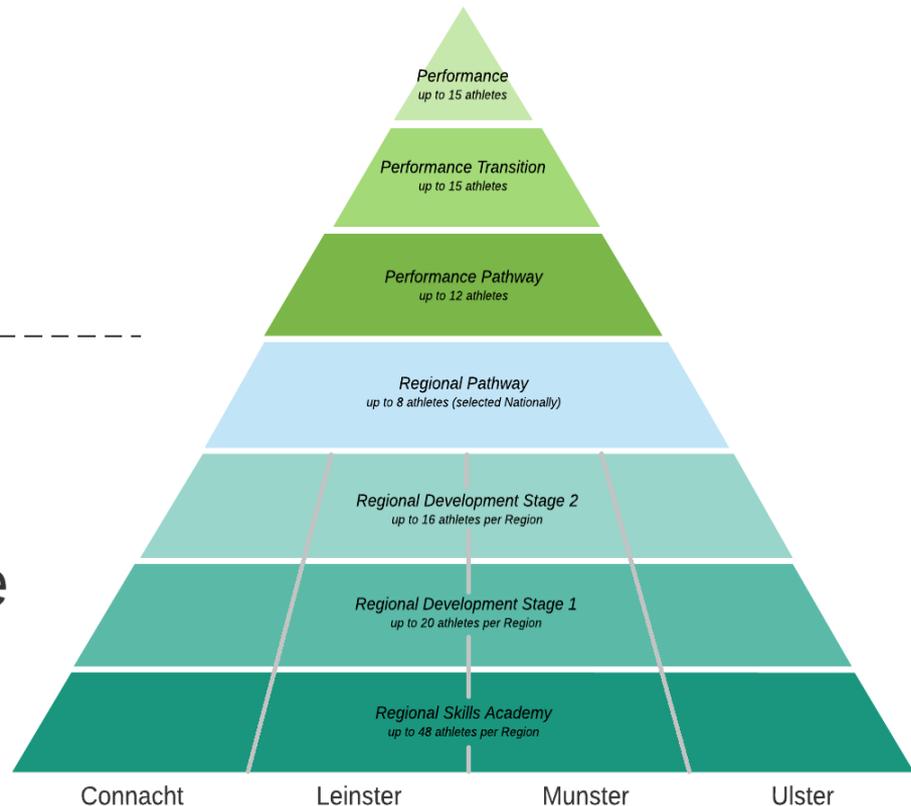


National Programme
2022-2023 Season
(Swimming)

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 the 2028 Olympic Games 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 within each Region. 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 2023
- 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 'On This Performance Team' booklet
- 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

- The National Programme supports athletes through to the 2023 Irish Open Championships (the period September 2022 – April 2023). Support and interventions for athletes in the period May 2023 – August 2023 is focused on those athletes selected to compete in a National Team in this period

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 and the 2022-2023 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 2022-2023

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 Team Panel 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
- Personal accountability
- Exemplary training attendance and commitment in the home programme

National Team Panel

The Swim Ireland National Performance Director, the National Team Panel coaches and the National Performance Pathway Manager will oversee the implementation of the National Programme. In the 2022-2023 season and with Swim Ireland Performance Senior Leadership Team (SLT) support, the National Team Panel coaches will be the Lead Coaching team for the PE & PT identified athletes, and the National Performance Pathway Manager will be the Lead Coach for the PP identified athletes

The National Team Panel for the 2022-2023 comprises of the following Performance staff with their responsibilities also listed below:

Jon Rudd (National Performance Director)

- General Oversight

John Szaraneck (Head Coach National Centre (Limerick))

- PE & PT Oversight for Female Athletes
- PE & PT Domestic Camp Strategic Direction

Kevin Anderson (Head Coach National Centre (Ulster))

- PE & PT Oversight for Male Athletes
- PE & PT Competition Calendar Strategic Direction

Steven Beckerleg (Head Coach National Centre (Dublin))

- Oversight for National Team Relays
- Altitude Programme Strategic Direction

Andrew Reid (National Performance Pathway Manager)

- PP Oversight for Male & Female Athletes
- PP Domestic Camp & Competition Calendar Strategic Direction

