



2021/22 Performance Pathway Program



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SNSW Performance Pathway

Vision

Performance through excellence

Mission

Create sustained excellence through a robust Performance Pathway Program to support NSW coaches and athletes

Objectives

- **Daily Training Environment (DTE)**
 - Create sustained excellence in the DTE through implementing a visitation plan
 - Ensure coaches and athletes are accountable through setting measurable goals

- **Swimmer Development Program**
 - Increase NSW representation in each event of annual top 80 National rankings
 - Increase number of athletes on NSW and National Flipper Squads
 - Increase NSW representation on National Junior and Senior Team
 - Run all activities to the highest standard
 - Lead innovation in Pathway development
 - Win State Teams by 2024

- **Coach Engagement Program**
 - Create and implement a structured Coach Engagement Framework
 - Develop coaches to enhance their competency to coach on at the National Junior Team level and above
 - Improve number of coaches engaged in the Pathway within each squad from year to year
 - Create a NSW coaching resource hub, with planned delivery of resources

- **Swimmer Tracking/Wellbeing**
 - Create and implement an athlete wellbeing framework that supports the holistic development of the athlete during their swimming journey, as well as providing strategies for a positive transition out of the sport
 - Create sustained engagement of pathway swimmers

- **Maximise stakeholder relationships**
 - asctaNSW
 - Swimming Australia
 - NSWIS
 - Venues
 - Hubs

2021/22 Swimming NSW Athlete Pathway Summary





2021/22 Olympic Pathway



Swimming Australia Podium Categorised Athletes

Squad Objective

Support of podium categorised athletes is targeted at helping NSW swimmers gain National team selection, as well as achieving performance success at the international level or at senior benchmark events.

SNSW will provide resources (including the potential of funding) to assist NSW categorised swimmers with training or competition plans deemed to enhance potential success at the elite level. Athletes must submit an Individual Athlete Performance Plan (IAPP) when requesting financial or performance service support.

Selection

NSW athletes within categories 1, 2 or 3 (i.e. podium, podium ready or podium potential) on the current Swimming Australia Athlete Categorisation Olympic Program list are eligible. Athletes will be supported for as long as they are categorised by Swimming Australia.

Activities and Engagement

Support will be based on each athlete's IAPP. Coaches with Podium Categorised athletes will be supported through daily training environment engagement, underpinned by NSWIS. There will be workshops and educational resources provided by Swimming Australia, Swimming NSW and NSWIS.



2021/22 Swimming NSW Flippers Squad Selection Criteria

Squad Objective

The State and National Talent Program is now known as Swimming Australia's 'Flippers' Program. The objective of this program is to prepare Australia's next generation of swimmers for National team selection and senior performance excellence. The program will feature a combination of activities delivered by each State and Nationally, aiming to assist promising athletes to successfully transition to the pinnacle of swimming in Australia - the Dolphins Swim Team.

Selection Criteria

Athletes who swim a 2021/22 SNSW Flippers Squad qualifying time in a Final at one of the following selection meets:

- 2021 Australian Age Championships (7-12 April 2021);
- 2021 Australian Swimming Championships (14-18 April 2021) and/or;
- 2021 Australian Swimming Trials (12-17 June 2021)

For Timed-Finals, athletes must swim the squad qualifying time and be placed in the Top 8.

Athletes' age as at the age swum at the meet. Consideration may be made for athletes who age up during a meet or between selection meets.

