

## 2022 Swimming NSW Performance Pathway Program

### Performance Pathway Program Eligibility

- Must be a financial member of SNSW
- Must be an Australian Citizen and permanently reside and train in NSW or ACT
- Swimmer’s age as at the age swum at the meet. Consideration will be made for swimmers who age up during a meet or between selection meets
- All squad members must complete a Swimming NSW Team Agreement once selected and are subject to the program’s Terms and Conditions

Meeting eligibility and selection criteria do not guarantee automatic selection into Performance Pathway Squads.

| 2022 SNSW Performance Pathway Squad Matrix |          |              |              |         |         |         |         |       |       |       |       |         |         |       |           |           |       |       |           |       |
|--|----------|--------------|--------------|---------|---------|---------|---------|-------|-------|-------|-------|---------|---------|-------|-----------|-----------|-------|-------|-----------|-------|
| Squad                                      | All ages | M: 20 & Over | F: 19 & Over | M: 19/U | F: 18/U | M: 20/U | F: 19/U | M: 19 | F: 18 | M: 18 | F: 17 | M: 17/U | F: 16/U | M: 16 | F & M: 15 | F & M: 14 | F: 13 | M: 13 | F & M: 12 | F: 11 |
| Categorised (Able-bodied & Para)           | •        |              |              |         |         |         |         |       |       |       |       |         |         |       |           |           |       |       |           |       |
| SNSW Flippers                              | •        | •            | •            | •       | •       |         |         |       |       |       |       |         |         |       |           |           |       |       |           |       |
| SNSW Target                                |          |              |              |         |         | •       | •       |       |       |       |       |         |         |       |           |           |       |       |           |       |
| SNSW Target Transition                     |          |              |              |         |         |         |         | •     | •     | •     | •     | •       | •       |       |           |           |       |       |           |       |
| SNSW Open Water Target Squad               | •        |              |              |         |         |         |         |       |       |       |       |         |         |       |           |           |       |       |           |       |
| SNSW Sharks                                |          |              |              |         |         |         |         |       |       |       |       |         |         | •     | •         | •         | •     |       |           |       |
| Junior Development Program                 |          |              |              |         |         |         |         |       |       |       |       |         |         |       |           |           |       | •     | •         | •     |
| Para Development                           | •        |              |              |         |         |         |         |       | •     | •     | •     | •       | •       | •     | •         | •         | •     | •     | •         |       |

## 2022 Selection Criteria

### Olympic Program

#### Swimming Australia Podium Categorised Athletes (Able-bodied)

##### Squad Objective

Support of podium categorised athletes is targeted at assisting NSW athletes remain on the National team and achieve repeated 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, in line with their individual performance plans.

##### Selection

NSW athletes within categories 1, 2 or 3 on the current Swimming Australia Athlete Categorisation Olympic Program list. Athletes will be supported for as long as they are categorised by Swimming Australia.

##### Activities and Engagement

Coaches with Podium Categorised 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 Flippers Squad

### Squad Objective

The objective of this squad is to prepare Australia's next generation of swimmers for National team selection and performance excellence within the current Olympic cycle. The program will feature a combination of activities delivered by the State and Nationally, aiming to assist promising athletes to successfully transition to the pinnacle of swimming in Australia - the Dolphins Swim Team.

### Selection

Athletes who swim a 2022 SNSW Flippers Squad qualifying time in a **Final** at one of the following selection meets:

- 2022 Australian Swimming Championships (4-9 April 2022)
- 2022 Australian Age Swimming Championships (11-18 April 2022)
- 2022 Sydney Open (TBC)

