

S C O T T I S H *swimming*
everyone can swim!

National Squad Programme

Selection Policy & Selection Times

2014 - 2015

Overview

Another exciting season of both domestic and international swimming has demonstrated that global standards continue to move forward. There also continues to be positive progress in Scotland both in terms of the British and World rankings, demonstrating the good work from our coaches and swimmers alike. As such, our strategy of progressing swimmers at Silver and Bronze levels towards the Gold standard remains in place. The “guide” selection times for season 2014-15 published last season will therefore be implemented. These times are published in this document and are available on the Scottish Swimming website www.scottishswimming.com. Please note that the full Selection Document covering Rationale & Selection Times (2006) also continues to be available for download on the Scottish Swimming website.

Philosophy of Times for 2014-15 Selection

Gold Level - further to last year’s policy and in line with the strategy identified within, Gold base times have remained the same.

Silver and Bronze Levels – again, similar to last season, these times have been tightened by, on average, 1% (age dependent) for the 2014-15 selection.

Selection Policy

Other than an adjustment of Silver and Bronze consideration times, there have been no significant changes to the core selection policy for the 2014-15 selection.

‘Mindset’

A few years ago, Scottish Swimming, in conjunction with the sportscotland Institute of Sport took the innovative step of introducing the concept of ‘Mindset’ in to the lower tiers of the Nationals Squads Selection Policy (see Appendix 2 for additional explanation of ‘mindset’). This was done in order to highlight the importance of swimmers developing a ‘growth mindset’, and to encourage coaches to create ‘growth mindset’ coaching environments in their clubs and programmes. This work has been received positively by coaches and swimmers. As the swimmers who have already been introduced to ‘mindset’ now begin to move in to the upper tiers of the National Squad programme it is imperative that the ‘mindset’ work continues as they further develop as athletes. As such, the following will now apply:

- ‘Mindset’ will now feature as a primary element of the delivery programme to all Scottish National Squads for both swimmers and coaches
- ‘Mindset’ will remain a key theme in the DRP/Youth Development Squad programmes and selection process and be extended to the selection process for Youth and Senior Squads (*please refer to the General Selection Notes on page 5 for additional explanation of this point.*)
- Seminars and open sessions for parents will continue to be held in each District to further explain ‘Mindset’ in more detail.

Level and Ages

Swimmers (male and female) are able to attain the three different levels of achievement (Gold, Silver, Bronze) at the following ages:

Level	Age
Gold	14yrs+
Silver	13yrs+
Bronze	11yrs+

Number of Times Required

Age	Gold	Silver	Bronze
20	1*	1*	1/2 [®]
19	1*	1*	1/2 [®]
18	1*	Girls 1 Boys 2	Girls 1/2 [®] Boys 2/3 [®]
17	1*	Girls 1 Boys 2	Girls 1/2 [®] Boys 2/3 [®]
16 †	2 (Max 1 x 50m event)	2 (Max 1 x 50m event)	3 (Max 1 x 50m event)
For 11-15 years selection events must include 1 swim from 2 of the following 3 categories: <u>Freestyle, Form, I.M.</u>			
15 †	3 (min 2 @ 200+)	3 (min 2 @ 200+)	3 (min 2 @ 200+)
14 †	4 (min 3 @ 200+ including 1 @ 400+)	4 (min 3 @ 200+ including 1 @ 400+)	4 (min 3 @ 200+ including 1 @ 400+)
13 †	N/A	4 @ 200+ (min 1 @ 400+)	4 @ 200+ (min 1 @ 400+)
12 †	N/A	N/A	3 @ 200+ (min 1 @ 400+)
11 †	N/A	N/A	3 @ 200+

200+ = all 200m, 400m, 800m and 1500m events.

400+ = all 400m, 800m and 1500m events.

Example: A swimmer aiming to achieve Gold level at 16 years needs to achieve 2 Gold times in any two events, but only one 50m time can be used.

* Senior Gold/Silver

- Senior Gold (17+ years) - Swimmers achieving times in 50m events must also have attained a Senior Silver 100m/200m time (long course, same stroke as the 50m event) to be considered for selection.
- Senior Silver (19+ years) - Swimmers achieving times in 50m events must also have attained a Senior Bronze 100m/200m time (long course, same stroke as the 50m event) to be considered for selection.

® Senior Bronze

- 19/20 years – 1 time required (non 50m event) or 2 times required (including 50m events).
- 17/18 years – Girls: 1 time required (non 50m event) or 2 times (including 50m events). Boys: 2 times required (not including 50m events) or 3 times required (including 50m events).

† 11-14yrs Bronze and Silver 13 – 16yrs

- Swimmers achieving standards noted above will be accepted following the completion of the 'Mindset' assessment by the respective club Head Coach.

Ages as at 31st December 2014

Important Notes:

Achieving the selection standards does not guarantee a swimmer a place on a Scottish Swimming National Squad; however, all swimmers achieving the identified selection standards will be **considered** for respective places.

