

Kilkenny Swimming Club  
2023/2024 Season

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

**Female 9 & Under**

	<b>A</b>	<b>B</b>
100 Free		
100 Back		1:49.00
100 Breast		2:05.00
100 Fly		2:15.00

**Female 10-10**

	<b>A</b>	<b>B</b>
100 Free		1:39.58
200 Free		
100 Back		1:49.92
100 Breast		2:03.42
100 Fly		1:47.24
200 IM		

**Female 11-11**

	<b>A</b>	<b>B</b>
100 Free	1:15.43	1:38.20
200 Free	2:43.08	3:34.00
100 Back	1:27.59	1:48.40
100 Breast	1:42.04	2:01.70
100 Fly	1:28.79	1:46.30
200 IM	3:07.63	3:59.60

**Female 12-12**

	<b>A</b>	<b>B</b>
100 Free	1:15.43	1:35.70
200 Free	2:43.08	3:28.50
100 Back	1:27.59	1:45.60
200 Back	3:08.35	
100 Breast	1:42.04	1:58.42
200 Breast	3:36.69	
100 Fly	1:28.79	1:43.60
200 Fly	3:12.77	
200 IM	3:07.63	3:53.10

**Female 13-13**

	<b>A</b>	<b>B</b>
100 Free	1:12.28	1:33.50
200 Free	2:39.08	3:22.30
400 Free	5:34.29	
800 Free	11:22.26	
1500 Free	21:33.06	
100 Back	1:24.13	1:42.00
200 Back	2:58.54	
100 Breast	1:37.68	1:55.30
200 Breast	3:30.60	
100 Fly	1:27.16	1:40.70
200 Fly	3:12.77	
200 IM	3:02.81	3:46.00

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400 IM 6:31.86

**Female 14-14**

	<b>A</b>	<b>B</b>
100 Free	1:08.13	1:29.30
200 Free	2:32.10	3:11.90
400 Free	5:17.42	
800 Free	11:05.92	
1500 Free	21:02.06	
100 Back	1:21.81	1:38.10
200 Back	2:56.19	
100 Breast	1:31.01	1:50.80
200 Breast	3:20.76	
100 Fly	1:23.48	1:35.90
200 Fly	3:08.58	
200 IM	2:56.27	3:41.80
400 IM	6:21.28	

**Female 15-15**

	<b>A</b>	<b>B</b>
100 Free	1:06.83	1:27.10
200 Free	2:28.87	3:08.40
400 Free	5:08.14	
800 Free	10:32.58	
1500 Free	20:40.73	
100 Back	1:19.69	1:35.60
200 Back	2:54.11	
100 Breast	1:29.63	1:46.30
200 Breast	3:17.72	
100 Fly	1:21.35	1:33.40
200 Fly	3:02.43	
200 IM	2:52.27	3:37.10
400 IM	6:09.41	

**Female 16-16**

	<b>A</b>	<b>B</b>
100 Free	1:06.11	1:27.10
200 Free	2:26.57	3:08.40
400 Free	5:04.63	
800 Free	10:22.09	
1500 Free	20:13.71	
100 Back	1:17.89	1:35.60
200 Back	2:48.59	
100 Breast	1:27.23	1:46.30
200 Breast	3:12.00	
100 Fly	1:19.49	1:33.40
200 Fly	3:00.76	
200 IM	2:46.52	3:37.10
400 IM	6:02.61	

**Female 17-17**

	<b>A</b>	<b>B</b>
100 Free	1:04.89	1:27.10

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

200 Free	2:25.04	3:08.40
400 Free	5:02.72	
800 Free	10:11.45	
1500 Free	20:09.36	
100 Back	1:17.36	1:35.60
200 Back	2:48.17	
100 Breast	1:25.53	1:46.30
200 Breast	3:11.34	
100 Fly	1:19.10	1:33.40
200 Fly	2:55.96	
200 IM	2:44.96	3:37.10
400 IM	5:57.03	

**Female 18 & Over**

	<b>A</b>	<b>B</b>
100 Free	1:02.99	1:27.10
200 Free	2:21.64	3:08.40
400 Free	4:57.63	
800 Free	10:05.02	
1500 Free	19:57.49	
100 Back	1:13.40	1:35.60
200 Back	2:44.37	
100 Breast	1:23.57	1:46.30
200 Breast	3:07.37	
100 Fly	1:14.80	1:33.40
200 Fly	2:50.83	
200 IM	2:42.94	3:37.10
400 IM	5:50.75	

**Male 9 & Under**

	<b>A</b>	<b>B</b>
100 Free		1:40.83
100 Back		1:50.20
100 Breast		2:05.42
100 Fly		1:48.91