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

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

- 2021/22 SNSW Senior State Age Championships (20-25 January 2022)
- 2022 SNSW Country Championships (18-20 February 2022)
- 2022 SNSW State Open Championships (4-6 March 2022)
- 2022 SNSW Senior Metropolitan Championships (19-20 March 2022)

| 2022 SNSW FLIPPER SQUAD QUALIFYING TIME |              |                               |              |               |
|---|--------------|-------------------------------|--------------|---------------|
| Men                                     |              | Selection Event               | Women        |               |
| 19yrs & Under                           | 20yrs & Over | Distance/Stroke               | 19yrs & Over | 18yrs & Under |
| 00:22.87                                | 00:22.43     | <b>50m Freestyle</b>          | 00:25.05     | 00:25.54      |
| 00:50.21                                | 00:49.25     | <b>100m Freestyle</b>         | 00:54.70     | 00:55.77      |
| 01:51.00                                | 01:48.88     | <b>200m Freestyle</b>         | 02:00.08     | 02:02.41      |
| 03:56.96                                | 03:52.45     | <b>400m Freestyle</b>         | 04:11.39     | 04:16.27      |
| 08:11.12                                | 08:01.76     | <b>800m Freestyle</b>         | 08:35.60     | 08:45.61      |
| 15:37.29                                | 15:19.44     | <b>1500m Freestyle</b>        | 16:27.73     | 16:46.91      |
| 00:55.86                                | 00:54.80     | <b>100m Backstroke</b>        | 01:01.08     | 01:02.27      |
| 02:02.52                                | 02:00.19     | <b>200m Backstroke</b>        | 02:12.62     | 02:15.20      |
| 01:02.14                                | 01:00.96     | <b>100m Breaststroke</b>      | 01:08.59     | 01:09.92      |
| 02:15.20                                | 02:12.62     | <b>200m Breaststroke</b>      | 02:28.04     | 02:30.92      |
| 00:53.87                                | 00:52.84     | <b>100m Butterfly</b>         | 00:58.91     | 01:00.05      |
| 02:01.08                                | 01:58.77     | <b>200m Butterfly</b>         | 02:12.94     | 02:15.52      |
| 02:03.52                                | 02:01.17     | <b>200m Individual Medley</b> | 02:14.51     | 02:17.12      |
| 04:22.71                                | 04:17.71     | <b>400m Individual Medley</b> | 04:45.69     | 04:51.24      |

### **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 domestic meets.

Athletes and coaches will be encouraged to complete an Individual Performance Plan (IPP) so that pertinent activities are presented. 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. These opportunities will be discussed with the athlete, coach, NSW Coaching Director and NSW Technical Lead.

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.

## Swimming NSW Target Squad

### Squad Objective

The Swimming NSW Target Squad is designed to identify the top ranked NSW swimmers at the National level. Once identified, specific resources will be provided to athletes, home coaches and support networks to facilitate continual performance improvement, as well as holistic personal development. With this support, the program aims to increase the number of Flippers athletes and NSW representation on National teams/squads.

### Selection

#### **PRIORITY 1**

Athletes who swim a squad qualifying time in a **Final** at one of the following selection meets:

- 2022 Australian Swimming Championships (4-9 April 2022)
- 2022 Australian Age Swimming Championships (11-18 April 2022)
- 2022 Sydney Open (TBC)

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

#### **PRIORITY 2**

Athletes who swim a squad qualifying time at the following 2022 Swimming NSW Championships will be considered for the squad:

- 2021/22 SNSW Senior State Age Championships (20-25 January 2022)
- 2022 SNSW Country Championships (18-20 February 2022)
- 2022 SNSW State Open Championships (4-6 March 2022)
- 2022 SNSW Senior Metropolitan Championships (19-20 March 2022)

#### **PRIORITY 3**

Athletes who swim a squad qualifying time at any 2021/22 Swimming NSW approved meet will be considered for the squad. To be considered, you must notify Swimming NSW in writing and provide proof of your official time.