- Final selection to the various National Squads is subject to, (1) maximum number limits as determined each year by the Director of Performance & Leadership Group, and (2) financial resources available to Scottish Swimming at the time of selection.
- Support services from the **sportscotland** Institute of Sport Network are not obligatory at any level and are subject to agreement from the Swimming High Performance Group.

Other Considerations

Appreciating that delivering successful results on the international stage is both a difficult and highly complex process, Scottish Swimming has taken the view that it is important that all swimmers who demonstrate the capability to do this receive the support they require. It is therefore duly recognised that some circumstances will inevitably arise whereby it is necessary for the Director of Performance, on discussion and agreement with the Leadership Group, to place a swimmer within the appropriate level of the National Programme. This may include swimmers being offered National Squad positions which are both above or below that which they have achieved consideration times for.

When acting in these situations, the following will be reviewed:

- Past, current and future level of training;
- Rate of performance progression;
- Achievement (or otherwise) of previously agreed targets;
- Number of qualifying times required and achieved;
- Current level of support and the duration of support provided and required;
- Percentage away from selection times (present and future);
- Mindset;
- Age;

The use of a 'Restricted Contract' may be implemented where required and the view of the swimmers' coach will be sought by the Director of Performance or Leadership Group before any decision is finalised.

All selected swimmers will be required to sign the Scottish Swimming Swimmer Code of Conduct.

Eligibility

All swimmers wishing to be considered for Youth Development, Youth Gold or Senior Gold/Silver/Bronze National Squad selection must be eligible to compete for Scotland as defined by Company Rule 4.5.3 (<http://www.scottishswimming.com/assets/files/downloadfiles/Swimming/Regulations/Swimming%20Regulations%20Issue%204%20-%20Nov%202012.pdf>) and be registered with SASA having paid their current registration fee.

Selection Competitions

In order to be successful at International level, swimmers must be able to achieve their best performance in a single swim on a given day. This is promoted by identifying precise selection opportunities the higher up the pathway the swimmers progress. However, the philosophy of the 'Bronze' level is to be as inclusive as possible (11-14 years) and therefore no restriction on meets is put in place for this level.

Age	Eligible Selection Meets
11-14 Bronze	Any accredited meet (Short Course or Long Course) Selection Period: 1st October 2013 – 7th July 2014
13-16 Silver 15-20+ Bronze	District Championships, Scottish Short Course Championships plus any other accredited Long Course Meet. Additional accredited (or equivalent) Short Course meets may be used with the prior agreement of the Director of Performance. Selection Period: 1st November 2013 – 10th August 2014
14-20+ Gold 17-20+ Silver	Scottish & British National Championships, International events, other meets agreed in advance with Director of Performance. (Long Course ONLY) Selection Period: 1st January – 31st August 2014

Selection Process

The selection process will be managed by Scottish Swimming through the use of the Hy-Tek Team Manager National Database. All clubs wishing to place swimmers on National Squads should use Hy-Tek Team Manager for maintaining results and send relevant Hy-Tek results files to Scottish Swimming where necessary. Results from the following events will automatically be entered in to the database:

- All accredited meets held in Scotland (where those results have been submitted to Scottish Swimming as Hy-Tek results export files, or Sports Systems full meet archive files);
- Results of Scottish registered swimmers at British/ASA National Events;
- Results of Scottish swimmers competing at International Meets whilst representing Scottish/British Teams.

Selection Meet Notes:

- A list of selection meets will be maintained and regularly updated on the Scottish Swimming website www.scottishswimming.com during the selection period;
- The organisers of L1 & L2 licenced meets must, in addition to sending results to British Swimming Rankings, provide Scottish Swimming with the Hy-Tek results file for inclusion in the selection meet list.
- District Swimming Convenors will notify Scottish Swimming of any meets or sessions in meets where accreditation was withheld. These meets will be removed from or highlighted on the list
- It is the responsibility of clubs/coaches to check the list regularly to ensure that eligible meets (including accredited time trials, internal meets e.g. club championships, and non-Scottish meets) where their swimmers may have achieved DRP selection times are in fact included and to notify Scottish Swimming of any omissions **by 29th June 2014**.

Meet results not submitted by this date will not be included for DRP selection purposes.

All results files and any queries should be emailed to: info@scottishswimming.com

Times that are not automatically entered into the database can be submitted as follows:

- Individual results from meets out-with Scotland but within the Home Countries at Level 1 & 2 should be submitted by the swimmers' club on electronic file within four weeks of completion. For verification purposes, these results must be accompanied by the relevant printed meet results.
- Individual results from meets out-with the Home Countries should be submitted by the swimmers' club on electronic file within four weeks. Meets of an equivalent standard to Scottish Swimming License level 2 will be considered. Inclusion of these results will be subject to ratification by the Director of Performance. For verification purposes, these results must be accompanied by the relevant printed meet results.
- Times achieved in Scotland at accredited meets that are not on the Scottish Swimming website list must be forwarded on electronic file by **29th June 2014**.

