

**Irish National Division 2 Competition 2020**  
**8<sup>th</sup> – 12<sup>th</sup> July 2020, Limerick - Programme of Events**



<b>Day 1 - Wed 8<sup>th</sup> July 2020</b>	<b>Day 2 - Thu 9<sup>th</sup> July 2020</b>	<b>Day 3 - Fri 10<sup>th</sup> July 2020</b>	<b>Day 4 - Sat 11<sup>th</sup> Jul 2020</b>	<b>Day 5 - Sun 12<sup>th</sup> Jul 2020</b>
<b>Session 1 Heats</b> <b>(15 yrs ; 16 yrs ; 17 yrs &amp; Over)</b> Male Warm Up 0720 – 0800 Female Warm Up 0800 – 0840 Start 0845	<b>Session 4 Heats</b> <b>(15 yrs ; 16 yrs ; 17 yrs &amp; Over)</b> Female Warm Up 0720 – 0800 Male Warm Up 0800 – 0840 Start 0845	<b>Session 7 Heats</b> <b>(15 yrs ; 16 yrs ; 17 yrs &amp; Over)</b> Male Warm Up 0720 – 0800 Female Warm Up 0800 – 0840 Start 0845	<b>Session 10 Heats</b> <b>(15 yrs ; 16 yrs ; 17 yrs &amp; Over)</b> Female Warm Up 0720 – 0800 Male Warm Up 0800 – 0840 Start 0845	<b>Session 13 Heats</b> <b>(15 yrs ; 16 yrs ; 17 yrs &amp; Over)</b> Female Warm Up 0720 – 0800 Male Warm Up 0800 – 0840 Start 0845
Male 400m IM HDW 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 HDW 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 HDW 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 HDW Male 200m Backstroke Female 50m Butterfly (15/Over Only) Male 50m Butterfly (15/Over Only) Female 800m Freestyle HDW Male 800m Freestyle HDW
<b>Day 1 - Wed 8<sup>th</sup> July 2020</b>	<b>Day 2 - Thu 9<sup>th</sup> July 2020</b>	<b>Day 3 - Fri 10<sup>th</sup> July 2020</b>	<b>Day 4 - Sat 11<sup>th</sup> Jul 2020</b>	<b>Day 5 - Sun 12<sup>th</sup> Jul 2020</b>
<b>Session 2 Heats</b> <b>(11/12 yrs ; 13 yrs ; 14 yrs)</b> Male Warm Up 1115 – 1145 Female Warm Up 1145 – 1215 Start 1220	<b>Session 5 Heats</b> <b>(11/12 yrs ; 13 yrs ; 14 yrs)</b> Female Warm Up 1115 – 1145 Male Warm Up 1145 – 1215 Start 1220	<b>Session 8 Heats</b> <b>(11/12 yrs ; 13 yrs ; 14 yrs)</b> Female Warm Up 1115 – 1145 Male Warm Up 1145 – 1215 Start 1220	<b>Session 11 Heats</b> <b>(11/12 yrs ; 13 yrs ; 14 yrs)</b> Male Warm Up 1115 – 1145 Female Warm Up 1145 – 1215 Start 1220	<b>Session 14 Heats</b> <b>(11/12 yrs ; 13 yrs ; 14 yrs)</b> Female Warm Up 1045 – 1115 Male Warm Up 1115 – 1145 Start 1150
Male 100m Breaststroke Female 100m Breaststroke Male 200m Freestyle Female 200m Freestyle Male 400m IM HDW Female 200m Backstroke Male 800m Freestyle HDW Female 11-14 years 200m 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 Male 11-14 years 200m Freestyle Relay HDW	Female 400m Freestyle HDW Male 100m Freestyle Female 200m IM Male 200m IM Female 11-14 years 200m Medley Relay HDW	Male 400m Freestyle HDW Female 100m Freestyle Male 200m Butterfly Female 200m Butterfly Male 100m Backstroke Female 100m Backstroke Male 11-14 years 200m Medley Relay HDW	Female 400m IM HDW Male 200m Backstroke Mixed 11-14 years 200m Mixed Medley Relay HDW Female 800m Freestyle HDW Male 1500m Freestyle HDW