| <b>2022 SNSW TARGET SQUAD QUALIFYING TIME</b> |                               |                          |
|---|-------------------------------|--------------------------|
| <b>Men</b>                                    | <b>Selection Event</b>        | <b>Women</b>             |
| <b>20yrs &amp; Under</b>                      | <b>Distance/Stroke</b>        | <b>19yrs &amp; Under</b> |
| 00:23.30                                      | <b>50m Freestyle</b>          | 00:26.02                 |
| 00:51.17                                      | <b>100m Freestyle</b>         | 00:56.83                 |
| 01:53.11                                      | <b>200m Freestyle</b>         | 02:04.74                 |
| 04:01.48                                      | <b>400m Freestyle</b>         | 04:21.15                 |
| 08:20.47                                      | <b>800m Freestyle</b>         | 08:55.62                 |
| 15:55.15                                      | <b>1500m Freestyle</b>        | 17:06.09                 |
| 00:56.92                                      | <b>100m Backstroke</b>        | 01:03.45                 |
| 02:04.86                                      | <b>200m Backstroke</b>        | 02:17.77                 |
| 01:03.32                                      | <b>100m Breaststroke</b>      | 01:11.25                 |
| 02:17.77                                      | <b>200m Breaststroke</b>      | 02:33.79                 |
| 00:54.89                                      | <b>100m Butterfly</b>         | 01:01.19                 |
| 02:03.38                                      | <b>200m Butterfly</b>         | 02:18.10                 |
| 02:05.87                                      | <b>200m Individual Medley</b> | 02:19.73                 |
| 04:27.71                                      | <b>400m Individual Medley</b> | 04:56.79                 |

### ***Activities and Engagement***

Activities for the SNSW Target Squad will be focused on improving technical efficiency and skills for better swimming performances. This will include athletes and coaches working with performance support staff within the home training environment or at specific Target Squad activities. Additionally, there will be a focus on preparing athletes for high-level competition and providing support in the athlete wellbeing and engagement space.

## Swimming NSW Target Transition Squad

### Squad Objective

The Swimming NSW Target Transition Squad has been created to ensure talented swimmers who are transitioning from age group to open level swimming are captured and remain on the Performance Pathway. In addition, the squad identifies talented age group swimmers who are on track for State and National representation within the next Olympic cycle.

### Selection

#### **PRIORITY 1**

Swimmers who swim a squad qualifying time in a **Heat** or **Final** at one of the following selection meets:

- 2022 Australian Swimming Championships (4-9 April 2022)
- 2022 Australian Age Swimming Championships (11-18 April 2022)
- 2022 Sydney Open (TBC)

#### **PRIORITY 2**

Athletes who swim a squad qualifying time at the following 2022 Swimming NSW Championships will be considered for the squad:

- 2021/22 SNSW Senior State Age Championships (20-25 January 2022)
- 2022 SNSW Country Championships (18-20 February 2022)
- 2022 SNSW State Open Championships (4-6 March 2022)
- 2022 SNSW Senior Metropolitan Championships (19-20 March 2022)

#### **PRIORITY 3**

Athletes who swim a squad qualifying time at any 2021/22 Swimming NSW approved meet will be considered for the squad. To be considered, you must notify Swimming NSW in writing and provide proof of your official time.

| 2022 SNSW TARGET TRANSITION SQUAD QUALIFYING TIME |          |                               |          |               |
|---|----------|-------------------------------|----------|---------------|
| Men   |          | Selection Event               | Women    |               |
| 17yrs & Under                                     | 18-19yrs | Distance/Stroke               | 17-18yrs | 16yrs & Under |
| 00:23.96  | 00:23.74 | <b>50m Freestyle</b>          | 00:26.51 | 00:26.75      |
| 00:52.60  | 00:52.12 | <b>100m Freestyle</b>         | 00:57.89 | 00:58.42      |
| 01:56.28  | 01:55.22 | <b>200m Freestyle</b>         | 02:07.07 | 02:08.24      |
| 04:08.25  | 04:05.99 | <b>400m Freestyle</b>         | 04:26.04 | 04:28.48      |
| 08:34.50  | 08:29.83 | <b>800m Freestyle</b>         | 09:05.63 | 09:10.64      |
| 16:21.93  | 16:13.00 | <b>1500m Freestyle</b>        | 17:25.27 | 17:34.86      |
| 00:59.05  | 00:58.52 | <b>100m Backstroke</b>        | 01:04.64 | 01:05.82      |
| 02:09.53  | 02:08.36 | <b>200m Backstroke</b>        | 02:20.35 | 02:22.92      |
| 01:05.69  | 01:05.10 | <b>100m Breaststroke</b>      | 01:12.58 | 01:13.91      |
| 02:22.92  | 02:21.64 | <b>200m Breaststroke</b>      | 02:36.67 | 02:39.54      |
| 00:56.94  | 00:56.43 | <b>100m Butterfly</b>         | 01:02.34 | 01:03.48      |
| 02:07.99  | 02:06.84 | <b>200m Butterfly</b>         | 02:20.69 | 02:23.27      |
| 02:10.58  | 02:09.40 | <b>200m Individual Medley</b> | 02:22.34 | 02:24.95      |
| 04:37.72  | 04:35.22 | <b>400m Individual Medley</b> | 05:02.33 | 05:07.88      |

