list-style-type: none"> ▪ Open 50m Backstroke ▪ Female 50m Backstroke ▪ Open 100m Freestyle ▪ Female 100m Freestyle ▪ Open 200m Breaststroke ▪ Female 200m Breaststroke ▪ Open 1500m Freestyle HDW 	<ul style="list-style-type: none"> ▪ Open 200m IM ▪ Female 200m Backstroke ▪ Open 400m Freestyle ▪ Female 400m Freestyle ▪ Open 200m Butterfly 	<ul style="list-style-type: none"> ▪ Female 100m Backstroke ▪ Open 100m Backstroke ▪ Female 400m IM ▪ Open 50m Butterfly ▪ Female 50m Butterfly ▪ Open 50m Breaststroke ▪ Female 50m Breaststroke ▪ Female 800m Freestyle HDW
Session 3 Finals Female Events Warm Up xxx Open Events Warm Up xxx Start xxx	Session 6 Finals Open Events Warm Up xxx Female Events Warm Up xxx Start xxx	Session 9 Finals Open Events Warm Up xxx Female Events Warm Up xxx Start xxx	Session 12 Finals Open Events Warm Up xxx Female Events Warm Up xxx Start xxx	Session 15 Finals Female Events Warm Up xxx Open Events Warm Up xxx Start xxx
<ol style="list-style-type: none"> 1. Female 15 yrs 200m Butterfly 'B' 2. Female 15 yrs 200m Butterfly 'A' 3. Female 16/17 yrs 200m Butterfly 'B' 4. Female 16/17 yrs 200m Butterfly 'A' 5. Female 18 yrs & Over 200m Butterfly 'A' 6. Female 200m Butterfly Super Final 7. Open 15 yrs 400m IM 8. Open 16 yrs 400m IM 	<ol style="list-style-type: none"> 40. Open 15 yrs 200m Backstroke 'B' 41. Open 15 yrs 200m Backstroke 'A' 42. Open 16 yrs 200m Backstroke 'B' 43. Open 16 yrs 200m Backstroke 'A' 44. Open 17/18 yrs 200m Backstroke 'B' 45. Open 17/18 yrs 200m Backstroke 'A' 46. Open 19 yrs & Over 200m Backstroke 'A' 47. Open 200m Backstroke Super Final 	<ol style="list-style-type: none"> 82. Open 15 yrs & Over 50m Backstroke 'B' 83. Open 15 yrs & Over 50m Backstroke 'A' 84. Female 15 yrs & Over 50m Backstroke 'B' 85. Female 15 yrs & Over 50m Backstroke 'A' 86. Open 15 yrs 100m Freestyle 'B' 	<ol style="list-style-type: none"> 114. Open 15 yrs 200m IM 'B' 115. Open 15 yrs 200m IM 'A' 116. Open 16 yrs 200m IM 'B' 117. Open 16 yrs 200m IM 'A' 118. Open 17/18 yrs 200m IM 'B' 119. Open 17/18 yrs 200m IM 'A' 120. Open 19 yrs & Over 200m IM 'A' 121. Open 200m IM Super Final 	<ol style="list-style-type: none"> 145. Female 15 yrs 100m Backstroke 'B' 146. Female 15 yrs 100m Backstroke 'A' 147. Female 16/17 yrs 100m Backstroke 'B' 148. Female 16/17 yrs 100m Backstroke 'A' 149. Female 18 yrs & Over 100m Backstroke 'A' 150. Female 100m Backstroke Super Final