General Selection Notes:

- Coaches of swimmers on Senior Gold/Silver/Bronze/Youth and Youth Development Squads will continue to be notified by Scottish Swimming.
- Coaches of swimmers on **DRP, YDS, Youth and Senior Gold/Silver squads** will be required to complete and submit a "Mindset Assessment" before the deadline for swimmers to confirm their acceptance of their squad place. On receipt of both the "Mindset Assessment" and the "squad acceptance", selection will be ratified.
- Coaches of swimmers identified for the Bronze Level District Regional Programme will initially be notified by their respective District Swimming Convenor. Swimmers achieving 11 - 14 years Bronze times and selection criteria will be invited to participate **on receipt of** a 'Mindset Assessment' by the Club Head Coach who will submit the assessment electronically as advised by the District Swimming Convenor.

Appeals Process:

Gold and Senior Silver Related Selections

For appeals relating to Senior/Youth Gold and Senior Silver squads, the following athletes meeting one of the criteria below may appeal;

1. Athletes currently on the identified squads for the season 2013/14
2. Any athlete not selected for season 2014/15, having met the selection standards

Appeals shall only be considered if they address:

1. Selection process
2. Clarification of fact

Squad selections will be published by the end of August 2014 on the Scottish Swimming web site, following which all appeals must be received, in writing, including the grounds upon which the appeal is made, to the Scottish Swimming Chief Executive, by 4pm, 5th September 2014.

The appeals panel will meet the following week and any appeals completed, with athletes informed by 4pm, 12th September 2014.

The appeals panel will normally consist of;

- Scottish Swimming Chief Executive
- Scottish Swimming Director of Services
- **sportscotland** swimming Partnership Manager

Scottish Swimming reserves the right to alter the composition of the appeals panel. Panel member replacements will not include those involved with the original decision. The decision of the appeals panel is final.

Youth Silver and Bronze Related Selections

Appeals will be received in relation to Youth Silver, Senior Bronze or District Regional Programme squads on the following basis only;

- Clarification of fact e.g. achievement of selection time standard and or meet policy.

Appeals of this nature for DRP should, in the first instance, be made directly to the respective District Swimming Convenor by 4pm, 22nd August, 2014 (following notification by the District Convenor as described within the selection process). Any appeal made will be actioned by no later than 29th August 2014.

Appeals of this nature for Youth Silver/Senior Bronze should be made directly to the Scottish Swimming Performance Director by 4pm, 5th September, 2014 (following publication of selections on the Scottish Swimming web-site by the end of August). Any appeal made will be actioned by no later than the 12th September, 2014.

This selection policy is being operated in accordance with the Scottish Swimming Equity Policy

APPENDIX 1

Scottish Swimming Senior Gold & Silver Squad Open Water Selection Criteria 2014-15

Swimmers achieving the following criteria will be considered for selection to the Scottish Swimming Senior Silver or Senior Gold Squads. The policy will be operated as part of the Scottish Swimming National Squad Selection Policy and Selection Times.

To be considered, swimmers must achieve pool and open water based criteria;

Senior Silver (17+ years only)

Pool

Achieve one time equal to or faster than:

MALE		FEMALE	
1500	800	1500	800
16:04.98	8:26.28	17:16.71	8:55.86

Times are to be achieved as per the Senior Gold/Silver meet achievement opportunities identified within the main selection document.

Open Water

Achieve one of the following;

- 1st place among Scottish competitors in the Scottish Open Water 5km or 10km Championship.
- 1st or 2nd place at the ASA Open Water Youth Championships.
- 1st, 2nd, or 3rd place in an accredited overseas National Open Water Championship over distance of at least 5km (competition agreed in advance with the Scottish Swimming Performance Director).
- 1st place in an accredited overseas sub-national event (French Cup or similar) over a distance of at least 5km (competition agreed in advance with the Scottish Swimming Performance Director).

Ages as at 31st December 2014

Senior Gold (18 years+ only)

Pool

Achieve one time equal to or faster than:

MALE		FEMALE	
1500	800	1500	800
15:50.72	8:18.80	17:10.52	8:52.66

Times are to be achieved as per the Senior Gold/Silver meet achievement opportunities identified within the main selection document.

Open Water

Achieve one of the following;

- 1st or 2nd place in an accredited domestic or overseas National Open Water Championship, LEN or FINA event over a distance of at least 5km (competition agreed in advance with the Scottish Swimming Performance Director).
- 1st or 2nd place at the ASA Open Water Youth Championships.
- Achieved 1st place among Scottish competitors in the Scottish Open Water 5km or 10km Championship and performed with distinction whilst representing GB (agreed between Scottish Swimming Performance Director and British Swimming Open Water Coach)

Age as at 31st December 2014

Process

- The process will be operated jointly by the Scottish Swimming Performance Team, and the Scottish Open Water Committee.
- Scottish Open Water Committee to review the Senior Silver and Senior Gold Squad selections following the qualifying events held during the summer.
- Names of identified swimmers to be forwarded to Scottish Swimming by the 30th September 2014.
- Swimmers considered by Scottish Swimming Director of Performance and Leadership Group.
- Formal nominations made by Scottish Swimming to the Swimming High Performance Group.
- Swimming High Performance Group review and confirm all nominations.
- Confirmed swimmers notified of their selection to the Senior Gold/Silver Squad through Scottish Swimming Performance Team. Support agreed by Scottish Swimming with the Institute Network commences 1st September 2014.
- Coaches of swimmers identified for selection through “Open Water” will be required to fill in a “Mindset Assessment” as per selection process for Senior Gold and Silver Squads.