### **Activities and Engagement**

A focus for the Target Transition Squad is to continue developing technique and skills for improved performance, while also providing development opportunities to maintain personal wellbeing and motivation. This involves physiological and biomechanical testing to identify individual performance strengths and weaknesses, preparing swimmers for high-level competition and providing support in the wellbeing and engagement space.

## Swimming NSW Open Water Target Squad

### **Squad Objective**

The Swimming NSW Open Water Target 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 in open water swimming.

### **Selection**

#### **PRIORITY 1 – 2022 Australian Open Water Championships:**

- Top 3 NSW swimmers within 2 minutes of the winner in the open 10km event
- 18-19yrs: Top 3 NSW swimmers within 2 minutes of the winner in the age 10km event
- 16-18yrs: Top 3 NSW swimmers within 2 minutes of the winner in the age 7.5km event

#### **PRIORITY 2 – 2021/22 Swimming NSW Open Water Championships:**

- Swimmers will be identified by the SNSW Coaching Director and Regional Coaching Director

### **Activities and Engagement**

To provide swimmers with further open water racing experience, squad members will be invited to specific open water training session/s and a competition.



## SNSW Sharks Squad

### Squad Objective

The Swimming NSW Sharks Squad is designed to identify emerging age group swimmers. The program aims to support squad members to:

- develop technical skills
- gain racing experience through quality age-group competition
- maintain motivation to continue competing in the sport
- develop holistically as a person
- provide swimmers with skills to balance sport and non-sport life

### Selection

Male swimmers 14-16 years and female swimmers 13-15 years who:

- win a gold medal at the 2022 Australian Age Swimming Championships;

or who swim a squad qualifying time in the **Heats** or **Finals** at one of the following selection meets:

#### **PRIORITY 1**

- 2022 Australian Swimming Championships (4-9 April 2022);
- 2022 Australian Age Swimming Championships (11-18 April 2022)

#### **PRIORITY 2**

- 2021/22 SNSW Senior State Age Championships (20-25 January 2022)
- 2022 SNSW Country Championships (18-20 February 2022)
- 2022 SNSW State Open Championships (4-6 March 2022)
- 2021/22 SNSW Senior Metropolitan Championships (19-20 March 2022)

#### **PRIORITY 3**

Athletes who swim a squad qualifying time at any 2021/22 Swimming NSW approved meet will be considered for the squad. To be considered, you must notify Swimming NSW in writing and provide proof of your official time.

