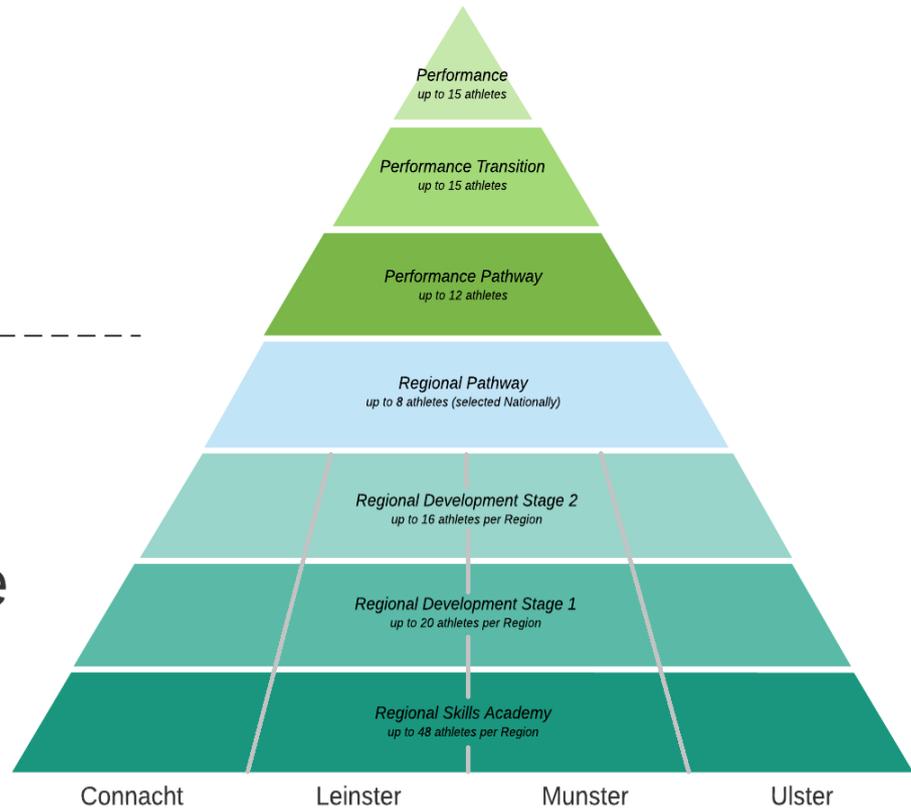


National Programme
2021-2022 Season
(Swimming)

SWIM
IRELAND

National Programme

Regional Programme



Background

A progressive and targeted National and Regional Programme is a key tactic in achieving Swim Ireland's Performance objectives for the 2024 Olympic Games in Paris and in 2028 in Los Angeles. The Regional Programme will sit directly below the National Programme and will display alignment to it in terms of principles and content and will not operate as standalone programmes. For the National Programme, it is recognised that:

- Athletes should be on a performance trajectory for a 2024 and/or a 2028 Olympic Games qualification and should be differentiated as such
- Irish athletes will be identified for targeted investment, support, and value-add opportunities dependent on their performance trajectory and the 'fit-for-purpose' nature of their Daily Performance Environments (DPE's)
- All National Programme members must display full commitment to an uncompromised and comprehensive training/coaching programme in preparation for peak performance in their identified summer benchmark meet/s and the associated Trials for that competition/s in 2022
- Through staff observation at previous Regional Programme, National Programme and/or National Team selections, athletes will have displayed behaviours and standards that are fully aligned with the Athlete Charter (see page 16)
- Athletes will be required to complete a daily online submission via the 'Kitman' monitoring tool and the home programme coach will be required to provide a Seasonal Overview submission to either the National Head Coach (Swimming) or the National Performance Pathway Manager

COVID-19

The COVID-19 virus disrupted the majority of the 2019-2020 and the 2020-2021 seasons, with many domestic and international competitions unable to take place during this time. As such, the traditional method of considering performances at the Irish Open Championships and an identified summer benchmark meet to select athletes for the 2021-2022 programme is not possible for all athletes; as much as possible, equity of opportunity has to sit within the Selection Criteria. As such, a best available Selection Criteria has been adopted for these unprecedented circumstances and will be utilised for this one particular season only.

