

2023 Irish Winter National Championships (25m)
14th – 16th December 2023
Dublin, Ireland



Short Course Consideration Standards

(Short Course OR Hy-Tek converted Long Course times achieved from the 1st December 2022 to the 26th November 2023)

MALE			EVENT	FEMALE		
Born 2007 - 2010	Born 2005 & 2006	Born 2004 & Earlier		Born 2004 & Earlier	Born 2005 & 2006	Born 2007 - 2010
25.39	24.57	24.33	50m Freestyle	27.81	27.98	28.21
55.31	54.10	53.51	100m Freestyle	1:00.20	1:00.25	1:01.03
2:04.03	2:01.86	2:00.29	200m Freestyle	2:12.20	2:12.91	2:13.02
4:25.03	4:18.39	4:16.62	400m Freestyle	4:38.75	4:44.33	4:44.78
9:17.71	9:15.10	9:10.35	800m Freestyle	9:38.76	9:42.91	9:45.39
17:49.28	17:40.84	17:23.60	1500m Freestyle	18:43.09	19:03.28	19:03.29
30.26	28.46	28.42	50m Backstroke	31.73	32.09	32.58
1:04.89	1:01.77	1:01.76	100m Backstroke	1:08.15	1:09.16	1:09.45
2:23.52	2:18.73	2:18.72	200m Backstroke	2:28.32	2:28.33	2:29.70
33.61	31.89	31.78	50m Breaststroke	36.24	36.63	36.65
1:13.53	1:09.85	1:09.84	100m Breaststroke	1:18.32	1:19.89	1:19.90
2:40.90	2:36.60	2:36.50	200m Breaststroke	2:51.10	2:55.05	2:55.06
27.82	26.63	26.30	50m Butterfly	30.34	30.35	30.47
1:02.71	1:00.60	1:00.22	100m Butterfly	1:08.58	1:08.60	1:09.36
2:23.34	2:20.73	2:20.02	200m Butterfly	2:43.25	2:44.05	2:44.06
1:06.31	1:03.08	1:03.00	100m IM	1:09.69	1:10.43	1:10.47
2:21.04	2:18.49	2:16.69	200m IM	2:30.79	2:32.94	2:32.95
5:03.94	4:57.44	4:55.38	400m IM	5:28.36	5:30.68	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*