

Kilkenny Swimming Club  
2019/2020 Season

**CLUB2015 STANDARDS Updated A, existing B,C Short Course Meters**

**Female 9 & Under**

	A	B	C
50 Free		46.85	54.00
100 Free		1:40.00	
50 Back		50.80	58.50
100 Back		1:49.00	
50 Breast		57.75	1:04.50
100 Breast		2:05.00	
50 Fly		1:01.50	
100 Fly		2:15.00	

**Female 10-10**

	A	B	C
50 Free		46.52	51.40
100 Free		1:39.58	
200 Free			
50 Back		51.38	57.88
100 Back		1:49.92	
50 Breast		57.09	1:04.32
100 Breast		2:03.42	
50 Fly		49.04	
100 Fly		1:47.24	

**Female 11-11**

	A	B	C
50 Free		45.00	49.49
100 Free	1:18.30	1:38.20	1:48.02
200 Free	2:50.55	3:34.00	
50 Back		50.60	55.73
100 Back	1:26.40	1:48.40	1:59.23
50 Breast		56.30	1:01.93
100 Breast	1:37.02	2:01.70	2:13.87
50 Fly		48.40	53.19
100 Fly	1:24.78	1:46.30	1:56.92
200 IM	3:06.21	3:59.60	

**Female 12-12**

	A	B	C
50 Free		43.80	
100 Free	1:18.30	1:35.70	1:40.48
200 Free	2:50.55	3:28.50	3:38.89
50 Back		49.40	
100 Back	1:26.40	1:45.60	1:50.91
50 Breast		54.90	
100 Breast	1:37.02	1:58.42	2:04.54
50 Fly		47.10	
100 Fly	1:24.78	1:43.60	1:48.76
200 IM	3:06.21	3:53.10	

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**Female 13-13**

	A	B	C
50 Free		42.60	
100 Free	1:16.50	1:33.00	1:36.30
200 Free	2:46.59	3:22.70	
100 Back	1:24.06	1:42.70	1:46.30
100 Breast	1:34.32	1:55.30	1:59.36
100 Fly	1:22.44	1:40.70	1:44.24
200 IM	3:06.21	3:46.90	

**Female 14-14**

	A	B	C
100 Free	1:14.70	1:30.00	
200 Free	2:42.90	3:16.20	
100 Back	1:22.53	1:39.40	
100 Breast	1:32.43	1:51.60	
100 Fly	1:20.73	1:37.50	
200 IM	3:02.43	3:39.70	

**Female 15-15**

	A	B	C
100 Free	1:12.90	1:27.00	
200 Free	2:38.86	3:09.50	
100 Back	1:20.28	1:36.00	
100 Breast	1:30.36	1:47.80	
100 Fly	1:18.93	1:34.20	
200 IM	2:57.39	3:32.20	

**Female 15 & Over**

	A	B	C
100 Free	1:09.21	1:22.40	
200 Free	2:30.75	2:59.50	
100 Back	1:16.41	1:31.00	
100 Breast	1:25.95	1:42.10	
100 Fly	1:14.88	1:29.20	
200 IM	2:48.75	3:21.00	

**Male 9 & Under**

	A	B	C
50 Free		45.86	52.26
100 Free		1:40.83	
50 Back		51.14	58.28
100 Back		1:50.20	
50 Breast		57.56	1:04.00
100 Breast		2:05.42	
50 Fly		49.45	
100 Fly		1:48.91	

**Male 10-10**

	A	B	C
50 Free		45.62	47.28

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100 Free	1:39.58	
50 Back	51.38	52.72
100 Back	1:49.92	
50 Breast	57.09	59.35
100 Breast	2:03.42	
50 Fly	49.04	
100 Fly	1:47.24	

**Male 11-11**

	<b>A</b>	<b>B</b>	<b>C</b>
50 Free		44.48	50.00
100 Free	1:18.03	1:37.08	
200 Free	2:52.35	3:31.48	
50 Back		50.08	56.00
100 Back	1:25.32	1:47.16	
50 Breast		55.66	1:01.50
100 Breast	1:37.11	2:00.32	
50 Fly		47.80	
100 Fly	1:24.33	1:45.08	
200 IM	3:02.34	3:56.82	

**Male 12-12**

	<b>A</b>	<b>B</b>	<b>C</b>
50 Free		43.12	
100 Free	1:18.03	1:34.12	1:40.48
200 Free	2:52.35	3:25.02	3:38.89
50 Back		48.56	
100 Back	1:25.32	1:43.89	1:50.91
50 Breast		53.96	
100 Breast	1:37.11	1:56.65	2:04.54
50 Fly		46.35	
100 Fly	1:24.33	1:41.87	1:48.76
200 IM	3:02.34	3:49.59	

**Male 13-13**

	<b>A</b>	<b>B</b>	<b>C</b>
50 Free			
100 Free	1:15.33	1:31.50	1:35.00
200 Free	2:44.07	3:19.30	
100 Back	1:23.16	1:41.00	1:45.00
100 Breast	1:33.33	1:53.40	1:52.00
100 Fly	1:21.54	1:39.00	1:50.00
200 IM	3:02.34	3:43.00	

**Male 14-14**

	<b>A</b>	<b>B</b>	<b>C</b>
100 Free	1:10.20	1:25.00	
200 Free	2:34.98	3:08.00	
100 Back	1:16.77	1:33.00	
100 Breast	1:27.39	1:46.00	
100 Fly	1:15.87	1:32.00	
200 IM	2:52.89	3:30.00	

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**Male 15-15**

	<b>A</b>	<b>B</b>	<b>C</b>
100 Free	1:06.69	1:19.50	
200 Free	2:27.33	2:55.50	
100 Back	1:12.99	1:26.90	
100 Breast	1:23.07	1:38.90	
100 Fly	1:12.09	1:25.90	
200 IM	2:44.34	3:15.70	

**Male 15 & Over**

	<b>A</b>	<b>B</b>	<b>C</b>
100 Free	1:01.29		
200 Free	2:15.36		
100 Back	1:07.50		
100 Breast	1:16.32		
100 Fly	1:05.34		
200 IM	2:30.93		