Athlete Eligibility

At the time of selection, athletes must meet all of the following criteria to be considered to be eligible for selection:

- i. Be an Irish citizen;
- ii. Be eligible to represent Ireland as per FINA General Rules 1 & 2 (GR 1 & 2);
- iii. Be a registered Swim Ireland member for the 2021-2022 season;
- iv. Be in good standing with Swim Ireland;
- v. Be available to fulfil all of the National Programme obligations;
- vi. Comply with the statements and expectations of the Swim Ireland 'On This Performance Team' booklet;
- vii. Not be the subject of a current anti-doping ban, a doping violation and/or a pending doping violation

Programme 2021-2022

Swim Ireland Performance will operate a three-tiered National Programme encompassing a Performance (PE) cohort for Olympic Games 2024 identified athletes, a Performance Transition (PT) cohort for Olympic Games 2024/2028 identified athletes and a Performance Pathway (PP) cohort for Olympic Games 2028 identified athletes. The tiering of the Programme into three distinct levels will be continued each season across the 2021-2024 cycle into the Paris Olympic Games, with the Programme aiming to support athletes as they endeavour to reach their full potential at senior international level. Athletes do not have to have been members of one cohort before becoming members of another cohort.

In addition to the annual National Programme, the National Performance Director, the National Head Coach (Swimming) and the National Performance Pathway Manager will work in partnership with home programme coaches to ensure identified athletes are supported in achieving a DPE which is considered fit-for-purpose. Access to the National Programme will be dependent on the home programme coach being willing to work with the Performance Team in a positive and constructive manner and will also be dependent on an athlete's willingness to buy-in to this 'value-add' programme to aid maximum possible impact.

Athletes selected for the National Programme will not be eligible for selection for their respective Regional Programme in that season. Athletes rejecting a position on the National Programme will, by implication, be also rejecting a position on their respective Regional Programme in that same season.

Expected Athlete Attributes

- Selection of a satisfactory Daily Performance Environment (DPE)
- Exemplary training attendance and commitment in the home programme
- Regional and/or National competition attendance
- Positive engagement with staff
- Attitude, positivity and performance behaviours displayed on National Teams, previous National/Regional Programme periods and National Centre 'In-Touch' sessions
- Resilience and a first class work ethic
- An openness to learning
- A buy in to the Swim Ireland Performance Athlete Charter (page 15)
- Personal accountability

Staff Structure

The Swim Ireland National Performance Director, the National Head Coach (Swimming) and the National Performance Pathway Manager will oversee the implementation of the National Programme. In the 2021-2022 season and with Swim Ireland Performance Senior Leadership Team (SLT) support, the National Head Coach (Swimming) will be the Lead Coach for the PE & PT identified athletes, and the National Performance Pathway Manager will be the Lead Coach for the PP identified athletes

National Programme coaches selected to support the programme may be selected at the discretion of the National Performance Director. Selections will be made on an intervention-by-intervention basis and will be reflective of the PE, PT and/or PP Programme size, the Programme intervention in question, the needs of the individual athletes selected, as well as considering the optimum balance of the Programme as a whole. As such, there may be some interventions where additional coaches are not required/selected. National Programme coaches must:

- i. Be a registered Swim Ireland member for the 2021-2022 season (*);
- ii. Be in good standing with Swim Ireland;
- iii. Be a full time resident within Ireland (*);
- iv. Be a practising coach within an Irish swimming programme (*);
- v. Be holders of the Swim Ireland Level 3 Coaching Certificate or international equivalent or be enrolled on a Level 3 Coaches Course at the time of selection;
- vi. Be holders of a Swim Ireland Coaching Licence or international equivalent;
- vii. Be available to fulfil the obligations of an identified National Programme intervention;
- viii. Comply with the statements and expectations of the Swim Ireland 'On This Performance Team' booklet

(*)- Where the coach in question is the full time home programme coach of a National Programme athlete/s who has never resided in Ireland on a full time basis (i.e., the island of Ireland has never been considered to be home soil for the athlete/s in question), the National Performance Director may consider such a coach to be exempt from the requirements of points i, iii and iv

Coaches selected to support the Programme will be entitled to a maximum of 3 CPD points per annum in the delivery of camps/attending meets (across both National and Regional Programmes) and will have their expenses covered by Swim Ireland in doing so

Home Programme Coach Interaction

- All National Programme home programme coaches based in Ireland will have access to the National Centres to develop and refine their performance knowledge
- Those home programme coaches based in Ireland who display an openness and a willingness for learning and self-improvement, and who display a clear cultural alignment with the aims and objectives of the Performance programme will be identified by the SLT and invited to Swim Ireland Performance education and professional development opportunities. Such coaches will also be offered an opportunity to attend and observe onshore National Programme activities and interventions on occasions where they have not been selected as National Programme coaches

