

# SWIM WALES

## WELSH NATIONAL YOUTH DEVELOPMENT PROGRAMME

### SELECTION TIMES 2012 / 2013

Males				
Event	1994	1995	1996	1997
100 FREE	51.51	52.09	52.83	
200 FREE	1:52.01	1:53.28	1:54.87	1:56.85
400 FREE	4:01.68	4:04.41	4:07.85	4:12.12
1500 FREE	16:00.44	16:11.28	16:24.97	16:41.95
100 BACK	57.04	57.68	58.49	
200BACK	2:02.91	2:04.29	2:06.04	2:08.22
100 BREAST	1:04.33	1:05.05	1:05.97	
200 BREAST	2:19.81	2:21.39	2:23.38	2:25.85
100 FLY	54.71	55.33	56.10	
200 FLY	2:02.46	2:03.84	2:05.58	2:07.75
200 I/M	2:05.30	2:06.71	2:08.50	2:10.72
400I/M	4:27.78	4:30.80	4:34.62	4:39.36

Females				
Event	1995	1996	1997	1998
100 FREE	57.18	57.82	58.64	
200 FREE	2:04.07	2:05.47	2:07.24	2:09.43
400 FREE	4:22.63	4:25.60	4:29.34	4:33.98
800 FREE	9:02.62	9:08.74	9:16.47	9:26.07
100 BACK	1:03.82	1:04.54	1:05.45	
200BACK	2:17.06	2:18.61	2:20.56	2:22.99
100 BREAST	1:10.77	1:11.57	1:12.58	
200 BREAST	2:33.88	2:35.61	2:37.80	2:40.53
100 FLY	1:01.56	1:02.26	1:03.13	
200 FLY	2:15.52	2:17.05	2:18.99	2:21.38
200 I/M	2:18.53	2:20.10	2:22.07	2:24.52
400I/M	4:55.91	4:59.25	5:03.46	5:08.70

## **SELECTION CRITERIA AND POLICY**

- Only swimmers eligible and committing to represent Wales will be selected for the programme.
- The National Youth Squad Swimmers will be selected on Monday 13<sup>th</sup> August 2012 and notified by 10<sup>th</sup> September 2011.
- Selections will be made from Accredited Long Course Meets from January to August 2012
- Overseas Long Course Meets at the discretion of the National Performance Director
- There are only a limited number of places, in the event of more than 20 swimmers achieving the selection times the National Performance Director reserves the right to improve the qualifying standards.
- Split times from relays will not be considered for selection.

## **2012 / 2013 National Youth Squad Programme**

- Commonwealth Games 2014 Briefing Camps 1<sup>st</sup> September 2012
- Christmas and New Year Camps – Swansea
- Celtic Tri Nations 2013 Camp and Meet Date TBC
- April 2013 School Half Term Training Camp
- Competition Programme in Europe TBC
- Individual Camps TBC
- There may be some clashes with the British Swimming Programme. The British Swimming dates will normally take precedence; however each individual programme will be discussed with the swimmer and their home coach to ensure that programmes are appropriate.

Please note this programme is subject to change.

## **Additional Conditions.**

- Swimmers will be required to submit an individual competition plan from September 2012 to August 2013 and also an Annual Training Plan. The National Performance Director and Home Coach will sign this off prior to acceptance on the National Programme.
- Swimmers may be required to participate in additional training camps as preparations for the 2014 Commonwealth Games (including relay squad training).
- Swimmers selected for the Relay Development Programme 2014 may be added to some aspects of the Senior Elite Programme.
- Swimmers may also be asked to attend some training sessions with their Regional Squads.
- Swimmers will be expected to participate in all aspects of the Swim Wales Sports Science Support Programme (including submitting monthly training logs).

## **Eligibility to Compete for Wales**

Qualification to swim for Wales is one of the following: either

- a) a native born in Wales
- b) born of a Welsh parent born in Wales
- c) resident in the Principality for more than 12 months if age 16 and under or 36 months if over 16

Swimmers wishing to be selected for any Swim Wales National, Regional, Relay or Development Squad must be a Member of Swim Wales.