2021/22 NSW Flippers Squad Qualifying Times

Men		Selection Events	Women	
20yrs & Under	21yrs & Over		20yrs & Over	19yrs & Under
00:22.86	00:22.42	50m Freestyle	00:25.19	00:25.68
00:50.75	00:49.78	100m Freestyle	00:54.91	00:55.98
01:51.05	01:48.93	200m Freestyle	02:00.32	02:02.66
03:57.66	03:53.13	400m Freestyle	04:14.51	04:19.45
08:11.53	08:02.16	800m Freestyle	08:44.99	08:55.18
15:39.81	15:21.91	1500m Freestyle	16:37.42	16:56.79
00:26.10	00:25.61	50m Backstroke	00:28.62	00:29.18
00:56.07	00:55.00	100m Backstroke	01:01.50	01:02.70
02:03.12	02:00.78	200m Backstroke	02:13.28	02:15.87
00:28.43	00:27.89	50m Breaststroke	00:32.03	00:32.65
01:02.17	01:00.99	100m Breaststroke	01:08.98	01:10.32
02:14.69	02:12.13	200m Breaststroke	02:28.51	02:31.39
00:24.37	00:23.91	50m Butterfly	00:26.79	00:27.31
00:54.29	00:53.25	100m Butterfly	00:58.81	00:59.96
02:02.06	01:59.74	200m Butterfly	02:12.93	02:15.51
02:03.88	02:01.52	200 IM	02:14.40	02:17.01
04:28.00	04:22.90	400 IM	04:47.30	04:52.88

Please note: Due to the uncertainty of events taking place during this period, squad selection may also be considered from performances in Finals at:

- 2020/21 NSW Senior State Age Championships (12-17 December 2020)
- 2021 NSW Country Championships (19-21 February 2021)
- 2021 NSW Senior Metropolitan Championships (27-28 February 2021)
- 2021 NSW State Open Championships (18-21 March 2021)

Activities and Engagement

Athletes in the Flippers squad are either currently representing Australia on the Junior international stage or on the cusp of selection onto the Australian Junior or Senior team, having shown repeated success at the National Age or Open level. The NSW Performance Pathway Program aims to identify activities where athletes and their coaches will experience top-quality racing in unfamiliar environments. Exposure to these settings will help athletes acquire the attributes necessary to be performance-ready when it matters, whether that be at domestic or international competition. This may be in the form of an overseas tour or high-level local meets.

In addition to targeted competition, Flippers athletes and coaches will be supported in training with access to NSW Performance Hub facilities and performance service providers when participating in squad activities. The NSW Technical Lead and NSW Coaching Director will meet with each Flipper athlete and their home coach to discuss options on how to best utilise the Hubs.

Swimming Australia may select NSW Flippers to be part of their National Flippers Program based on performances and testing results over the course of the year. If selected in the National Program, the athlete will be invited to attend the National Flippers Camp.

Flippers Coach Overview

Coaches with athletes in the NSW Flippers Squad must provide an IAPP to the NSW Technical Lead to have access to Performance Hub service providers and facilities. Flippers coaches are also strongly encouraged to attend all squad activities with their athletes. There will be instances where athletes are unable to participate in activities if their coach cannot attend. Coaches will also be supported by Swimming Australia, NSWIS & NSW through designated mentors and coach education and development opportunities.

Squad Selection Announcement

There will be two intakes for this squad. The first announcement will be after the 2021 Australian Swimming Championships. The second announcement will be after 2021 Australian Swimming Trials should any other athletes achieve selection from this meet.

Athlete Levy

There may be an athlete levy associated with this squad's activities. This will be advised at the time of selection.

2021/22 Swimming NSW Performance Squad Selection Criteria

Squad Objective

The Swimming NSW Performance Squad is designed to support identified and excelling NSW athletes with the potential for Australian Junior or Senior Swim Team selection within the 2024 Olympic cycle and beyond.

Selection Criteria

Athletes who swim a 2021/22 SNSW Performance Squad qualifying time in a Final at one of the following selection meets:

- 2021 Australian Age Championships (7-12 April 2021);
- 2021 Australian Swimming Championships (14-18 April 2021) and/or;
- 2021 Australian Swimming Trials (12-17 June 2021)

For Timed-Finals, swimmers must swim the squad qualifying time and be placed in the Top 8

Athletes' age as at the age swum at the meet. Consideration may be made for athletes who age up during a meet or between selection meets.

