2026 Irish Winter National Championships (25m)

18th to 20th December 2026

National Aquatic Centre, Dublin

Short Course Consideration Standards

(Short Course OR Hy-Tek converted Long Course times achieved from the 2nd December 2025 to 22nd November 2026)

OPEN			EVENT	FEMALE		
Born 2010 - 2013	Born 2008 & 2009	Born 2007 & Earlier		Born 2007 & Earlier	Born 2008 & 2009	Born 2010- 2013
25.39	24.57	24.27	50m Freestyle	27.69	27.89	28.21
55.31	54.08	53.38	100m Freestyle	59.80	59.84	1:01.03
2:02.88	1:58.62	1:57.63	200m Freestyle	2:11.80	2:12.91	2:13.02
4:21.35	4:13.68	4:10.69	400m Freestyle	4:36.80	4:40.53	4:44.78
9:09.52	9:05.77	8:55.77	800m Freestyle	9:32.88	9:40.25	9:44.84
17:36.28	17:28.96	16:48.56	1500m Freestyle	18:17.82	18:55.95	19:03.29
29.57	28.45	27.78	50m Backstroke	31.41	32.09	32.12
1:03.44	1:01.77	1:00.64	100m Backstroke	1:07.26	1:09.16	1:09.17
2:19.28	2:16.94	2:16.51	200m Backstroke	2:26.87	2:27.95	2:29.70
33.59	31.89	30.81	50m Breaststroke	35.63	36.23	36.50
1:12.93	1:09.80	1:08.32	100m Breaststroke	1:17.69	1:18.08	1:19.01
2:40.44	2:33.28	2:31.64	200m Breaststroke	2:51.10	2:52.73	2:52.74
27.82	26.63	26.30	50m Butterfly	30.01	30.07	30.47
1:02.39	1:00.25	59.34	100m Butterfly	1:07.59	1:07.60	1:09.14
2:23.34	2:20.73	2:19.56	200m Butterfly	2:43.25	2:44.05	2:44.06
1:05.94	1:02.37	1:01.59	100m IM	1:09.69	1:10.22	1:10.47
2:20.73	2:16.97	2:14.02	200m IM	2:29.72	2:30.19	2:32.16
5:03.94	4:57.44	4:53.43	400m IM	5:24.39	5:26.30	5:30.69

Heats may be limited in order to manage session timelines

Please note that the meet hy-tek entry file will be set to automatically convert Long Course times.
Clubs should NOT attempt to do any conversions themselves