

ELITES SQUAD

Entry Criteria for the ELITES squad (Season 2023 - 2024)

> Born 2008 or older (Aged 16 or older by 31st December 2024)

> Must have **achieve 2 times** on the table below (25m or 50m) during the season 2022-2022 (September 2022 - July 2023)

Only **ONE** 50m time will be accepted. (e.g., 50 Free and 100 Breast would be accepted - 50 Free and 50 Breast won't be accepted)

[times are based on required 2023 County Qualification Times

WOMAN	2008	2007	2006 & Older
50 Free	29.96	29.67	28.60
100 Free	01:05.19	01:04.00	01:00.84
200 Free	02:20.58	02:18.30	02:13.97
400 Free	04:47.31	04:42.30	04:39.00
800 Free	09:52.95	09:47.00	09:42.57
1500 Free	19:10.20	18:51.50	18:35.20
50 Breast	38.44	38.24	37.04
100 Breast	01:25.75	01:22.50	01:19.36
200 Breast	03:00.86	02:58.48	02:52.08
50 Fly	33.69	32.46	31.33
100 Fly	01:15.00	01:12.29	01:08.95
200 Fly	03:00.86	02:53.70	02:41.70
50 Back	34.34	33.86	32.27
100 Back	01:14.00	01:12.55	01:09.64
200 Back	02:37.35	02:36.38	02:30.57
200 IM	02:42.00	02:38.00	02:33.72
400 IM	05:43.00	05:37.52	05:26.50

MAN	2008	2007	2006 & Older
50 Free	28.58	27.25	25.49
100 Free	01:03.16	59.38	54.86
200 Free	02:17.77	02:13.77	02:01.84
400 Free	04:46.81	04:33.62	04:16.97
800 Free	09:52.10	09:32.70	09:16.00
1500 Free	19:00.00	18:18.31	17:05.83
50 Breast	37.40	35.94	32.94
100 Breast	01:23.00	01:17.76	01:11.70
200 Breast	03:02.05	02:56.66	02:39.12
50 Fly	32.38	30.32	27.78
100 Fly	01:12.74	01:08.63	01:01.44
200 Fly	02:59.09	02:37.05	02:25.86
50 Back	33.49	31.82	29.38
100 Back	01:11.94	01:09.66	01:02.65
200 Back	02:35.75	02:28.70	02:17.45
200 IM	02:37.90	02:31.25	02:20.26
400 IM	05:29.28	05:16.17	04:54.29

Squad Goals and expectations

> Main Objective: **qualify for the County, Regional and National Championships**

> Swimmers **must** participate in all competitions they are selected for County, Region or National

> Being selected for a County team, Regional or National by age group and attend the team

> Finalist and medalist in main competitions

> If any injuries occur, a discussion between the Head coach, the swimmer's coach, the swimmer's parents and the swimmer will take place

> The final decision will be that of the Head coach

JUNIORS SQUAD

Entry Criteria for the SENIORS squad (Season 2023-2024)

- > Born 2006, 2007 and 2008 (Aged 16, 17 or 18 by 31st December 2024)
- > This squad is for swimmers of the described ages who have not achieved the criteria for another squad and/or decided to don't be in another squad for which they have made the criteria

Squad Goals and expectations

- > Swimmers must participate in all championships they are qualified for: County, Region
- > Main Objective: qualify for County Championships (additional expectation: qualify for regional championships)

Entry Criteria for the MINIMES squad (Season 2022 - 2023)

- > If any injuries occur, a discussion between the Head coach, the swimmer's coach, the swimmer's parents and the swimmer will take place
- > The final decision will be that of the Head coach

CADETS SQUAD

Entry Criteria for the CADETS squad (Season 2023-2024)

- > Born 2009 & 2010 (Aged 14-15 by 31st December 2024)
- > This squad is for swimmers of the described ages who have not achieved the criteria for another squad and/or decided to don't be in another squad for which they have made the criteria