National Programme Camp Participation

- For all National PE Programme Camps, home programme coaches will be required to provide guidelines and a skeleton framework for athletes attending such camps i.e., number of training units per week, preferred weekly format of pool/gym sessions as singles and doubles per day, volume to be covered per session/per camp and a gym programme to be followed etc. However, the detail of the pool session planning will be planned and delivered by the National Head Coach (Swimming). Detailed pool session content from home programme coaches is not necessary and cannot be followed in most instances
- For all National PT and PP Programme Camps, the pool and gym session content will be planned and delivered by the National Programme coaches in situ for each camp in question with oversight provided by the National Head Coach (Swimming) or the National Performance Pathway Manager

National Programme Meet Participation

- For all National PE, PT and PP Programme Meets, home programme coaches should provide guidelines and reasoning to the National Head Coach (Swimming) as to why a particular programme of events should be considered for meet entries for athletes. Preparation for the summer benchmark meet/s should always be considered in such a proposal. This will be considered by the National Head Coach (Swimming) for the PE & PT cohort and the National Performance Manager for the PP cohort. It is these members of Swim Ireland Performance staff that will make the final decision as to individual entries for athletes competing in meets as National Programme members
- For all National PE, PT and PP Programme Meets, home programme coaches should provide training guidelines and a skeleton framework for athletes attending such meets as per the 'National Programme Camp Participation' information above

Performance (PE) Annual Membership Fee

The Performance Programme will be delivered through the three Swim Ireland Performance National Centres:

- For the 2021-2022 season, for athletes who are not full time athletes within a National Centre, an initial membership fee of **€150.00** is to be paid before the end of September 2021, with each section of the Programme offered to identified athletes on an intervention by intervention basis, with an associated cost to supplement that section of the programme required as part of such an offer. The €150.00 membership fee will be deducted from the cost of the first intervention that an athlete takes up in 2022. For those athletes based in Europe, all offered sections/interventions within the programme are optional (other than the Orientation camp in Q4 of 2021 which is mandatory). For those based outside of Europe, all offered sections/interventions within the programme are optional
- For the 2021-2022 season, for athletes who are full time athletes within a National Centre, such athletes will pay an additional supplement to their National Centre coaching fee per month to supplement the costs associated with the Programme's interventions

Performance Transition (PT) Annual Membership Fee

The Performance Transition Programme will be delivered through the three Swim Ireland Performance National Centres:

- For the 2021-2022 season, for athletes who are not full time athletes within a National Centre, an initial membership fee of **€150.00** is to be paid before the end of September 2021, with each section of the Programme offered to identified athletes on an intervention by intervention basis, with an associated cost to supplement that section of the programme required as part of such an offer. Athletes who are added to the Programme via short course times as outlined will pay this initial €150.00 in January 2022. The €150.00 membership fee will be deducted from the cost of the first intervention that an athlete takes up in 2022. For those athletes based in Europe, all offered sections/interventions within the programme are optional (other than the Orientation camp in Q4 of 2021 which is mandatory). For those based outside of Europe, all offered sections/interventions within the programme are optional
- For the 2021-2022 season, for athletes who are full time athletes within a National Centre, such athletes will pay an additional supplement to their National Centre coaching fee per month to supplement the costs associated with the Programme's interventions

Performance Pathway (PP) Annual Membership Fee

Athletes will be required to pay an annual Membership Fee that will contribute to the overall cost of the programme. Only athletes based in Europe will be invited to join this cohort of the programme. This fee will be agreed annually:

- For the 2021-2022 season, the Membership Fee is **€500.00** and is to be paid in two instalments:
 - i) €150.00 before the end of September 2021; athletes who are added to the Programme via short course times as outlined will pay this initial €150.00 in January 2022
 - ii) €350.00 at the commencement of January 2022

All sections/interventions within the PP programme are mandatory

Performance Cohort (PE)

Age Groups:	All Ages
Athlete Quota:	Up to 15
Athlete Responsibility:	National Performance Director National Head Coach (Swimming)

Consideration Criteria:

Athletes are to achieve one or more of the following Selection Criteria:

1. Athletes who are funded via the Sport Ireland International Carding Scheme in 2022
2. Athletes who have produced a performance in an Olympic event in a long course pool which is on or inside the Consideration Standard listed on pages 13 & 15 from one of the following meets only:
 - 2021 Irish National Team Trials
 - 2021 LEN European LC Championships (including relay lead off legs)
 - 2021 Swim Ireland Performance Meet
 - 2021 LEN European Junior Championships
 - 2021 Irish Summer Meet
 - 2021 Olympic Games (including relay lead off legs)