APPENDIX 2

'Mindset'

Having a 'growth mindset' as opposed to a 'fixed mindset' is considered by many as critical to the likelihood of an athlete progressing over the long term. The table set out below highlights examples of both:

	More Fixed Mindset	More Growth Mindset
Belief that...	...talent is something you are born with and you have it or you don't and therefore you have a tendency to...	...talent is a process of learning and is not set in stone and therefore you have a tendency to...
Effort	...believe things will come easily if you have talent or that there are some things you just can't do. The danger is you don't learn how to work hard, understand how to improve or just don't try	...believe anything is possible and see effort as the path to mastery. The key is to endeavour to <u>understand</u> the development process and where to focus that effort
Challenges	...avoid challenges you struggle with that make you look less talented. This can lead to you developing weaknesses in key areas	...embrace challenges as learning opportunities whether you can do them yet or not
Set backs	...give up easily in areas that you find difficult and stick with what you can do	...persist following setbacks and see them as part of the development process and <u>not</u> as a way of defining your ability
Negative feedback	...ignore useful negative feedback as it can undermine your talent	...learn from criticism and see it as an important part of understanding how to improve
Ownership	...feel it's not your fault if things don't work out	...understand you need to drive the process
As a result...	...plateau early and under achieve	...maximise potential

APPENDIX 3

MALE LONG COURSE 2013-14 times to achieve for selection to the 2014-15 squads

<u>50 Freestyle</u>				<u>100 Freestyle</u>				<u>200 Freestyle</u>			
Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze
20	00:22.78	00:23.12	00:23.47	20	00:49.62	00:50.37	00:51.11	20	01:49.06	01:50.69	01:52.33
19	00:23.01	00:23.36	00:23.70	19	00:50.12	00:50.88	00:51.63	19	01:50.16	01:51.81	01:53.46
18	00:23.27	00:23.62	00:23.97	18	00:50.68	00:51.44	00:52.20	18	01:51.38	01:53.05	01:54.72
17	00:23.55	00:23.90	00:24.26	17	00:51.30	00:52.07	00:52.84	17	01:52.74	01:54.43	01:56.12
16	00:24.45	00:25.06	00:25.43	16	00:53.25	00:54.58	00:55.38	16	01:57.03	01:59.96	02:01.71
15				15	00:54.90	00:56.27	00:58.19	15	02:00.65	02:03.67	02:07.89
14				14	00:57.01	00:58.43	01:01.57	14	02:05.29	02:08.42	02:15.31
13				13				13		02:14.47	02:24.31
12				12				12			02:35.32
11				11				11			02:48.90

<u>400 Freestyle</u>				<u>800 Freestyle</u>				<u>1500 Freestyle</u>			
Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze
20	03:52.09	03:55.57	03:59.05	20	08:02.52	08:09.76	08:16.99	20	15:19.69	15:33.48	15:47.28
19	03:54.44	03:57.95	04:01.47	19	08:07.39	08:14.70	08:22.01	19	15:28.98	15:42.91	15:56.84
18	03:57.04	04:00.60	04:04.15	18	08:12.81	08:20.20	08:27.60	18	15:39.31	15:53.40	16:07.49
17	03:59.92	04:03.52	04:07.12	17	08:18.80	08:26.28	08:33.76	17	15:50.72	16:04.98	16:19.24
16	04:09.06	04:15.29	04:19.03	16	08:37.80	08:50.75	08:58.51	16	16:26.94	16:51.61	17:06.41
15	04:16.77	04:23.19	04:32.17	15	08:53.82	09:07.16	09:25.84	15	16:57.46	17:22.90	17:58.51
14	04:26.63	04:33.30	04:47.96	14	09:14.33	09:28.18	09:58.67	14	17:36.55	18:02.97	19:01.08
13		04:46.18	05:07.11	13		09:54.96	10:38.49	13		18:54.00	20:16.97
12			05:30.55	12			11:27.21	12			21:49.83
11			05:59.46	11			12:27.31	11			23:44.38