2021/22 NSW Performance Squad Qualifying Times

Men		Selection Events	Women	
20yrs & Under	21yrs & Over		20yrs & Over	19yrs & Under
00:23.29	00:22.97	50m Freestyle	00:25.68	00:26.05
00:51.71	00:50.99	100m Freestyle	00:55.98	00:56.78
01:53.16	01:51.58	200m Freestyle	02:02.66	02:04.41
04:02.18	03:58.79	400m Freestyle	04:19.45	04:23.16
08:20.89	08:13.87	800m Freestyle	08:55.18	09:02.83
15:57.71	15:44.29	1500m Freestyle	16:50.89	17:05.33
Backstroke				
00:26.60	00:26.23	50m Backstroke	00:29.18	00:29.60
00:57.14	00:56.34	100m Backstroke	01:02.70	01:03.59
02:05.47	02:03.71	200m Backstroke	02:15.87	02:17.81
Breaststroke				
00:28.98	00:28.57	50m Breaststroke	00:32.65	00:33.12
01:03.35	01:02.47	100m Breaststroke	01:10.32	01:11.32
02:17.26	02:15.34	200m Breaststroke	02:31.39	02:33.55
Butterfly				
00:24.83	00:24.49	50m Butterfly	00:27.31	00:27.70
00:55.32	00:54.54	100m Butterfly	00:59.96	01:00.81
02:04.39	02:02.64	200m Butterfly	02:14.85	02:16.78
Individual Medley				
02:06.24	02:04.47	200 IM	02:17.01	02:18.97
04:33.11	04:29.28	400 IM	04:52.46	04:56.63

Please note: Due to the uncertainty of events taking place during this period, selection into this Squad may also be considered from performances in Finals at:

- 2020/21 NSW Senior State Age Championships (12-17 December 2020)
- 2021 NSW Country Championships (19-21 February 2021)
- 2021 NSW Senior Metropolitan Championships (27-28 February 2021)
- 2021 NSW State Open Championships (18-21 March 2021)

The maximum number for the NSW Performance Squad is 40 athletes. Should there be more athletes eligible than the maximum number, athletes will be ranked by percentage closest to the squad qualifying time.

[Activities and Engagement](#)

Activities for the NSW Performance Squad will be focused on enhancing technical efficiency and skills to improve swimming rankings. This will include athletes and coaches working with performance support staff in the daily training program or at specific squad activities. Additionally, there will be targeted racing opportunities provided to challenge and prepare athletes for the next level of competition.

[Performance Squad Coach Overview](#)

All coaches with athletes selected in the NSW Performance Squad will be invited to participate in the squad training activities and have access to NSW resources, including specific technical development support within the home program. Additional education opportunities will be available for coaches throughout the year. The NSW Coaching Director will appoint Mentor Coach/s to the Performance Squad who will provide direction to the squad, attend specific activities and provide mentorship to squad coaches.

Coaches without athletes on the squad may be invited to Performance Squad activities if shown that these align with their professional development. This will be at the discretion of the NSW Technical Lead and/or NSW Coaching Director.

[Squad Selection Announcement](#)

There will be two intakes for this squad. The first announcement will be after the 2021 Australian Swimming Championships. The second announcement will be after 2021 Australian Swimming Trials should any other athletes achieve selection from this meet.

[Athlete Levy](#)

There may be an athlete levy associated with this squad. This will be advised at the time of selection.

2021/22 Swimming NSW Open Water Performance Squad Selection Criteria

Squad Objective

The SNSW Open Water Performance Squad recognises the best National level open water swimmers in NSW. Support is provided to this group with the aim of selection onto the Australian Swim Team. The squad provides an opportunity for athletes to come together as a group to train and compete specifically for open water swimming.

Selection Criteria

Athletes aged 16 years and over who swim at the 2021 Australian Open Water Championships (29-31 January 2021) and attain the following results (excluding visitors):

PRIORITY 1:

- Top 10 placing in 10km Open event
- Top 5 placing in 5km Open event
- Male and female 18-19-year-old age group: 1st – 5th placing in the 10km in the combined Age group
- Male and female 16-17-year-old age group: 1st – 5th placing in the 7.5km in the combined Age group

PRIORITY 2:

- Male and female 18-19-year-old age group: 1st – 5th placing in the 5km in the combined Age group
- Male and female 16-17-year-old age group: 1st – 5th placing in the 5km in the combined Age group

Open Water Performance Squad Coach Overview

Coaches with swimmers in this squad will be invited to the training day and other coaching activities, as appropriate. Coaches availability to attend the camp will be sought by "Expressions of Interest". The number of camp coaches selected will be based on the number of athletes attending. Those who place swimmers onto the squad will have priority. Coaches without athletes on the squad may be invited to activities if shown that these align with their professional development. This will be at the discretion of the SNSW Coaching Director.

