

SG entry standard criteria and squad progression statement 2017/18

All ages are at the end of the periods mentioned below.

Entry and progression selection will be made three times a year

- 1 August (end of season times)
- 2 January, following the Swim Wales Short Course Championships (Christmas)
- 3 March, following The Swim Wales Closed Championships (Easter)

In order to be considered for entry into SG or progression within SG, swimmers must achieve two of the times listed (please see relevant table(s) below). Achieving two times does not guarantee a place/progression. Entry/progression is also based on work ethic and commitment. It is also subject to space being available.

All squads will constantly be under review and if swimmers do not meet the squad criteria they will lose their place within the squad to make space for swimmers who have achieved the criteria. If for any reason this happens the swimmer will either be asked to train down a squad where possible or advised towards the club programs.

SG coach reserves the right not to demote a swimmer, if there are extenuating circumstances (for example injury).

SG coach reserves the right to accept or promote swimmers outside the age ranges mentioned.

Hours mentioned are based on the current Long Term Athlete Development (LTAD) and should include other physical activities, (for example, rugby, football, netball, hockey, gymnastics etc outside of school lessons).

All times are based on 25m pool. Conversion times from 50m pool will be accepted

White Squad (Development)

Female aged 10 to 12

Male aged 11 to 13

MALE			WHITE	FEMALE		
11	12	13	Event	10	11	12
39.1	36.8	34.55	50m Free	42	39.5	37.3
01:24.9	01:19.4	01:14.3	100m Free	01:32.4	01:25.3	01:20.0
03:04.3	02:53.0	02:42.0	200m Free	03:17.2	03:03.9	02:52.3
06:26.3	06:03.5	05:41.7	400m Free	06:57.7	06:22.9	05:59.1
			800m Free	14:48.7	13:11.2	12:22.7
26:01.0	23:59.4	22:32.9	1500m Free			
01:48.8	01:41.6	01:34.0	100m Breast	01:58.4	01:48.3	01:41.5
03:54.1	03:39.4	03:23.9	200m Breast	04:12.1	03:52.3	03:37.6
01:35.2	01:28.8	01:22.5	100m Fly	01:44.3	01:35.1	01:28.5
03:28.7	03:15.8	03:02.3	200m Fly	03:51.0	03:29.4	03:14.3
01:35.2	01:29.3	01:23.1	100m Back	01:43.7	01:35.3	01:29.0
03:23.7	03:11.4	02:58.6	200m Back	03:40.0	03:21.7	03:09.6
03:28.4	03:15.9	03:03.6	200m IM	03:44.3	03:27.5	03:14.4
07:22.0	06:54.1	06:28.4	400m IM	07:59.2	07:17.1	06:49.1

Minimum hours (club and SG) 8hrs (must include 1 morning session) – must regularly attend all club sessions offered.

Green Squad (Skills)

Female 10 to 13

Male 11 to 14

MALE				GREEN	FEMALE			
11	12	13	14	Event	10	11	12	13
35.9	33.9	32.1	30.4	50m Free	38.5	36.5	34.7	33.3
01:17.8	01:13.2	01:08.9	01:05.4	100m Free	01:24.6	01:18.7	01:14.3	01:11.5
02:48.8	02:39.1	02:30.1	02:22.5	200m Free	03:00.4	02:49.6	02:39.9	02:33.6
05:53.3	05:34.0	05:16.4	05:01.5	400m Free	06:22.2	05:52.9	05:33.0	05:20.5
				800m Free	13:36.7	12:09.5	11:29.3	10:58.3
23:50.5	22:01.7	20:52.8	19:55.5	1500m Free				
01:40.1	01:33.8	01:27.4	01:22.7	100m Breast	01:48.8	01:40.2	01:34.4	01:29.8
03:35.1	03:22.5	03:09.5	02:58.9	200m Breast	03:51.5	03:34.9	03:22.4	03:12.8
01:27.6	01:22.0	01:16.7	01:12.3	100m Fly	01:36.0	01:28.0	01:22.4	01:19.0
03:11.7	03:00.8	02:49.5	02:40.1	200m Fly	03:32.8	03:13.9	03:00.7	02:52.6
01:27.6	01:22.5	01:17.3	01:13.0	100m Back	01:35.2	01:28.1	01:22.7	01:19.2
03:06.9	02:56.5	02:45.9	02:37.0	200m Back	03:21.8	03:06.3	02:56.3	02:49.6
03:11.0	03:00.5	02:50.4	02:40.7	200m IM	03:25.6	03:11.4	03:00.6	02:53.8
06:45.5	06:20.9	06:00.4	05:40.6	400m IM	07:19.7	06:43.6	06:19.9	06:03.9

Minimum hours (club and SG) 10 plus 1hr land training – must regularly attend all club sessions offered.