Staff Structure

National Programme coaches can be identified to support the programme and may be invited/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:

- Be a registered Swim Ireland member for the 2021-2022 and the 2022-2023 season (*);
- Be in good standing with Swim Ireland;
- Be a full time resident within Ireland (*);
- Be a practising coach within an Irish swimming programme (*);
- 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;
- Be holders of a Swim Ireland Coaching Licence or international equivalent;
- Be available to fulfil the obligations of an identified National Programme intervention;
- 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 and to work in association with National Centre coaches when athletes train in a Centre on an 'In Touch' basis
- 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 Performance 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 respective member of the National Team Panel. 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 Team Panel 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 respective member of the National Team Panel 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 respective National Team Panel coach 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 2022-2023 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 2022, 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 2022-2023 and is non-refundable if no interventions are taken up. Other than the Onshore Camp in Q4 of 2022, all offered sections/interventions within the programme are optional

- For the 2022-2023 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 2022-2023 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 2022, 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 2022-2023 and is non-refundable if no interventions are taken up. Other than the Onshore Camp in Q4 of 2022, all offered sections/interventions within the programme are optional
- For the 2022-2023 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 the 'active' cohort of the programme, with athletes who reside in Europe being given an 'honorary' position within the PP programme, which does not require an annual fee; such athletes will be required to submit their Season Plan and complete Kitman submissions as per pages 10-11. For those who reside in Europe, the fee will be agreed annually:

- For the 2022-2023 season, the Membership Fee is **€500.00** and is to be paid in two instalments:
 - i) €150.00 before the end of September 2022;
 - ii) €350.00 at the commencement of January 2023

All sections/interventions within the PP programme are mandatory

Confirmation Timeline

Athletes who meet the Consideration Criteria and are invited to the National Programme will be advised on or before 22nd September 2022

Performance Cohort (PE)

Age Groups:	All Ages
Athlete Quota:	Up to 12
Athlete Responsibility:	National Performance Director National Team Panel Coaches

Consideration Criteria (September 2022):

1. In the first instance, athletes who were members of the 2021-2022 National Programme must have satisfactorily fulfilled all obligations of the programme (including their participation at the required meets within the 2021-2022 season) to be considered for the 2022-2023 programme

For athletes to be considered for the 2022-2023 National Programme, they are to achieve one or more of the following Selection Criteria:

2. Athletes who are funded via the Sport Ireland International Carding Scheme in 2023
3. 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 12 & 13 from one of the Identification Meets only
4. Athletes can be considered for the National Performance Programme for Relay purposes via the Consideration Standards/Criteria listed on page 14 from one of the Identification Meets only

Identification Meets

- 2022 Irish Open Championships
 - 2022 FINA World Championships (50m) (including relay lead off legs)
 - 2022 LEN European Junior Championships
 - 2022 Commonwealth Games (including relay lead off legs)
 - 2022 European Youth Olympic Festival (including relay lead off legs)
 - 2022 Irish Summer National Championships
 - 2022 LEN European Championships (50m) (including relay lead off legs)
5. The National Performance Director can recommend additional athletes to the National Performance Programme at his professional discretion and such recommendations would require an endorsement from the Performance Senior Leadership Team before the athlete can be confirmed. There is no obligation on the National Performance Director to recommend such additional athletes

Affirmation Criteria (January 2023):

To be fully affirmed for the programme from January 2023 through to the 2023 Irish Open Championships, athletes must achieve a minimum of an 85% compliance figure on their Kitman daily submission from 19th September 2022 up to and including 2nd January 2023. 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

Athlete and/or Home Programme Coach Obligations:

- Home programme coach Seasonal Overview provided to the National Performance Director and the respective National Team Panel coach during September 2022
- Athlete full compliance with the online 'Kitman' monitoring (daily submission) from September 2022, 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)