Squad Announcement

The squad will be announced following the 2021 Australian Swimming Championships.

Athlete Levy

There may be an athlete levy associated with this squad. This will be advised at the time of selection.

2021/22 Swimming NSW Sharks Squad Selection Criteria

Squad Objective

The Swimming NSW Sharks Squad is designed to identify emerging age group swimmers. The Pathway Program aims to support swimmers and coaches in the Sharks Squad to:

- develop technical skills
- gain racing experience through quality age-group competition
- develop holistically as an athlete and a person

Selection Criteria

POOL CRITERIA: Male swimmers 14-17 years and female swimmers 13-16 years who swim a 2021/22 SNSW Sharks Squad qualifying time in a Final at one of the following selection meets:

- 2021 Australian Age Championships (7-12 April 2021) and/or;
- 2021 Australian Swimming Championships (14-18 April 2021)

For Timed-Finals, swimmers must swim the squad qualifying time and be placed in the Top 8.

Age as at the first day of the 2021 Australian Age Swimming Championships (7 April 2020)

2021/22 NSW Sharks Squad Qualifying Times

Men		Selection Events	Women	
14-15yrs	16-17yrs		15-16yrs	13-14yrs
00:24.48	00:23.64	50m Freestyle	00:26.65	00:27.14
00:53.47	00:51.86	100m Freestyle	00:57.60	00:58.63
01:57.52	01:53.73	200m Freestyle	02:05.34	02:07.86
04:09.23	04:03.39	400m Freestyle	04:25.36	04:29.86
08:40.92	08:28.40	800m Freestyle	09:07.18	09:14.77
16:36.02	16:16.87	1500m Freestyle	17:13.02	17:30.96
01:00.40	00:58.27	100m Backstroke	01:04.98	01:06.12
02:11.68	02:06.78	200m Backstroke	02:21.51	02:24.02
01:08.30	01:04.99	100m Breaststroke	01:13.79	01:15.34
02:28.48	02:24.19	200m Breaststroke	02:40.58	02:43.92
00:58.12	00:55.97	100m Butterfly	01:02.85	01:04.50
02:10.43	02:05.41	200m Butterfly	02:20.96	02:24.21
02:13.56	02:08.05	200 IM	02:23.26	02:24.18
04:44.25	04:38.37	400 IM	05:05.35	05:10.39

Please note: Due to the uncertainty of events taking place during this period, selection into this Squad may also be considered from performances in Finals at:

- 2020/21 NSW Senior State Age Championships (12-17 December 2020)
- 2021 NSW Country Championships (19-21 February 2021)
- 2021 NSW Senior Metropolitan Championships (27-28 February 2021)
- 2021 NSW State Open Championships (18-21 March 2021)

OPEN WATER CRITERIA: Females & Males aged 14-15yrs: Medallist in the 5km Age events at the Australian Open Water Championships (excluding visitors).

The maximum number for the NSW Sharks Squad is 40 athletes. Should there be more athletes eligible than the maximum number, athletes will be ranked by percentage closest to the squad qualifying time.

Activities and Engagement

Athletes and coaches selected in the Sharks Squad will be added to the NSW program visit schedule, where performance support will be provided by NSW Performance Pathway Staff within the home program. This may involve testing, skill/technique development and other collaborations specific for the athlete and coach.

In addition to home program support, squad members will be invited to participate in a competition where unique racing situations will be experienced. The aim of this is to help athletes develop skills to manage situations outside of their usual comfort zone.

Sharks Coach Overview

All coaches with athletes selected in the NSW Sharks Squad will have access to NSW resources, including specific technical development support within the home program. Additional education opportunities will be available for coaches throughout the year.

