

Irish Summer National Championships 2020
22nd – 26th July 2020, Dublin - Programme of Events



Day 1 - Wed 22nd July 2020	Day 2 - Thu 23rd July 2020	Day 3 - Fri 24th July 2020	Day 4 - Sat 25th Jul 2020	Day 5 - Sun 26th Jul 2020
Session 1 Heats (15 yrs ; 16 yrs ; 17 yrs & Over) Male Warm Up 0720 – 0800 Female Warm Up 0800 – 0840 Start 0845	Session 4 Heats (15 yrs ; 16 yrs ; 17 yrs & Over) Female Warm Up 0720 – 0800 Male Warm Up 0800 – 0840 Start 0845	Session 7 Heats (15 yrs ; 16 yrs ; 17 yrs & Over) Male Warm Up 0720 – 0800 Female Warm Up 0800 – 0840 Start 0845	Session 10 Heats (15 yrs ; 16 yrs ; 17 yrs & Over) Female Warm Up 0720 – 0800 Male Warm Up 0800 – 0840 Start 0845	Session 13 Heats (15 yrs ; 16 yrs ; 17 yrs & Over) Female Warm Up 0720 – 0800 Male Warm Up 0800 – 0840 Start 0845
Male 400m IM Female 200m Backstroke Male 100m Breaststroke Female 100m Breaststroke Male 200m Freestyle Female 200m Freestyle	Female 50m Freestyle Male 50m Freestyle Female 100m Butterfly Male 100m Butterfly Female 200m Breaststroke Male 200m Breaststroke Female 1500m Freestyle HDW	Male 100m Freestyle Female 400m Freestyle Male 50m Backstroke (15/Over Only) Female 50m Backstroke (15/Over Only) Male 200m IM Female 200m IM Male 1500m Freestyle HDW	Female 100m Freestyle Male 400m Freestyle Female 200m Butterfly Male 200m Butterfly Female 50m Breaststroke (15/Over Only) Male 50m Breaststroke (15/Over Only) Female 100m Backstroke Male 100m Backstroke	Female 400m IM Male 200m Backstroke Female 50m Butterfly (15/Over Only) Male 50m Butterfly (15/Over Only) Female 800m Freestyle HDW Male 800m Freestyle HDW
Day 1 - Wed 22nd July 2020	Day 2 - Thu 23rd July 2020	Day 3 - Fri 24th July 2020	Day 4 - Sat 25th Jul 2020	Day 5 - Sun 26th Jul 2020
Session 2 Heats (12/13 yrs ; 14 yrs) Male Warm Up 1115 – 1145 Female Warm Up 1145 – 1215 Start 1220	Session 5 Heats (12/13 yrs ; 14 yrs) Female Warm Up 1115 – 1145 Male Warm Up 1145 – 1215 Start 1220	Session 8 Heats (12/13 yrs ; 14 yrs) Female Warm Up 1115 – 1145 Male Warm Up 1145 – 1215 Start 1220	Session 11 Heats (12/13 yrs ; 14 yrs) Male Warm Up 1115 – 1145 Female Warm Up 1145 – 1215 Start 1220	Session 14 Heats (12/13 yrs ; 14 yrs) Female Warm Up 1115 – 1145 Male Warm Up 1145 – 1215 Start 1220
Male 400m IM (12/13 yrs HDW) Female 200m Backstroke Male 200m Freestyle Female 200m Freestyle Male 100m Breaststroke Female 100m Breaststroke Male 800m Freestyle HDW Female 12-14 years 400m Freestyle Relay HDW Male 12-14 years 400m Freestyle Relay HDW	Female 50m Freestyle Male 50m Freestyle Female 100m Butterfly Male 100m Butterfly Female 200m Breaststroke Male 200m Breaststroke Female 1500m Freestyle HDW Mixed 12-14 years 400m Mixed Medley Relay HDW	Female 400m Freestyle (12/13 yrs HDW) Male 100m Freestyle Female 200m IM Male 200m IM Female 12-14 years 800m Freestyle Relay HDW Male 12-14 years 400m Medley Relay HDW	Male 400m Freestyle (12/13 yrs HDW) Female 100m Freestyle Male 200m Butterfly Female 200m Butterfly Male 100m Backstroke Female 100m Backstroke Male 12-14 years 800m Freestyle Relay HDW Female 12-14 years 400m Medley Relay HDW	Female 400m IM (12/13 yrs HDW) Male 200m Backstroke Female 800m Freestyle HDW Male 1500m Freestyle HDW

