

# Irish Open Championships 2020 – Incorporating the 2020 Olympic & Paralympic Trials

1<sup>st</sup> – 5<sup>th</sup> April 2020, Dublin - Programme of Events

Day 1 - Wed 1 <sup>st</sup> April 2020	Day 2 - Thu 2 <sup>nd</sup> April 2020	Day 3 - Fri 3 <sup>rd</sup> April 2020	Day 4 - Sat 4 <sup>th</sup> April 2020	Day 5 - Sun 5 <sup>th</sup> April 2020
<b>Session 1: 0930 - Heats</b>	<b>Session 3: 0930 – Heats</b>	<b>Session 5: 0930 – Heats</b>	<b>Session 7: 0930 – Heats</b>	<b>Session 9: 0930 - Heats</b>
Male 400m Freestyle Female 400m Freestyle Male 100m Breaststroke Female 100m Butterfly Male 200m Butterfly Female 50m Breaststroke Male 50m Backstroke	Male 400m IM Female 200m Backstroke Male 100m Freestyle Female 50m Freestyle Male 200m Backstroke Female 800m Freestyle HDW Male 50m Butterfly	Female 400m IM Male 50m Freestyle Female 100m Freestyle Male 100m Butterfly Female 100m Breaststroke Male 800m Freestyle HDW Female 50m Butterfly	Female 200m IM Male 200m Freestyle Female 100m Backstroke Male 100m Backstroke Female 200m Butterfly Male 200m Breaststroke Female 1500m Freestyle HDW	Female 200m Freestyle Male 200m IM Female 200m Breaststroke Male 1500m Freestyle HDW Female 50m Backstroke Male 50m Breaststroke
Day 1 - Wed 1 <sup>st</sup> April 2020	Day 2 - Thu 2 <sup>nd</sup> April 2020	Day 3 - Fri 3 <sup>rd</sup> April 2020	Day 4 - Sat 4 <sup>th</sup> April 2020	Day 5 - Sun 5 <sup>th</sup> April 2020
<b>Session 2: 1700 - Finals</b>	<b>Session 4: 1700 - Finals</b>	<b>Session 6: 1700 - Finals</b>	<b>Session 8: 1700 - Finals</b>	<b>Session 10: 1700 - Finals</b>
Mixed 400m Freestyle MC Final Male 400m Freestyle Junior Final Male 400m Freestyle Open Final Female 400m Freestyle Junior Final Female 400m Freestyle Open Final Male 100m Breaststroke Junior Final Male 100m Breaststroke Open 'A' Final Female 100m Butterfly Junior Final Female 100m Butterfly Open 'A' Final Male 200m Butterfly Junior Final Male 200m Butterfly Open 'A' Final Female 50m Breaststroke Junior Final Female 50m Breaststroke Open 'A' Final Male 50m Backstroke Junior Final Male 50m Backstroke Open 'A' Final Male 100m Breaststroke Open 'B' Final Female 100m Butterfly Open 'B' Final Male 200m Butterfly Open 'B' Final Female 50m Breaststroke Open 'B' Final Male 50m Backstroke Open 'B' Final	Male 100m Freestyle Junior Final Male 100m Freestyle Open Final Female 200m Backstroke Junior Final Female 200m Backstroke Open 'A' Final Male 400m IM Junior Final Male 400m IM Open 'A' Final Female 50m Freestyle Junior Final Female 50m Freestyle Open 'A' Final Male 200m Backstroke Junior Final Male 200m Backstroke Open 'A' Final Female 800m Freestyle (Final Heat) Male 50m Butterfly Junior Final Male 50m Butterfly Open 'A' Final Female 200m Backstroke Open 'B' Final Male 100m Freestyle Open 'B' Final Female 50m Freestyle Open 'B' Final Male 200m Backstroke Open 'B' Final Male 50m Butterfly Open 'B' Final Male National Team 400m Medley Relay	Female 400m IM Junior Final Female 400m IM Open Final Male 50m Freestyle Junior Final Male 50m Freestyle Open 'A' Final Mixed 100m Freestyle MC Final Female 100m Freestyle Junior Final Female 100m Freestyle Open 'A' Final Mixed 100m Butterfly MC Final Male 100m Butterfly Junior Final Male 100m Butterfly Open 'A' Final Mixed 100m Breaststroke MC Final Female 100m Breaststroke Junior Final Female 100m Breaststroke Open 'A' Final Male 800m Freestyle (Final Heat) Mixed 50m Butterfly MC Final Female 50m Butterfly Junior Final Female 50m Butterfly Open 'A' Final Male 50m Freestyle Open 'B' Final Female 100m Freestyle Open 'B' Final Male 100m Butterfly Open 'B' Final Female 100m Breaststroke Open 'B' Final Female 50m Butterfly Open 'B' Final	Female 200m IM Junior Final Female 200m IM Open 'A' Final Male 200m Freestyle Junior Final Male 200m Freestyle Open 'A' Final Mixed 100m Backstroke MC Final Female 100m Backstroke Junior Final Female 100m Backstroke Open 'A' Final Male 100m Backstroke Junior Final Male 100m Backstroke Open 'A' Final Female 200m Butterfly Junior Final Female 200m Butterfly Open 'A' Final Male 200m Breaststroke Junior Final Male 200m Breaststroke Open 'A' Final Female 1500m Freestyle (Final Heat) Female 200m IM Open 'B' Final Male 200m Freestyle Open 'B' Final Female 100m Backstroke Open 'B' Final Female 100m Backstroke Open 'B' Final Female 200m Butterfly Open 'B' Final Male 200m Breaststroke Open 'B' Final	Mixed 200m IM MC Final Female 200m Freestyle Junior Final Female 200m Freestyle Open 'A' Final Male 200m IM Junior Final Male 200m IM Open 'A' Final Female 200m Breaststroke Junior Final Female 200m Breaststroke Open 'A' Final Male 1500m Freestyle (Final Heat) Female 50m Backstroke Junior Final Female 50m Backstroke Open 'A' Final Male 50m Breaststroke Junior Final Male 50m Breaststroke Open 'A' Final Female 200m Freestyle Open 'B' Final Male 200m IM Open 'B' Final Female 200m Breaststroke Open 'B' Final Female 50m Backstroke Open 'B' Final Male 50m Breaststroke Open 'B' Final Female National Team 400m Medley Relay Male National Team 800m Freestyle Relay