Coaches without athletes on the squad may be invited to Sharks Squad activities if shown that these align with their professional development. This will be at the discretion of the NSW Coaching Director.

Squad Selection Announcement

The NSW Sharks Squad will be announced following the 2021 Australian Swimming Championships.

Swimmer Levy

There may be a swimmer levy associated with this squad. This will be advised at the time of selection.

2021 SNSW Junior Achievement Swimmers Criteria

Squad Objective

The SNSW Junior Achievement program is designed to recognise the achievements of young competitive swimmers across NSW. With this recognition, we hope to further encourage swimmers to continue their competitive development in the sport.

Selection Criteria

Female swimmers under 13 years or male swimmers under 14 years who swim a 2021 Australian Age Championships qualifying time at one of the following meets:

- 2020/21 SNSW Junior Metropolitan Championships (28-29 November 2020)
- 2020/21 SNSW Senior State Age Championships (12-17 December 2020)
- 2021 SNSW Country Championships (19-21 February 2021)
- 2021 SNSW Senior Metropolitan Championships (27-28 February 2021)
- 2021 SNSW Junior State Age Championships (27-28 March 2021)

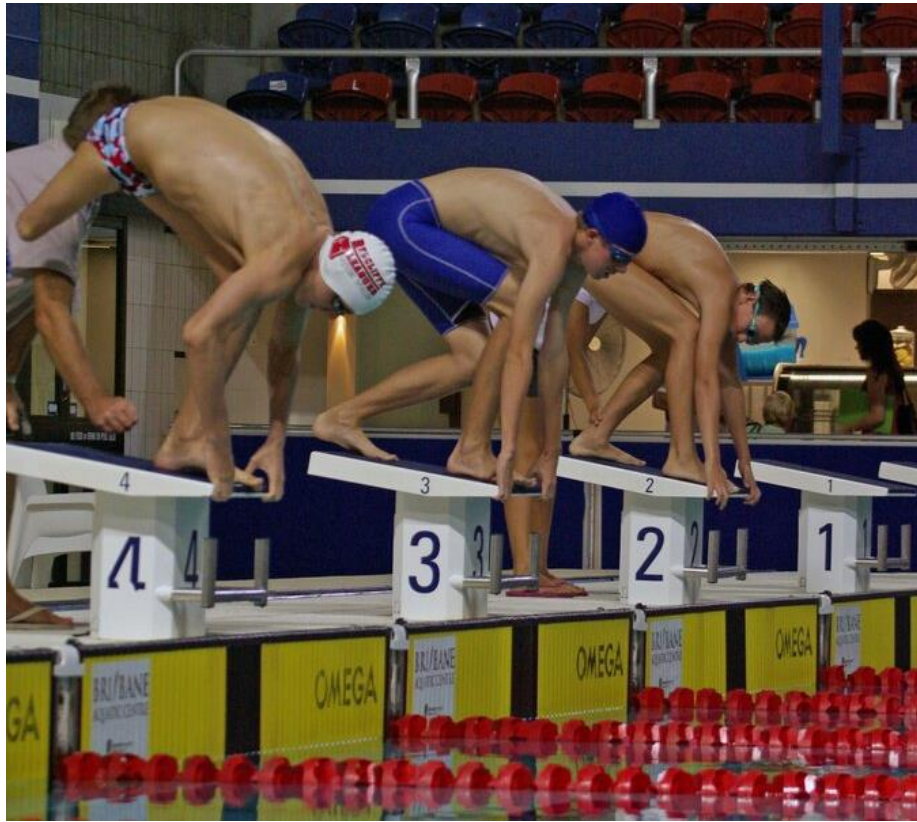
Activities and Engagement

All Junior Achievement Swimmers will receive a certificate and recognition on Swimming NSW media platforms for their accomplishment.

Coaches of Junior Achievement Swimmers will be invited to attend SNSW coach engagement activities throughout the year.

Squad Selection Announcement

The SNSW Junior Achievement Swimmers will be announced following the 2021 Australian Age Swimming Championships.



