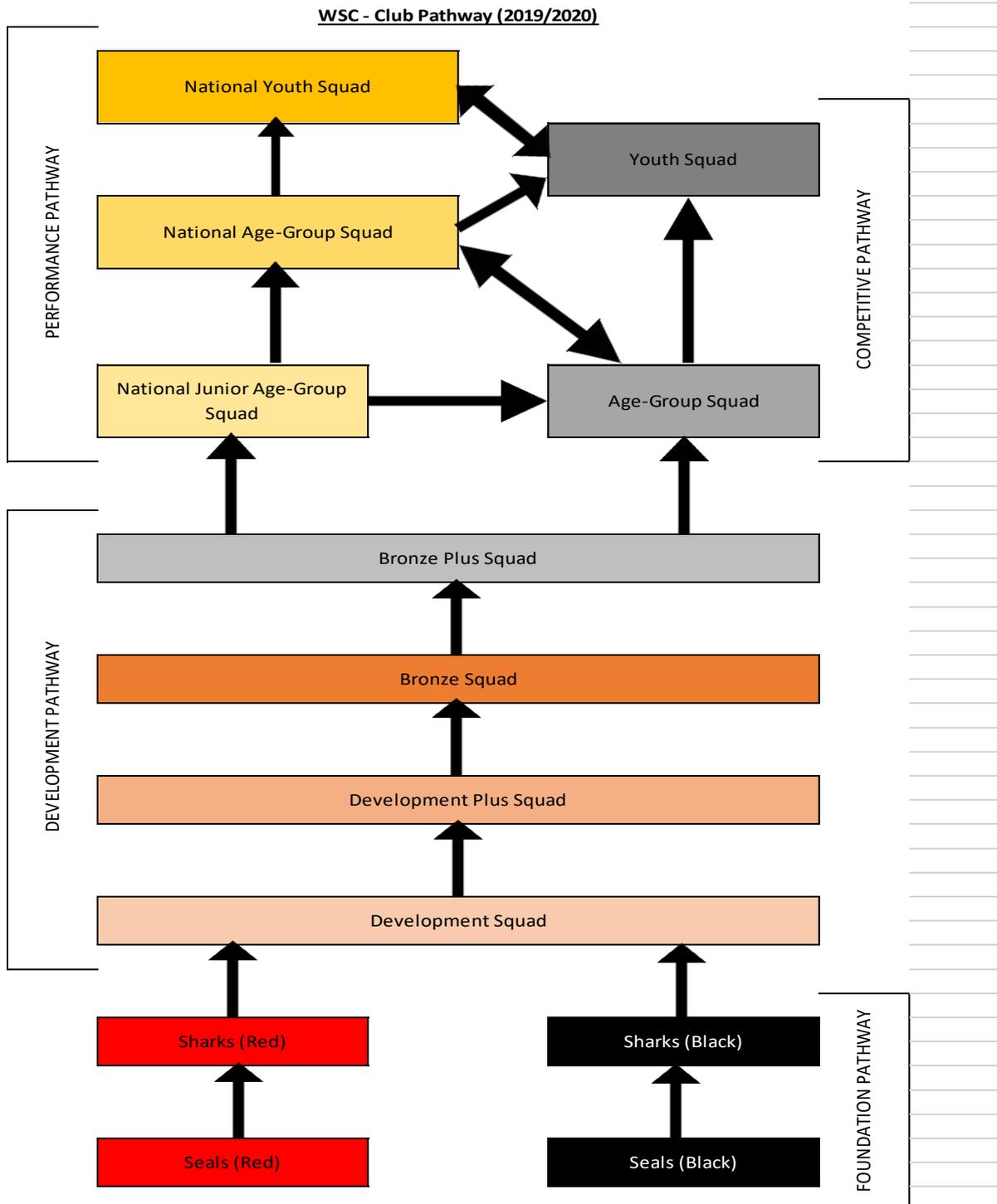


WREXHAM SWIMMING CLUB SQUAD PROGRAMME & SQUAD CRITERIA

Wrexham Swimming Club (WSC) is a competitive swimming club that provides a challenging, supportive and enjoyable environment and journey for all members to reach their full potential by always striving to progress and raise the bar.

The structure of the squads at WSC are designed in line with Long Term Athlete Development and guidance from Swim Wales. The different pathways ensure all athletes receive the appropriate training for their development stage, thus allowing all swimmers the opportunities to reach their full potential.



