

## Leinster Squads Development Programme – Times for 2006 Season

### Mens QT's for 2006

#### National Squad (Team Leinster) Times – Men LC – 2006

| Yr  | Age  | Pts | 50FC  | 100FC   | 200FC   | 400FC   | 800FC   | 1500FC   | 50BC  | 100BC   | 200BC   | 50BS  | 100BS   | 200BS   | 50BF  | 100BF   | 200BF   | 100IM | 200IM   | 400IM   |     |
|-----|------|-----|-------|---------|---------|---------|---------|----------|-------|---------|---------|-------|---------|---------|-------|---------|---------|-------|---------|---------|-----|
| 87+ | 19+  | 800 | 23.98 | 53.07   | 1.56.34 | 4.05.92 | 8.33.26 | 16.16.88 | 27.55 | 59.33   | 2.08.65 | 30.12 | 1.06.30 | 2.23.37 | 25.82 | 57.07   | 2.06.43 | NA    | 2.10.96 | 4.37.11 | 800 |
| 88  | 18   | 750 | 24.59 | 54.42   | 1.59.31 | 4.12.20 | 8.46.37 | 16.41.84 | 28.26 | 1.00.85 | 2.11.93 | 30.89 | 1.07.99 | 2.27.03 | 26.48 | 58.53   | 2.09.66 | NA    | 2.14.31 | 4.44.19 | 750 |
| 89  | 17   | 700 | 25.25 | 55.87   | 2.02.49 | 4.18.92 | 9.00.39 | 17.08.52 | 29.01 | 1.02.47 | 2.15.45 | 31.71 | 1.09.80 | 2.30.95 | 27.19 | 1.00.09 | 2.13.11 | NA    | 2.17.88 | 4.51.76 | 700 |
| 90  | 16   | 650 | 25.95 | 57.43   | 2.05.90 | 4.26.13 | 9.15.45 | 17.37.18 | 29.82 | 1.04.21 | 2.19.22 | 32.60 | 1.11.75 | 2.35.15 | 27.94 | 1.01.76 | 2.16.82 | NA    | 2.21.73 | 4.59.89 | 650 |
| 91  | 15   | 600 | 26.71 | 59.11   | 2.09.59 | 4.33.93 | 9.31.72 | 18.08.14 | 30.69 | 1.06.09 | 2.23.30 | 33.55 | 1.13.85 | 2.39.70 | 28.76 | 1.03.57 | 2.20.83 | NA    | 2.25.88 | 5.08.68 | 600 |
| 92  | 14 - | 550 | 27.54 | 1.00.94 | 2.13.60 | 4.42.40 | 9.49.40 | 18.41.80 | 31.64 | 1.08.13 | 2.27.73 | 34.59 | 1.16.13 | 2.44.63 | 29.65 | 1.05.54 | 2.25.19 | NA    | 2.30.39 | 5.18.22 | 600 |

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|-----|------|-----|-------|-------|---------|---------|---------|----------|-------|---------|---------|-------|---------|---------|-------|---------|---------|---------|---------|---------|-----|
| 87+ | 19+  | 800 | 23.35 | 51.55 | 1.53.23 | 4.00.17 | 8.21.04 | 15.54.97 | 25.70 | 56.26   | 2.03.13 | 29.02 | 1.04.04 | 2.18.87 | 25.08 | 55.80   | 2.03.27 | 57.99   | 2.06.88 | 4.29.23 | 800 |
| 88  | 18   | 750 | 23.95 | 52.87 | 1.56.13 | 4.06.31 | 8.33.84 | 16.19.37 | 26.36 | 57.70   | 2.06.27 | 29.77 | 1.05.67 | 2.22.42 | 25.72 | 57.23   | 2.06.42 | 59.51   | 2.10.12 | 4.36.10 | 750 |
| 89  | 17   | 700 | 24.59 | 54.28 | 1.59.22 | 4.12.87 | 8.47.52 | 16.45.46 | 27.06 | 59.23   | 2.09.64 | 30.56 | 1.07.42 | 2.26.21 | 26.40 | 58.75   | 2.09.79 | 1.01.06 | 2.13.59 | 4.43.46 | 700 |
| 90  | 16   | 650 | 25.27 | 55.79 | 2.02.54 | 4.19.91 | 9.02.23 | 17.13.48 | 27.81 | 1.00.89 | 2.13.25 | 31.41 | 1.09.30 | 2.30.29 | 27.14 | 1.00.39 | 2.13.40 | 1.02.76 | 2.17.31 | 4.51.36 | 650 |
| 91  | 15   | 600 | 26.01 | 57.43 | 2.06.13 | 4.27.52 | 9.18.10 | 17.43.74 | 28.63 | 1.02.67 | 2.17.15 | 32.33 | 1.11.33 | 2.34.69 | 27.93 | 1.02.16 | 2.17.31 | 1.04.60 | 2.21.33 | 4.59.89 | 600 |
| 92  | 14 - | 550 | 26.82 | 59.20 | 2.10.03 | 4.35.80 | 9.35.36 | 18.16.64 | 29.51 | 1.04.61 | 2.21.39 | 33.33 | 1.13.54 | 2.39.47 | 28.80 | 1.04.08 | 2.21.56 | 1.06.60 | 2.25.70 | 5.09.17 | 550 |