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9. Open 17/18 yrs 400m IM	48. Female 15 yrs 50m Freestyle 'B'	87. Open 15 yrs 100m Freestyle 'A'	122. Female 15 yrs 200m Backstroke 'B'	151. Open 15 yrs 100m Backstroke 'B'
10. Open 19 yrs & Over 400m IM	49. Female 15 yrs 50m Freestyle 'A'	88. Open 16 yrs 100m Freestyle 'B'	123. Female 15 yrs 200m Backstroke 'A'	152. Open 15 yrs 100m Backstroke 'A'
11. Open 400m IM Super Final	50. Female 16/17 yrs 50m Freestyle 'B'	89. Open 16 yrs 100m Freestyle 'A'	124. Female 16/17 yrs 200m Backstroke 'B'	153. Open 16 yrs 100m Backstroke 'B'
12. Female 15 yrs 200m Freestyle 'B'	51. Female 16/17 yrs 50m Freestyle 'A'	90. Open 17/18 yrs 100m Freestyle 'B'	125. Female 16/17 yrs 200m Backstroke 'A'	154. Open 16 yrs 100m Backstroke 'A'
13. Female 15 yrs 200m Freestyle 'A'	52. Female 18 yrs & Over 50m Freestyle 'A'	91. Open 17/18 yrs 100m Freestyle 'A'	126. Female 18 yrs & Over 200m Backstroke 'A'	155. Open 17/18 yrs 100m Backstroke 'B'
14. Female 16/17 yrs 200m Freestyle 'B'	53. Female 50m Freestyle Super Final	92. Open 19 yrs & Over 100m Freestyle 'A'	127. Female 200m Backstroke Super Final	156. Open 17/18 yrs 100m Backstroke 'A'
15. Female 16/17 yrs 200m Freestyle 'A'	54. Open 15 yrs 50m Freestyle 'B'	93. Open 100m Freestyle Super Final	128. Open 15 yrs 400m Freestyle	157. Open 19 yrs & Over 100m Backstroke 'A'
16. Female 18 yrs & Over 200m Freestyle 'A'	55. Open 15 yrs 50m Freestyle 'A'	94. Female 15 yrs 100m Freestyle 'B'	129. Open 16 yrs 400m Freestyle	158. Open 100m Backstroke Super Final
17. Female 200m Freestyle Super Final	56. Open 16 yrs 50m Freestyle 'B'	95. Female 15 yrs 100m Freestyle 'A'	130. Open 17/18 yrs 400m Freestyle	159. Female 15 yrs 400m IM
18. Open 15 yrs 200m Freestyle 'B'	57. Open 16 yrs 50m Freestyle 'A'	96. Female 16/17 yrs 100m Freestyle 'B'	131. Open 19 yrs & Over 400m Freestyle	160. Female 16 yrs 400m IM
19. Open 15 yrs 200m Freestyle 'A'	58. Open 17/18 yrs 50m Freestyle 'B'	97. Female 16/17 yrs 100m Freestyle 'A'	132. Open 400m Freestyle Super Final	161. Female 17/18 yrs 400m IM
20. Open 16 yrs 200m Freestyle 'B'	59. Open 17/18 yrs 50m Freestyle 'A'	98. Female 18 yrs & Over 100m Freestyle 'A'	133. Female 15 yrs 400m Freestyle	162. Female 19 yrs & Over 400m IM
21. Open 16 yrs 200m Freestyle 'A'	60. Open 19 yrs & Over 50m Freestyle 'A'	99. Female 100m Freestyle Super Final	134. Female 16/17 yrs 400m Freestyle	163. Female 400m IM Super Final
22. Open 17/18 yrs 200m Freestyle 'B'	61. Open 50m Freestyle Super Final	100. Open 15 yrs 200m Breaststroke 'B'	135. Female 18 yrs & Over 400m Freestyle	164. Open 15 yrs & Over 50m Butterfly 'B'
23. Open 17/18 yrs 200m Freestyle 'A'	62. Female 15 yrs 100m Butterfly 'B'	101. Open 15 yrs 200m Breaststroke 'A'	136. Female 400m Freestyle Super Final	165. Open 15 yrs & Over 50m Butterfly 'A'
24. Open 19 yrs & Over 200m Freestyle 'A'	63. Female 15 yrs 100m Butterfly 'A'	102. Open 16 yrs 200m Breaststroke 'B'	137. Open 15 yrs 200m Butterfly 'B'	166.
25. Open 200m Freestyle Super Final	64. Female 16/17 yrs 100m Butterfly 'B'	103. Open 16 yrs 200m Breaststroke 'A'	138. Open 15 yrs 200m Butterfly 'A'	167. Female 15 yrs & Over 50m Butterfly 'B'
26. Female 15 yrs 100m Breaststroke 'B'	65. Female 16/17 yrs 100m Butterfly 'A'	104. Open 17/18 yrs 200m Breaststroke 'B'	139. Open 16 yrs 200m 100m Butterfly 'B'	168. Female 15 yrs & Over 50m Butterfly 'A'
27. Female 15 yrs 100m Breaststroke 'A'	66. Female 18 yrs & Over 100m Butterfly 'A'	105. Open 17/18 yrs 200m Breaststroke 'A'	140. Open 16 yrs 200m Butterfly 'A'	169. Open 15 yrs & Over 50m Breaststroke 'B'
28. Female 16/17 yrs 100m Breaststroke 'B'	67. Female 100m Butterfly Super Final	106. Open 19 yrs & Over 200m Breaststroke 'A'	141. Open 17/18 yrs 200m Butterfly 'B'	170. Open 15 yrs & Over 50m Breaststroke 'A'
29. Female 16/17 yrs 100m Breaststroke 'A'	68. Open 15 yrs 100m Butterfly 'B'	107. Open 200m Breaststroke Super Final	142. Open 17/18 yrs 200m Butterfly 'A'	171. Female 15 yrs & Over 50m Breaststroke 'B'
30. Female 18 yrs & Over 100m Breaststroke 'A'	69. Open 15 yrs 100m Butterfly 'A'	108. Female 15 yrs 200m Breaststroke 'B'	143. Open 19 yrs & Over 200m Butterfly 'A'	172. Female 15 yrs & Over 50m Breaststroke 'A'
31. Female 100m Breaststroke Super Final	70. Open 16 yrs 100m Butterfly 'B'	109. Female 15 yrs 200m Breaststroke 'A'	144. Open 200m Butterfly Super Final	
32. Open 15 yrs 100m Breaststroke 'B'	71. Open 16 yrs 100m Butterfly 'A'	110. Female 16/17 yrs 200m Breaststroke 'B'		
33. Open 15 yrs 100m Breaststroke 'A'	72. Open 17/18 yrs 100m Butterfly 'B'	111. Female 16/17 yrs 200m Breaststroke 'A'		
34. Open 16 yrs 100m Breaststroke 'B'	73. Open 17/18 yrs 100m Butterfly 'A'	112. Female 18 yrs & Over 200m Breaststroke 'A'		
35. Open 16 yrs 100m Breaststroke 'A'	74. Open 19 yrs & Over 100m Butterfly 'A'	113. Female 200m Breaststroke Super Final		
36. Open 17/18 yrs 100m Breaststroke 'B'	75. Open 100m Butterfly Super Final			
37. Open 17/18 yrs 100m Breaststroke 'A'	76. Female 15 yrs 200m IM 'B'			
38. Open 19 yrs & Over 100m Breaststroke 'A'	77. Female 15 yrs 200m IM 'A'			
39. Open 100m Breaststroke Super Final	78. Female 16/17 yrs 200m IM 'B'			
	79. Female 16/17 yrs 200m IM 'A'			
	80. Female 18 yrs & Over 200m IM 'A'			
	81. Female 200m IM Super Final			