## Irish Open LC Championships 2020

### Long Course Qualifying Times

(Achieved Long Course Only in the Period 1<sup>st</sup> July 2019 – 23<sup>rd</sup> February 2020)

MALE			EVENT	FEMALE		
Youth Born 2004-2007	Junior Born 2002 & 2003	Senior		Senior	Junior Born 2003 & 2004	Youth Born 2005-2007
26.20	25.56	24.88	50m Freestyle	27.75	28.19	28.86
57.27	55.48	53.87	100m Freestyle	1:00.01	1:00.60	1:03.01
2:06.24	2:03.39	1:58.69	200m Freestyle	2:10.87	2:12.70	2:16.17
4:31.06	4:25.12	4:22.54	400m Freestyle	4:41.40	4:46.08	4:46.97
9:31.31	9:24.78	9:23.69	800m Freestyle	9:40.74	9:56.73	10:03.60
18:19.12	18:08.59	17:48.53	1500m Freestyle	19:24.64	19:43.91	19:58.84
31.04	29.68	29.15	50m Backstroke	31.67	32.55	33.98
1:05.89	1:04.18	1:02.55	100m Backstroke	1:07.97	1:09.49	1:11.42
2:24.11	2:20.11	2:19.49	200m Backstroke	2:28.61	2:30.58	2:33.92
34.22	32.39	31.76	50m Breaststroke	35.8	36.62	38.87
1:15.12	1:11.85	1:10.18	100m Breaststroke	1:17.45	1:18.84	1:21.83
2:43.56	2:38.60	2:38.25	200m Breaststroke	2:49.25	2:50.99	2:58.05
28.31	27.6	26.53	50m Butterfly	30.03	30.64	32.08
1:03.96	1:01.06	58.53	100m Butterfly	1:07.30	1:08.49	1:11.11
2:27.49	2:21.57	2:17.36	200m Butterfly	2:36.09	2:37.03	2:46.50
2:24.00	2:19.96	2:18.07	200m IM	2:30.41	2:32.57	2:34.73
5:14.65	5:05.32	5:03.35	400m IM	5:25.22	5:27.73	5:33.48