



SWIM WALES NATIONAL SQUAD PROGRAMME

Revised Selection Procedures: 2020/21 season

SWIMMING & PARA SWIMMING

1. INTRODUCTION AND SELECTION PROCESS

- 1.1. This document outlines the **revised** selection guidelines for the Swim Wales National Squad Programme 2020/21. **The 2020/21 procedure has been revised due to the impact of the Covid-19 pandemic and its effect on competitive opportunities between the 16th March and August 2020.** This procedure includes selection to the Swim Wales National Senior Elite, National Elite Development (1&2) and National Youth Development (1&2) squads. The Swim Wales National Squad Programme aims to provide a progressive national squad pathway in line with the Swim Wales Performance Mission - ***'To systematically develop swimmers and para-swimmers capable of progressing onto the British Swimming World Class Programme, and winning medals at Commonwealth, Olympic and Paralympic level'***
- 1.2. Selection to each squad of the Swim Wales National Squad programme will be based on eligibility to and achievement of the respective criteria for each squad as laid out in sections 3 to 5 of this document.
- 1.3. Final selection to the National Squad Programme will be made by the selection panel in line with these guidelines. This selection panel will consist of (a) the Swim Wales National Performance Director, (b) the Swim Wales National Coach Development and Performance Pathway Manager, (c) the Swim Wales National Para Pathway Manager, and (d) the Sport Wales Performance Advisor acting as an independent panel member.
- 1.4. Selections to the National Squad Programme will be made from performances at all accredited Short Course and long course meets from July 1st 2019 to March 15th 2020. Overseas meets over the same period may be considered at the discretion of the selection panel.
- 1.5. Selections to the National Squad Programme will be announced before the 5th September 2020.
- 1.6. Split times from relays will not be considered for selection to the National Squad Programme.
- 1.7. The selection panel reserves the right not to select a swimmer/para-swimmer if there is significant evidence of (a) A lack of adherence to their home training programme, including unsatisfactory attendance (unless due to injury or illness or other reasonable circumstances) or an unsatisfactory disciplinary record as evidenced by the home club head coach and committee; or (b) A lack of adherence to the Swim Wales National Squad Programme during the 2019/20 season, including unsatisfactory



attendance (unless due to injury or illness or other reasonable circumstances) or an unsatisfactory disciplinary record as evidenced by the Swim Wales disciplinary procedure.

2. DISCRETIONARY SELECTIONS

The delivery of success at international level is both a difficult and highly complex process. Swim Wales has therefore taken the view that it is important that all swimmers/para-swimmers who demonstrate the capability to achieve this receive the support they require. It is recognised that some circumstances will inevitably arise whereby it is necessary for the selection panel to place a swimmer/para-swimmer within the appropriate level of the National Squad Programme according to their developmental need, not necessarily their chronological age or current performance level. This may include swimmers/para-swimmers being offered National Squad positions which are either above or below the achieved performance criteria. It may also include swimmers/para-swimmers being selected for squads without achieving the performance criteria. This is designed to allow a measure of professional judgement towards assessing swimmer potential. **The use of discretionary selections will be particularly important to the 2020/21 selection process given the lack of competition opportunities between the period 16th March 2020 and August 2020, due to the Covid-19 pandemic.**

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

- Potential to positively contribute to the overall team performance at the 2022 Commonwealth games
- Past, current and planned level of training, including the daily training environment and injury/illness
- Performance profile
- Current level of support verses the required level of support
- Percentage away from performance criteria
- Chronological, developmental and training age of the swimmer
- Commitment, attitude and work ethic

3. SWIM WALES NATIONAL SENIOR ELITE SQUAD

3.1. Introduction

The National Senior Elite squad aims to support swimmers/para-swimmers possessing genuine potential to:

- Graduate (or re-graduate) onto the British Swimming/Para-Swimming WCP within a 2-3 year period
- Represent GB at the Olympic/Paralympic Games, World or European Championships
- Win a Commonwealth Games Medal in 2022



Swimmers/para-swimmers selected for this squad will be eligible (but not entitled) to receive coaching support, financial assistance for training and competition costs, access to international competition and training opportunities, and sports science and medicine support either at the Wales National Pool in Swansea or the Cardiff International Pool.