The 4 Sections are; Foundation, Development, Competitive and Performance.

Foundation Pathway

Swimmers will enter the club in the Seals (Red) or Seals (Black) Squad and then progress in the Sharks (Red) or Sharks (Black) Squad. These are the first Squads within the club and act as an introduction to the sport that is competitive swimming. Swimmers will focus on efficient swimming through drills, practice and enjoyment and focus on developing their stroke technique, race skills and endurance.

Development Pathway

Consists of Development, Development Plus, Bronze and Bronze Plus Squads. Here swimmers will be introduced to a basic understanding of movement patterns on land through pre-pool, mobility and structured S&C sessions. The focus in the pool is still on technical development whilst building the swimmers aerobic capacity as they progress. More focus will also be placed on competing – young swimmers who prioritise their technique will see a greater chance of continued progression into their late teens. Swimmers will then progress into the Competitive Pathway or Performance Pathway based on age, ability, commitment, goals and potential.

Competitive Pathway

The competitive pathway serves two main goals; 1, to continue to support swimmers who maybe late developers within the sport, and 2, swimmers who wish to continue within the sport but cannot commit to the Performance Pathway Criteria. Swimmers in these Squads will continue to perfect their Competitive Swimming Skills with more emphasis placed on developing swimmers soft skills (Inc. Flexibility, Education, & Mind Set). Swimmers will still be encouraged to continue to compete, develop and aspire to progress to the Performance Pathway if they desire to.

Performance Pathway

Swimmers within these Squads are fully committed to the sport, and club, and will be expected to display an understanding of consistent training methods and technical proficiency. Swimmers and Families are also encouraged to develop and understanding and commitment to the Performance Lifestyle that is needed to excel at the highest level in their late teens.

The NJAG Squad is for young aspiring swimmer aged 9-12yrs who are looking at competing at a National Level. The National Age-Group Squad is for swimmers aged 11-15yrs with the drive and potential to reach Welsh National Finals and beyond. Finally, the National Youth Squad is for swimmers aged 14+ that can commit to National Level training programme in aims of competing in Welsh National Finals and aspiring to qualify for British Summer Championships.

Squad Structure, Placement & Movement Considerations

The WSC Club Progression Pathway & Squad Structure is designed in line with the Long Term Athlete Development (LTAD) Model in mind. This model is adopted and supported by British Swimming and Swim Wales. We use LTAD as a guideline for the content, quantity and quality of training necessary to maintain the progress of athletes at every stage of their participation in their sport. The guidelines recognise that in a normal club like WSC there will be a fairly broad variation in age, physical strengths and weaknesses, motivation, inherent skill and future potential that will go a long way to determine the position an individual will occupy within our squads. Consequently, when we consider which squad you fit into we have taken into account the following:

Training Attendance

There is no doubt that the most influential variable on performance is attendance at sessions. It has been accepted for a long time that there is a high correlation between good swimming performance and a consistently high level of attendance at all prescribed training sessions. The LTAD model provides guidelines in terms of the required frequency each week and duration of workouts recommended to fulfil the potential of the athlete at every stage of their development. At the same time as this we have tried to make the sessions available as flexible as possible for each squad. Whilst we recognise that it is inevitable that swimmers may on occasion miss workouts for one reason or another, our position is that everyone in every squad must be aiming for 90% attendance of the sessions prescribed in the criteria below. Should attendance fall below that which is considered acceptable on a regular basis, the swimmers will find themselves challenged and at the same time encouraged to improve in order to retain their place in the squad.

Attitude

A good attitude is a characteristic common to all accomplished sportsmen and sportswomen. It tends to embrace concepts such as a positive outlook, an eager and energetic approach to training, a sound work ethic, good timekeeping, fair play, team work and a willingness to cooperate and engage with their team mates and the coaching staff. Having a good attitude will become an increasingly important consideration factor for promotion as they progress through the squads.

Aptitude and Potential

Between the coaching staff, WSC share a wealth of experience and knowledge in the sport of swimming cultivated over many years of coaching at every level of the sport. This gives them a unique appreciation of the potential of swimmers that is based on the above variables and most importantly personal observations and instincts. From time to time therefore, some swimmers may be fast tracked in spite of the normal promotions protocol. This may seem unfair but is in the best interest of the individual.

