

# SWIM WALES

## WELSH SENIOR ELITE PROGRAMME

### SELECTION TIMES 2012 / 2013

EVENT	MALES BORN				FEMALES BORN			
	OPEN	1991	1992	1993	OPEN	1992	1993	1994
50 F/S	22.51	22.15	22.65	22.79	25.50	25.56	25.66	25.83
100 F/S	50.42	50.53	50.74	51.06	55.97	56.09	56.32	56.68
200 F/S	1:49.64	1:49.87	1:50.33	1:51.04	2:01.45	2:01.70	2:02.21	2:02.99
400F/S	3:56.37	3:57.06	3:58.05	3:59.58	4:17.08	4:17.61	4:18.69	4:20.35
800 F/S	Not Applicable				8:51.14	8:52.25	8:54.48	8:57.91
1500 F	15:40.30	15:42.09	15:46.04	15:52.11	Not Applicable			
100 BC	55.83	55.95	56.18	56.54	1:02.47	1:02.60	1:02.87	1:03.27
200 BC	2:00.31	2:00.56	2:01.06	2:01.84	2:14.16	2:14.44	2:15.01	2:15.87
100 BR	1:02.97	1:03.10	1:03.36	1:03.77	1:09.28	1:09.42	1:09.71	1:10.16
200 BR	2:16.85	2:17.14	2:17.71	2:18.59	2:30.62	2:30.93	2:31.57	2:32.54
100FLY	53.55	53.66	53.89	54.23	1:00.26	1:00.38	1:00.64	1:01.03
200FLY	1:59.87	2:00.12	2:00.62	2:01.39	2:12.66	2:12.93	2:13.49	2:14.35
200 IM	2:02.65	2:02.91	2:04.42	2:04.21	2:15.60	2:15.89	2:16.46	2:17.33
400 IM	4:22.12	4:22.66	4:23.77	4:25.46	4:49.65	4:50.25	4:51.47	4:53.34

### SELECTION CRITERIA AND POLICY

- Only swimmers eligible and committing to represent Wales will be selected for the programme.
- The Welsh Senior Elite Swimmers will be selected on Monday 13<sup>th</sup> August 2012 and notified by the 10<sup>th</sup> September 2012
- 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.

Martyn Woodroffe  
 Swim Wales National Performance Director  
 October 2011

## **2012 / 2013 Senior Elite Programme**

- Commonwealth Games 2014 Briefing Camps 1<sup>st</sup> September 2012
- Christmas and New Year Camps – Swansea and Off Shore
- Celtic Tri Nations 2013 Camp and Meet Date TBC
- 2013 Training Camp and Competition TBC
- Competition Programme USA Grand Prix Date 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 may be added on the basis that they hold the fastest long course ranked time (January 2012 to August 2012) in each 100m Event and fastest four swimmers in the 100m & 200m Freestyle events. If these swimmers have already qualified through the qualifying times no additional swimmers will be added. This will enable the development of relay events for the 2014 Commonwealth Games. Swimmers may be asked to attend additional relay camps and clinics. Please note the National Performance Director reserves the right not to select additional swimmers.
- Swimmers selected for the Relay Development Programme 2014 may be added to some aspects of the Senior Elite Programme.

### **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.

Martyn Woodroffe  
Swim Wales National Performance Director  
October 2011