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<b>Day 1 - Wed 8<sup>th</sup> July 2020</b>	<b>Day 2 - Thu 9<sup>th</sup> July 2020</b>	<b>Day 3 - Fri 10<sup>th</sup> July 2020</b>	<b>Day 4 - Sat 11<sup>th</sup> Jul 2020</b>	<b>Day 5 - Sun 12<sup>th</sup> Jul 2020</b>
<b>Session 3 Finals</b> Mixed Warm Up 1545 – 1645 Start 1700	<b>Session 6 Finals</b> Mixed Warm Up 1545 – 1645 Start 1700	<b>Session 9 Finals</b> Mixed Warm Up 1545 – 1645 Start 1700	<b>Session 12 Finals</b> Mixed Warm Up 1545 – 1645 Start 1700	<b>Session 15 Finals</b> Mixed Warm Up 1445 – 1545 Start 1600
Female 200m Backstroke (11/12 years; 13 years; 14 years; 15 years; 16 years; 17/Over)	Male 50m Freestyle (11/12 years; 13 years; 14 years; 15 years; 16 years; 17/Over)	Male 50m Backstroke (15/Over)	Female 200m Butterfly (11/12 years; 13 years; 14 years; 15 years; 16 years; 17/Over)	Male 200m Backstroke (11/12 years; 13 years; 14 years; 15 years; 16 years; 17/Over)
Male 100m Breaststroke (11/12 years; 13 years; 14 years; 15 years; 16 years; 17/Over)	Female 50m Freestyle (11/12 years; 13 years; 14 years; 15 years; 16 years; 17/Over)	Female 50m Backstroke (15/Over)	Male 200m Butterfly (11/12 years; 13 years; 14 years; 15 years; 16 years; 17/Over)	Female 50m Butterfly (15/Over)
Female 100m Breaststroke (11/12 years; 13 years; 14 years; 15 years; 16 years; 17/Over)	Male 100m Butterfly (11/12 years; 13 years; 14 years; 15 years; 16 years; 17/Over)	Male 200m IM (11/12 years; 13 years; 14 years; 15 years; 16 years; 17/Over)	Female 200m IM (11/12 years; 13 years; 14 years; 15 years; 16 years; 17/Over)	Male 50m Butterfly (15/Over)
Male 200m Freestyle (11/12 years; 13 years; 14 years; 15 years; 16 years; 17/Over)	Female 100m Butterfly (11/12 years; 13 years; 14 years; 15 years; 16 years; 17/Over)	Male 100m Freestyle (11/12 years; 13 years; 14 years; 15 years; 16 years; 17/Over)	Female 50m Breaststroke (15/Over)	Female 15/Over 200m Medley Relay HDW
Female 200m Freestyle (11/12 years; 13 years; 14 years; 15 years; 16 years; 17/Over)	Male 200m Breaststroke (11/12 years; 13 years; 14 years; 15 years; 16 years; 17/Over)	Female 15/Over 200m Freestyle Relay HDW	Male 50m Breaststroke (15/Over)	Male 15/Over 200m Medley Relay HDW
Male 15/Over 200m Freestyle Relay HDW	Female 200m Breaststroke (11/12 years; 13 years; 14 years; 15 years; 16 years; 17/Over)		Female 100m Backstroke (11/12 years; 13 years; 14 years; 15 years; 16 years; 17/Over)	
	Mixed 15/Over 200m Mixed Medley Relay HDW		Male 100m Backstroke (11/12 years; 13 years; 14 years; 15 years; 16 years; 17/Over)	
			Female 100m Freestyle (11/12 years; 13 years; 14 years; 15 years; 16 years; 17/Over)	

# Irish Division 2 National Competition 2020



## Long Course Qualifying Times

Achieved Long Course Only in the Period 1<sup>st</sup> January 2020 – 8<sup>th</sup> June 2020