<u>50 Butterfly</u>				<u>100 Butterfly</u>				<u>200 Butterfly</u>			
Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze
20	00:24.16	00:24.53	00:24.89	20	00:53.36	00:54.16	00:54.96	20	01:58.52	02:00.30	02:02.08
19	00:24.41	00:24.77	00:25.14	19	00:53.90	00:54.71	00:55.52	19	01:59.72	02:01.52	02:03.31
18	00:24.68	00:25.05	00:25.42	18	00:54.50	00:55.32	00:56.13	18	02:01.05	02:02.87	02:04.68
17	00:24.98	00:25.35	00:25.73	17	00:55.16	00:55.99	00:56.82	17	02:02.52	02:04.36	02:06.20
16	00:25.93	00:26.58	00:26.97	16	00:57.26	00:58.69	00:59.55	16	02:07.19	02:10.37	02:12.28
15				15	00:59.03	01:00.51	01:02.58	15	02:11.12	02:14.40	02:18.99
14				14	01:01.30	01:02.83	01:06.21	14	02:16.16	02:19.57	02:27.06
13				13				13		02:26.14	02:36.84
12				12				12			02:48.80
11				11				11			03:03.57

<u>50 Backstroke</u>				<u>100 Backstroke</u>				<u>200 Backstroke</u>			
Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze
20	00:25.81	00:26.20	00:26.59	20	00:55.43	00:56.26	00:57.09	20	02:00.50	02:02.31	02:04.11
19	00:26.07	00:26.46	00:26.85	19	00:55.99	00:56.83	00:57.67	19	02:01.72	02:03.54	02:05.37
18	00:26.36	00:26.76	00:27.15	18	00:56.61	00:57.46	00:58.31	18	02:03.07	02:04.92	02:06.76
17	00:26.68	00:27.08	00:27.48	17	00:57.30	00:58.16	00:59.02	17	02:04.56	02:06.43	02:08.30
16	00:27.70	00:28.39	00:28.81	16	00:59.48	01:00.97	01:01.86	16	02:09.31	02:12.54	02:14.48
15				15	01:01.32	01:02.85	01:05.00	15	02:13.31	02:16.64	02:21.31
14				14	01:03.68	01:05.27	01:08.77	14	02:18.43	02:21.89	02:29.51
13				13				13		02:28.58	02:39.45
12				12				12			02:51.62
11				11				11			03:06.62

<u>50 Breaststroke</u>				<u>100 Breaststroke</u>				<u>200 Breaststroke</u>			
Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze
20	00:28.38	00:28.80	00:29.23	20	01:01.91	01:02.84	01:03.77	20	02:13.72	02:15.73	02:17.73
19	00:28.66	00:29.09	00:29.52	19	01:02.53	01:03.47	01:04.41	19	02:15.07	02:17.10	02:19.12
18	00:28.98	00:29.42	00:29.85	18	01:03.23	01:04.18	01:05.13	18	02:16.57	02:18.62	02:20.67
17	00:29.34	00:29.78	00:30.22	17	01:04.00	01:04.96	01:05.92	17	02:18.23	02:20.31	02:22.38
16	00:30.45	00:31.21	00:31.67	16	01:06.44	01:08.10	01:09.09	16	02:23.50	02:27.09	02:29.24
15				15	01:08.49	01:10.20	01:12.60	15	02:27.94	02:31.63	02:36.81
14				14	01:11.12	01:12.90	01:16.81	14	02:33.62	02:37.46	02:45.91
13				13				13		02:44.88	02:56.94
12				12				12			03:10.45
11				11				11			03:27.10

<u>200 IM</u>				<u>400 IM</u>			
Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze
20	02:02.07	02:03.90	02:05.73	20	04:19.65	04:23.55	04:27.44
19	02:03.30	02:05.15	02:07.00	19	04:22.28	04:26.21	04:30.15
18	02:04.67	02:06.54	02:08.41	18	04:25.19	04:29.17	04:33.15
17	02:06.18	02:08.08	02:09.97	17	04:28.42	04:32.44	04:36.47
16	02:10.99	02:14.27	02:16.23	16	04:38.64	04:45.61	04:49.79
15	02:15.04	02:18.42	02:23.15	15	04:47.26	04:54.44	05:04.50
14	02:20.23	02:23.74	02:31.45	14	04:58.30	05:05.75	05:22.16
13		02:30.51	02:41.52	13		05:20.16	05:43.59
12			02:53.85	12		05:38.44	06:09.80
11			03:09.05	11			06:42.15

FEMALE LONG COURSE 2013-14 times to achieve for selection to the 2014-15 squads

50 Freestyle				100 Freestyle				200 Freestyle			
Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze
20	00:25.56	00:25.81	00:26.32	20	00:55.40	00:55.95	00:57.06	20	01:59.55	02:00.75	02:03.14
19	00:25.82	00:26.20	00:26.59	19	00:55.96	00:56.80	00:57.64	19	02:00.76	02:02.57	02:04.38
18	00:26.10	00:26.36	00:26.89	18	00:56.58	00:57.15	00:58.28	18	02:02.11	02:03.33	02:05.77
17	00:26.45	00:26.61	00:27.24	17	00:57.33	00:57.67	00:59.05	17	02:03.71	02:04.46	02:07.42
16	00:26.88	00:27.41	00:27.68	16	00:58.26	00:59.42	01:00.01	16	02:05.73	02:08.24	02:09.50
15				15	00:59.45	01:00.93	01:02.42	15	02:08.29	02:11.50	02:14.71
14				14	01:00.97	01:02.50	01:05.24	14	02:11.58	02:14.87	02:20.79
13				13				13		02:19.18	02:29.37
12				12				12			02:39.34
11				11				11			02:51.10