Biological Age v Chronological Age

We have all observed instances where a swimmer is ahead of others in biological age, allowing their racing performance and their ability to cope with the training demands in advance of their peers. These swimmers' long term development may not be best served by promoting them as their social and emotional development will be quite normal for their age and from this perspective it is important that they are able to continue to engage and mix with swimmers of their own peer group and take part at a level they are comfortable with. There may also be instances when we promote younger swimmers ahead of older swimmers if we believe it would be in their interest and they

show particular ability and potential. This is not a reflection on the older swimmers, but a recognition that all swimmers develop at different rates.

Emotional Age

Whilst some swimmers may well be physically capable of taking part in a very challenging training regime, these same swimmers may not have the required level of self-discipline, application and resolve to cope with the training. We have to be certain that swimmers have the correct level of maturity in this respect for them to benefit from being promoted.

Training Performance

Training performance is paramount when considering swimmers for promotion. The coaches have to be satisfied that the swimmers have the necessary skills, physical strength, application and resolve to benefit from joining the next stage of the pathway and to be able to cope with the increase in demand. Promoting a swimmer when they are not ready or equipped for the demand can have a negative effect on performance, motivation and can lead to injury.

Competition Performance

Racing performance is the normal benchmark applied by swimmers and parents when making judgments with respect to their place in the squads, this is understandable. At face value this seems the best method but is not necessarily the most important, particularly at the early stages of development. For instance, some very naturally gifted swimmers are able to swim very fast in competition, but do not cope with the physical demands of the daily training regime. We do recognise the motivational value in setting out some objective training and competitive performance standards for the swimmers to achieve.

We have created criteria for each of the squads which, if achieved, will qualify you for consideration for promotion to the next squad, but it does not give you automatic qualification. Please note:

- ALL SWIMMERS WILL BE INVITED INTO A SQUAD AT THE HEAD COACH AND COACHING TEAMS DISCRETION BASED ON THE ABOVE & CRITERIA BELOW
- SOMETIMES SWIMMERS WILL BE MOVED OUTSIDE OF THE CRITERIA BELOW IF IT IS FELT THAT IS BEST FOR THE INDIVIDUAL, SQUAD OR CLUB
- MOVES WILL BE CONSTANTLY MONITORED OVER THE COMING MONTHS TO ENSURE SWIMMERS ARE IN THE BEST SQUAD FOR THEIR NEEDS
- THE HEAD COACHES DECISION IS FINAL

SQUAD CRITERIA – PERFORMANCE PATHWAY

National Youth Squad

The aim of this Squad is to create a performance environment in order for swimmers to deliver best performances at Winter, Easter & Summer Nationals. This will be supported by Mental Training, Land Training, Coach Led Swim Wales Support, and Education Sessions.

Swimmers in this Squad will show the highest level of commitment to competitive swimming, both to training and competition. The programme will provide a training regime that is more specific to individual needs, strengths and weaknesses. More emphasis will be placed on technical development, mental development and physical development. Swimmers in this Squad will normally be aged 14+ and are expected to show the highest level of drive, enthusiasm and commitment to the training programme.

Swimmers in the National Youth Squad will be expected to:

- Maintain 90% attendance throughout the season
 - o 14/Under (7 Sessions/Week + 2 S&C)
 - o 15/16yrs (8 Sessions/Week + 2 S&C)
 - o 17+ (8+ Sessions/ Week + 2 S&C)
- Attend 90% of Open Meets outlined by the Head Coach at the start of the season
- Be available for all Team Galas as selected (Arena League / East Clywd League)
- Complete all sets and sessions to the best of their ability with a positive attitude
- Arrive poolside 15mins prior to the start of the session (where possible & including mornings) to complete Pre-Pool Routine
- Spend 15mins after each training session (where possible) to complete individual Post-Pool Stretching
- Arrive at each training session with drive, enthusiasm and full commitment
- Use the Pace Clock to ensure all sets/paces are met as instructed
- Perfect Streamlining off all walls during all sets/sessions
- Underwater Fly Kick Feet Past Flags off all Walls during all sets/sessions as a minimum
- Finish every repeat at the wall with a correct finish
- Arrive to all training sessions with complete kit bag and drinks bottles (2 x 1 litre)
- Achieve a minimum of 3 Consideration Times (See Appendix 1)
- Show excellent respect to teammates, coaches, officials and volunteers at all time
- Show excellent communication with the Head Coach around missed training sessions due to illness, injury or school commitments (holidays & other activities that cause disruption to training should be kept to a minimum and agreed with the Head Coach
- Swimmer are expected to compete in the 200m IM / 400m IM (up to the age of 16yrs) on a regular basis to support their Long Term Development
- Swimmers to understand and commit to the Swim Wales Winning Behaviours Model
- Perform a minimum of 8 x Swim Wales Drill Progressions for each stroke