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Session 3 Finals Mixed Warm Up 1545 – 1645 Start 1700	Session 6 Finals Mixed Warm Up 1545 – 1645 Start 1700	Session 9 Finals Mixed Warm Up 1545 – 1645 Start 1700	Session 12 Finals Mixed Warm Up 1545 – 1645 Start 1700	Session 15 Finals Mixed Warm Up 1545 – 1645 Start 1700
Male 100m Breaststroke (12/13 years; 14 years; 15 years; 16 years; 17/Over; Open 'B')	Male 50m Freestyle (12/13 years; 14 years; 15 years; 16 years; 17/Over; Open 'B')	Male 100m Freestyle (12/13 years; 14 years; 15 years; 16 years; 17/Over; Open 'B')	Female 100m Freestyle (12/13 years; 14 years; 15 years; 16 years; 17/Over; Open 'B')	Male 200m Backstroke (12/13 years; 14 years; 15 years; 16 years; 17/Over; Open 'B')
Female 100m Breaststroke (12/13 years; 14 years; 15 years; 16 years; 17/Over; Open 'B')	Female 50m Freestyle (12/13 years; 14 years; 15 years; 16 years; 17/Over; Open 'B')	Female 400m Freestyle (14 years; 15 years; 16 years; 17/Over)	Male 400m Freestyle (14 years; 15 years; 16 years; 17/Over)	Female 400m IM (14 years; 15 years; 16 years; 17/Over)
Male 200m Freestyle (12/13 years; 14 years; 15 years; 16 years; 17/Over; Open 'B')	Male 100m Butterfly (12/13 years; 14 years; 15 years; 16 years; 17/Over; Open 'B')	Male 50m Backstroke (15/Over)	Female 200m Butterfly (12/13 years; 14 years; 15 years; 16 years; 17/Over; Open 'B')	Male 50m Butterfly (15/Over)
Female 200m Freestyle (12/13 years; 14 years; 15 years; 16 years; 17/Over; Open 'B')	Female 100m Butterfly (12/13 years; 14 years; 15 years; 16 years; 17/Over; Open 'B')	Female 50m Backstroke (15/Over)	Male 200m Butterfly (12/13 years; 14 years; 15 years; 16 years; 17/Over; Open 'B')	Female 50m Butterfly (15/Over)
Male 400m IM (14 years; 15 years; 16 years; 17/Over)	Male 200m Breaststroke (12/13 years; 14 years; 15 years; 16 years; 17/Over; Open 'B')	Male 200m IM (12/13 years; 14 years; 15 years; 16 years; 17/Over; Open 'B')	Female 50m Breaststroke (15/Over)	Male 15/Over 400m Medley Relay HDW
Female 200m Backstroke (12/13 years; 14 years; 15 years; 16 years; 17/Over; Open 'B')	Female 200m Breaststroke (12/13 years; 14 years; 15 years; 16 years; 17/Over; Open 'B')	Female 200m IM (12/13 years; 14 years; 15 years; 16 years; 17/Over; Open 'B')	Male 50m Breaststroke (15/Over)	Female 15/Over 400m Medley Relay HDW
Male 15/Over 400m Freestyle Relay HDW	Mixed 15/Over 400m Mixed Medley Relay HDW	Male 15/Over 800m Freestyle Relay HDW	Female 100m Backstroke (12/13 years; 14 years; 15 years; 16 years; 17/Over; Open 'B')	
Female 15/Over 400m Freestyle Relay HDW			Male 100m Backstroke (12/13 years; 14 years; 15 years; 16 years; 17/Over; Open 'B')	
			Female 15/Over 800m Freestyle Relay HDW	

Irish Summer LC National Championships 2020

Long Course Qualifying Times

(Achieved Long Course Only in the Period 1st January 2020 – 8th June 2020)

MALE					
	17/Over 2003/earlier	16 years 2004	15 years 2005	14 years 2006	12/13 years 2007/2008
50m Freestyle	24.94	26.98	28.43	29.29	30.57
100m Freestyle	55.52	58.56	1:00.74	1:02.74	1:05.93
200m Freestyle	2:03.93	2:10.16	2:14.38	2:17.15	2:24.21
400m Freestyle	4:33.55	4:37.50	4:47.52	4:55.89	5:08.90
800m Freestyle	9:12.90	9:20.88	9:41.13	9:58.05	10:24.34
1500m Freestyle	18:11.48	18:13.23	18:59.08	19:27.38	20:09.71
50m Backstroke	29.61	29.61	29.61		
100m Backstroke	1:06.44	1:09.17	1:11.73	1:14.32	1:17.58
200m Backstroke	2:23.44	2:30.53	2:33.42	2:39.15	2:44.13
50m Breaststroke	32.11	32.11	32.11		
100m Breaststroke	1:14.26	1:19.93	1:21.52	1:25.10	1:29.62
200m Breaststroke	2:44.14	2:53.54	2:59.81	3:04.10	3:11.24
50m Butterfly	26.92	26.92	26.92		
100m Butterfly	1:01.84	1:07.13	1:10.57	1:14.10	1:18.11
200m Butterfly	2:24.31	2:28.95	2:35.91	2:42.33	2:52.18
200m IM	2:23.77	2:30.33	2:33.56	2:38.22	2:43.83
400m IM	5:09.48	5:13.26	5:23.33	5:47.17	5:58.89

FEMALE					
	17/Over 2003/earlier	16 years 2004	15 years 2005	14 years 2006	12/13 years 2007/2008
50m Freestyle	28.49	28.97	29.54	30.22	31.25
100m Freestyle	1:01.38	1:03.33	1:03.99	1:04.61	1:08.05
200m Freestyle	2:14.40	2:17.30	2:20.69	2:21.18	2:26.90
400m Freestyle	4:48.61	4:56.31	4:59.85	5:08.11	5:13.46
800m Freestyle	9:51.76	10:05.20	10:14.96	10:22.25	10:37.24
1500m Freestyle	18:41.31	19:06.78	19:25.27	19:39.08	20:07.49
50m Backstroke	32.64	32.64	32.64		
100m Backstroke	1:11.33	1:13.50	1:13.99	1:15.26	1:18.45
200m Backstroke	2:34.30	2:37.41	2:40.86	2:42.90	2:48.53
50m Breaststroke	36.50	36.50	36.50		
100m Breaststroke	1:20.71	1:24.72	1:26.26	1:28.23	1:31.92
200m Breaststroke	2:56.14	3:01.72	3:03.56	3:12.95	3:14.97
50m Butterfly	30.42	30.42	30.42		
100m Butterfly	1:09.54	1:11.47	1:14.09	1:16.56	1:19.86
200m Butterfly	2:39.68	2:44.22	2:50.31	2:52.57	2:56.34
200m IM	2:34.86	2:35.75	2:40.35	2:44.07	2:48.59
400m IM	5:35.52	5:41.57	5:47.86	5:55.42	6:05.13