

Kilkenny Swimming Club  
2023/2024 Season

**CLUB2024 STANDARDS Squad Times Updated Long Course Meters**

**Female 9 & Under**

	A	B
100 Free		
100 Back		
100 Breast		
100 Fly		

**Female 10-10**

	A	B
100 Free		
200 Free		
100 Back		
100 Breast		
100 Fly		
200 IM		

**Female 11-11**

	A	B
100 Free	1:17.03	
200 Free	2:46.28	
100 Back	1:28.79	
100 Breast	1:44.04	
100 Fly	1:30.39	
200 IM	3:10.83	

**Female 12-12**

	A	B
100 Free	1:17.03	
200 Free	2:46.28	
100 Back	1:28.79	
200 Back	3:10.75	
100 Breast	1:44.04	
200 Breast	3:40.69	
100 Fly	1:30.39	
200 Fly	3:15.97	
200 IM	3:10.83	

**Female 13-13**

	A	B
100 Free	1:13.88	
200 Free	2:42.28	
400 Free	5:40.69	
800 Free	11:35.06	
1500 Free	21:57.06	
100 Back	1:25.33	
200 Back	3:00.94	
100 Breast	1:39.68	
200 Breast	3:34.60	
100 Fly	1:28.76	
200 Fly	3:15.97	
200 IM	3:06.01	

Kilkenny Swimming Club  
2023/2024 Season

**CLUB2024 STANDARDS Squad Times Updated Long Course Meters**

400 IM 6:38.26

**Female 14-14**

	A	B
100 Free	1:09.73	
200 Free	2:35.30	
400 Free	5:23.82	
800 Free	11:18.72	
1500 Free	21:26.06	
100 Back	1:23.01	
200 Back	2:58.59	
100 Breast	1:33.01	
200 Breast	3:24.76	
100 Fly	1:25.08	
200 Fly	3:11.78	
200 IM	2:59.47	
400 IM	6:27.68	

**Female 15-15**

	A	B
100 Free	1:08.43	
200 Free	2:32.07	
400 Free	5:14.54	
800 Free	10:45.38	
1500 Free	21:04.73	
100 Back	1:20.89	
200 Back	2:56.51	
100 Breast	1:31.63	
200 Breast	3:21.72	
100 Fly	1:22.95	
200 Fly	3:05.63	
200 IM	2:55.47	
400 IM	6:15.81	

**Female 16-16**

	A	B
100 Free	1:07.71	
200 Free	2:29.77	
400 Free	5:11.03	
800 Free	10:34.89	
1500 Free	20:37.71	
100 Back	1:19.09	
200 Back	2:50.99	
100 Breast	1:29.23	
200 Breast	3:16.00	
100 Fly	1:21.09	
200 Fly	3:03.96	
200 IM	2:49.72	
400 IM	6:09.01	

**Female 17-17**

	A	B
100 Free	1:06.49	

Kilkenny Swimming Club  
2023/2024 Season

**CLUB2024 STANDARDS Squad Times Updated Long Course Meters**

200 Free	2:28.24
400 Free	5:09.12
800 Free	10:24.25
1500 Free	20:33.36
100 Back	1:18.56
200 Back	2:50.57
100 Breast	1:27.53
200 Breast	3:15.34
100 Fly	1:20.70
200 Fly	2:59.16
200 IM	2:48.16
400 IM	6:03.43

**Female 18 & Over**

	A	B
100 Free	1:04.59	
200 Free	2:24.84	
400 Free	5:04.03	
800 Free	10:17.82	
1500 Free	20:21.49	
100 Back	1:14.60	
200 Back	2:46.77	
100 Breast	1:25.57	
200 Breast	3:11.37	
100 Fly	1:16.40	
200 Fly	2:54.03	
200 IM	2:46.14	
400 IM	5:57.15	

**Male 9 & Under**

	A	B
100 Free		
100 Back		
100 Breast		
100 Fly		

**Male 10-10**

	A	B
100 Free		
100 Back		
100 Breast		
100 Fly		
200 IM	2:27.23	

**Male 11-11**

	A	B
100 Free	1:14.62	
200 Free	2:43.23	
100 Back	1:27.81	
100 Breast	1:41.44	
100 Fly	1:28.41	
200 IM	3:05.44	