National Age-Group Squad

The aim of this Squad is to create a performance environment in order to develop the skills needed to progress into Youth & Senior Swimming in line with Long Term Athlete Development. This will be supported by Mental Training, Land Training and Swim Wales Education Sessions.

Swimmers are expected to compete in all strokes and distances up to 400m (including the IM events on a regular basis) throughout the season with swimmers being introduced to the different energy zones. Technical development will continue in line with the Swim Wales Drill Progressions and Mental development in line with the Swim Wales Winning Behaviours Model. Usually swimmers in this Squad will be aged 11-15yrs and are expected to show excellent drive, enthusiasm and commitment.

Swimmers in National Age-Group Squad will be expected to:

- Maintain 90% attendance to training throughout the season
 - o 12yrs (5 Sessions/Week + 1 x S&C)
 - o 13yrs (6 Sessions/Week + 2 x S&C)
 - o 14+ (7 Sessions/Week + 2 x S&C)
- Attend 90% of Open Meets outlined by the Head Coach at the start of the season
- Be available for all Team Galas as selected (Arena League / East Clywd League)
- Complete all sets and sessions to the best of their ability with a positive attitude
- Arrive poolside 15mins prior to the start of the session (where possible & including mornings) to complete Pre-Pool Routine
- Spend 15mins after each training session (where possible) to complete individual Post-Pool Stretching
- Arrive at each training session with drive, enthusiasm and full commitment
- Use the Pace Clock to ensure all sets/paces are met as instructed
- Perfect Streamlining off all walls during all sets/sessions
- Underwater Fly Kick Feet Past Flags off all Walls during all sets/sessions as a minimum
- Finish every repeat at the wall with a correct finish
- Arrive to all training sessions with complete kit bag and drinks bottles (2 x 1 litre)
- Achieve a minimum of 2 Consideration Time (See Appendix 1)
- Show excellent respect to teammates, coaches, officials and volunteers at all time
- Show excellent communication with the Head Coach around missed training sessions due to illness, injury or school commitments (holidays & other activities that cause disruption to training should be kept to a minimum and agreed with the Head Coach)
- Swimmer are expected to compete in the 200m IM at every opportunity
- Compete in the 400m IM & 800/1500m Free at least twice per year to support their Long Term Development
- Swimmers to understand and commit to the Swim Wales Winning Behaviours Model
- Perform a minimum of 6 x Swim Wales Drill Progressions for each stroke

National Junior Age-Group Squad

The aim of this Squad is to introduce young aspiring swimmers to the performance environment and to develop the skills needed to progress into Youth & Senior Swimming in line with Long Term Athlete Development. This will be supported by Goal Setting, Swim Wales Winning Behaviour Model, Swim Wales Drill Progression and Land Training

Swimmers are expected to compete in all events and distances up to 200m on a regular basis (including the 200m IM). Swimmers will be introduced to more advanced training techniques to support their Long Term Development. Swimmers will usually be aged 9-12yrs and are expected to show excellent drive, enthusiasm and commitment

Swimmers in National Junior Age-Group Squad will be expected to:

