

## Leinster Squads Development Programme – Times for 2006 Season

### Womens QT's for 2006

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

Yr	Age	Pts	50FC	100FC	200FC	400FC	800FC	1500FC	50BC	100BC	200BC	50BS	100BS	200BS	50BF	100BF	200BF	100IM	200IM	400IM	
89+	17+	800	26.95	59.39	2.08.73	4.29.63	9.10.16	17.33.37	31.15	1.06.11	2.20.77	33.87	1.13.72	2.28.17	28.34	1.03.20	2.18.70		2.24.10	5.02.59	800
90	16	750	27.64	1.00.90	2.12.02	4.36.52	9.24.21	18.00.29	31.95	1.07.86	2.24.36	34.74	1.15.61	2.42.22	29.07	1.04.82	2.22.25		2.27.78	5.10.33	750
91	15	700	28.38	1.02.53	2.15.54	4.43.89	9.39.24	18.29.06	32.80	1.09.66	2.28.21	35.66	1.17.62	2.46.54	29.84	1.06.55	2.26.04		2.31.72	5.18.59	700
92	14	650	29.17	1.04.27	2.19.32	4.51.80	9.55.38	18.59.97	33.71	1.11.61	2.32.34	36.66	1.19.78	2.51.18	30.67	1.08.40	2.30.11		2.35.95	5.27.47	650
93	13	600	30.02	1.06.15	2.23.40	5.00.34	10.12.82	19.33.35	34.70	1.13.70	2.36.80	37.73	1.22.12	2.56.19	31.57	1.10.40	2.34.50		2.40.51	5.37.06	600
94	12 -	550	30.95	1.08.20	2.27.83	5.09.63	10.31.77	20.09.64	35.77	1.15.98	2.41.65	38.90	1.24.66	3.01.64	32.55	1.12.58	2.39.28		2.45.48	5.47.48	550

#### National Squad (Team Leinster) Times – Women SC – 2006

Yr	Age	Pts	50FC	100FC	200FC	400FC	800FC	1500FC	50BC	100BC	200BC	50BS	100BS	200BS	50BF	100BF	200BF	100IM	200IM	400IM	
89+	17+	800	26.6	58.02	2.06.20	4.24.86	9.04.45	17.26.42	29.78	1.03.93	2.17.53	33.18	1.12.13	2.34.17	28.02	1.02.74	2.17.51	1.05.60	2.21.47	4.56.46	800
90	16	750	27.28	59.50	2.09.42	4.31.63	9.18.36	17.53.16	30.54	1.05.56	2.21.04	34.03	1.13.98	2.38.11	28.73	1.04.35	2.21.02	1.07.27	2.25.08	5.04.04	750
91	15	700	28.01	1.01.08	2.12.87	4.38.86	9.33.24	18.21.74	31.36	1.07.31	2.24.80	34.94	1.15.95	2.42.32	29.50	1.06.06	2.24.78	1.09.06	2.28.95	5.12.14	700
92	14	650	28.79	1.02.79	2.16.57	4.46.63	9.49.21	18.52.45	32.23	1.09.18	2.28.84	35.91	1.18.06	2.46.85	30.32	1.07.90	2.28.81	1.10.99	2.33.10	5.20.83	650
93	13	600	29.63	1.04.62	2.20.57	4.55.03	10.06.46	19.25.61	33.17	1.11.21	2.33.20	36.96	1.20.35	2.51.73	31.21	1.09.89	2.33.17	1.13.07	2.37.58	5.30.23	600
94	12 -	550	30.55	1.06.62	2.24.92	5.04.15	10.25.22	20.01.66	34.20	1.13.41	2.37.93	38.11	1.22.83	2.57.04	32.17	1.12.05	2.37.91	1.15.33	2.42.46	5.40.44	550

#### Leinster Squad Times – Women LC – 2006

Yr	Age	Pts	50FC	100FC	200FC	400FC	800FC	1500FC	50BC	100BC	200BC	50BS	100BS	200BS	50BF	100BF	200BF	100IM	200IM	400IM	
89+	17+	725	28.10	1.01.70	2.13.75	4.40.14	9.31.60	18.14.43	32.37	1.08.74	2.26.25	35.19	1.16.60	2.44.34	29.45	1.05.67	2.24.11		2.29.72	5.14.39	725
90	16	675	28.76	1.03.38	2.17.39	4.47.77	9.47.16	18.44.23	33.25	1.10.62	2.30.24	36.15	1.18.60	2.48.81	30.25	1.07.46	2.28.03		2.33.79	5.22.95	675
91	15	625	29.59	1.05.19	2.21.32	4.55.98	10.03.93	19.16.33	34.20	1.12.63	2.34.52	37.18	1.20.93	2.53.63	31.11	1.09.38	2.32.26		2.38.19	5.32.17	625
92	14	575	30.47	1.07.15	2.25.57	5.04.89	10.22.09	19.51.10	35.23	1.14.82	2.39.17	38.30	1.23.36	2.58.86	32.05	1.11.47	2.36.84		2.42.94	5.42.16	575
93	13	525	31.45	1.09.29	2.30.20	5.14.60	10.41.90	20.29.04	36.35	1.17.20	2.44.24	39.52	1.26.02	3.04.55	33.07	1.13.74	2.41.84		2.48.13	5.53.06	525
94	12 -	475	32.51	1.11.64	2.35.30	5.25.28	11.03.70	21.10.78	37.58	1.19.82	2.49.82	40.86	1.28.94	3.10.82	34.19	1.16.25	2.47.33		2.53.84	6.05.05	475

#### Leinster Squad Times – Women SC – 2006

Yr	Age	Pts	50FC	100FC	200FC	400FC	800FC	1500FC	50BC	100BC	200BC	50BS	100BS	200BS	50BF	100BF	200BF	100IM	200IM	400IM	
89+	17+	725	27.64	1.00.28	2.11.12	4.35.18	9.25.67	18.07.20	30.94	1.06.42	2.22.89	34.47	1.14.94	2.40.18	29.11	1.05.19	2.22.87	1.08.15	2.26.98	5.08.02	725
90	16	675	28.39	1.01.92	2.14.69	4.42.68	9.41.08	18.36.81	31.78	1.08.23	2.26.78	35.41	1.16.98	2.44.54	29.90	1.06.96	2.26.76	1.10.01	2.30.98	5.16.40	675
91	15	625	29.20	1.03.69	2.18.53	4.50.75	9.57.66	19.08.69	32.69	1.10.18	2.30.97	36.42	1.19.18	2.49.24	30.75	1.08.88	2.30.95	1.12.01	2.35.30	5.25.44	625
92	14	575	30.08	1.05.60	2.22.70	4.59.49	10.15.64	19.43.24	33.68	1.12.29	2.35.51	37.52	1.21.56	2.54.33	31.68	1.10.95	2.35.49	1.14.17	2.39.97	5.35.22	575
93	13	525	31.04	1.07.69	2.27.25	5.09.03	10.35.25	20.20.93	34.75	1.14.59	2.40.47	38.72	1.24.16	2.59.88	32.69	1.13.21	2.40.44	1.16.53	2.45.06	5.45.90	525
94	12 -	475	32.09	1.09.99	2.32.25	5.19.53	10.56.82	21.02.39	35.93	1.17.12	2.45.92	40.03	1.27.02	3.05.99	33.80	1.15.69	2.45.89	1.19.13	2.50.67	5.57.65	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).