

Kilkenny Swimming Club
2019/2020 Season

CLUB2015 STANDARDS Updated A, existing B,C Long Course Meters

Female 9 & Under

	A	B	C
50 Free		47.65	54.80
100 Free		1:41.60	
50 Back		51.40	59.10
100 Back		1:50.20	
50 Breast		58.75	1:05.50
100 Breast		2:07.00	
50 Fly		1:02.20	
100 Fly		2:16.40	

Female 10-10

	A	B	C
50 Free		47.32	52.10
100 Free		1:41.18	
200 Free			
50 Back		51.98	58.48
100 Back		1:51.12	
50 Breast		58.09	1:05.32
100 Breast		2:05.42	
50 Fly		49.74	
100 Fly		1:48.64	

Female 11-11

	A	B	C
50 Free		45.80	50.29
100 Free	1:19.90	1:39.80	1:49.62
200 Free	2:53.75	3:37.20	
50 Back		51.20	56.33
100 Back	1:27.60	1:49.60	2:00.43
50 Breast		57.30	1:02.93
100 Breast	1:39.02	2:03.70	2:15.87
50 Fly		49.10	
100 Fly	1:26.18	1:47.70	
200 IM	3:09.41	4:02.80	

Female 12-12

	A	B	C
50 Free		44.60	
100 Free	1:19.90	1:37.30	1:42.08
200 Free	2:53.75	3:31.70	3:42.09
50 Back		50.00	
100 Back	1:27.60	1:46.80	1:52.11
50 Breast		55.90	
100 Breast	1:39.02	2:00.42	2:06.54
50 Fly		47.80	
100 Fly	1:26.18	1:45.00	1:50.16
200 IM	3:09.41	3:56.30	

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Female 13-13

	A	B	C
50 Free		43.40	
100 Free	1:18.10	1:34.60	1:37.90
200 Free	2:49.79	3:25.90	
100 Back	1:25.26	1:43.90	1:47.50
100 Breast	1:36.32	1:57.30	2:01.36
100 Fly	1:23.84	1:42.10	1:45.64
200 IM	3:09.41	3:50.10	

Female 14-14

	A	B	C
100 Free	1:16.30	1:31.60	
200 Free	2:46.10	3:19.40	
100 Back	1:23.73	1:40.60	
100 Breast	1:34.43	1:53.60	
100 Fly	1:22.13	1:38.90	
200 IM	3:05.63	3:42.90	

Female 15-15

	A	B	C
100 Free	1:14.50	1:28.60	
200 Free	2:42.06	3:12.70	
100 Back	1:21.48	1:37.20	
100 Breast	1:32.36	1:49.80	
100 Fly	1:20.33	1:35.60	
200 IM	3:00.59	3:35.40	

Female 15 & Over

	A	B	C
100 Free	1:10.81	1:24.00	
200 Free	2:33.95	3:02.70	
100 Back	1:17.61	1:32.20	
100 Breast	1:27.95	1:44.10	
100 Fly	1:16.28	1:30.60	
200 IM	2:51.95	3:24.20	

Male 9 & Under

	A	B	C
50 Free		46.66	53.06
100 Free		1:42.43	
50 Back		51.74	58.88
100 Back		1:51.40	
50 Breast		57.56	1:05.00
100 Breast		2:07.42	
50 Fly		50.15	
100 Fly		1:50.31	

Male 10-10

	A	B	C
50 Free		46.42	48.08

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100 Free	1:41.18	
50 Back	51.98	53.32
100 Back	1:51.12	
50 Breast	58.09	1:00.35
100 Breast	2:05.42	
50 Fly	49.74	
100 Fly	1:48.64	

Male 11-11

	A	B	C
50 Free		45.28	50.80
100 Free	1:19.63	1:38.68	
200 Free	2:55.75	3:34.68	
50 Back		50.68	56.60
100 Back	1:26.52	1:48.36	
50 Breast		56.66	1:02.50
100 Breast	1:39.11	2:02.32	
50 Fly		48.50	
100 Fly	1:25.73	1:46.48	
200 IM	3:05.54	4:00.02	

Male 12-12

	A	B	C
50 Free		43.92	
100 Free	1:19.63	1:35.72	1:42.08
200 Free	2:55.55	3:28.22	3:42.09
50 Back		49.16	
100 Back	1:26.52	1:45.09	1:52.11
50 Breast		54.96	
100 Breast	1:39.11	1:58.65	2:06.54
50 Fly		47.05	
100 Fly	1:25.73	1:43.27	1:50.16
200 IM	3:03.54	3:52.79	

Male 13-13

	A	B	C
50 Free			
100 Free	1:16.93	1:33.10	1:36.60
200 Free	2:47.27	3:22.50	
100 Back	1:24.36	1:42.20	1:46.20
100 Breast	1:35.33	1:55.40	1:54.00
100 Fly	1:22.94	1:40.40	1:51.40
200 IM	3:05.54	3:46.20	

Male 14-14

	A	B	C
100 Free	1:11.80	1:26.60	
200 Free	2:38.18	3:11.20	
100 Back	1:17.97	1:34.20	
100 Breast	1:29.39	1:50.00	
100 Fly	1:17.27	1:33.40	
200 IM	2:56.09	3:33.20	

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Male 15-15

	A	B	C
100 Free	1:08.29	1:21.10	
200 Free	2:30.53	2:58.70	
100 Back	1:14.19	1:28.10	
100 Breast	1:25.07	1:40.90	
100 Fly	1:13.49	1:27.30	
200 IM	2:47.54	3:18.90	

Male 15 & Over

	A	B	C
100 Free	1:02.29		
200 Free	2:18.56		
100 Back	1:08.70		
100 Breast	1:18.32		
100 Fly	1:06.74		
200 IM	2:34.13		