- Attend 5 Pool Sessions per week
- Attend 90% of Open Meets outlined by the Head Coach at the start of the season
- Be available for all Team Galas as selected (Arena League / East Clywd League)
- Complete all sets and sessions to the best of their ability with a positive attitude
- Arrive poolside 15mins prior to the start of the session (where possible & including mornings) to complete Pre-Pool Routine
- Spend 15mins after each training session (where possible) to complete individual Post-Pool Stretching
- Attend Strength & Conditioning Sessions as outlined by the Head Coach
- Arrive at each training session with drive, enthusiasm and full commitment
- Use the Pace Clock to ensure all repeats are started correctly. (send off times / 5sec gaps)
- Perfect Streamlining off all walls during all sets/sessions
- Underwater Fly Kick Head Past Flags off all Walls during all sets/sessions as a minimum
- Finish every repeat at the wall with a correct finish
- Arrive to all training sessions with complete kit bag and drinks bottles (1 litre)
- Achieve a minimum of 1 Consideration Time (See Appendix 1)
- Show excellent respect to teammates, coaches, officials and volunteers at all time
- Swimmer are expected to compete in the 200m IM at every opportunity
- Compete in the 400m IM & 800/1500m Free at least once per year under the request of the Head Coach
- Swimmers to understand the Swim Wales Winning Behaviours Model
- Perform a minimum of 4 x Swim Wales Drill Progressions for each stroke

SQUAD CRITERIA – COMPETITIVE PATHWAY

Youth Squad

The aim of this Squad is to provide appropriate training to those swimmers who maybe late developers and want to progress to the Performance Squads, and those swimmers who wish to continue to compete at Regional Level or above alongside other commitment. This will be supported by Land Training, Goal Setting and Education Sessions etc.

Swimmers in this Squad are expected to attend regular sessions throughout the season to support their goals and development within a competitive environment. Swimmers will usually be aged 15+ and will continue to develop their physical, technical and mental skills to progress into Senior Swimming.

Swimmers in Youth Squad will be expected to:

- Attend 4 x Pool sessions per week minimum
- Attend Home Meets & Regional Meets as outlined by the Head Coach at the start of the season
- Be available for all Team Galas as selected (Arena League / East Clywd League)
- Complete all sets and sessions to the best of their ability with a positive attitude
- Arrive poolside 15mins prior to the start of the session (where possible & including mornings) to complete Pre-Pool Routine
- Spend 15mins after each training session (where possible) to complete individual Post-Pool Stretching
- Attend Strength & Conditioning Sessions as outlined by the Head Coach
- Arrive at each training session with drive, enthusiasm and full commitment
- Use the Pace Clock to ensure all sets/paces are met as instructed
- Perfect Streamlining off all walls during all sets/sessions
- Underwater Fly Kick Feet Past Flags off all Walls during all sets/sessions
- Finish every repeat at the wall with a correct finish
- Arrive to all training sessions with complete kit bag and drinks bottles (1 litre)
- Swimmers to have achieved at least 1 Consideration Time (See Appendix 1)
- Show excellent respect to teammates, coaches, officials and volunteers at all time
- Swimmers should compete in a variety of events throughout the season
- Swimmers to understand the Swim Wales Winning Behaviours Model
- Perform a minimum of 6 x Swim Wales Drill Progressions for each stroke

Age-Group Squad

The aim of this Squad is provide a challenging and competitive environment for swimmers to continue to develop in swimming to reach Youth & Senior and/or National Level Swimming. Swimmers will be supported in developing at their own pace in technical, physical and mental skills to progress as outlined above.

Excellent attendance is expected at training and Open Meets with swimmers encouraged to compete in a variety of events and distances (including the 200m IM & 400m IM) throughout the season to support their development. Swimmers will usually be aged 12-15yrs.

Swimmers in Age-Group Squad will be expected to:

- Attend all pool sessions each week (aiming at 90% average throughout the year)
- Attend Open Meets & Regional Meets as outlined by the Head Coach at the start of the season
- Be available for all Team Galas as selected (Arena League / East Clywd League)
- Complete all sets and sessions to the best of their ability with a positive attitude
- Arrive poolside 15mins prior to the start of the session (where possible & including mornings) to complete Pre-Pool Routine
- Spend 15mins after each training session (where possible) to complete individual Post-Pool Stretching
- Attend Strength & Conditioning Sessions as outlined by the Head Coach
- Arrive at each training session with drive, enthusiasm and full commitment
- Use the Pace Clock correctly during sets (send off times / 5sec gaps)
- Perfect Streamlining off all walls during all sets/sessions
- Underwater Fly Kick Head Past Flags off all Walls during all sets/sessions as a minimum
- Finish every repeat at the wall with a correct finish
- Arrive to all training sessions with complete kit bag and drinks bottles (1 litre)
- Swimmers to have achieved at least 1 Consideration Time (See Appendix 1)
- Show excellent respect to teammates, coaches, officials and volunteers at all time
- Swimmers should compete in a variety of events/distances throughout the season
- Swimmers to understand the Swim Wales Winning Behaviours Model
- Perform a minimum of 4 x Swim Wales Drill Progressions for each stroke

SQUAD CRITERIA – DEVELOPMENT PATHWAY

Bronze Plus, Bronze, Development Plus & Development Squads

The major emphasis within the Development Pathway is Stroke Technique & Skill Development to provide all swimmers with the tools needed to develop into Age-Group and Youth Swimming. Swimmers will be encouraged to compete in all strokes (including the IM events) by the Coaching Team when ready and will usually be aged 8-12yrs.