3.2. Selection Criteria

- Swimmers/para-swimmers must equal or better the published performance criteria (see Table 1 and 2 for swimming and Table 7 for Para Swimming) in at least 1 Olympic / Paralympic event, in accordance with section 1.4 of this document, to be considered for selection.

3.3 Selection eligibility

- Para Swimmers will only be eligible for selection if they hold a current World Para Swimming (WPS) classification, British Swimming classification (S1-S13 inclusive) or Virtus (previously INAS) Classification (S14).
- Swimmers/Para-swimmers will only be considered for selection if they are Swim Wales registered and are eligible and committed to represent Wales at the Commonwealth Games.

3.4 Selection conditions

- Non British Swimming/Para-Swimming WCP (World Class Programme) athletes will be required to attend all scheduled National Senior Elite Squad training camps and competitions. British Swimming/Para-Swimming WCP swimmers will be invited to all National Senior Elite training and competition camps, however attendance requirement will be determined through communication with British Swimming and the relevant home coach.
- Selected swimmers/para-swimmers must undergo an annual review with their home coach prior to acceptance onto the National Senior Elite squad; and submit agreed outcome goals, competition goals and process goals with a training and competition programme to support the achievement of these.
- Swimmers/para-swimmers will be expected to sign an athlete agreement that includes their adherence to a code of conduct and outlines the expectation of them as an athlete on a support programme.

4. SWIM WALES ELITE DEVELOPMENT SQUADS (1 AND 2)

4.1 Introduction

The National Elite Development squads aim to support swimmers/para-swimmers whose performances indicate that they have realistic capabilities of progressing to the National Senior Elite squad or British Swimming/Para-Swimming Podium Potential programme within 1-3 years.



Swimmers/para-swimmers selected for these squads will be eligible (but not entitled) to receive coaching support, access to international competition and training opportunities, and sports science and medicine support either at the Wales National Pool in Swansea or the Cardiff International Pool.

4.2 Selection Criteria

- Swimmers/para-swimmers must equal or better the published performance criteria (see tables 3 and 4 for swimming and Table 7 for Para Swimming) in at least 1 Olympic/Paralympic event, in accordance with section 1.4 of this document, to be considered for selection.

4.3 Selection Eligibility

- Males aged 15-18 years and females aged 14-17 years (age as of 31st December 2020) will be eligible for selection to **National Elite Development 1** squad.
- Males aged 19-20 years and females aged 18-19 years (age as of 31st December 2020) will be eligible for selection to **National Elite Development 2** squad.
- Para Swimmers will only be considered to the National Elite Development Squad programme if they hold a current World Para Swimming (WPS) classification, British Swimming classification (S1-S13 inclusive) or Virtus (previously INAS) Classification (S14).
- Swimmers/Para-swimmers will only be considered for selection if they are Swim Wales registered and are eligible and committed to represent Wales at the Commonwealth Games.

4.4 Selection Conditions

- Selected swimmers/para-swimmers will be required to attend all scheduled National Elite Development Squad training camps and competitions.
- Selected swimmers/para-swimmers must undergo an annual review with their coach prior to acceptance onto the National Elite Development squad; and submit agreed outcome goals, competition goals and process goals with a training and competition programme to support the achievement of these.
- Swimmers/Para-swimmers will be expected to sign an athlete agreement that includes their adherence to a code of conduct and outlines the expectation of them as an athlete on a support programme.

5. SWIM WALES NATIONAL YOUTH DEVELOPMENT SQUADS (1 AND 2)

5.1 Introduction

The National Youth Development squads aim to provide positive training and competition opportunities related to the long term development of Welsh youth swimmers/para-swimmers



towards senior international success. The National Youth Development squads support the identification and development of swimmers/para-swimmers who show potential to progress through the Swim Wales National squad pathway. Furthermore the National Youth Development 1 squad aims to provide a robust induction process to swimmers/para-swimmers entering the National Squad programme.