Red squad (Potential)

Female 11 to 15

Male 12 to 15

MALE				RED	FEMALE				
12	13	14	15	Event	11	12	13	14	15
32.5	30.85	29.35	28.2	50m Free	35.05	33.35	32.15	31.35	30.7
01:10.1	01:06.2	01:03.1	00:31.6	100m Free	01:15.4	01:11.3	01:08.9	01:07.1	01:06.1
02:32.5	02:24.1	02:17.4	02:12.8	200m Free	02:42.5	02:33.5	02:27.9	02:24.5	02:21.8
05:19.9	05:03.6	04:50.6	04:40.5	400m Free	05:38.0	05:19.5	05:08.6	05:01.7	04:56.1
				800m Free	11:38.9	11:01.5	10:33.8	10:18.8	10:10.1
21:05.0	20:02.1	19:11.9	18:35.6	1500m Free					
01:30.0	01:24.0	01:19.8	01:16.5	100m Breast	01:36.2	01:30.8	01:26.6	01:23.5	01:22.3
03:14.3	03:02.1	02:52.6	02:46.1	200m Breast	03:26.3	03:14.6	03:05.8	03:00.4	02:57.6
01:18.7	01:13.7	01:09.8	01:06.8	100m Fly	01:24.5	01:19.3	01:16.2	01:13.7	01:12.5
02:53.5	02:43.0	02:34.5	02:26.9	200m Fly	03:06.2	02:53.8	02:46.4	02:41.1	02:37.8
01:19.2	01:14.3	01:10.4	01:07.6	100m Back	01:24.5	01:19.5	01:16.4	01:14.4	01:12.8
02:49.3	02:39.5	02:31.5	02:25.6	200m Back	02:58.6	02:49.3	02:43.4	02:39.3	02:35.8
02:53.0	02:43.7	02:35.0	02:29.3	200m IM	03:03.5	02:53.3	02:47.5	02:42.9	02:40.1
06:05.1	05:46.2	05:28.4	05:15.8	400m IM	06:26.9	06:04.8	05:50.6	05:41.7	05:36.0

Minimum hours (club and SG) 12 plus 1hr land training – must regularly attend all club sessions offered.

Expectation to reduce club hours and increase SG hours

Qualify for Short Course and Summer Championships

Silver squad (performance)

Female 13+

Male 13+

MALE					ELITE	FEMALE				
13	14	15	16	17	Event	13	14	15	16	17
29.6	28.3	27.3	26.7	26.3	50m Free	31	30.3	29.7	29.5	29.5
01:03.5	01:00.8	59	57.5	56.8	100m Free	01:06.3	01:04.7	01:03.9	01:03.0	01:02.9
02:18.1	02:12.2	02:08.3	02:05.2	02:03.7	200m Free	02:22.2	02:19.3	02:17.0	02:15.6	02:14.6
04:50.9	04:39.7	04:30.9	04:25.1	04:21.1	400m Free	04:56.6	04:50.9	04:46.0	04:44.3	04:42.2
					800m Free	10:09.3	09:56.7	09:49.5	09:44.8	09:43.5
19:11.4	18:28.3	17:57.4	17:32.6	17:19.9	1500m Free					
01:20.6	01:16.9	01:14.0	01:12.1	01:11.0	100m Breast	01:23.4	01:20.6	01:19.6	01:19.2	01:18.2
02:54.8	02:46.3	02:40.6	02:37.1	02:34.1	200m Breast	02:58.8	02:54.1	02:51.8	02:50.7	02:49.6
01:10.8	01:07.3	01:04.6	01:03.3	01:02.0	100m Fly	01:13.4	01:11.2	01:10.0	01:09.7	01:09.0
02:36.4	02:28.9	02:21.9	02:19.5	02:16.0	200m Fly	02:40.2	02:35.5	02:32.6	02:31.4	02:29.9
01:11.4	01:07.9	01:05.4	01:03.9	01:02.7	100m Back	01:13.5	01:11.8	01:10.4	01:09.9	01:09.6
02:33.1	02:25.9	02:20.8	02:17.8	02:16.2	200m Back	02:37.2	02:33.7	02:30.6	02:29.0	02:27.8
02:37.1	02:29.2	02:24.3	02:21.3	02:19.3	200m IM	02:41.1	02:37.1	02:34.7	02:33.4	02:32.3
05:31.9	05:16.2	05:05.1	04:59.0	04:54.8	400m IM	05:37.2	05:29.7	05:24.7	05:21.4	05:20.1

Minimum hours (club and SG) 14+ plus 2 hours land training

Qualify for the Easter Closed Championships

Targeted Meets

There are numerous swimming meets throughout the year, respective club and SG coaches will advise which a swimmer should target and attend.

The following meets should be targeted by SG swimmers.

Apart from the meets held in Llandudno, where the swimmer will be swimming for their respective club, swimmers will be a SG swimmer

Meet	When	S/C or L/C	White	Green	Red	Silver
Regional	February	S/C	X	X	X	X
Burns	February	L/C		X	X	X
Closed	Easter	L/C		X	X	X
Rotherham	May	L/C	X	X	X	
Cardiff*	May	L/C		X	X	X
Development**	July	L/C	X	X		
Summer	July	L/C		X	X	X
Robin Hood	October	L/C	X	X	X	X
Manchester Int	October	L/C			X	X
Sub Regional	December	S/C	X	X		
Short Course***	December	S/C	X	X	X	X

* Cardiff is the last gala for swimmers to achieve time(s) for the British Championships

** Swim Wales Summer Development Meet in new for 2016.
It takes place during 3 afternoon sessions of the Summer Open.
Swimmers aged 10/11 only, who are too young to compete in the Summer Open

*** Short Course Championship in December 2017 will be L/C due to it being in the qualifying period for the Commonwealth Games 2018.