Progression through these Squads will be based on the individual development of each swimmer and its common place for swimmers of the same age to progress at different rates.

Excellent attendance is expected at training and Open Meets with swimmers encouraged to compete in a variety of events and distances (including the 200m IM) throughout the season.

Swimmers in the Development Pathway are expected to:

- Attend all training sessions each week (aiming at 90% average throughout the year)
- Attend Regional (Sub-Regions, Junior Development Meet, Regional Champs) and Open Meets as directed by the Lead Coach
- Be available for Arena League & East Clywd League Galas when selected
- Complete all sets and sessions to the best of their ability with a positive attitude
- Complete Full Pre-Pool Routine as outlined by Lead Coach
- Complete Post-Pool Stretching as outlined by Lead Coach
- Attend Strength & Conditioning Sessions as outlined by the Lead Coach
- Arrive to all sessions with a positive, can do attitude
- Arrive to all sessions with the correct kit and drinks bottle (1 litre)
- Develop further understanding and independence in using the Pace Clock correctly during sessions
- Push off every wall in a Streamlined Position
- Underwater Fly Kick Hands Past Flags off all walls building to Feet Past Flags over time
- Deliver correct turns and finishes at all times
- Show excellent respect to teammates, coaches, officials and volunteers at all time
- Swimmers should compete in all strokes throughout the season as directed by the Coaching Team (building up to the 200m & 400m Events & 200m/400m IM events when ready)
- Show a positive attitude in developing 'Winning Behaviours'
- Show a positive attitude and consistent delivery of stroke technique through the Swim Wales Drill Progressions

SQUAD CRITERIA – FOUNDATION PATHWAY

Seals & Sharks

Swimmers in the Foundation Pathway will be exposed to a fun, challenging and rewarding environment to assist in advancing their swimming technique and skills, whilst also introducing them to new skills & drills to develop a positive attitude towards competitive swimming.

Swimmers within the Introduction Squads will usually be aged 7-11yrs and will be coached on all 4 strokes throughout the week to ensure they develop as all round swimmers

Swimmer in the Foundation Pathway are expected to:

- Attend all training sessions each week (aiming at 90% average throughout the year)
- Attend Local Open Meets (Wrexham, Holywell, Llandudno) when ready as directed by the Lead Coach
- Be available for East Clywd League Galas when ready & selected
- Arrive to all sessions with a positive, can do attitude
- Develop endurance to complete all sets without putting feet down on the floor
- Develop correct and consistent push-offs, turns and finishes on all sets and strokes
- Arrive to all sessions with the correct kit and drinks bottle (1 litre)
- Attend Diving Sessions to pass their Competitive Start Award as directed by the Lead Coach
- Show excellent respect to teammates, coaches, officials and volunteers at all time
- Show excellent listening skills at all times