- Where an athlete is not selected to compete in the 2022 FINA World Championships (25m), the athlete shall compete in the 2022 Irish National Championships (25m)
- Athletes shall compete in the 2023 Irish Open Championships
- Athletes shall compete in the 2023 LEN European Junior Championships, the 2023 FINA World Championships (50m), the 2023 FISU World University Games and/or the 2023 Irish Summer National Championships
- Athletes accepting their place on the National Programme should not take extended (5 days or more) holidays in the periods 19/09/22 to 24/12/22 and 01/01/23 to the identified and agreed summer benchmark/s meet in 2023. 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 Programme in the following season in jeopardy
- Other than the Onshore Camp in Q4 of 2022, all sections 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 Team Panel 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 Performance Director 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>
Identified Athlete Relay Camp (Q4 2022) – Limerick, Ireland
Inter-Provincial Meet (Q4 2022) – Limerick, Ireland
Identified Athlete Offshore Camp (Q4 2022) – Flagstaff, USA
Onshore Camp (Q4 2022) – Dublin, Ireland – MANDATORY PARTICIPATION
Identified Athlete Offshore Meet (Q4 2022) – Stockport, England
Identified Athlete Offshore Camp (Q1 2023) – Sierra Nevada, Spain
Identified Athlete Offshore Meet (Q1 2023) – Flanders, Belgium with an alternative meet to be sought for those who attend the Sierra Nevada camp
Identified Athlete Relay Camp (Q1 2023) – Dublin, Ireland
Inter-Provincial Meet (Q1 2023) – Dublin, Ireland
Support Services at the McCullagh International Meet (Q1 2023) – Bangor, Ireland
Identified Athlete Offshore Meet (Q2 2023) – Edinburgh, Scotland
Support Services at the Irish Open Championships (Q2 2023)

Performance Transition Cohort (PT)

Age Groups: Males Born 1999 – 2004 (Event Specific)
Females Born 1999 – 2005 (Event Specific)

Athlete Quota: Up to 16

Athlete Responsibility: National Performance Director
National Team Panel Coaches

Selection Criteria (September 2022):

1. In the first instance, athletes who were members of the 2021-2022 National Programme must have satisfactorily fulfilled all obligations of the programme (including their participation at the required meets within the 2021-2022 season) to be considered for the 2022-2023 programme
2. For athletes to be considered for the 2022-2023 National Programme, they will have produced a performance in an Olympic event which is on or inside the Consideration Standard listed on pages 12 & 13 from one of the following Identification Meets only:

Identification Meets

- 2022 Irish Open Championships
 - 2022 FINA World Championships (50m) (including relay lead off legs)
 - 2022 LEN European Junior Championships
 - 2022 Commonwealth Games (including relay lead off legs)
 - 2022 European Youth Olympic Festival (including relay lead off legs)
 - 2022 Irish Summer National Championships
 - 2022 LEN European Championships (50m) (including relay lead off legs)
3. Athletes who finished in a Top-12 position at the 2022 LEN European Junior Open Water Championships can be considered for the National Performance Programme
 4. The National Performance Director can recommend additional athletes to the National Programme at his professional discretion and such recommendations would require an endorsement from the Performance Senior Leadership Team before the athlete can be confirmed. There is no obligation on the National Performance Director to recommend such additional athletes

Affirmation Criteria (January 2022):

To be fully affirmed for the programme from January 2023 through to the 2023 Irish Open Championships, athletes must achieve a minimum of an 85% compliance figure on their Kitman daily submission from 19th September 2022 up to and including 2nd January 2023. In the case where more than 16 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 16

Athlete and/or Home Programme Coach Obligations:

- Home programme coach Seasonal Overview provided to the National Performance Director and the respective National Team Panel coach during September 2022
- Athlete full compliance with the online 'Kitman' monitoring (daily submission) from September 2022, 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)

