

TeamTSC www.teamtsc.net

LEINGRAD STANDARDS Leinster Grades Short Course Meters**Female Open**

	GRD1	GRD2	GRD3	GRD4	GRD5	GRD6	GRD7	GRD8
50 Free	32.30	33.60	35.10	37.00	39.30	42.30	46.60	
		32.31	33.61	35.11	37.01	39.31	42.31	46.61
100 Free	1:11.00	1:13.90	1:17.30	1:21.30	1:26.40	1:33.10	1:42.50	
		1:11.01	1:13.91	1:17.31	1:21.31	1:26.41	1:33.11	1:42.51
400 Free	5:20.00	6:10.00						
		5:20.01	6:10.01					
800 Free	10:50.00	12:00.00						
		10:50.01	12:00.01					
50 Back	37.90	39.40	41.20	43.30	46.10	49.60	54.60	
		37.91	39.41	41.21	43.31	45.11	49.61	54.61
100 Back	1:18.70	1:21.80	1:25.50	1:30.00	1:35.70	1:43.10	1:53.50	
		1:18.71	1:21.81	1:25.51	1:30.01	1:35.71	1:43.11	1:53.51
50 Breast	41.20	42.80	44.80	47.10	50.10	54.00	59.40	
		41.21	42.81	44.81	47.11	50.11	54.01	59.41
100 Breast	1:28.60	1:32.10	1:36.30	1:41.40	1:47.80	1:56.10	2:07.80	
		1:28.61	1:32.11	1:36.31	1:41.41	1:47.81	1:56.11	2:07.81
50 Fly	35.60	37.00	38.70	40.70	43.30	46.60	51.30	
		35.61	37.01	38.71	40.71	43.31	46.61	51.31
100 Fly	1:15.60	1:18.60	1:22.20	1:26.50	1:31.90	1:39.00	1:49.00	
		1:15.61	1:18.61	1:22.21	1:26.51	1:31.91	1:39.01	1:49.01
100 IM	1:20.00	1:25.00	1:30.00	1:35.00	1:40.00	1:45.00	1:50.00	
		1:20.01	1:25.01	1:30.01	1:35.01	1:40.01	1:45.01	1:50.01
400 IM	6:00.00	6:50.00						
		6:00.01	6:50.01					

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LEINGRAD STANDARDS Leinster Grades Short Course Meters**Male Open**

	GRD1	GRD2	GRD3	GRD4	GRD5	GRD6	GRD7	GRD8
50 Free	28.40	29.60	30.90	32.50	34.60	37.20	41.00	
		28.39	29.59	30.89	32.49	34.59	37.19	40.99
100 Free	1:03.10	1:05.70	1:08.70	1:12.30	1:16.80	1:22.80	1:31.10	
		1:03.09	1:05.69	1:08.71	1:12.31	1:16.81	1:22.81	1:31.11
1500 Free	19:30.00	21:00.00						
		19:30.01	21:00.01					
50 Back	32.90	34.20	35.80	37.60	40.00	43.10	47.40	
		32.91	34.21	35.81	37.61	40.01	43.11	47.41
100 Back	1:10.20	1:13.10	1:16.40	1:20.40	1:25.50	1:32.10	1:41.30	
		1:10.21	1:13.11	1:16.41	1:20.41	1:25.51	1:32.11	1:41.31
50 Breast	36.60	38.00	39.80	41.90	44.50	47.90	52.70	
		36.61	38.01	39.81	41.91	44.51	47.91	52.71
100 Breast	1:19.90	1:23.10	1:26.90	1:31.50	1:37.20	1:44.80	1:55.30	
		1:19.91	1:23.11	1:26.91	1:31.51	1:37.21	1:44.81	1:55.31
50 Fly	31.70	33.00	34.50	36.30	38.60	41.60	45.70	
		31.71	33.01	34.51	35.31	38.61	41.61	45.71
100 Fly	1:08.90	1:11.70	1:14.90	1:18.90	1:23.80	1:30.30	1:39.50	
		1:08.91	1:11.71	1:14.91	1:18.91	1:23.81	1:30.31	1:39.51
100 IM	1:10.00	1:15.00	1:20.00	1:25.00	1:30.00	1:35.00	1:40.00	
		1:10.01	1:15.01	1:20.01	1:25.01	1:30.01	1:35.01	1:40.01