5.2 Selection Criteria

- Swimmers/para-swimmers must equal or better the published performance criteria (see tables 5 and 6 for swimming and Table 7 for Para Swimming) in at least 1 Olympic/Paralympic event, in accordance with section 1.4 of this document, to be considered for selection.

5.3 Selection Eligibility

- Males aged 15 years and females aged 14 years (age as of 31st December 2020) will be eligible for selection to **National Youth Development 1** squad.
- Males aged 16-18 years and females aged 15-17 years (age as of 31st December 2020) will be eligible for selection to **National Youth Development 2** squad.
- Para Swimmers will only be considered to the National Development Squad programme if they hold a current World Para Swimming (WPS) classification, British Swimming classification (S1-S13 inclusive) or Virtus (previously INAS) Classification (S14).
- Swimmers/Para-swimmers will only be considered for selection if they are Swim Wales registered and are eligible and committed to represent Wales at the Commonwealth Games.

5.4 Selection Conditions

- Selected swimmers/para-swimmers will be required to attend all scheduled National Youth Development Squad training camps and competitions.
- Selected swimmers/Para-swimmers must undergo an annual review with their coach prior to acceptance onto the National Youth Development squad; and submit agreed outcome goals, competition goals and process goals with a training and competition programme to support the achievement of these.
- Swimmers/para-swimmers will be expected to sign an athlete agreement that includes their adherence to a code of conduct and outlines the expectation of them as an athlete on a support programme.



Table 1: Long Course swimming performance criteria: National Senior Elite

Event	Male	Female
50m Freestyle	00:22.54	00:25.41
100m Freestyle	00:49.54	00:55.00
200m Freestyle	01:49.32	02:00.29
400m Freestyle	03:53.89	04:13.74
800m Freestyle	08:03.00	08:41.22
1500m Freestyle	15:22.98	16:38.89
100m Backstroke	00:55.06	01:01.41
200m Backstroke	02:00.37	02:12.44
100m Breaststroke	01:01.02	01:08.94
200m Breaststroke	02:12.33	02:28.16
100m Butterfly	00:53.01	00:59.36
200m Butterfly	01:59.38	02:11.71
200m IM	02:01.89	02:14.64
400m IM	04:21.22	04:47.08



Table 2: Short Course swimming performance criteria: National Senior Elite

Event	Male	Female
50m Freestyle	00:21.83	00:24.81
100m Freestyle	00:48.13	00:53.83
200m Freestyle	01:46.30	01:57.83
400m Freestyle	03:47.35	04:08.52
800m Freestyle	07:49.80	08:38.01
1500m Freestyle	15:10.44	16:14.16
100m Backstroke	00:52.26	00:59.23
200m Backstroke	01:55.49	02:08.48
100m Breaststroke	00:58.91	01:06.90
200m Breaststroke	02:07.88	02:24.97
100m Butterfly	00:51.88	00:58.66
200m Butterfly	01:56.35	02:10.25
200m IM	01:58.14	02:11.92
400m IM	04:13.52	04:39.89