APPENDIX 1 – CONSIDERATION TIMES

National Youth Squad - Consideration Times										
MALES						FEMALE				
14	15	16	17	18+		14	15	16	17	18+
1.02.90	59.9	58.1	57.1	55.9	100m FC	1.07.10	1.04.70	1.03.40	1.02.90	1.01.80
2.18.30	2.12.00	2.08.10	2.06.10	2.03.70	200m FC	2.24.30	2.19.00	2.16.70	2.14.70	2.12.10
4.51.80	4.38.20	4.30.70	4.25.30	4.20.30	400m FC	5.03.60	4.53.00	4.49.30	4.45.10	4.39.90
9.56.30	9.26.90	9.10.00	9.00.10	8.49.70	800m FC	10.22.50	10.03.80	9.55.00	9.49.30	9.38.50
19.17.00	18.26.50	17.53.60	17.35.10	17.15.50	1500m FC	19.21.10	19.01.60	18.38.60	18.27.40	18.06.10
1.21.60	1.16.30	1.14.00	1.12.60	1.11.20	100m BR	1.25.40	1.22.00	1.20.90	1.19.30	1.18.30
2.55.70	2.47.30	2.42.90	2.39.00	2.36.20	200m BR	3.03.80	2.58.40	2.56.20	2.53.70	2.50.60
1.10.40	1.06.40	1.04.80	1.03.00	1.01.90	100m Fly	1.15.40	1.12.10	1.11.10	1.09.80	1.08.50
2.37.20	2.27.40	2.24.20	2.19.80	2.17.30	200m Fly	2.44.10	2.38.00	2.35.70	2.33.10	2.30.30
1.12.00	1.07.20	1.05.40	1.03.90	1.02.70	100m BC	1.15.10	1.12.20	1.11.30	1.10.40	1.09.10
2.34.20	2.26.50	2.22.60	2.20.30	2.17.70	200m BC	2.42.90	2.36.10	2.33.50	2.31.20	2.28.50
2.37.70	2.30.30	2.26.50	2.23.60	2.21.10	200m IM	2.44.50	2.40.50	2.38.10	2.35.90	2.33.00
5.33.50	5.19.30	5.09.60	5.03.60	4.59.10	400m IM	5.43.70	5.36.70	5.33.00	5.27.50	5.21.60

National Age-Group Squad - A Standards									
MALE						FEMALE			
12	13	14	15		12	13	14	15	
1.09.70	1.06.20	1.02.90	59.9	100m FC	1.09.90	1.08.10	1.07.10	1.04.70	
2.30.80	2.23.50	2.18.30	2.12.00	200m FC	2.30.70	2.26.40	2.24.30	2.19.00	
5.15.30	5.01.40	4.51.80	4.38.20	400m FC	5.15.90	5.08.00	5.03.60	4.53.00	
10.54.10	10.18.60	9.56.30	9.26.90	800m FC	10.54.80	10.32.40	10.22.50	10.03.80	
20.49.90	19.54.50	19.17.00	18.26.50	1500m FC	20.50.90	19.56.50	19.21.10	19.01.60	
1.30.30	1.24.80	1.21.60	1.16.30	100m BR	1.31.20	1.27.80	1.25.40	1.22.00	
3.14.30	3.03.30	2.55.70	2.47.30	200m BR	3.15.00	3.07.10	3.03.80	2.58.40	
1.19.00	1.14.60	1.10.40	1.06.40	100m Fly	1.19.70	1.17.30	1.15.40	1.12.10	
2.53.40	2.44.00	2.37.20	2.27.40	200m Fly	2.54.20	2.49.10	2.44.10	2.38.00	
1.19.70	1.15.10	1.12.00	1.07.20	100m BC	1.19.00	1.16.40	1.15.10	1.12.20	
2.49.40	2.40.60	2.34.20	2.26.50	200m BC	2.48.00	2.45.70	2.42.90	2.36.10	
2.52.90	2.44.70	2.37.70	2.30.30	200m IM	2.51.90	2.47.70	2.44.50	2.40.50	
6.04.30	5.47.60	5.33.50	5.19.30	400m IM	6.04.60	5.49.60	5.43.70	5.36.70	

National Junior Age-Group Squad (Consideration Times)						
MALE				FEMALE		
10	11	12		10	11	12
1.20.07	1.14.10	1.09.70	100m FC	1.20.07	1.13.70	1.09.90
2.54.98	2.39.00	2.30.80	200m FC	2.54.98	2.38.70	2.30.70
6.06.48	5.40.35	5.15.30	400m FC	5.45.30	5.26.23	5.15.90
1.44.16	1.36.20	1.30.30	100m BR	2.02.00	1.36.20	1.31.20
3.41.90	3.28.60	3.14.30	200m BR	3.53.60	3.33.90	3.15.00
1.29.54	1.24.30	1.19.00	100m Fly	1.45.00	1.31.60	1.19.70
3.24.51	3.11.50	2.53.40	200m Fly	3.15.20	2.58.60	2.54.20
1.35.04	1.24.30	1.19.70	100m BC	1.28.30	1.23.40	1.19.00
3.17.53	3.07.40	2.49.40	200m BC	3.09.80	2.59.50	2.48.00
3.40.20	3.02.40	2.52.90	200m IM	3.40.20	3.01.00	2.51.90
7.03.11	6.35.20	6.04.30	400m IM	6.38.20	6.19.20	6.04.60