Athletes who meet the Consideration Criteria will be advised on or before 20th September 2021 and invited to an initial introductory Event Camp in October 2021

Affirmation Criteria (January 2022):

To be fully affirmed for the programme from January 2022 through to the 2022 Irish Open Championships, athletes must achieve a minimum of an 85% compliance figure on their Kitman daily submission from 20th September 2021 up to and including 3rd January 2022

In the case where more than 15 athletes achieve the Consideration and Affirmation Criteria, the athletes will be ranked as a percentage inside of the standard, to the maximum Programme size of 15

Retention Criteria (April 2022):

To be retained on the programme for the period from the 2022 Irish Open Championships - August 2022, athletes must:

1. Continue to achieve a minimum of an 85% compliance figure on their Kitman daily submission from 3rd January 2022 through to 19th April 2022
2. Achieve the criteria to permit nomination/selection to one or more of the following Irish National Teams:
 - 2022 LEN European Junior Championships
 - 2022 FINA World Championships (50m)
 - 2022 LEN European Championships (50m)
 - 2022 Commonwealth Games
 - 2022 FINA World Junior Championships

Male athletes born 1999 or later & Female athletes born 2000 or later who are not retained as part of the National Programme PE cohort but do achieve one or more of the published Individual Event Consideration Standards for the National PT Programme (see pages 13 & 14) at the 2022 Irish Open Championships only will move to the National PT Programme for the period following the 2022 Irish Open Championships through to August 2022

Athlete and/or Home Programme Coach Obligations:

- Home programme coach Seasonal Overview provided to the National Performance Director and the National Head Coach (Swimming) at the commencement of January 2022

- Athlete full compliance with the online ‘Kitman’ monitoring (daily submission) from September 2021, to be monitored by the Head of Performance Analysis
- Regular ‘In-Touch’ status established with at least one of the National Centres (if not a full time member of a National Centre)
- Other than in extenuating circumstances, athlete to compete in the Swim Ireland Super Series meets in the 2021-2022 season
- Athlete to compete in the 2021 LEN European Championships (25m), 2021 FINA World Championships (25m) and/or the 2021 Irish National SC Championships
- Athlete to compete in the 2022 Irish Open Championships
- Athlete to compete in the 2022 LEN European Junior Championships, the 2022 FINA World Championships (50m), the 2022 LEN European Championships (50m), the 2022 Commonwealth Games, the 2022 FINA World Junior Championships and/or the 2022 Irish Summer Nationals
- Athletes accepting their place on the National Programme should not take extended (5 days or more) holidays in the periods 20th September 2021 to 24th December 2021 and 1st January 2022 to the identified and agreed summer benchmark/s meet in 2022. Athletes planning to take extended holidays during these periods should decline an invitation to join the National Programme. Athletes found to be taking extended holidays during the season will be removed from the National Programme and also put their position on the National Programme in the following season in jeopardy
- All section of the programme are optional for selected athletes and will be initiated through the National Centres. Athletes who are not full time members of a National Centre will be identified by the National Head Coach (Swimming) for targeted National Programme interventions and invited to participate on an individualised and bespoke basis. Associated costs for each invite will be provided to athletes within invites. Athletes on the PE Programme who do not receive an invitation to a particular intervention may write to the National Head Coach (Swimming) to request such an invite, providing an explanation as to why they feel that this would be of benefit to them for the season and or the Olympic cycle. The decision of the National Performance Director will be final on all such matters

Provisional Programme & Key Dates
<i>All dates are subject to ratification and change as necessary and all activities are subject to budget allocation</i>
Onshore Orientation Camp 1 and European SC Preparation Camp (Q4 2021) - Dublin
Onshore Event Camp 2 (Q4 2021) – Limerick
Identified Athlete Offshore Meet (Q1 2022)
Identified Athlete Offshore Camp (Q1 2022)
Onshore Event Camp 3 (Q1 2022) – Bangor
Support Services at the McCullagh International (Q1 2022)
Identified Athlete Offshore Meet (Q2 2022)
Support Services at the Irish Open Championships (Q2 2022)
<i>Subject to Retention</i>
Identified Athlete Offshore Meet (Q2 2022)
Identified Athlete Offshore Camp (Q3 2022)

Performance Transition Cohort (PT)