Table 3: Long Course Swimming performance criteria: National Elite Development

Event	Elite Development 1		Elite Development 2			
	Male (15-18 years)	Female (14-17 years)	Male (19 years)	Female (18 years)	Male (20 years)	Female (19 years)
50m Freestyle	00:23.19	00:26.15	00:22.97	00:25.90	00:22.76	00:25.66
100m Freestyle	00:50.99	00:56.60	00:50.51	00:56.07	00:50.02	00:55.54
200m Freestyle	01:52.51	02:03.80	01:51.45	02:02.63	01:50.39	02:01.46
400m Freestyle	04:00.70	04:21.13	03:58.43	04:18.67	03:56.16	04:16.20
800m Freestyle	08:17.07	08:56.40	08:12.38	08:51.34	08:07.69	08:46.28
1500m Freestyle	15:49.87	17:07.99	15:40.91	16:58.29	15:31.94	16:48.59
100m Backstroke	00:56.67	01:03.20	00:56.13	01:02.60	00:55.60	01:02.00
200m Backstroke	02:03.87	02:16.29	02:02.70	02:15.01	02:01.53	02:13.72
100m Breaststroke	01:02.79	01:10.95	01:02.20	01:10.28	01:01.61	01:09.61
200m Breaststroke	02:16.19	02:32.47	02:14.90	02:31.03	02:13.62	02:29.59
100m Butterfly	00:54.56	01:01.09	00:54.04	01:00.51	00:53.53	00:59.94
200m Butterfly	02:02.85	02:15.54	02:01.69	02:14.26	02:00.54	02:12.98
200m IM	02:05.44	02:18.56	02:04.26	02:17.26	02:03.07	02:15.95
400m IM	04:28.83	04:55.44	04:26.29	04:52.66	04:23.75	04:49.87



Table 4: Short Course Swimming performance criteria: National Elite Development

Event	Elite Development 1		Elite Development 2			
	Male (15-18 years)	Female (14-17 years)	Male (19 years)	Female (18 years)	Male (20 years)	Female (19 years)
50m Freestyle	00:22.46	00:25.54	00:22.25	00:25.29	00:22.04	00:25.05
100m Freestyle	00:49.53	00:55.40	00:49.07	00:54.87	00:48.60	00:54.35
200m Freestyle	01:49.39	02:01.26	01:48.36	02:00.12	01:47.33	01:58.98
400m Freestyle	03:53.97	04:15.76	03:51.77	04:13.34	03:49.56	04:10.93
800m Freestyle	08:03.49	08:53.10	07:58.93	08:48.07	07:54.36	08:43.04
1500m Freestyle	15:36.96	16:42.54	15:28.12	16:33.08	15:19.28	16:23.62
100m Backstroke	00:53.78	01:00.95	00:53.28	01:00.38	00:52.77	00:59.80
200m Backstroke	01:58.86	02:12.22	01:57.74	02:10.98	01:56.62	02:09.73
100m Breaststroke	01:00.62	01:08.85	01:00.05	01:08.20	00:59.48	01:07.55
200m Breaststroke	02:11.61	02:29.20	02:10.37	02:27.79	02:09.13	02:26.38
100m Butterfly	00:53.39	01:00.37	00:52.89	00:59.80	00:52.38	00:59.23
200m Butterfly	01:59.74	02:14.05	01:58.61	02:12.78	01:57.48	02:11.52
200m IM	02:01.58	02:15.76	02:00.44	02:14.48	01:59.29	02:13.20
400m IM	04:20.91	04:48.04	04:18.45	04:45.33	04:15.99	04:42.61



Table 5: Long Course Swimming performance criteria: National Youth Development

Event	Youth Development 1		Youth Development 2					
	Male (15 years)	Female (14 years)	Male (16 years)	Female (15 years)	Male (17 years)	Female (16 years)	Male (18 years)	Female (17 years)
50m Freestyle	00:24.94	00:28.12	00:24.51	00:27.63	00:24.29	00:27.38	00:23.85	00:26.89
100m Freestyle	00:54.83	01:00.88	00:53.87	00:59.81	00:53.39	00:59.27	00:52.43	00:58.21
200m Freestyle	02:01.00	02:13.14	01:58.88	02:10.80	01:57.82	02:09.64	01:55.69	02:07.30
400m Freestyle	04:18.87	04:40.84	04:14.33	04:35.91	04:12.06	04:33.45	04:07.52	04:28.52
800m Freestyle	08:54.58	09:36.89	08:45.20	09:26.76	08:40.51	09:21.70	08:31.13	09:11.58
1500m Freestyle	17:01.55	18:25.57	16:43.63	18:06.18	16:34.67	17:56.48	16:16.75	17:37.08
100m Backstroke	01:00.94	01:07.97	00:59.88	01:06.77	00:59.34	01:06.18	00:58.27	01:04.99
200m Backstroke	02:13.22	02:26.58	02:10.88	02:24.01	02:09.71	02:22.72	02:07.38	02:20.15
100m Breaststroke	01:07.53	01:16.30	01:06.35	01:14.96	01:05.76	01:14.29	01:04.57	01:12.95
200m Breaststroke	02:26.47	02:43.98	02:23.90	02:41.10	02:22.61	02:39.66	02:20.04	02:36.79
100m Butterfly	00:58.68	01:05.70	00:57.65	01:04.55	00:57.13	01:03.97	00:56.10	01:02.82
200m Butterfly	02:12.13	02:25.77	02:09.81	02:23.21	02:08.65	02:21.94	02:06.33	02:19.38
200m IM	02:14.91	02:29.02	02:12.54	02:26.41	02:11.36	02:25.10	02:08.99	02:22.48
400m IM	04:49.12	05:17.74	04:44.04	05:12.17	04:41.51	05:09.38	04:36.43	05:03.80