400 Freestyle				800 Freestyle				1500 Freestyle			
Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze
20	04:11.30	04:13.82	04:18.84	20	08:34.76	08:39.91	08:50.20	20	16:35.88	16:45.84	17:05.76
19	04:13.84	04:17.65	04:21.46	19	08:39.96	08:47.76	08:55.56	19	16:45.94	17:01.03	17:16.12
18	04:16.66	04:19.23	04:24.36	18	08:45.74	08:51.00	09:01.51	18	16:57.13	17:07.30	17:27.64
17	04:20.05	04:21.61	04:27.85	17	08:52.66	08:55.86	09:08.64	17	17:10.52	17:16.71	17:41.44
16	04:24.27	04:29.56	04:32.20	16	09:01.33	09:12.15	09:17.57	16	17:27.28	17:48.23	17:58.70
15	04:29.67	04:36.41	04:43.15	15	09:12.37	09:26.18	09:39.99	15	17:48.65	18:15.37	18:42.09
14	04:36.58	04:43.50	04:55.94	14	09:26.54	09:40.70	10:06.19	14	18:16.05	18:43.46	19:32.78
13		04:52.57	05:13.97	13		09:59.28	10:43.13	13		19:19.40	20:44.23
12			05:34.93	12			11:26.05	12			22:07.27
11			05:59.64	11			12:16.68	11			23:45.22

50 Butterfly				100 Butterfly				200 Butterfly			
Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze
20	00:26.96	00:27.23	00:27.77	20	00:59.46	01:00.06	01:01.25	20	02:09.83	02:11.13	02:13.72
19	00:27.23	00:27.64	00:28.05	19	01:00.06	01:00.96	01:01.86	19	02:11.14	02:13.11	02:15.07
18	00:27.54	00:27.81	00:28.36	18	01:00.73	01:01.34	01:02.55	18	02:12.60	02:13.92	02:16.58
17	00:27.90	00:28.07	00:28.74	17	01:01.53	01:01.90	01:03.38	17	02:14.34	02:15.15	02:18.38
16	00:28.35	00:28.92	00:29.20	16	01:02.53	01:03.78	01:04.41	16	02:16.53	02:19.26	02:20.63
15				15	01:03.81	01:05.40	01:07.00	15	02:19.32	02:22.80	02:26.28
14				14	01:05.44	01:07.08	01:10.02	14	02:22.89	02:26.46	02:32.89
13				13				13		02:31.15	02:42.20
12				12				12			02:53.03
11				11				11			03:05.80

50 Backstroke				100 Backstroke				200 Backstroke			
Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze
20	00:29.03	00:29.32	00:29.90	20	01:01.44	01:02.05	01:03.28	20	02:11.55	02:12.86	02:15.49
19	00:29.32	00:29.76	00:30.20	19	01:02.06	01:02.99	01:03.92	19	02:12.87	02:14.87	02:16.86
18	00:29.65	00:29.94	00:30.54	18	01:02.75	01:03.38	01:04.63	18	02:14.35	02:15.70	02:18.38
17	00:30.04	00:30.22	00:30.94	17	01:03.58	01:03.96	01:05.48	17	02:16.12	02:16.94	02:20.21
16	00:30.53	00:31.14	00:31.44	16	01:04.61	01:05.90	01:06.55	16	02:18.34	02:21.10	02:22.49
15				15	01:05.93	01:07.58	01:09.22	15	02:21.16	02:24.69	02:28.22
14				14	01:07.62	01:09.31	01:12.35	14	02:24.78	02:28.40	02:34.91
13				13				13		02:33.14	02:44.35
12				12				12			02:55.32
11				11				11			03:08.26

50 Breaststroke				100 Breaststroke				200 Breaststroke			
Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze
20	00:32.11	00:32.43	00:33.08	20	01:09.09	01:09.78	01:11.17	20	02:28.34	02:29.83	02:32.79
19	00:32.44	00:32.92	00:33.41	19	01:09.79	01:10.84	01:11.89	19	02:29.84	02:32.09	02:34.34
18	00:32.80	00:33.12	00:33.78	18	01:10.57	01:11.27	01:12.68	18	02:31.51	02:33.02	02:36.05
17	00:33.23	00:33.43	00:34.23	17	01:11.50	01:11.93	01:13.64	17	02:33.50	02:34.43	02:38.11
16	00:33.77	00:34.44	00:34.78	16	01:12.66	01:14.11	01:14.84	16	02:36.00	02:39.12	02:40.68
15				15	01:14.14	01:16.00	01:17.85	15	02:39.18	02:43.16	02:47.14
14				14	01:16.04	01:17.94	01:21.37	14	02:43.27	02:47.35	02:54.69
13				13				13		02:52.70	03:05.34
12				12				12			03:17.71
11				11				11			03:32.30