2021/22 Para Pathway



Swimming Australia Podium Categorised Para Athletes

Squad Objective

Support of podium categorised Para athletes is targeted at helping NSW Para swimmers gain National team selection, as well as achieving performance success at the international level or at senior benchmark events.

SNSW will provide resources (including the potential of funding) to assist NSW Para categorised swimmers with training or competition plans that are deemed to enhance potential success at the elite level. Athletes must submit an Individual Athlete Performance Plan (IAPP) when requesting financial or performance service support.

Selection

NSW Para athletes within categories 1, 2 or 3 (i.e. podium, podium ready or podium potential) on the current Swimming Australia Athlete Categorisation Paralympic Program list. Athletes will be supported for as long as they are categorised by Swimming Australia.

Activities and Engagement

Support will be based on each athlete's IAPP. Coaches with Podium Categorised Para athletes will be supported through daily training environment engagement, underpinned by NSWIS support. There will be workshops and educational resources provided by Swimming Australia, Swimming NSW and NSWIS.



Swimming NSW Para Potential Squad Selection Criteria

Squad Objective

To provide Para swimmers on the verge of National Team selection with opportunities to advance their training and competition development. Activities would provide greater exposure to an elite performance environment that would improve results and chances of selection onto the Australian Dolphins Team.

Selection

Swimmers aged 12 years and over are eligible for the Para Potential Squad. Swimmers must achieve one SNSW Para Performance Squad qualifying time in a Final at one of the following long course Championships (Paralympic events only):

- 2021 Australian Age and Multi-Class Swimming Championships (5-7 April 2021)

Please Note: Due to the uncertainty of events taking place during this period, selection into this Squad may also be considered from performances at:

- 2021 SNSW State Open Championships (18-21 March 2021)
- 2021 SNSW Country Championships (19-21 February 2021)
- 2021 SNSW Senior Metropolitan Championships (27-28 February 2021)

In addition:

- Swimmers selected on the SNSW Para Potential Squad are ineligible for selection in Area Development Squads.
- Swimmers selected on a Swimming Australia Team or Squad will not be eligible to continue with the SNSW Para Performance Squad.

Maximum SNSW Para Development Squad Numbers

A maximum of 15 swimmers will be selected, comprising a maximum of 10 swimmers in the physical impairment classes, 2 swimmers in the visual impairment classes and 3 swimmers in the intellectual impairment class. Adjustments to the squad size and quotas may be changed at any time at the discretion of the SNSW Coaching Director in discussion with the SA Para Head Coach.

Should more than the number of swimmers listed above be eligible for the squad, swimmers will be ranked by percentage closest to the Squad qualifying time.

Activities and Engagement

The SNSW Para Potential Squad will undertake the Swimming Australia (SA) Testing Protocols, where applicable at dedicated Para squad training day/s.

2021/22 SNSW Para Potential Squad Qualifying Times (12yrs and over)