Squad Goals and expectations

- > Swimmers must participate in all championships they are qualified for: County, Region
- > Main Objective: qualify for County Championships (additional expectation: qualify for regional championships)
- > If any injuries occur, a discussion between the Head coach, the swimmer's coach, the swimmer's parents and the swimmer will
- > The final decision will be that of the Head coach

MINIMES

Entry Criteria for the MINIMES squad (Season 2023 - 2024)

> Born 2010 and 2011 (Aged 13 and 14 by 31st December 2024)

> Must have **achieve 2 times** on the table below (25m or 50m) during the season 2022-2026 (September 2022 - July 2023)

ONE 50m time will be accepted (e.g., 50 Free and 100 Breast would be accepted - 50 Free and 50 Breast won't be accepted)

[times are based on required 2023 County Consideration Times for each age group]

WOMAN	2011	2010	2009
50 Free	33,22	32.06	31.75
100 Free	01:14,26	01:11.71	01:10.40
200 Free	02:37,55	02:34.64	02:32.13
400 Free	05:26,72	05:16.04	05:10.53
50 Breast	44,00	42.28	42.06
100 Breast	01:38,68	01:34.32	01:30.75
200 Breast	03:28,11	03:18.95	03:16.33
50 Fly	37,40	37.06	35.71
100 Fly	01:26,83	01:22.50	01:19.52
200 Fly	03:22,40	03:19.42	03:11.07
50 Back	39,15	37.77	37.25
100 Back	01:22,98	01:21.40	01:19.81
200 Back	02:59,69	02:53.09	02:52.02
200 IM	03:01,12	02:58.20	02:53.80
400 IM	06:19,50	06:17.30	06:11.27

MAN	2011	2010	2009
50 Free	33,04	30,58	29.16
100 Free	01:14,01	01:09,48	01:05.32
200 Free	02:42,02	02:31,55	02:27.15
400 Free	05:38,60	05:15,49	05:00.98
50 Breast	44,42	41,14	39.53
100 Breast	01:39,00	01:31,30	01:25.54
200 Breast	03:34,50	03:20,25	03:14.33
50 Fly	37,22	35,62	33.35
100 Fly	01:30,74	01:20,01	01:15.49
200 Fly	03:54,30	03:17,00	02:52.75
50 Back	39,10	36,84	35.00
100 Back	01:24,21	01:19,13	01:16.63
200 Back	03:01,72	02:51,33	02:43.57
200 IM	03:07,88	02:53,69	02:46.38
400 IM	06:44,56	06:02,21	05:47.79

Squad Goals and expectations

> Main Objective: **qualify for the County, Regional and National Championships**

> Swimmers **must** participate in all competitions they are selected for County or Region

> Being selected for a County team, Regional

> Finalist and medalist in main competitions

> If any injuries occur, a discussion between the Head coach, the swimmer's coach, the swimmer's parents and the swimmer will take place

> The final decision will be that of the Head coach

BENJAMINS SQUAD

Entry Criteria for the BENJAMINS squad (year 2023-2024)

- > Born 2011-2012 (Aged 12-13 by 31st December 2024)
- > This squad is also for swimmers of the described ages who have decided to don't be in another squad for which they have made the criteria

Squad Goals

- > Attend 5 training sessions in water
- > Swimmers must participate in all competitions they are selected for: County, Region or National
- > **Main Objective: qualify for County Championships**
- > Additional Objective: qualify for East Region Championships
- > If any injuries occur, a discussion between the Head coach, the swimmer's coach, the swimmer's parents and the swimmer will take place
- > The final decision will be that of the Head coach

POUSSINS SQUAD

Entry Criteria for the POUSSINS squad (year 2023-2024)

> Born 2013-2014 (Aged 10-11 by 31st December 2024)

Squad Goals

> Attend 4 training sessions in water

> Swimmers must participate in all competitions they are selected for: County, Region or National

> **Main Objective: qualify for County Championships**

> If any injuries occur, a discussion between the Head coach, the swimmer's coach, the swimmer's parents and the swimmer will take place

> The final decision will be that of the Head coach