- Where an athlete is not selected to compete in the 2022 FINA World Championships (25m), the athlete shall compete in the 2022 Irish National Championships (25m)
- Athletes shall compete in the 2023 Irish Open Championships
- Athletes shall compete in the 2023 LEN European Junior Championships, the 2023 FINA World Championships (50m), the 2023 FISU World University Games and/or the 2023 Irish Summer National Championships
- Athletes accepting their place on the National Programme should not take extended (5 days or more) holidays in the periods 19/09/22 2022 to 24/12/22 and 01/01/23 to the identified and agreed summer benchmark/s meet in 2023. 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
- Other than the Onshore Camp in Q4 of 2022, all sections 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 Team Panel 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 Performance Director 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>
Identified Athlete Relay Camp (Q4 2022) – Limerick, Ireland
Inter-Provincial Meet (Q4 2022) – Limerick, Ireland
Identified Athlete Offshore Camp (Q4 2022) – Flagstaff, USA
Onshore Camp (Q4 2022) – Dublin, Ireland - MANDATORY PARTICIPATION
Identified Athlete Offshore Meet (Q4 2022) – Stockport, England
Identified Athlete Offshore Camp (Q1 2023) – Sierra Nevada, Spain
Identified Athlete Offshore Meet (Q1 2023) – Flanders, Belgium with an alternative meet to be sought for those who attend the Sierra Nevada camp
Identified Athlete Relay Camp (Q1 2023) – Dublin, Ireland
Inter-Provincial Meet (Q1 2023) – Dublin, Ireland
Support Services at the McCullagh International Meet (Q1 2023) – Bangor, Ireland
Identified Athlete Offshore Meet (Q2 2023) – Edinburgh, Scotland
Support Services at the Irish Open Championships (Q2 2023)

Performance Pathway Cohort (PP)

Age Groups:	Males Born 2005 or Later Females Born 2006 or Later
Athlete Quota:	Up to 20
Athlete Responsibility:	National Performance Director National Performance Pathway Manager

Selection Criteria:

1. In the first instance, athletes who were members of the 2021-2022 National Programme must have satisfactorily fulfilled all obligations of the programme (including their participation at the required meets within the 2021-2022 season) to be considered for the 2022-2023 programme
2. For athletes to be considered for the 2022-2023 National Programme, they will have produced a performance in an Olympic event which is on or inside the Consideration Standard listed on pages 12 & 13 from one of the following Identification Meets only:

Identification Meets

- 2022 Irish Open Championships
 - 2022 FINA World Championships (50m) (including relay lead off legs)
 - 2022 LEN European Junior Championships
 - 2022 Commonwealth Games (including relay lead off legs)
 - 2022 European Youth Olympic Festival (including relay lead off legs)
 - 2022 Irish Summer National Championships
 - 2022 LEN European Championships (50m) (including relay lead off legs)
3. Athletes who finished in a Top-12 position at the 2022 LEN European Junior Open Water Championships can be considered for the National Performance Programme
 4. The National Performance Director can recommend additional athletes to the National Programme at his professional discretion and such recommendations would require an endorsement from the Performance Senior Leadership Team before the athlete can be confirmed. There is no obligation on the National Performance Director to recommend such additional athletes

Affirmation Criteria (January 2022):

To be fully affirmed for the programme from January 2023 through to the 2023 Irish Open Championships, athletes must achieve a minimum of an 85% compliance figure on their Kitman daily submission from 19th September 2022 up to and including 2nd January 2023. In the case where more than 20 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 20. Athletes who are affirmed for Programme membership in January 2023 will be required to pay the balance of the Annual Membership Fee at this stage

Athlete and/or Home Programme Coach Obligations:

- Home programme coach Seasonal Overview provided to the National Performance Director and the National Performance Pathway Manager during September 2022
- Athlete full compliance with the online 'Kitman' monitoring (daily submission) from September 2022, 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)

- Where an athlete is not selected to compete in the 2022 FINA World Championships (25m), the athlete shall compete in the 2022 Irish National Championships (25m)
- Athletes shall compete in the 2023 Irish Open Championships
- Athletes shall compete in the 2023 LEN European Junior Championships, the 2023 FINA World Championships (50m), the 2023 FISU World University Games and/or the 2023 Irish Summer National Championships
- Athletes accepting their place on the National Programme should not take extended (5 days or more) holidays in the periods 19/09/22 to 24/12/22 and 01/01/23 to the identified and agreed summer benchmark/s meet in 2023. 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 sections/interventions within the PP programme are mandatory. 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 (for those who reside in Europe)
<i>All dates are subject to ratification and change as necessary and all activities are subject to budget allocation</i>
Identified Athlete Relay Camp (Q4 2022) – Limerick, Ireland
Inter-Provincial Meet (Q4 2022) – Limerick, Ireland
Onshore Camp (Q4 2022) – Dublin, Ireland
Support Services at the Irish National Championships (25m) (Q4 2022)
Identified Athlete Offshore Meet (Q1 2023) – Geneva, Switzerland
Onshore Camp (Q1 2023) – Bangor, Ireland
Inter-Provincial Meet (Q1 2023) – Dublin, Ireland
Support Services at the McCullagh International Meet (Q1 2023) – Bangor, Ireland
Support Services at the Irish Open Championships (Q2 2023)
All sections/interventions within the PP programme are <u>mandatory</u>