Age Groups:	Males Born 1999 or Later	Females Born 2000 or Later
Athlete Quota:	Up to 15	
Athlete Responsibility:	National Performance Director National Head Coach (Swimming) 2021-2022 & 2022-2023 National Performance Pathway Manager 2023-2024	

Selection Criteria:

Athletes are to achieve one or more of the following Selection Criteria:

1. Athletes who have produced a performance in an Olympic event which is on or inside the Consideration Standard listed on pages 13-16 from one of the following meets only:
 - 2021 Irish National Team Trials
 - 2021 LEN European LC Championships (including relay lead off legs)
 - 2021 Swim Ireland Performance Meet
 - 2021 LEN European Junior Championships
 - 2021 Irish Summer Meet
 - 2021 Olympic Games (including relay lead off legs)
 - 2021 Irish National SC Championships
 - 2021 LEN European Championships (25m)

Athletes who achieve the Selection Criteria via a long course performance (pages 13 & 15) will be given priority of place over athletes who achieve the Selection Criteria via a short course performance (pages 14 & 16)

Athletes who meet the long course Consideration Criteria will be advised on or before 20th September 2021 and invited to an initial introductory Event Camp in October 2021

Affirmation Criteria (January 2022):

To be fully affirmed for the programme from January 2022 through to the 2022 Irish Open Championships, athletes must achieve a minimum of an 85% compliance figure on their Kitman daily submission from 20th September 2021 up to and including 3rd January 2022

In the case where more than 15 athletes achieve the Consideration and Affirmation Criteria, the athletes will be ranked as a percentage inside of the standard, to the maximum Programme size of 15

Retention Criteria (April 2022):

To be retained on the programme for the period from the 2022 Irish Open Championships - August 2022, athletes must:

1. Achieve a minimum of an 85% compliance figure on their Kitman daily submission from 3rd January 2022 through to 19th April 2022
2. Achieve one or more of the published Individual Event Consideration Standards (see pages 13 & 15) at the 2022 Irish Open Championships only

Athlete and/or Home Programme Coach Obligations:

- Home programme coach Seasonal Overview provided to the National Performance Director and the National Head Coach (Swimming) at the commencement of January 2022
- Athlete full compliance with the online 'Kitman' monitoring (daily submission) from September 2021, to be monitored by the Head of Performance Analysis
- Regular 'In-Touch' status established with at least one of the National Centres (if not a full time member of a National Centre)

- Other than in extenuating circumstances, athlete to compete in the Swim Ireland Super Series meets in the 2021-2022 season
- Athlete to compete in the 2021 LEN European Championships (25m), 2021 FINA World Championships (25m) and/or the 2021 Irish National SC Championships
- Athlete to compete in the 2022 Irish Open Championships
- Athlete to compete in the 2022 LEN European Junior Championships, the 2022 FINA World Championships (50m), the 2022 European Youth Olympic Festival, the 2022 LEN European Championships (50m), the 2022 Commonwealth Games, the 2022 FINA World Junior Championships and/or the 2022 Irish Summer Nationals
- Athletes accepting their place on the National Programme should not take extended (5 days or more) holidays in the periods 20th September 2021 to 24th December 2021 and 1st January 2022 to the identified and agreed summer benchmark/s meet in 2022. Athletes planning to take extended holidays during these periods should decline an invitation to join the National Programme. Athletes found to be taking extended holidays during the season will be removed from the National Programme and also put their position on the National Programme in the following season in jeopardy
- All section of the programme are optional for selected athletes and will be initiated through the National Centres. Athletes who are not full time members of a National Centre will be identified by the National Head Coach (Swimming) for targeted National Programme interventions and invited to participate on an individualised and bespoke basis. Associated costs for each invite will be provided to athletes within invites. Athletes on the PE Programme who do not receive an invitation to a particular intervention may write to the National Head Coach (Swimming) to request such an invite, providing an explanation as to why they feel that this would be of benefit to them for the season and or the Olympic cycle. The decision of the National Performance Director will be final on all such matters

Provisional Programme & Key Dates
<i>All dates are subject to ratification and change as necessary and all activities are subject to budget allocation</i>
Onshore Orientation Camp 1 and European SC Preparation Camp (Q4 2021) – Dublin
Onshore Event Camp 2 (Q4 2021) – Limerick
Identified Athlete Offshore Meet (Q1 2022)
Identified Athlete Offshore Camp (Q1 2022)
Onshore Event Camp 3 (Q1 2022) – Bangor
Support Services at the McCullagh International (Q1 2022)
Identified Athlete Offshore Meet (Q2 2022)
Identified Athlete Onshore Camp (Q2 2022)
Support Services at the Irish Open Championships (Q2 2022)
<i>Subject to Retention</i>
Identified Athlete Offshore Camp (Q3 2022)
Identified Athlete Offshore Meet (Q3 2022)