| 2022 SNSW SHARKS SQUAD QUALIFYING TIME |          |          |                               |          |          |          |
|--|----------|----------|-------------------------------|----------|----------|----------|
| Men                                    |          |          | Selection Event               | Women    |          |          |
| 14yrs                                  | 15yrs    | 16yrs    | Distance/Stroke               | 15yrs    | 14yrs    | 13yrs    |
| 00:24.83                               | 00:24.39 | 00:24.18 | <b>50m Freestyle</b>          | 00:27.00 | 00:27.24 | 00:27.48 |
| 00:54.51                               | 00:53.56 | 00:53.08 | <b>100m Freestyle</b>         | 00:58.95 | 00:59.48 | 01:00.01 |
| 02:00.51                               | 01:58.40 | 01:57.34 | <b>200m Freestyle</b>         | 02:09.40 | 02:10.57 | 02:11.74 |
| 04:17.28                               | 04:12.76 | 04:10.50 | <b>400m Freestyle</b>         | 04:30.92 | 04:33.36 | 04:35.80 |
| 08:53.21                               | 08:43.86 | 08:39.18 | <b>800m Freestyle</b>         | 09:15.64 | 09:20.65 | 09:25.66 |
| 16:57.63                               | 16:39.78 | 16:30.85 | <b>1500m Freestyle</b>        | 17:44.45 | 17:54.04 | 18:03.62 |
| 01:01.18                               | 01:00.12 | 00:59.58 | <b>100m Backstroke</b>        | 01:06.42 | 01:07.01 | 01:07.60 |
| 02:14.19                               | 02:11.86 | 02:10.69 | <b>200m Backstroke</b>        | 02:24.21 | 02:25.50 | 02:26.79 |
| 01:08.06                               | 01:06.87 | 01:06.28 | <b>100m Breaststroke</b>      | 01:14.58 | 01:15.25 | 01:15.91 |
| 02:28.07                               | 02:25.50 | 02:24.21 | <b>200m Breaststroke</b>      | 02:40.98 | 02:42.41 | 02:43.85 |
| 00:59.00                               | 00:57.97 | 00:57.46 | <b>100m Butterfly</b>         | 01:04.05 | 01:04.62 | 01:05.20 |
| 02:12.61                               | 02:10.30 | 02:09.15 | <b>200m Butterfly</b>         | 02:24.56 | 02:25.85 | 02:27.14 |
| 02:15.29                               | 02:12.93 | 02:11.76 | <b>200m Individual Medley</b> | 02:26.26 | 02:27.57 | 02:28.87 |
| 04:47.73                               | 04:42.73 | 04:40.22 | <b>400m Individual Medley</b> | 05:10.65 | 05:13.43 | 05:16.20 |

### **Activities and Engagement**

Athletes and coaches selected in the Sharks Squad will be receive scheduled performance support 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 targeted squad training and competition activities, aimed at simulating racing situations outside of the usual comfort zone.

## Junior Development Program

### **Objective**

The Junior Development Program is designed to recognise proficient young medley swimmers across NSW and promote the importance of coaching all strokes early in a swimmer's development. By focusing on medley swimming at this level, NSW will build a solid base of technically sound swimmers as they move through the pathway.

### **Selection**

Males 12-13 years and females 11-12 years may qualify for the Junior Development Program. Selection will be based on 200 IM results from the following meets:

- 2021/22 SNSW Junior Metro Championships (18-19 December 2021)
- 2022 Country Championships (18-20 February 2022)

### **Activities and Engagement**

All swimmers and home coaches selected for the Junior Development Program will be invited to clinics specifically focused on medley swimming. The clinics aim to provide recognition to the swimmers, as well as provide age-group coaches with specialised medley-based coaching skills.

## Regional Age Program

### **Squad Objective**

With NSW being a large geographical area, it presents challenges in supporting swimmers and coaches based outside of the Metro area. Swimming NSW (SNSW) has identified that there are many talented swimmers and coaches residing in regional areas. By implementing a Regional Age Program led by the SNSW Regional Coaching Director, support is provided to identified individuals who can challenge and boost the performances of their local squad mates.

### **Selection**

Swimmers will be selected based not only on performances but using talent identification processes. Male swimmers aged 14 – 17 years and female swimmers aged 13 – 16 years are eligible for the Regional Age Program. Selection will be made by the SNSW Coaching Director, Regional Coaching Director and ACT Performance Hub Head Coach. A maximum of 15 female and 15 male swimmers will be selected.

### **Activities and Engagement**

SNSW aims to have multiple touch points each year with the targeted group of swimmers and coaches. The activities will take place in a NSW Performance Hub to expose the group to a high performance environment, using facilities and resources not unavailable in their home program. The group will be led by the SNSW Regional Coaching Director.

## Para Program

### Swimming Australia Podium Categorised Athletes (Para)

#### Squad Objective

Support of Podium Categorised athletes is targeted at assisting NSW athletes remain on the National Para team and achieve repeated performance success at the international level or at senior benchmark events.

SNSW to provide resources (with the potential of funding) to assist NSW categorised Para swimmers with training or competition plans deemed to enhance achievements at the elite level.

#### Selection

NSW athletes are within categories 1, 2 or 3 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

Coaches with Podium Categorised 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.

### SNSW Para Development Squad

#### Squad Objective

To provide emerging Para swimmers with an educational opportunity to assist with their training and personal development. The aim of the activities would contribute to swimmers maintaining motivation and improving performance to achieve the next level of success, including selection onto a National Team or Squad.