Distance/Class		Men													
		S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
Freestyle	50	☒	0:27.84	☒	0:30.50	0:27.09	0:29.90	☒	0:32.83	☒	0:39.35	0:46.95	0:48.51	☒	☒
	100	☒	☒	1:01.85	☒	0:59.20	☒	1:06.92	☒	1:16.14	1:27.32	1:39.90	☒	☒	☒
	200	2:14.07	☒	☒	☒	☒	☒	☒	☒	☒	3:04.75	3:31.53	3:53.56	4:17.24	☒
	400	☒	4:48.07	☒	5:23.21	4:41.32	5:00.59	5:13.70	5:37.65	6:01.61	☒	☒	☒	☒	☒
Backstroke	50	☒	☒	☒	☒	☒	☒	☒	☒	☒	0:44.76	0:51.16	0:53.03	0:57.76	1:24.17
	100	1:12.57	1:08.48	1:10.20	1:16.66	1:08.28	1:14.13	1:14.38	1:23.35	1:26.00	☒	☒	☒	2:04.53	2:48.62
Breaststroke	50	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	0:56.83	1:02.43	☒
	100	1:17.79	1:16.72	1:19.35	1:23.59	☒	1:16.52	1:24.59	1:32.24	1:35.14	1:49.09	1:50.83	☒	☒	☒
Butterfly	50	☒	☒	☒	☒	☒	☒	☒	0:34.58	0:35.52	0:40.96	☒	☒	☒	☒
	100	1:09.05	1:05.85	1:07.16	1:12.89	1:04.98	1:08.83	1:10.17	☒	☒	☒	☒	☒	☒	☒
Individual Medley	150	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	2:55.02	3:18.17	☒	☒
	200	2:32.81	2:36.73	☒	2:49.99	2:30.05	2:38.38	2:42.37	3:00.17	3:05.60	☒	☒	☒	☒	☒
Distance/Class		Women													
		S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
Freestyle	50	☒	0:32.22	☒	0:35.45	0:32.40	☒	0:35.11	☒	0:39.57	☒	0:46.59	☒	☒	☒
	100	☒	☒	1:12.54	1:18.56	1:10.30	1:12.23	☒	1:23.78	☒	1:34.27	☒	1:49.09	☒	☒
	200	2:29.73	☒	☒	☒	☒	☒	☒	☒	☒	3:17.08	☒	☒	☒	☒
	400	☒	5:24.18	☒	6:12.32	5:15.42	5:26.21	5:32.75	6:11.65	6:09.58	☒	☒	☒	☒	☒
Backstroke	50	☒	☒	☒	☒	☒	☒	☒	☒	☒	0:52.12	0:59.36	0:59.13	1:18.36	☒
	100	1:17.08	1:19.45	1:23.64	1:32.33	1:19.27	1:21.27	1:29.84	1:36.16	1:39.84	☒	☒	☒	2:39.45	☒
Breaststroke	50	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	1:09.71	☒	☒
	100	1:28.95	1:27.66	1:39.49	1:38.29	☒	1:28.40	1:33.69	1:47.20	1:51.69	2:00.99	2:11.67	☒	☒	☒
Butterfly	50	☒	☒	☒	☒	☒	☒	☒	0:40.78	0:42.33	0:52.60	☒	☒	☒	☒
	100	1:20.24	1:14.66	☒	☒	1:19.09	1:19.59	1:21.11	☒	☒	☒	☒	☒	☒	☒
Individual Medley	150	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	3:23.85	☒	☒	☒
	200	2:51.91	2:48.58	☒	3:17.78	2:54.18	2:59.70	3:10.00	3:31.80	3:31.29	4:10.26	☒	☒	☒	☒

Swimming NSW Para Development Squad Selection Criteria

Squad Objective

To provide young and emerging Para swimmers to training experiences in a high-performance setting. The aim of the activities would contribute to swimmers maintaining motivation and improving performance to achieve the next level of success.

Selection

Swimmers between 12-23 years of age are eligible for this squad. Swimmers must achieve one SNSW Para Development Squad qualifying time at one of the following long course Championships (Paralympic events only):

- 2021 SNSW State Open Championships (18-21 March 2021)
- 2021 Australian Age and Multi-Class Swimming Championships (5-7 April 2021)

Please note: Due to the uncertainty of events taking place during this period, selection into this Squad may also be considered from performances at:

- 2021 SNSW Country Championships (19-21 February 2021)
- 2021 SNSW Senior Metropolitan Championships (27-28 February 2021)

In addition:

- Swimmers selected on the SNSW Para Development Squad are ineligible for selection in Area Development Squads
- Swimmers selected on a Swimming Australia squad/team will not be eligible to continue with the SNSW Para Development Squad

Maximum SNSW Para Development Squad Numbers

A maximum of 20 swimmers will be selected, comprising of a maximum of 14 swimmers in the physical impairment classes, 4 swimmers in the visual impairment classes and 2 swimmers in the intellectual impairment class. Adjustments to the squad size and quotas may be changed at any time at the discretion of the SNSW Coaching Director.

Should more than the number of swimmers listed above be eligible for the squad, swimmers will be ranked by percentage closest to the squad qualifying time. The SNSW Coaching Director may consider swimmer inclusion based upon requests from Swimming Australia and the SAL Para Head Coach.