Performance Pathway Cohort (PP)

Age Groups:	Males Born 2004 or Later	Females Born 2005 or Later
Athlete Quota:	Up to 12	
Athlete Responsibility:	National Performance Director National Performance Pathway Manager	

Selection Criteria:

Athletes are to achieve one or more of the following Selection Criteria:

1. Athletes who have produced a performance in an Olympic event which is on or inside the Consideration Standard listed on pages 13-16 from one of the following meets only:
 - 2021 Irish National Team Trials
 - 2021 LEN European LC Championships (including relay lead off legs)
 - 2021 Swim Ireland Performance Meet
 - 2021 LEN European Junior Championships
 - 2021 Irish Summer Meet
 - 2021 Olympic Games (including relay lead off legs)
 - 2021 Irish National SC Championships
 - 2021 LEN European Championships (25m)

Athletes who achieve the Selection Criteria via a long course performance (pages 13 & 15) will be given priority of place over athletes who achieve the Selection Criteria via a short course performance (pages 14 & 16)

Athletes who meet the long course Consideration Criteria will be advised on or before 20th September 2021 and invited to an initial introductory Event Camp in October 2021

Affirmation Criteria (January 2022):

To be fully affirmed for the programme from January 2022 through to the 2022 Irish Open Championships, athletes must achieve a minimum of an 85% compliance figure on their Kitman daily submission from 20th September 2021 up to and including 3rd January 2022

In the case where more than 12 athletes achieve the Consideration and Affirmation Criteria, the athletes will be ranked as a percentage inside of the standard, to the maximum Programme size of 12

Athletes who are affirmed for Programme membership in January 2022 will be required to pay the balance of the Annual Membership Fee at this stage

Retention Criteria (April 2022):

To be retained on the programme for the period from the 2022 Irish Open Championships - August 2022, athletes must:

1. Achieve a minimum of an 85% compliance figure on their Kitman daily submission from 3rd January 2022 through to and including 19th April 2022
2. Male athletes born 2006 or later & Female athletes born 2007 or later achieve two or more of the published long course Consideration Standards (see pages 13 & 15) at the 2022 Irish Open Championships only
3. Male athletes born 2004 & 2005 & Female athletes born 2005 & 2006 achieve one or more of the published long course Consideration Standards (see pages 13 & 15) at the 2022 Irish Open Championships only

Athlete and/or Home Programme Coach Obligations:

- Home programme coach Seasonal Overview provided to the National Performance Director and the National Performance Pathway Manager at the commencement of January 2022

- Athlete full compliance with the online ‘Kitman’ monitoring (daily submission) from September 2021, to be monitored by the Head of Performance Analysis
- Regular ‘In-Touch’ status established with at least one of the National Centres (if not a full time member of a National Centre)
- Other than in extenuating circumstances, athlete to compete in the Swim Ireland Super Series meets in the 2021-2022 season
- Athlete to compete in the 2021 Irish National SC Championships or the 2021 LEN European SC Championships
- Athlete to compete in the 2022 Irish Open Championships
- Athlete to compete in the 2022 LEN European Junior Championships, the 2022 European Youth Olympic Festival and/or the 2022 Irish Summer Nationals
- Athletes accepting their place on the National Programme should not take extended (5 days or more) holidays in the periods 20th September 2021 to 24th December 2021 and 1st January 2022 to the identified and agreed summer benchmark/s meet in 2022. Athletes planning to take extended holidays during these periods should decline an invitation to join the National Programme. Athletes found to be taking extended holidays during the season will be removed from the National Programme and also put their position on the National Programme in the following season in jeopardy
- Considerations will be made in relation to key academic/examination periods and selected athletes wishing to be excused from part of the Programme must write to the National Performance Pathway Manager (andrewreid@swimireland.ie) no less than two full calendar months in advance of such a request around a particular date/s
- For athletes who have an illness or an injury which, (in the NPPM’s opinion) justifies non-attendance at a particular National Programme activity, they may seek to be excused (at the NPPM’s discretion) subject to the receipt of a satisfactory doctor’s note/certificate (illness) or chartered physiotherapist’s note/certificate (injury) prior to the request