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Notes:

1. Qualification Times (all individual events) and Consideration Times (Olympic individual events only) from long course (50m) pool competitions only
2. **50m & 100m Events:** Minimum of 4 of the fastest heats (regardless of age) swim in the first Heats Session each day; all remaining heats swim in the second Heats Session each day
3. **200m Butterfly Events:** Minimum of 2 of the fastest heats (regardless of age) swim in the first Heats Session each day; all remaining heats swim in the Second Heats Session each day
4. **200m Events (Other):** Minimum of 4 of the fastest heats (regardless of age) swim in the first Heats Session each day; all remaining heats swim in the Second Heats Session each day
5. **400m Freestyle Events:** Minimum of 4 of the fastest heats (regardless of age) swims in the first Heats Session each day; all remaining heats swim in the Second Heats Session each day
6. **400m IM Events:** Minimum of 2 of the fastest heats (regardless of age) swims in the first Heats Session each day; all remaining heats swim in the Second Heats Session each day
7. **800m & 1500m Events:** All heats swim in the second Heats Session each day
8. **Relay Events:** All heats swim in the first Heats Session each day
9. 50m, 100m & 200m events have Super Finals and 'A' Finals
10. 50m, 100m & 200m events have 'B' Finals in all age groups bar the Female 18 years & Over and the Open 19 years & Over age groups; 'B' Finals only take place in events where more 21 or more athletes within the respective age group compete in the heats within that age band
11. 400m events have Super Finals and 'A' Finals per age group only
12. 800m/1500m events and Relay events are Heat Declared Winner (HDW)
13. Super Finals - maximum of three non-Irish competitors; Super Finals are composed of the Fastest 10 competitors from all age group following Heat swims. Competitors may not withdraw from the Super Final in an endeavour to compete in the 'A' Final within their age group
14. 'A' Finals - maximum of three non-Irish competitors, other than the Female 18 years & Over and the Open 19 years & Over age groups Finals which are for Irish competitors only
15. 'B' Finals – Irish competitors only
16. Olympic Individual Event Finals/HDW competed in age groups of

Open: 15 years; 16 years; 17/18 years; 19 years & over
Female: 15 years; 16/17 years; 18 years & over
17. Olympic Individual Event Medals awarded in age groups of

Open: 15 years; 16 years; 17 years; 18 years; 19 years & over
Female: 15 years; 16 years; 17 years; 18 years & over
18. Non-Olympic Individual Event Finals competed in age group of

Open: 15 years & over
Female: 15 years & over
19. Non-Olympic Individual Event Medals awarded in age group of

Open: 15 years & over
Female: 15 years & over
20. Times achieved in Super Finals or in the heats of HDW events will be considered as a priority in the awarding of medals; times achieved in the 'A' Finals will be considered as a secondary priority in the awarding of medals (in events that are not declared as HDW)
21. Non-Irish athletes receive commemorative medals if achieved from Super Finals, 'A' Finals or HDW events
22. A maximum of two relay teams ('A' and 'B') can be entered per club per relay event
23. Gold/Silver/Bronze Certificates Awarded to 'Highest Improvement Inside Entry Time' (from the Heats) per age group per individual event
24. Top Club Award from Hy-Tek Quality Club Scoring System – each club to have XXX scoring athletes per individual event per age band and one scoring relay per relay event