Activities and Engagement

The SNSW Para Potential Squad will undertake the Swimming Australia (SA) Testing Protocols, where applicable at dedicated Para squad training day/s. Additionally squad members and parents/guardians will be invited to athlete development workshops.

2021/22 NSW Para Development Squad Qualifying Times (12-23yrs old)

Distance/Class		Men													
		S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
Freestyle	50	☒	0:31.47	☒	0:34.48	0:30.63	0:33.80	☒	0:37.12	☒	0:44.49	0:53.08	0:54.83	☒	☒
	100	☒	☒	1:09.91	☒	1:06.92	☒	1:15.65	☒	1:26.07	1:38.71	1:52.93	☒	☒	☒
	200	2:31.55	☒	☒	☒	☒	☒	☒	☒	☒	3:28.85	3:59.12	4:24.03	4:50.80	☒
	400	☒	5:25.65	☒	6:05.37	5:18.02	5:39.79	5:54.61	6:21.69	6:48.77	☒	☒	☒	☒	☒
Backstroke	50	☒	☒	☒	☒	☒	☒	☒	☒	☒	0:50.60	0:57.84	0:59.94	1:05.30	1:35.15
	100	1:22.03	1:17.42	1:19.35	1:26.66	1:17.18	1:23.80	1:24.08	1:34.22	1:37.21	☒	☒	☒	2:20.78	3:10.62
Breaststroke	50	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	1:04.25	1:10.58	☒
	100	1:27.93	1:26.72	1:29.70	1:34.50	☒	1:26.50	1:35.63	1:44.27	1:47.55	2:03.32	2:05.28	☒	☒	☒
Butterfly	50	☒	☒	☒	☒	☒	☒	☒	0:39.09	0:40.16	0:46.31	☒	☒	☒	☒
	100	1:18.05	1:14.44	1:15.92	1:22.39	1:13.45	1:17.81	1:19.33	☒	☒	☒	☒	☒	☒	☒
Individual Medley	150	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	3:17.85	3:44.02	☒	☒
	200	2:52.74	2:57.18	☒	3:12.17	2:49.62	2:59.04	3:03.55	3:23.67	3:29.81	☒	☒	☒	☒	☒
Distance/Class		Women													
		S14	S13	S12	S11	S10	S9	S8	S7	S6	S5	S4	S3	S2	S1
Freestyle	50	☒	0:36.43	☒	0:40.08	0:36.62	☒	0:39.69	☒	0:44.73	☒	0:52.66	☒	☒	☒
	100	☒	☒	1:22.00	1:28.80	1:19.47	1:21.65	☒	1:34.71	☒	1:46.56	☒	2:03.32	☒	☒
	200	2:49.26	☒	☒	☒	☒	☒	☒	☒	☒	3:42.78	☒	☒	☒	☒
	400	☒	6:06.47	☒	7:00.89	5:56.56	6:08.76	6:16.16	7:00.12	6:57.78	☒	☒	☒	☒	☒
Backstroke	50	☒	☒	☒	☒	☒	☒	☒	☒	☒	0:58.92	1:07.11	1:06.85	1:28.58	☒
	100	1:27.14	1:29.82	1:34.55	1:44.38	1:29.61	1:31.87	1:41.56	1:48.71	1:52.87	☒	☒	☒	2:52.49	☒
Breaststroke	50	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	1:18.81	☒	☒
	100	1:40.55	1:39.10	1:52.46	1:51.11	☒	1:39.93	1:45.91	2:01.19	2:06.26	2:16.77	2:28.85	☒	☒	☒
Butterfly	50	☒	☒	☒	☒	☒	☒	☒	0:46.10	0:47.85	0:59.46	☒	☒	☒	☒
	100	1:30.70	1:24.40	☒	☒	1:29.40	1:29.97	1:31.69	☒	☒	☒	☒	☒	☒	☒
Individual Medley	150	☒	☒	☒	☒	☒	☒	☒	☒	☒	☒	3:50.44	☒	☒	☒
	200	3:14.34	3:10.57	☒	3:43.57	3:16.90	3:23.14	3:34.79	3:59.42	3:58.85	4:42.91	☒	☒	☒	☒