Table 6: Short Course Swimming performance criteria: National Youth Development

Event	Youth Development 1		Youth Development 2					
	Male (15 years)	Female (14 years)	Male (16 years)	Female (15 years)	Male (17 years)	Female (16 years)	Male (18 years)	Female (17 years)
50m Freestyle	00:24.16	00:27.46	00:23.73	00:26.98	00:23.52	00:26.74	00:23.10	00:26.26
100m Freestyle	00:53.27	00:59.58	00:52.34	00:58.53	00:51.87	00:58.01	00:50.94	00:56.96
200m Freestyle	01:57.65	02:10.42	01:55.58	02:08.13	01:54.55	02:06.98	01:52.49	02:04.70
400m Freestyle	04:11.63	04:35.06	04:07.22	04:30.23	04:05.01	04:27.82	04:00.60	04:23.00
800m Freestyle	08:39.98	09:33.33	08:30.85	09:23.27	08:26.29	09:18.24	08:17.17	09:08.18
1500m Freestyle	16:47.67	17:58.20	16:29.99	17:39.28	16:21.15	17:29.83	16:03.47	17:10.91
100m Backstroke	00:57.84	01:05.55	00:56.83	01:04.40	00:56.32	01:03.83	00:55.31	01:02.68
200m Backstroke	02:07.83	02:22.20	02:05.59	02:19.71	02:04.46	02:18.46	02:02.22	02:15.97
100m Breaststroke	01:05.20	01:14.04	01:04.05	01:12.74	01:03.48	01:12.09	01:02.34	01:10.80
200m Breaststroke	02:21.54	02:40.45	02:19.06	02:37.64	02:17.82	02:36.23	02:15.33	02:33.42
100m Butterfly	00:57.42	01:04.92	00:56.41	01:03.78	00:55.91	01:03.21	00:54.90	01:02.08
200m Butterfly	02:08.77	02:24.16	02:06.52	02:21.64	02:05.39	02:20.37	02:03.13	02:17.84
200m IM	02:10.76	02:26.01	02:08.46	02:23.45	02:07.32	02:22.17	02:05.02	02:19.61
400m IM	04:40.60	05:09.78	04:35.68	05:04.35	04:33.22	05:01.63	04:28.29	04:56.20



Table 7: Short Course and Long Course Para swimming performance criteria

	National Youth Development 1	National Youth Development 2	National Elite Development 1	National Elite Development 2	National Senior Elite Squad
Age (as of 31 st December 2020)	Males aged 15 years and Females aged 14 years	Males aged 16-18 and females aged 15-17 years	Males aged 15-18 years and females aged 14-17 years	Males aged 19-20 years and females aged 18-19 years	Open
Performance Standards (Paralympic events only)	510 minimum BPS points score	Males aged 16-17 and females aged 15-16: 560 minimum BPS points score. Males aged 18 and females aged 17: 610 minimum BPS points score.	660 minimum BPS points score.	730 minimum BPS points score	810 minimum BPS points score