200 IM				400 IM			
Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze
20	02:14.51	02:15.85	02:18.54	20	04:43.04	04:45.87	04:51.53
19	02:15.86	02:17.90	02:19.94	19	04:45.90	04:50.19	04:54.48
18	02:17.37	02:18.75	02:21.50	18	04:49.08	04:51.97	04:57.75
17	02:19.18	02:20.02	02:23.36	17	04:52.89	04:54.64	05:01.67
16	02:21.45	02:24.28	02:25.69	16	04:57.65	05:03.60	05:06.58
15	02:24.33	02:27.94	02:31.55	15	05:03.72	05:11.32	05:18.91
14	02:28.03	02:31.74	02:38.40	14	05:11.51	05:19.30	05:33.32
13		02:36.59	02:48.05	13		05:29.51	05:53.62
12			02:59.26	12			06:17.23
11			03:12.49	11			06:45.06

MALE SHORT COURSE 2013-14 times to achieve for selection to the 2014-15 squads

<u>50 Freestyle</u>				<u>100 Freestyle</u>				<u>200 Freestyle</u>			
Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze
20			00:22.60	20			00:49.50	20			01:49.20
19			00:22.80	19			00:50.00	19			01:50.40
18			00:23.10	18			00:50.60	18			01:51.70
17			00:23.40	17			00:51.20	17			01:53.10
16		00:24.20	00:24.60	16		00:53.00	00:53.90	16		01:57.00	01:58.80
15				15		00:54.80	00:56.70	15		02:00.80	02:05.20
14				14		00:57.00	01:00.20	14		02:05.70	02:12.70
13				13				13		02:11.90	02:21.90
12				12				12			02:33.10
11				11				11			02:46.80

<u>400 Freestyle</u>				<u>800 Freestyle</u>				<u>1500 Freestyle</u>			
Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze
20			03:53.10	20			08:05.30	20			15:25.30
19			03:55.60	19			08:10.40	19			15:35.10
18			03:58.40	18			08:16.10	18			15:46.00
17			04:01.40	17			08:22.40	17			15:58.00
16		04:09.80	04:13.60	16		08:39.80	08:47.70	16		16:31.10	16:46.20
15		04:17.80	04:27.00	15		08:56.50	09:15.50	15		17:03.00	17:39.20
14		04:28.10	04:43.00	14		09:17.90	09:48.90	14		17:43.80	18:42.90
13		04:41.20	05:02.50	13		09:45.20	10:29.40	13		18:35.70	19:59.90
12			05:26.30	12			11:18.70	12			21:34.00
11			05:55.50	11			12:19.50	11			23:29.80

<u>50 Butterfly</u>				<u>100 Butterfly</u>				<u>200 Butterfly</u>			
Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze
20			00:24.10	20			00:53.60	20			01:59.50
19			00:24.40	19			00:54.10	19			02:00.70
18			00:24.70	18			00:54.80	18			02:02.10
17			00:25.00	17			00:55.50	17			02:03.70
16		00:25.90	00:26.30	16		00:57.40	00:58.30	16		02:07.90	02:09.90
15				15		00:59.30	01:01.40	15		02:12.00	02:16.70
14				14		01:01.60	01:05.10	14		02:17.30	02:24.90
13				13				13		02:24.00	02:34.80
12				12				12			02:46.90
11				11				11			03:01.80

<u>50 Backstroke</u>				<u>100 Backstroke</u>				<u>200 Backstroke</u>			
Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze
20			00:25.80	20			00:55.70	20			02:01.40
19			00:26.10	19			00:56.30	19			02:02.70
18			00:26.40	18			00:56.90	18			02:04.10
17			00:26.70	17			00:57.70	17			02:05.70
16		00:27.70	00:28.10	16			01:00.60	16		02:10.00	02:12.00
15				15		01:01.60	01:03.80	15		02:14.20	02:18.90
14				14				14		02:19.50	02:27.30
13				13				13		02:26.30	02:37.30
12				12				12			02:49.70
11				11				11			03:04.80

<u>50 Breaststroke</u>				<u>100 Breaststroke</u>				<u>200 Breaststroke</u>			
Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze
20			00:28.10	20			01:01.80	20			02:13.90
19			00:28.40	19			01:02.40	19			02:15.30
18			00:28.80	18			01:03.20	18			02:16.90
17			00:29.20	17			01:04.00	17			02:18.60
16		00:30.20	00:30.70	16		01:06.20	01:07.30	16		02:23.50	02:25.70
15				15		01:08.40	01:10.90	15		02:28.10	02:33.40
14				14		01:11.20	01:15.20	14		02:34.10	02:42.70
13				13				13		02:41.70	02:53.90
12				12				12			03:07.70
11				11				11			03:24.50