Kilkenny Swimming Club  
2023/2024 Season

**CLUB2024 STANDARDS Squad Times Updated Long Course Meters**

**Male 12-12**

	A	B
100 Free	1:14.62	
200 Free	2:43.23	
100 Back	1:27.81	
200 Back	3:05.78	
100 Breast	1:41.44	
200 Breast	3:36.46	
100 Fly	1:28.41	
200 Fly	3:11.34	
200 IM	3:05.44	

**Male 13-13**

	A	B
100 Free	1:10.37	
200 Free	2:39.67	
400 Free	5:36.92	
800 Free	11:20.99	
1500 Free	21:59.47	
100 Back	1:22.90	
200 Back	3:02.40	
100 Breast	1:35.27	
200 Breast	3:32.53	
100 Fly	1:26.16	
200 Fly	3:11.34	
200 IM	2:59.21	
400 IM	6:31.45	

**Male 14-14**

	A	B
100 Free	1:05.59	
200 Free	2:27.37	
400 Free	5:07.08	
800 Free	10:52.31	
1500 Free	21:13.30	
100 Back	1:17.47	
200 Back	2:47.64	
100 Breast	1:30.24	
200 Breast	3:24.50	
100 Fly	1:16.39	
200 Fly	3:00.40	
200 IM	2:47.54	
400 IM	6:18.67	

**Male 15-15**

	A	B
100 Free	1:01.18	
200 Free	2:16.42	
400 Free	4:51.74	
800 Free	9:51.68	
1500 Free	20:16.18	
100 Back	1:14.05	
200 Back	2:44.21	

Kilkenny Swimming Club  
2023/2024 Season

**CLUB2024 STANDARDS Squad Times Updated Long Course Meters**

100 Breast	1:25.25
200 Breast	3:10.57
100 Fly	1:10.92
200 Fly	2:51.61
200 IM	2:39.24
400 IM	5:49.32

**Male 16-16**

	A	B
100 Free	1:00.85	
200 Free	2:16.19	
400 Free	4:44.67	
800 Free	9:49.40	
1500 Free	19:56.31	
100 Back	1:10.89	
200 Back	2:38.29	
100 Breast	1:20.57	
200 Breast	3:01.71	
100 Fly	1:09.28	
200 Fly	2:48.73	
200 IM	2:34.03	
400 IM	5:38.44	

**Male 17-17**

	A	B
100 Free	59.98	
200 Free	2:14.94	
400 Free	4:44.44	
800 Free	9:49.39	
1500 Free	19:28.18	
100 Back	1:10.81	
200 Back	2:37.51	
100 Breast	1:18.04	
200 Breast	2:53.93	
100 Fly	1:06.56	
200 Fly	2:41.76	
200 IM	2:33.94	
400 IM	5:33.33	

**Male 18-18**

	A	B
100 Free	59.05	
200 Free	2:13.52	
400 Free	4:40.71	
800 Free	9:41.73	
1500 Free	18:57.12	
100 Back	1:09.80	
200 Back	2:35.07	
100 Breast	1:16.91	
200 Breast	2:51.22	
100 Fly	1:05.62	
200 Fly	2:37.37	
200 IM	2:31.65	
400 IM	5:24.42	

Kilkenny Swimming Club  
2023/2024 Season

---

**CLUB2024 STANDARDS Squad Times Updated Long Course Meters**

---

**Male 19 & Over**

---

	<b>A</b>	<b>B</b>
100 Free	58.32	
200 Free	2:12.54	
400 Free	4:40.70	
800 Free	9:41.72	
1500 Free	18:57.11	
100 Back	1:09.24	
200 Back	2:35.06	
100 Breast	1:16.33	
200 Breast	2:51.21	
100 Fly	1:05.49	
200 Fly	2:35.28	
200 IM	2:31.61	
400 IM	5:23.30	

---