#### Selection

Swimmers aged between 12-18 years are eligible for the Para Development Squad. Swimmers must achieve one SNSW Para Development qualifying standard at one of the following long course Championships (Paralympic events only):

- 2021 SNSW Multi-Class Championships (11 December 2021)
- 2022 SNSW State Open Championships (4-6 March 2022)
- 2022 Australian Swimming Championships (4-9 April 2022)
- 2022 Australian Swimming Trials (TBC)

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

#### Activities and Engagement

The SNSW Para Development Squad will be invited to 2 x training days that will involve performing the Swimming Australia (SA) Testing Protocols and targeted personal development education.

| SNSW Para Development Squad  |           |          |          |          |            |          |              |          |           |          |                   |          |
|------------------------------|-----------|----------|----------|----------|------------|----------|--------------|----------|-----------|----------|-------------------|----------|
| MEN - OPEN - 19 YEARS & OVER |           |          |          |          |            |          |              |          |           |          |                   |          |
| Class                        | Freestyle |          |          |          | Backstroke |          | Breaststroke |          | Butterfly |          | Individual Medley |          |
|                              | 50        | 100      | 200      | 400      | 50         | 100      | 50           | 100      | 50        | 100      | 150               | 200      |
| S1                           |           |          |          |          | 01:30.38   | 03:06.30 |              |          |           |          |                   |          |
| S2                           |           |          | 05:11.36 |          | 01:10.20   | 02:29.54 | 01:16.04     |          |           |          |                   |          |
| S3                           | 00:56.29  |          | 04:09.81 |          | 00:55.82   |          | 01:00.42     |          |           |          | 03:40.39          |          |
| S4                           | 00:46.04  | 01:41.59 | 03:34.06 |          | 00:52.15   |          |              | 02:02.75 |           |          | 03:14.48          |          |
| S5                           | 00:38.40  | 01:26.73 | 03:14.30 |          | 00:40.89   |          |              | 01:49.04 | 00:39.04  |          |                   |          |
| S6                           |           | 01:20.18 | 03:55.02 | 06:13.43 |            | 01:32.78 |              | 01:39.35 | 00:38.64  |          |                   | 03:17.58 |
| S7                           | 00:34.29  |          |          | 05:41.71 |            | 01:25.85 |              | 01:34.29 | 00:35.94  |          |                   | 03:05.69 |
| S8                           |           | 01:11.69 |          | 05:28.88 |            | 01:22.19 |              | 01:25.64 |           | 01:17.42 |                   | 02:53.37 |
| S9                           | 00:30.86  |          |          | 05:10.59 |            | 01:15.90 |              | 01:23.37 |           | 01:14.16 |                   | 02:46.65 |
| S10                          | 00:28.79  | 01:03.03 |          | 04:58.79 |            | 01:13.99 |              |          |           | 01:10.63 |                   | 02:40.95 |
| S11                          | 00:32.07  |          |          | 05:36.74 |            | 01:24.97 |              | 01:28.96 |           | 01:19.34 |                   | 03:01.26 |
| S12                          |           | 01:04.77 |          |          |            | 01:15.06 |              | 01:20.56 |           | 01:10.82 |                   |          |
| S13                          | 00:29.56  |          |          | 04:56.79 |            | 01:13.33 |              | 01:19.59 |           | 01:09.82 |                   | 02:40.22 |
| S14                          |           |          | 02:20.21 |          |            | 01:12.79 |              | 01:20.74 |           | 01:08.21 |                   | 02:39.15 |