Youth Squad (Consideration Times)										
MALE						FEMALE				
14	15	16	17	18+		14	15	16	17	18+
1.08.31	1.05.54	1.02.76	1.02.11	1.02.11	100m FC	1.09.30	1.08.61	1.06.11	1.05.99	1.05.99
2.28.99	2.22.11	2.15.23	2.13.26	2.13.26	200m FC	2.25.81	2.24.37	2.22.94	2.21.34	2.21.34
5.14.12	5.02.16	4.50.17	4.48.75	4.48.75	400m FC	5.06.38	5.03.35	5.00.35	4.57.80	4.57.80
10.30.50	9.59.1	9.41.00	9.30.50	9.30.50	800m FC	10.54.5	10.35.00	10.25.60	10.19.70	10.19.70
20.16.50	19.23.70	18.49.10	18.29.80	18.29.80	1500m FC	20.27.7	20.06.90	19.42.40	19.30.50	19.30.50
1.27.19	1.23.42	1.19.64	1.18.57	1.18.57	100m BR	1.26.04	1.25.19	1.24.35	1.23.12	1.23.12
3.08.43	3.01.15	2.53.87	2.50.95	2.50.95	200m BR	3.04.35	3.02.52	3.00.71	3.00.01	3.00.01
1.14.55	1.11.39	1.08.22	1.07.33	1.07.33	100m Fly	1.14.31	1.13.57	1.12.84	1.11.86	1.11.86
2.51.70	2.44.62	2.37.54	2.36.27	2.36.27	200m Fly	2.49.45	2.47.77	2.46.11	2.43.20	2.43.20
1.19.90	1.16.84	1.13.78	1.13.47	1.13.47	100m BC	1.19.66	1.18.87	1.18.09	1.17.47	1.17.47
2.46.89	2.39.77	2.32.64	2.31.53	2.31.53	200m BC	2.43.34	2.41.72	2.40.12	2.38.49	2.38.49
2.46.74	2.37.48	2.35.22	2.33.55	2.33.55	200m IM	2.45.99	2.44.35	2.42.72	2.41.14	2.41.14
5.59.27	5.45.23	5.31.19	5.28.81	5.28.81	400m IM	5.50.05	5.46.58	5.43.15	5.40.00	5.40.00

Age-Group Squad (Consideration Times)								
MALE					FEMALE			
12	13	14	15		12	13	14	15
1.20.07	1.09.00	1.08.31	1.05.54	100m FC	1.13.62	1.12.79	1.09.30	1.08.61
2.54.98	2.30.48	2.28.99	2.22.11	200m FC	2.38.91	2.33.65	2.25.81	2.24.37
6.06.48	5.17.56	5.14.12	5.02.16	400m FC	5.26.23	5.21.04	5.06.38	5.03.35
11.31.90	10.54.20	10.30.50	9.59.1	800m FC	11.28.40	11.04.90	10.54.5	10.35.00
21.54.00	20.56.00	20.16.50	19.23.70	1500m FC	22.03.50	21.05.30	20.27.7	20.06.90
1.44.16	1.28.06	1.27.19	1.23.42	100m BR	1.37.80	1.30.02	1.26.04	1.25.19
3.41.90	3.10.31	3.08.43	3.01.15	200m BR	3.33.90	3.14.22	3.04.35	3.02.52
1.29.54	1.15.30	1.14.55	1.11.39	100m Fly	1.31.60	1.18.16	1.14.31	1.13.57
3.24.51	2.53.42	2.51.70	2.44.62	200m Fly	2.58.60	2.57.69	2.49.45	2.47.77
1.35.04	1.20.70	1.19.90	1.16.84	100m BC	1.28.30	1.23.92	1.19.66	1.18.87
3.17.53	2.48.56	2.46.89	2.39.77	200m BC	2.59.50	2.52.61	2.43.34	2.41.72
3.19.86	2.48.41	2.46.74	2.37.48	200m IM	3.03.20	2.54.83	2.45.99	2.44.35
7.03.11	6.02.86	5.59.27	5.45.23	400m IM	6.19.20	6.07.47	5.50.05	5.46.58