<u>200 IM</u>				<u>400 IM</u>			
Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze
20			02:02.60	20			04:20.80
19			02:03.90	19			04:23.60
18			02:05.30	18			04:26.70
17			02:06.90	17			04:30.10
16		02:11.30	02:13.30	16		04:39.40	04:43.70
15		02:15.60	02:20.40	15		04:48.40	04:58.70
14		02:21.00	02:28.80	14		05:00.00	05:16.70
13		02:27.90	02:39.10	13		05:14.60	05:38.40
12			02:51.60	12			06:05.00
11			03:07.00	11			06:37.70

FEMALE SHORT COURSE 2013-14 times to achieve for selection to 2014-15 squads

50 Freestyle				100 Freestyle				200 Freestyle			
Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze
20			00:25.50	20			00:55.60	20			02:00.30
19			00:25.80	19			00:56.20	19			02:01.60
18			00:26.10	18			00:56.80	18			02:03.00
17			00:26.50	17			00:57.60	17			02:04.70
16		00:26.60	00:26.90	16		00:58.00	00:58.60	16		02:05.50	02:06.80
15			00:28.10	15		00:59.50	01:01.10	15		02:08.80	02:12.10
14			00:29.40	14		01:01.20	01:03.90	14		02:12.30	02:18.30
13			00:31.30	13			01:08.00	13		02:16.70	02:27.00
12			00:33.40	12			01:12.70	12			02:37.10
11			00:36.00	11			01:18.20	11			02:49.10

400 Freestyle				800 Freestyle				1500 Freestyle			
Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze
20			04:13.40	20			08:39.20	20			16:45.50
19			04:16.10	19			08:44.70	19			16:56.10
18			04:19.00	18			08:50.80	18			17:07.80
17			04:22.60	17			08:58.00	17			17:21.80
16		04:24.30	04:27.00	16		09:01.60	09:07.10	16		17:28.80	17:39.40
15		04:31.30	04:38.20	15		09:15.90	09:29.90	15		17:56.40	18:23.60
14		04:38.50	04:51.20	14		09:30.70	09:56.60	14		18:25.00	19:15.00
13		04:47.70	05:09.50	13		09:49.60	10:34.10	13		19:01.50	20:27.50
12			05:30.70	12			11:17.60	12			21:51.60
11			05:55.70	11			12:08.80	11			23:30.60

50 Butterfly				100 Butterfly				200 Butterfly			
Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze
20			00:27.10	20			01:00.00	20			02:11.30
19			00:27.40	19			01:00.60	19			02:12.70
18			00:27.70	18			01:01.30	18			02:14.30
17			00:28.10	17			01:02.20	17			02:16.10
16		00:28.30	00:28.50	16		01:02.60	01:03.20	16		02:17.00	02:18.40
15				15		01:04.20	01:05.90	15		02:20.60	02:24.10
14				14		01:05.90	01:08.90	14		02:24.30	02:30.80
13				13				13		02:29.10	02:40.20
12				12				12			02:51.20
11				11				11			03:04.10

50 Backstroke				100 Backstroke				200 Backstroke			
Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze
20			00:29.20	20			01:02.00	20			02:13.00
19			00:29.50	19			01:02.70	19			02:14.40
18			00:29.90	18			01:03.40	18			02:16.00
17			00:30.30	17			01:04.20	17			02:17.80
16		00:30.50	00:30.80	16		01:04.70	01:05.30	16		02:18.70	02:20.10
15				15		01:06.40	01:08.10	15		02:22.40	02:26.00
14				14		01:08.10	01:11.20	14		02:26.10	02:32.70
13				13				13		02:31.00	02:42.30
12				12				12			02:53.40
11				11				11			03:06.50

50 Breaststroke				100 Breaststroke				200 Breaststroke			
Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze
20			00:32.10	20			01:09.40	20			02:29.30
19			00:32.50	19			01:10.10	19			02:30.90
18			00:32.80	18			01:10.90	18			02:32.60
17			00:33.30	17			01:11.90	17			02:34.70
16		00:33.50	00:33.90	16		01:12.40	01:13.10	16		02:35.80	02:37.40
15				15		01:14.30	01:16.20	15		02:39.90	02:44.00
14				14		01:16.30	01:19.80	14		02:44.20	02:51.60
13				13				13		02:49.60	03:02.50
12				12				12			03:15.00
11				11				11			03:29.80

200 IM				400 IM			
Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze
20			02:15.70	20			04:45.50
19			02:17.10	19			04:48.50
18			02:18.70	18			04:51.80
17			02:20.60	17			04:55.80
16		02:21.50	02:23.00	16		04:57.80	05:00.80
15		02:25.30	02:28.90	15		05:05.60	05:13.40
14		02:29.10	02:35.90	14		05:13.80	05:28.00
13		02:34.10	02:45.70	13		05:24.10	05:48.60
12			02:57.00	12			06:12.50
11			03:10.40	11			06:40.70