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|-----|------|-----|-------|---------|---------|---------|----------|----------|-------|---------|---------|-------|---------|---------|-------|---------|---------|-------|---------|---------|-----|
| 87+ | 19+  | 725 | 24.91 | 55.14   | 2.00.87 | 4.15.50 | 8.53.26  | 16.54.95 | 28.63 | 1.01.64 | 2.13.66 | 31.30 | 1.08.88 | 2.28.95 | 26.83 | 59.30   | 2.11.36 | NA    | 2.16.06 | 4.47.91 | 725 |
| 88  | 18   | 675 | 25.59 | 56.64   | 2.04.16 | 4.22.46 | 9.07.78  | 17.22.59 | 29.41 | 1.03.32 | 2.17.30 | 32.15 | 1.10.76 | 2.33.01 | 27.56 | 1.00.91 | 2.14.93 | NA    | 2.19.77 | 4.55.75 | 675 |
| 89  | 17   | 625 | 26.32 | 58.26   | 2.07.71 | 4.29.95 | 9.23.42  | 17.52.35 | 30.25 | 1.05.13 | 2.21.22 | 33.07 | 1.12.78 | 2.37.88 | 28.34 | 1.02.65 | 2.18.79 | NA    | 2.23.76 | 5.04.20 | 625 |
| 90  | 16   | 575 | 27.11 | 1.00.01 | 2.11.55 | 4.38.07 | 9.40.36  | 18.24.60 | 31.16 | 1.07.09 | 2.25.47 | 34.06 | 1.14.97 | 2.42.11 | 29.20 | 1.04.53 | 2.22.96 | NA    | 2.28.08 | 5.13.35 | 575 |
| 91  | 15   | 525 | 27.98 | 1.01.92 | 2.15.74 | 4.46.93 | 9.58.85  | 18.59.79 | 32.15 | 1.09.23 | 2.30.10 | 35.14 | 1.17.35 | 2.47.28 | 30.13 | 1.06.59 | 2.27.51 | NA    | 2.32.80 | 5.23.33 | 525 |
| 92  | 14 - | 475 | 28.93 | 1.04.02 | 2.20.35 | 4.56.67 | 10.19.19 | 19.38.50 | 33.24 | 1.11.58 | 2.35.20 | 36.34 | 1.19.98 | 2.52.96 | 31.15 | 1.08.85 | 2.32.52 | NA    | 2.37.99 | 5.34.31 | 475 |

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| Yr  | Age  | Pts | 50FC  | 100FC   | 200FC   | 400FC   | 800FC    | 1500FC   | 50BC  | 100BC   | 200BC   | 50BS  | 100BS   | 200BS   | 50BF  | 100BF   | 200BF   | 100IM   | 200IM   | 400IM   |     |
|-----|------|-----|-------|---------|---------|---------|----------|----------|-------|---------|---------|-------|---------|---------|-------|---------|---------|---------|---------|---------|-----|
| 87+ | 19+  | 725 | 24.26 | 53.56   | 1.57.65 | 4.09.53 | 8.40.56  | 16.32.19 | 26.70 | 58.45   | 2.07.93 | 30.12 | 1.06.53 | 2.24.28 | 26.05 | 57.97   | 2.08.08 | 1.00.25 | 2.11.82 | 4.39.72 | 725 |
| 88  | 18   | 675 | 24.92 | 55.02   | 2.00.85 | 4.16.32 | 8.54.74  | 16.59.21 | 27.43 | 1.00.05 | 2.11.41 | 30.98 | 1.08.35 | 2.28.21 | 26.76 | 59.55   | 2.11.56 | 1.01.89 | 2.15.41 | 4.47.34 | 675 |
| 89  | 17   | 625 | 25.64 | 56.59   | 2.04.30 | 4.23.64 | 9.10.01  | 17.28.31 | 28.21 | 1.01.76 | 2.15.16 | 31.86 | 1.10.30 | 2.32.44 | 27.53 | 1.01.25 | 2.15.32 | 1.03.66 | 2.19.28 | 4.55.54 | 625 |
| 90  | 16   | 575 | 26.41 | 58.30   | 2.08.04 | 4.31.57 | 9.26.55  | 17.59.83 | 29.06 | 1.03.62 | 2.19.23 | 32.82 | 1.12.41 | 2.37.03 | 28.35 | 1.03.10 | 2.19.39 | 1.05.58 | 2.23.47 | 5.04.43 | 575 |
| 91  | 15   | 525 | 27.25 | 1.00.15 | 2.12.12 | 4.40.22 | 9.44.59  | 18.43.23 | 29.99 | 1.05.64 | 2.23.66 | 33.86 | 1.14.72 | 2.42.03 | 29.26 | 1.05.11 | 2.23.83 | 1.07.67 | 2.28.04 | 5.14.12 | 525 |
| 92  | 14 - | 475 | 28.17 | 1.02.20 | 2.16.60 | 4.49.74 | 10.04.45 | 19.12.07 | 31.01 | 1.07.87 | 2.28.54 | 35.01 | 1.17.25 | 2.47.53 | 30.25 | 1.07.32 | 2.28.71 | 1.09.96 | 2.33.07 | 5.24.79 | 475 |

Times are based on the points equivalent of the British Performance tables 2004/2005. Team Leinster times have been adjusted to reflect the new National Regional Standards.  
 Leinster Squad Times are based at National Regional Standard minus 75 pts. All claims to be submitted to Mary McDonnell on [marypmcdonnell@gmail.com](mailto:marypmcdonnell@gmail.com).