Provisional Programme & Key Dates
<i>All dates are subject to ratification and change as necessary and all activities are subject to budget allocation</i>
Onshore Orientation Camp 1 and European SC Preparation Camp (Q4 2021) – Dublin
Onshore Event Camp 2 (Q4 2021) – Limerick
Identified Athlete Offshore Meet (Q1 2022)
Onshore Event Camp 3 (Q1 2022) – Bangor
Support Services at the McCullagh International (Q1 2022)
Identified Athlete Onshore Camp (Q2 2022)
Support Services at the Irish Open Championships (Q2 2022)
<i>Subject to Retention</i>
Identified Athlete Offshore Meet (Q3 2022)

MALE CONSIDERATION TIMES (LONG COURSE) 2021-2022						
Event	Performance (PE)	Performance Transition (PT)		Performance Pathway (PP)		
	Any Age	Born 1999 - 2002	Born 2003	Born 2004	Born 2005	Born 2006 or Later
50m Freestyle	22.62	23.07	23.51	23.95	24.40	25.06
100m Freestyle	49.75	50.72	51.70	52.67	53.65	55.11
200m Freestyle	1:49.20	1:51.34	1:53.48	1:55.62	1:57.77	2:00.98
400m Freestyle	3:52.71	3:57.28	4:01.84	4:06.40	4:10.97	4:17.81
800m Freestyle	8:02.57	8:12.03	8:21.50	8:30.96	8:40.42	8:54.61
1500m Freestyle	15:22.73	15:40.83	15:58.92	16:17.01	16:35.10	17:02.24
100m Backstroke	55.11	56.19	57.27	58.35	59.43	1:01.05
200m Backstroke	2:00.43	2:02.79	2:05.15	2:07.52	2:09.88	2:13.42
100m Breaststroke	1:00.94	1:02.14	1:03.33	1:04.53	1:05.73	1:07.52
200m Breaststroke	2:12.93	2:15.53	2:18.14	2:20.75	2:23.35	2:27.26
100m Butterfly	53.00	54.04	55.08	56.12	57.16	58.71
200m Butterfly	1:59.04	2:01.38	2:03.71	2:06.05	2:08.38	2:11.88
200m I.M.	2:02.16	2:04.55	2:06.95	2:09.34	2:11.74	2:15.33
400m I.M.	4:22.63	4:27.78	4:32.93	4:38.08	4:43.23	4:50.95

MALE CONSIDERATION TIMES (SHORT COURSE) 2021-2022

Event	Performance Transition (PT)		Performance Pathway (PP)		
	Born 1999 -2002	Born 2003	Born 2004	Born 2005	Born 2006 or Later
50m Freestyle	22.40	22.83	23.26	23.69	24.33
100m Freestyle	49.25	50.20	51.14	52.09	53.51
200m Freestyle	1:48.78	1:50.87	1:52.96	1:55.06	1:58.20
400m Freestyle	3:53.01	3:57.49	4:01.96	4:06.45	4:13.17
800m Freestyle	8:00.20	8:09.90	8:19.60	8:29.84	8:43.70
1500m Freestyle	15:18.70	15:37.20	15:55.70	16:15.08	16:41.80
100m Backstroke	54.56	55.61	56.66	57.71	59.28
200m Backstroke	1:59.23	2:01.52	2:03.82	2:06.11	2:09.55
100m Breaststroke	59.97	1:01.11	1:02.27	1:03.43	1:05.16
200m Breaststroke	2:10.79	2:13.31	2:15.82	2:18.33	2:22.11
100m Butterfly	53.39	54.42	55.45	56.47	58.01
200m Butterfly	1:59.20	2:01.48	2:03.78	2:06.07	2:09.51
200m I.M.	2:01.40	2:03.90	2:06.20	2:08.70	2:12.40
400m I.M.	4:18.41	4:23.38	4:28.35	4:33.32	4:40.77