| BOYS - YOUTH - 12 YEARS - 18 YEARS |           |          |          |          |            |          |              |          |           |          |                   |          |
|------------------------------------|-----------|----------|----------|----------|------------|----------|--------------|----------|-----------|----------|-------------------|----------|
| Class                              | Freestyle |          |          |          | Backstroke |          | Breaststroke |          | Butterfly |          | Individual Medley |          |
|                                    | 50        | 100      | 200      | 400      | 50         | 100      | 50           | 100      | 50        | 100      | 150               | 200      |
| S1                                 |           |          |          |          | 01:38.51   | 03:23.06 | 00:00.00     |          |           |          |                   |          |
| S2                                 |           |          | 05:39.38 |          | 01:16.52   | 02:42.99 | 01:22.88     |          |           |          |                   |          |
| S3                                 | 01:01.35  |          | 04:32.30 |          | 01:00.85   |          | 01:05.85     |          |           |          | 04:00.22          |          |
| S4                                 | 00:50.18  | 01:50.73 | 03:53.32 |          | 00:56.84   |          |              | 02:13.79 |           |          | 03:31.98          |          |
| S5                                 | 00:41.86  | 01:34.54 | 03:31.78 |          | 00:44.57   |          |              | 01:58.85 | 00:42.55  |          |                   |          |
| S6                                 |           | 01:27.39 | 04:16.17 | 06:47.04 |            | 01:41.13 |              | 01:48.29 | 00:42.11  |          |                   | 03:35.36 |
| S7                                 | 00:37.37  |          |          | 06:12.47 |            | 01:33.57 |              | 01:42.77 | 00:39.18  |          |                   | 03:22.40 |
| S8                                 |           | 01:18.14 |          | 05:58.47 |            | 01:29.58 |              | 01:33.35 |           | 01:24.39 |                   | 03:08.98 |
| S9                                 | 00:33.63  |          |          | 05:38.54 |            | 01:22.73 |              | 01:30.88 |           | 01:20.84 |                   | 03:01.65 |
| S10                                | 00:31.38  | 01:08.70 |          | 05:25.68 |            | 01:20.65 |              |          |           | 01:16.99 |                   | 02:55.44 |
| S11                                | 00:34.96  |          |          | 06:07.05 |            | 01:32.61 |              | 01:36.97 |           | 01:26.48 |                   | 03:17.58 |
| S12                                |           | 01:10.59 |          |          |            | 01:21.81 |              | 01:27.81 |           | 01:17.19 |                   |          |
| S13                                | 00:32.22  |          |          | 05:23.50 |            | 01:19.93 |              | 01:26.75 |           | 01:16.11 |                   | 02:54.64 |
| S14                                |           |          | 02:32.83 |          |            | 01:19.34 |              | 01:28.01 |           | 01:14.35 |                   | 02:53.48 |

| SNSW Para Development Squad    |           |          |          |          |            |          |              |          |           |          |                   |          |
|--------------------------------|-----------|----------|----------|----------|------------|----------|--------------|----------|-----------|----------|-------------------|----------|
| WOMEN - OPEN - 19 YEARS & OVER |           |          |          |          |            |          |              |          |           |          |                   |          |
|                                | Freestyle |          |          |          | Backstroke |          | Breaststroke |          | Butterfly |          | Individual Medley |          |
| Class                          | 50        | 100      | 200      | 400      | 50         | 100      | 50           | 100      | 50        | 100      | 150               | 200      |
| S1                             |           |          |          |          |            |          |              |          |           |          |                   |          |
| S2                             |           |          |          |          | 01:25.98   | 03:06.74 |              |          |           |          |                   |          |
| S3                             |           | 02:14.30 |          |          | 01:07.51   |          | 01:12.31     |          |           |          |                   |          |
| S4                             | 00:50.04  |          |          |          | 00:59.24   |          |              | 02:15.19 |           |          | 03:25.08          |          |
| S5                             |           | 01:40.07 | 03:24.15 |          | 00:53.02   |          |              | 02:04.24 | 00:55.53  |          |                   | 04:24.53 |
| S6                             | 00:40.92  |          |          | 06:23.27 |            | 01:39.42 |              | 01:56.99 | 00:44.58  |          |                   | 03:37.34 |
| S7                             |           | 01:27.43 |          | 06:22.07 |            | 01:40.47 |              | 01:54.32 | 00:42.04  |          |                   | 03:42.50 |
| S8                             | 00:38.17  |          |          | 06:00.91 |            | 01:35.93 |              | 01:43.02 |           | 01:37.91 |                   | 03:25.63 |
| S9                             |           | 01:17.65 |          | 05:42.17 |            | 01:27.00 |              | 01:35.05 |           | 01:23.83 |                   | 03:10.66 |
| S10                            | 00:33.98  | 01:14.33 |          | 05:32.94 |            | 01:24.45 |              |          |           | 01:22.91 |                   | 03:00.11 |
| S11                            | 00:36.49  | 01:21.54 |          | 06:16.76 |            | 01:34.30 |              | 01:45.40 |           |          |                   | 03:22.87 |
| S12                            |           | 01:13.81 |          |          |            | 01:24.75 |              | 01:35.86 |           |          |                   |          |
| S13                            | 00:33.16  |          |          | 05:37.94 |            | 01:21.45 |              | 01:32.06 |           | 01:21.41 |                   | 03:01.20 |
| S14                            |           |          | 02:38.67 |          |            | 01:23.21 |              | 01:33.01 |           | 01:21.46 |                   | 03:02.78 |