MALE								
Event	Upper & Lower Qualifying Times	17/Over 2003/earlier	16 years 2004	15 years 2005	14 years 2006	13 years 2007	12 years 2008	11 years 2009
50m Freestyle	Upper	24.94	26.98	28.43	29.29	30.57	30.57	
	Lower	26.94	29.14	30.70	31.63	33.02	33.63	37.48
100m Freestyle	Upper	55.52	58.56	1:00.74	1:02.74	1:05.93	1:05.93	
	Lower	59.96	1:03.24	1:05.60	1:07.76	1:11.20	1:12.52	1:17.92
200m Freestyle	Upper	2:03.93	2:10.16	2:14.38	2:17.15	2:24.21	2:24.21	
	Lower	2:13.84	2:20.57	2:25.13	2:28.12	2:35.75	2:38.63	2:49.38
400m Freestyle	Upper	4:33.55	4:37.50	4:47.52	4:55.89	5:08.90	5:08.90	
	Lower	4:49.96	4:54.15	5:04.77	5:13.64	5:27.43	5:33.61	5:49.06
800m Freestyle	Upper	9:12.90	9:20.88	9:41.13	9:58.05	10:24.34	10:24.34	
	Lower	9:46.07	9:54.53	10:16.00	10:33.93	11:01.80	11:14.29	11:45.50
1500m Freestyle	Upper	18:11.48	18:13.23	18:59.08	19:27.38	20:09.71	20:09.71	
	Lower	19:16.97	19:18.82	20:07.42	20:37.42	21:22.29	21:46.49	23:11.17
50m Backstroke	Upper	29.61	29.61	29.61				
	Lower	31.98	31.98	31.98				
100m Backstroke	Upper	1:06.44	1:09.17	1:11.73	1:14.32	1:17.58	1:17.58	
	Lower	1:11.76	1:14.70	1:17.47	1:20.27	1:23.79	1:25.34	1:29.32
200m Backstroke	Upper	2:23.44	2:30.53	2:33.42	2:39.15	2:44.13	2:44.13	
	Lower	2:34.92	2:42.57	2:45.69	2:51.88	2:57.26	3:00.54	3:08.28
50m Breaststroke	Upper	32.11	32.11	32.11				
	Lower	34.68	34.68	34.68				
100m Breaststroke	Upper	1:14.26	1:19.93	1:21.52	1:25.10	1:29.62	1:29.62	
	Lower	1:20.20	1:26.32	1:28.04	1:31.91	1:36.79	1:38.58	1:43.11
200m Breaststroke	Upper	2:44.14	2:53.54	2:59.81	3:04.10	3:11.24	3:11.24	
	Lower	2:57.27	3:07.42	3:14.19	3:18.83	3:26.54	3:30.36	3:37.40
50m Butterfly	Upper	26.92	26.92	26.92				
	Lower	29.07	29.07	29.07				
100m Butterfly	Upper	1:01.84	1:07.13	1:10.57	1:14.10	1:18.11	1:18.11	
	Lower	1:06.79	1:12.50	1:16.22	1:20.03	1:24.36	1:25.92	1:31.11
200m Butterfly	Upper	2:24.31	2:28.95	2:35.91	2:42.33	2:52.18	2:52.18	
	Lower	2:35.85	2:40.87	2:48.38	2:55.32	3:05.95	3:09.40	3:22.09
200m IM	Upper	2:23.77	2:30.33	2:33.56	2:38.22	2:43.83	2:43.83	
	Lower	2:35.27	2:42.36	2:45.84	2:50.88	2:56.94	3:00.21	3:10.60
400m IM	Upper	5:09.48	5:13.26	5:23.33	5:47.17	5:58.89	5:58.89	
	Lower	5:28.05	5:32.06	5:42.73	6:08.00	6:20.42	6:27.60	6:45.55

Note – 11 years and 12 years will compete as a combined 11/12 years age group but are separated above due to different Upper QTs.