MALE CONSIDERATION STANDARDS (LONG COURSE) 2022-2023

EVENT	Performance (PE)	Performance Transition (PT)						Performance Pathway (PP)		
	Any Age	Born 1999	Born 2000	Born 2001	Born 2002	Born 2003	Born 2004	Born 2005	Born 2006	Born 2007 or Later
50m Freestyle	22.36	22.44	22.70	23.12	23.58	23.85	24.36	25.22	25.22	25.22
100m Freestyle	49.00	-	-	49.41	50.12	50.71	51.55	52.63	54.98	57.32
200m Freestyle	1:47.95	-	-	1:49.13	1:50.26	1:52.57	1:52.99	1:56.00	1:59.80	2:02.11
400m Freestyle	3:49.99	-	-	3:52.99	3:57.08	4:02.12	4:04.69	4:11.43	4:22.17	4:22.17
800m Freestyle	7:59.97	-	-	8:01.21	8:05.79	8:15.16	8:19.80	8:30.87	8:46.83	8:46.43
1500m Freestyle	15:15.35	-	-	15:22.54	15:30.54	15:37.61	15:51.54	16:14.94	16:37.55	16:37.55
100m Backstroke	54.57	-	54.96	54.98	55.44	55.65	56.47	58.02	59.47	1:02.18
200m Backstroke	1:59.25	-	-	1:59.79	2:00.95	2:01.26	2:04.34	2:06.52	2:10.28	2:15.46
100m Butterfly	52.46	-	53.11	53.56	54.31	55.13	56.05	57.63	58.90	58.90
200m Butterfly	2:00.94	-	-	-	2:02.00	2:03.88	2:05.24	2:07.11	2:11.66	2:17.52
100m Breaststroke	1:00.36	1:01.03	1:01.31	1:01.81	1:02.71	1:03.70	1:05.53	1:06.58	1:08.99	1:08.99
200m Breaststroke	2:11.22	-	2:12.52	2:14.36	2:15.60	2:18.54	2:23.75	2:26.41	2:26.41	2:26.41
200m I.M.	1:59.47	-	2:00.28	2:01.35	2:03.45	2:06.40	2:07.96	2:09.74	2:14.61	2:19.25
400m I.M.	4:17.16	-	4:19.32	4:22.56	4:25.35	4:29.81	4:35.14	4:43.17	4:43.17	4:43.17