| GIRLS - YOUTH - 12 YEARS - 18 YEARS |           |          |          |          |            |          |              |          |           |          |                   |          |
|-------------------------------------|-----------|----------|----------|----------|------------|----------|--------------|----------|-----------|----------|-------------------|----------|
|                                     | Freestyle |          |          |          | Backstroke |          | Breaststroke |          | Butterfly |          | Individual Medley |          |
| Class                               | 50        | 100      | 200      | 400      | 50         | 100      | 50           | 100      | 50        | 100      | 150               | 200      |
| S1                                  |           |          |          |          |            |          |              |          |           |          |                   |          |
| S2                                  |           |          |          |          | 01:33.72   | 03:23.55 |              |          |           |          |                   |          |
| S3                                  |           | 02:26.38 |          |          | 01:13.59   |          | 01:18.82     |          |           |          |                   |          |
| S4                                  | 00:54.54  |          |          |          | 01:04.57   |          |              | 02:27.36 |           |          | 03:43.53          |          |
| S5                                  |           | 01:49.08 | 03:42.52 |          | 00:57.79   |          |              | 02:15.42 | 01:00.53  |          |                   | 04:48.33 |
| S6                                  | 00:44.60  |          |          | 06:57.76 |            | 01:48.37 |              | 02:07.52 | 00:48.59  |          |                   | 03:56.90 |
| S7                                  |           | 01:35.30 |          | 06:56.45 |            | 01:49.52 |              | 02:04.61 | 00:45.83  |          |                   | 04:02.52 |
| S8                                  | 00:41.61  |          |          | 06:33.39 |            | 01:44.56 |              | 01:52.29 |           | 01:46.73 |                   | 03:44.14 |
| S9                                  |           | 01:24.64 |          | 06:12.96 |            | 01:34.83 |              | 01:43.60 |           | 01:31.37 |                   | 03:27.82 |
| S10                                 | 00:37.04  | 01:21.02 |          | 06:02.91 |            | 01:32.05 |              |          |           | 01:30.37 |                   | 03:16.32 |
| S11                                 | 00:39.78  | 01:28.87 |          | 06:50.67 |            | 01:42.79 |              | 01:54.88 |           |          |                   | 03:41.13 |
| S12                                 |           | 01:20.45 |          |          |            | 01:32.37 |              | 01:44.48 |           |          |                   |          |
| S13                                 | 00:36.15  |          |          | 06:08.36 |            | 01:28.78 |              | 01:40.34 |           | 01:28.74 |                   | 03:17.51 |
| S14                                 |           |          | 02:52.95 |          |            | 01:30.70 |              | 01:41.39 |           | 01:28.79 |                   | 03:19.23 |

## *Performance Hubs*

A key objective for establishing the hubs was to support the development of pathways and create sustainable high-performance programs in NSW/ACT. The hubs have access to the best facilities, resources and high-performance personnel in the State, including the NSW Institute of Sport and the AIS. Therefore, it is essential that the hubs are engaged as part of the SNSW Performance Pathway for athlete and coach development. Throughout the year, selected National level athletes and their home coaches will be invited into the hubs to train with the resident program. SNSW Pathway squads will also utilise the hubs for camps and other development opportunities.

Swimming NSW has two Performance Hubs in NSW/ACT:

1. Sydney Olympic Park Hub – Sydney Olympic Park
2. ACT Performance Hub – AIS, Canberra