# Irish Division 2 National Competition 2020



## Long Course Qualifying Times

Achieved Long Course Only in the Period 1<sup>st</sup> January 2020 – 8<sup>th</sup> June 2020

FEMALE								
Event	Upper & Lower Qualifying Times	17/Over 2003/earlier	16 years 2004	15 years 2005	14 years 2006	13 years 2007	12 years 2008	11 years 2009
50m Freestyle	Upper	28.49	28.97	29.54	30.22	31.25	31.25	
	Lower	30.77	31.29	31.90	32.64	33.75	34.38	35.81
100m Freestyle	Upper	1:01.38	1:03.33	1:03.99	1:04.61	1:08.05	1:08.05	
	Lower	1:06.29	1:08.40	1:09.11	1:09.78	1:13.49	1:14.86	1:18.40
200m Freestyle	Upper	2:14.40	2:17.30	2:20.69	2:21.18	2:26.90	2:26.90	
	Lower	2:25.15	2:28.28	2:31.95	2:32.47	2:38.65	2:41.59	2:49.50
400m Freestyle	Upper	4:48.61	4:56.31	4:59.85	5:08.11	5:13.46	5:13.46	
	Lower	5:05.93	5:14.09	5:17.84	5:26.60	5:32.27	5:38.54	5:54.21
800m Freestyle	Upper	9:51.76	10:05.20	10:14.96	10:22.25	10:37.24	10:37.24	
	Lower	10:27.27	10:41.51	10:51.86	10:59.59	11:15.47	11:28.22	12:00.08
1500m Freestyle	Upper	18:41.31	19:06.78	19:25.27	19:39.08	20:07.49	20:07.49	
	Lower	19:48.59	20:15.59	20:35.19	20:49.82	21:19.94	21:44.09	23:08.61
50m Backstroke	Upper	32.64	32.64	32.64				
	Lower	35.25	35.25	35.25				
100m Backstroke	Upper	1:11.33	1:13.50	1:13.99	1:15.26	1:18.45	1:18.45	
	Lower	1:17.04	1:19.38	1:19.91	1:21.28	1:24.73	1:26.29	1:29.72
200m Backstroke	Upper	2:34.30	2:37.41	2:40.86	2:42.90	2:48.53	2:48.53	
	Lower	2:46.64	2:50.00	2:53.73	2:55.93	3:02.01	3:05.38	3:12.22
50m Breaststroke	Upper	36.50	36.50	36.50				
	Lower	39.42	39.42	39.42				
100m Breaststroke	Upper	1:20.71	1:24.72	1:26.26	1:28.23	1:31.92	1:31.92	
	Lower	1:27.17	1:31.50	1:33.16	1:35.29	1:39.27	1:41.11	1:44.64
200m Breaststroke	Upper	2:56.14	3:01.72	3:03.56	3:12.95	3:14.97	3:14.97	
	Lower	3:10.08	3:16.26	3:18.24	3:28.39	3:30.57	3:34.47	3:47.93
50m Butterfly	Upper	30.42	30.42	30.42				
	Lower	32.85	32.85	32.85				
100m Butterfly	Upper	1:09.54	1:11.47	1:14.09	1:16.56	1:19.86	1:19.86	
	Lower	1:15.10	1:17.19	1:20.02	1:22.68	1:26.25	1:27.85	1:36.81
200m Butterfly	Upper	2:39.68	2:44.22	2:50.31	2:52.57	2:56.34	2:56.34	
	Lower	2:52.45	2:57.36	3:03.93	3:06.38	3:10.45	3:13.97	3:21.61
200m IM	Upper	2:34.86	2:35.75	2:40.35	2:44.07	2:48.59	2:48.59	
	Lower	2:47.25	2:48.21	2:53.18	2:57.20	3:02.08	3:05.45	3:11.26
400m IM	Upper	5:35.52	5:41.57	5:47.86	5:55.42	6:05.13	6:05.13	
	Lower	5:55.65	6:02.06	6:08.73	6:16.75	6:27.04	6:34.34	6:52.60

Note – 11 years and 12 years will compete as a combined 11/12 years age group but are separated above due to different Upper QTs.