**Male 10-10**

	<b>A</b>	<b>B</b>
100 Free		1:39.58
100 Back		1:49.92
100 Breast		2:03.42
100 Fly		1:47.24
200 IM		

**Male 11-11**

	<b>A</b>	<b>B</b>
100 Free	1:13.02	1:37.08
200 Free	2:40.03	3:31.48
100 Back	1:26.61	1:47.16
100 Breast	1:39.44	2:00.32
100 Fly	1:26.81	1:45.08
200 IM	3:02.24	3:56.82

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**Male 12-12**

	<b>A</b>	<b>B</b>
100 Free	1:13.02	1:34.12
200 Free	2:40.03	3:25.02
100 Back	1:26.61	1:43.89
200 Back	3:03.38	
100 Breast	1:39.44	1:56.65
200 Breast	3:32.46	
100 Fly	1:26.81	1:41.87
200 Fly	3:08.14	
200 IM	3:02.24	3:49.59

**Male 13-13**

	<b>A</b>	<b>B</b>
100 Free	1:08.77	1:31.50
200 Free	2:36.47	3:19.30
400 Free	5:30.52	
800 Free	11:08.19	
1500 Free	21:35.47	
100 Back	1:21.70	1:41.00
200 Back	3:00.00	
100 Breast	1:33.27	1:53.40
200 Breast	3:28.53	
100 Fly	1:24.56	1:39.10
200 Fly	3:08.14	
200 IM	2:56.01	3:43.20
400 IM	6:25.05	

**Male 14-14**

	<b>A</b>	<b>B</b>
100 Free	1:03.99	1:26.50
200 Free	2:24.17	3:07.10
400 Free	5:00.68	
800 Free	10:39.51	
1500 Free	20:49.30	
100 Back	1:16.27	1:36.00
200 Back	2:45.24	
100 Breast	1:28.24	1:48.20
200 Breast	3:20.50	
100 Fly	1:14.79	1:32.30
200 Fly	2:57.20	
200 IM	2:44.34	3:35.30
400 IM	6:12.27	

**Male 15-15**

	<b>A</b>	<b>B</b>
100 Free	59.58	1:22.10
200 Free	2:13.22	3:03.10
400 Free	4:45.34	
800 Free	9:38.88	
1500 Free	19:52.18	
100 Back	1:12.85	1:33.20
200 Back	2:41.81	

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

100 Breast	1:23.25	1:43.50
200 Breast	3:06.57	
100 Fly	1:09.32	1:27.40
200 Fly	2:48.41	
200 IM	2:36.04	3:28.20
400 IM	5:42.92	

**Male 16-16**

	<b>A</b>	<b>B</b>
100 Free	59.25	1:22.10
200 Free	2:12.99	3:03.10
400 Free	4:38.27	
800 Free	9:36.60	
1500 Free	19:32.31	
100 Back	1:09.69	1:33.20
200 Back	2:35.89	
100 Breast	1:18.57	1:43.50
200 Breast	2:57.71	
100 Fly	1:07.68	1:27.40
200 Fly	2:45.53	
200 IM	2:30.83	3:28.20
400 IM	5:32.04	

**Male 17-17**

	<b>A</b>	<b>B</b>
100 Free	58.38	1:22.10
200 Free	2:11.74	3:03.10
400 Free	4:38.04	
800 Free	9:36.59	
1500 Free	19:04.18	
100 Back	1:09.61	1:33.20
200 Back	2:35.11	
100 Breast	1:16.04	1:43.50
200 Breast	2:49.93	
100 Fly	1:04.96	1:27.40
200 Fly	2:38.56	
200 IM	2:30.74	3:28.20
400 IM	5:26.93	

**Male 18-18**

	<b>A</b>	<b>B</b>
100 Free	57.45	1:22.10
200 Free	2:10.32	3:03.10
400 Free	4:34.31	
800 Free	9:28.93	
1500 Free	18:33.12	
100 Back	1:08.60	1:33.20
200 Back	2:32.67	
100 Breast	1:14.91	1:43.50
200 Breast	2:47.22	
100 Fly	1:04.02	1:27.40
200 Fly	2:34.17	
200 IM	2:28.45	3:28.20
400 IM	5:18.02	

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

<b>Male 19 &amp; Over</b>
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	<b>A</b>	<b>B</b>
100 Free	56.72	1:22.10
200 Free	2:09.34	3:03.10
400 Free	4:34.80	
800 Free	9:28.92	
1500 Free	18:33.11	
100 Back	1:08.04	1:33.20
200 Back	2:32.66	
100 Breast	1:14.33	1:43.50
200 Breast	2:47.21	
100 Fly	1:03.89	1:27.40
200 Fly	2:32.08	
200 IM	2:28.41	3:28.20
400 IM	5:15.30	