FEMALE CONSIDERATION TIMES (LONG COURSE) 2021-2022

Event	Performance (PE)	Performance Transition (PT)		Performance Pathway (PP)		
	Any Age	Born 2000 - 2003	Born 2004	Born 2005	Born 2006	Born 2007 or Later
50m Freestyle	25.54	26.04	26.54	27.04	27.54	28.30
100m Freestyle	55.34	56.42	57.51	58.59	59.68	1:01.30
200m Freestyle	2:01.03	2:03.41	2:05.78	2:08.15	2:10.53	2:14.09
400m Freestyle	4:15.58	4:20.59	4:25.60	4:30.62	4:35.63	4:43.14
800m Freestyle	8:48.26	8:58.62	9:08.97	9:19.33	9:29.69	9:45.23
1500m Freestyle	16:49.36	17:09.15	17:28.94	17:48.74	18:08.53	18:38.21
100m Backstroke	1:01.80	1:03.01	1:04.23	1:05.44	1:06.65	1:08.47
200m Backstroke	2:13.70	2:16.32	2:18.94	2:21.57	2:24.19	2:28.12
100m Breaststroke	1:08.78	1:10.13	1:11.48	1:12.82	1:14.17	1:16.20
200m Breaststroke	2:28.83	2:31.75	2:34.66	2:37.58	2:40.50	2:44.88
100m Butterfly	59.50	1:00.66	1:01.83	1:03.00	1:04.16	1:05.91
200m Butterfly	2:11.79	2:14.38	2:16.96	2:19.55	2:22.13	2:26.01
200m I.M.	2:15.64	2:18.30	2:20.96	2:23.62	2:26.28	2:30.27
400m I.M.	4:48.72	4:54.38	5:00.04	5:05.70	5:11.37	5:19.86

FEMALE CONSIDERATION TIMES (SHORT COURSE) 2021-2022

Event	Performance Transition (PT)		Performance Pathway (PP)		
	Born 2000 - 2003	Born 2004	Born 2005	Born 2006	Born 2007 or Later
50m Freestyle	25.57	26.06	26.55	27.04	27.79
100m Freestyle	55.40	56.47	57.54	58.61	1:00.20
200m Freestyle	2:01.93	2:04.27	2:06.61	2:08.96	2:12.48
400m Freestyle	4:18.77	4:23.74	4:28.73	4:33.70	4:41.16
800m Freestyle	8:47.80	8:58.40	9:08.90	9:19.50	9:35.20
1500m Freestyle	16:46.97	17:06.40	17:25.74	17:45.23	18:16.49
100m Backstroke	1:02.25	1:03.46	1:04.65	1:05.85	1:07.65
200m Backstroke	2:14.68	2:17.27	2:19.87	2:22.46	2:26.34
100m Breaststroke	1:08.10	1:09.41	1:10.71	1:12.02	1:13.99
200m Breaststroke	2:29.02	2:31.88	2:34.74	2:37.61	2:41.91
100m Butterfly	1:00.24	1:01.40	1:02.56	1:03.71	1:05.45
200m Butterfly	2:13.44	2:16.00	2:18.57	2:21.14	2:24.99
200m I.M.	2:15.40	2:18.20	2:20.80	2:23.60	2:27.70
400m I.M.	4:49.08	4:54.64	5:00.20	5:05.77	5:14.10

National Programme Athlete Charter

Background

The Athlete Charter was originally written and constructed by 40 Irish international athletes (swimmers & divers) at the Swim Ireland National Team Day in 2017 and was reviewed on the National Programme Orientation Day in September 2018 and September 2019 and will be reviewed by such athletes on an annual basis

Introduction

This is our Charter – the sections Ethos, Behaviour and Performance embody our beliefs. We are a team of talented athletes who will achieve our best performances when it matters

Ethos

Our team has a unique quality - we are Ireland. With a positive mindset, self-belief and 100% commitment, we are capable of a success that will be remembered forever. We view each other as champions, trust our teammates to make good decisions, have each other's backs and support the team as a whole. We believe in a 24-hour focus to be the best that we can be through hard work and recuperation, We believe in having the craic and in enjoying being Team Ireland

Behaviour

I am a professional; I am well prepared, I wear my colours with pride and I am recognised for my dedication, skill, hard work, honesty and commitment. I am part of the team. I know my teammates and, win or lose, I encourage, support and motivate them. I am resilient and have the support to handle any outcome. I trust my coaching team and follow the process with a positive attitude to all that is training and all that is performance. I am always ready to embrace and adapt to innovative and changing practices

Performance

I am part of an elite team, engaging 24/7 to perform to my best with a professional attitude. I will give total commitment to my performance, stepping up on the day to achieve positive results. I understand that one performance does not define me; I will strive to be consistent and get the little things correct. I will embrace easy gains giving myself the best opportunities to succeed. I will know that I have given my all for myself and the team

We put the green tracksuit first, performing as a team and not as a collection of individuals

'sham-R-O-C-K'

R - Respect – we respect ourselves, our team-mates, our competitors, and those working with and for us;

O - Ownership – we own our behaviours, we own our performance;

C - Commitment – we are committed to our ethos, our behaviour, our team and our performance;

K - Knowledge – we know our sport and we know what is expected of us and from us