# Irish Division 2 National Competition 2020



## Short Course Qualifying Times

Achieved Short Course Only in the Period 1<sup>st</sup> January 2020 – 8<sup>th</sup> June 2020

MALE								
Event	Upper & Lower Qualifying Times	17/Over 2003/earlier	16 years 2004	15 years 2005	14 years 2006	13 years 2007	12 years 2008	11 years 2009
50m Freestyle	Upper	24.22	26.2	27.61	28.44	29.68	29.68	
	Lower	26.16	28.29	29.82	30.72	32.05	32.65	36.39
100m Freestyle	Upper	53.91	56.86	58.98	1:00.92	1:04.02	1:04.02	
	Lower	58.22	1:01.40	1:03.70	1:05.79	1:09.14	1:10.42	1:15.66
200m Freestyle	Upper	2:01.08	2:07.17	2:11.29	2:14.00	2:20.89	2:20.89	
	Lower	2:10.76	2:17.34	2:21.79	2:24.71	2:32.17	2:34.98	2:45.48
400m Freestyle	Upper	4:28.63	4:32.50	4:42.34	4:50.56	5:03.34	5:03.34	
	Lower	4:44.74	4:48.86	4:59.28	5:07.99	5:21.54	5:17.61	5:42.78
800m Freestyle	Upper	9:02.40	9:10.50	9:31.10	9:48.40	10:15.00	10:15.00	
	Lower	9:36.20	9:44.70	10:06.50	10:24.70	10:53.00	11:05.70	11:37.20
1500m Freestyle	Upper	17:51.68	17:53.61	18:37.99	19:05.79	19:47.80	19:47.80	
	Lower	18:52.97	18:54.81	19:43.42	20:13.42	20:58.28	21:22.49	22:47.17
50m Backstroke	Upper	28.90	28.90	28.90				
	Lower	31.40	31.40	31.40				
100m Backstroke	Upper	1:04.51	1:07.16	1:09.65	1:12.16	1:15.33	1:15.33	
	Lower	1:09.68	1:12.53	1:15.22	1:17.94	1:21.36	1:22.87	1:26.73
200m Backstroke	Upper	2:19.28	2:26.16	2:28.97	2:34.53	2:39.37	2:39.37	
	Lower	2:30.43	2:37.86	2:40.88	2:46.90	2:52.12	2:55.30	3:02.82
50m Breaststroke	Upper	31.10	31.10	31.10				
	Lower	33.80	33.80	33.80				
100m Breaststroke	Upper	1:11.66	1:17.13	1:18.67	1:22.12	1:26.48	1:26.48	
	Lower	1:17.39	1:23.30	1:24.96	1:28.69	1:33.40	1:35.13	1:39.50
200m Breaststroke	Upper	2:38.40	2:47.47	2:53.52	2:57.66	3:04.55	3:04.55	
	Lower	2:51.07	3:00.86	3:07.39	3:11.87	3:19.31	3:23.00	3:29.79
50m Butterfly	Upper	26.20	26.20	26.20				
	Lower	28.40	28.40	28.40				
100m Butterfly	Upper	1:01.10	1:05.72	1:09.16	1:12.69	1:16.70	1:16.70	
	Lower	1:05.99	1:11.09	1:14.81	1:18.62	1:22.95	1:24.51	1:29.70
200m Butterfly	Upper	2:21.71	2:26.27	2:33.10	2:39.41	2:49.08	2:49.08	
	Lower	2:33.04	2:37.97	2:45.35	2:52.16	3:02.60	3:05.99	3:18.45
200m IM	Upper	2:20.57	2:27.13	2:30.36	2:35.02	2:40.63	2:40.63	
	Lower	2:32.07	2:39.16	2:42.64	2:47.42	2:53.48	2:56.69	3:07.40
400m IM	Upper	4:58.65	5:02.30	5:12.01	5:35.02	5:46.33	5:46.33	
	Lower	5:16.57	5:20.44	5:30.73	5:55.12	6:07.11	6:14.03	6:31.36

Note – 11 years and 12 years will compete as a combined 11/12 years age group but are separated above due to different Upper QTs.