FEMALE CONSIDERATION STANDARDS (LONG COURSE) 2022-2023											
EVENT	Performance (PE)	Performance Transition (PT)							Performance Pathway (PP)		
	Any Age	Born 1999	Born 2000	Born 2001	Born 2002	Born 2003	Born 2004	Born 2005	Born 2006	Born 2007	Born 2008 or Later
50m Freestyle	25.28	25.43	25.74	26.00	26.03	26.32	26.69	27.08	27.22	27.22	27.22
100m Freestyle	54.45	-	54.46	55.21	55.25	56.15	56.78	57.89	58.13	1:00.17	1:00.17
200m Freestyle	1:59.63	-	-	-	2:00.17	2:00.44	2:02.29	2:03.47	2:04.86	2:07.00	2:13.11
400m Freestyle	4:13.18	-	-	-	4:15.16	4:17.13	4:18.26	4:20.72	4:23.16	4:28.95	4:39.48
800m Freestyle	8:35.40	-	-	-	-	8:37.26	8:40.83	8:45.35	8:51.25	9:08.51	9:17.09
1500m Freestyle	16:42.33	-	-	-	-	16:42.48	16:55.33	17:06.00	17:25.26	17:46.76	17:46.76
100m Backstroke	1:00.77	-	-	1:01.39	1:02.12	1:03.02	1:03.23	1:04.00	1:04.78	1:06.44	1:07.85
200m Backstroke	2:12.67	-	-	-	2:13.70	2:16.18	2:18.20	2:19.77	2:22.51	2:25.13	2:28.54
100m Butterfly	59.15	-	-	59.73	1:00.39	1:00.56	1:01.41	1:01.93	1:03.28	1:04.80	1:04.80
200m Butterfly	2:10.68	-	-	2:11.05	2:14.18	2:14.67	2:15.27	2:17.03	2:18.51	2:19.72	2:19.72
100m Breaststroke	1:08.00	-	-	1:08.59	1:09.62	1:09.93	1:10.29	1:11.71	1:12.99	1:15.00	1:18.25
200m Breaststroke	2:26.66	-	2:27.32	2:29.65	2:30.58	2:32.96	2:34.49	2:38.64	2:39.51	2:42.23	2:42.23
200m I.M.	2:13.32	-	-	2:14.72	2:15.69	2:15.97	2:17.70	2:19.04	2:20.44	2:23.56	2:26.21
400m I.M.	4:48.64	-	-	-	-	4:52.49	4:52.89	4:58.29	5:02.79	5:08.45	5:15.55

RELAY CONSIDERATION STANDARDS/CRITERIA (LONG COURSE) 2022-2023

Performance (PE)	
Male 4 x 100m Freestyle Relay	Where two or more male athletes are selected to the National Programme within the Performance (PE) cohort via the 100m Freestyle (49.00), the Performance Senior Leadership team may select additional male athletes to the Programme to bring the total number of athletes on the Performance Programme via the male 100m Freestyle to no less than four if such athletes have achieved a time of 49.18 or faster at one of the Identification Meets
Male 4 x 200m Freestyle Relay	Where two or more male athletes are selected to the National Programme within the Performance (PE) cohort via the 200m Freestyle (1:47.95), the Performance Senior Leadership team may select additional male athletes to the Programme to bring the total number of athletes on the Performance Programme via the male 200m Freestyle to no less than four if such athletes have achieved a time of 1:49.10 or faster at one of the Identification Meets
Male 4 x 100m Medley Relay	Where two or more male athletes are selected to the National Programme within the Performance (PE) cohort via two different 100m events, the Performance Senior Leadership team may select two or more additional male athletes to the Programme if the combined time of the four athletes in each of the four 100m events from the Identification Meets is 3:36.61 or faster
Female 4 x 100m Freestyle Relay	Where two or more female athletes are selected to the National Programme within the Performance (PE) cohort via the 100m Freestyle (54.45), the Performance Senior Leadership team may select additional female athletes to the Programme to bring the total number of athletes on the Performance Programme via the female 100m Freestyle to no less than four if such athletes have achieved a time of 55.80 or faster at one of the Identification Meets
Female 4 x 200m Freestyle Relay	Where two or more female athletes are selected to the National Programme within the Performance (PE) cohort via the 200m Freestyle (1:59.63), the Performance Senior Leadership team may select additional female athletes to the Programme to bring the total number of athletes on the Performance Programme via the female 200m Freestyle to no less than four if such athletes have achieved a time of 2:03.31 or faster at one of the Identification Meets
Male 4 x 100m Medley Relay	Where two or more female athletes are selected to the National Programme within the Performance (PE) cohort via two different 100m events, the Performance Senior Leadership team may select two or more additional female athletes to the Programme if the combined time of the four athletes in each of the four 100m events from the Identification Meets is 4:03.76 or faster
Mixed 4 x 100m Medley Relay	Where two or more male or female athletes are selected to the National Programme within the Performance (PE) cohort via two different 100m events, the Performance Senior Leadership team may select two or more additional male or female athletes to the Programme if the combined time of the four athletes (two male/two female) in each of the four 100m events from the Identification Meets is 3:49.94 or faster