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FEMALE								
Event	Upper & Lower Qualifying Times	17/Over 2003/earlier	16 years 2004	15 years 2005	14 years 2006	13 years 2007	12 years 2008	11 years 2009
50m Freestyle	Upper	27.98	28.45	29.01	29.68	30.69	30.69	
	Lower	30.22	30.73	31.33	32.05	33.15	33.76	35.17
100m Freestyle	Upper	1:00.28	1:02.19	1:02.84	1:03.45	1:06.83	1:06.83	
	Lower	1:05.10	1:07.17	1:07.87	1:08.52	1:12.17	1:13.51	1:16.99
200m Freestyle	Upper	2:12.79	2:15.65	2:19.00	2:19.49	2:25.14	2:25.14	
	Lower	2:23.41	2:26.50	2:30.13	2:30.64	2:36.75	2:39.65	2:47.47
400m Freestyle	Upper	4:46.59	4:54.24	4:57.75	5:05.95	5:11.27	5:11.27	
	Lower	5:03.79	5:11.89	5:15.62	5:24.31	5:29.94	5:36.17	5:51.73
800m Freestyle	Upper	9:42.00	9:55.60	10:05.50	10:12.90	10:28.10	10:28.10	
	Lower	10:18.00	10:32.40	10:43.00	10:50.80	11:06.90	11:19.70	11:52.00
1500m Freestyle	Upper	18:32.24	18:57.80	19:16.20	19:29.87	19:57.88	19:57.88	
	Lower	19:24.58	19:51.58	20:11.19	20:25.81	20:55.94	21:20.08	22:44.60
50m Backstroke	Upper	32.00	32.00	32.00				
	Lower	34.70	34.70	34.70				
100m Backstroke	Upper	1:10.47	1:12.62	1:13.10	1:14.36	1:17.51	1:17.51	
	Lower	1:16.12	1:18.43	1:18.95	1:20.30	1:23.71	1:25.25	1:28.64
200m Backstroke	Upper	2:32.45	2:35.52	2:38.93	2:40.95	2:46.51	2:46.51	
	Lower	2:44.64	2:47.96	2:51.65	2:53.82	2:59.83	3:03.16	3:09.91
50m Breaststroke	Upper	35.60	35.60	35.60				
	Lower	38.60	38.60	38.60				
100m Breaststroke	Upper	1:18.37	1:22.26	1:23.76	1:25.70	1:29.25	1:29.25	
	Lower	1:24.64	1:28.85	1:30.46	1:32.53	1:36.39	1:38.18	1:41.61
200m Breaststroke	Upper	2:52.97	2:58.45	3:00.26	3:09.48	3:11.46	3:11.46	
	Lower	3:06.66	3:12.73	3:14.67	3:24.64	3:26.78	3:30.61	3:43.83
50m Butterfly	Upper	29.80	29.80	29.80				
	Lower	32.30	32.30	32.30				
100m Butterfly	Upper	1:08.14	1:10.06	1:12.68	1:15.15	1:18.45	1:18.45	
	Lower	1:13.69	1:15.78	1:18.61	1:21.28	1:24.84	1:26.44	1:35.40
200m Butterfly	Upper	2:38.56	2:43.07	2:49.12	2:51.36	2:55.11	2:55.11	
	Lower	2:51.24	2:56.12	3:02.64	3:05.08	3:09.12	3:12.61	3:20.20
200m IM	Upper	2:31.66	2:32.55	2:37.15	2:40.87	2:45.39	2:45.39	
	Lower	2:44.05	2:45.01	2:49.98	2:54.00	2:58.62	3:01.93	3:08.06
400m IM	Upper	5:29.12	5:35.17	5:41.46	5:49.02	5:58.73	5:58.73	
	Lower	5:49.25	5:55.54	6:02.09	6:09.97	6:20.07	6:27.24	6:45.17

Note – 11 years and 12 years will compete as a combined 11/12 years age group but are separated above due to different Upper QTs.