

Swimming NSW Performance Pathway Program

The Swimming NSW Performance Pathway Program has been designed to support the progression of NSW swimmers and coaches. The program supplements work being done in the daily training environment. It incorporates development activities through training and racing opportunities, and through holistic athlete development education specific to each stage of the pathway.

NSW has a strong history of success in the sport of swimming and Swimming NSW is committed to achieving our vision of returning NSW to #1 for Performance and Participation. The Performance Pathway Program is a critical component of our 2032 Strategy.

2024-25 SNSW Performance Pathway Squads Summary

The below table outlines the 2024/25 SNSW Performance Pathway Squads:

SNSW Squad/Program	Information / Criteria
<p>2024-25 SNSW Performance Pathway Squads - Selection Criteria:</p> <ul style="list-style-type: none"> • Olympic & Para Programs: NSW Performance Pathway Squads (pool) will be selected from State and National officiated meets where Heats & Finals are conducted (unless otherwise stated within the squad criteria) <ul style="list-style-type: none"> ○ N.B. School meets may be considered if they are the final meet of the school competition stream and official results are available through Swim Central (e.g., CIS, CHS, IGSSA, GPS, CAS, MCC, CCC, ISA etc) • Only Olympic and Paralympic events will be considered. • Benchmark Time: The time is established from the 2023 World Aquatics World Championships. The 8th fastest time through to the final becomes the 2024-25 Benchmark Time. • Selection window (pool): 1st December 2023 and 30th April 2024* • Open Water: Selected from performances at the 2024 Australian Open & Age Open Water Championships (as per the Open Water Squad selection criteria) <p><small>*Australian Trials Results – athletes may be added or moved up to another pathway squad</small></p>	
<p>SNSW Futures Squad (Pool)</p>	<p>The selection criteria is based on times swum in the finals (Priority 1) or heats (Priority 2) at State and National officiated events that conduct heats & finals during the selection window period:</p> <ul style="list-style-type: none"> • Male & Female 21-22yrs*: 4% BM time • Male & Female 19-20yrs: 5% BM time • Male & Female 18yrs: 6% BM time • Male & Female 17yrs: 7% BM time • Male & Female 16yrs: 8% BM time

	<p>*Athletes over the age of 22 and who are within 4% of the BM time will be considered for squad selection. This is at the discretion of the Coaching Director.</p>
<p>SNSW Futures Open Water Squad</p>	<p>Selected from performances at the 2024 Australian Open & Age Open Water Championships:</p> <ul style="list-style-type: none"> • Male & Female 16yrs & Over: NSW medallists or NSW swimmers within 5 minutes of the winner in the Open 10km event • Male & Female NSW medallists in the 18 years and 19 years 10km or NSW swimmers within 5 minutes of the winners of the 18 years and 19 years 10km event. • NSW medallists in the 16 years and 17 years 7.5km or NSW swimmers within 3 minutes of the winners of the 16 years and 17 years 7.5km event • If the squad is not at capacity places will be offered based on the % ranking (to the winning time) for the events listed within the criteria.
<p>SNSW Para Futures Squad</p>	<p>The selection criteria are based on times swum in the finals (P1) or heats (P2) at State and National officiated events that conduct heats & finals during the selection window period:</p> <ul style="list-style-type: none"> • Male and Female 12-21yrs who achieve a squad qualifying time, in their respective class at nominated events
<p>SNSW Sharks Squad</p>	<p>The selection criteria are based on times swum in the finals (P1) or heats (P2) at State and National officiated events that conduct heats & finals during the selection window period:</p> <ul style="list-style-type: none"> • Ranking will be against the 2024 Benchmark Time in Olympic events only • Top ranked 48 swimmers will be selected + 6 reserves (24 per gender + 3 reserves). The age breakdown will be as follows: <ul style="list-style-type: none"> ○ 12 x 15 years ○ 12 x 13 years & 14 years (combined)

SNSW Touring Teams

Swimming NSW will reestablish Touring Teams in 2024/25, returning to what has historically proven to be critical in the development of both athletes and coaches.

There will be a staged approach to the re-introduction of touring teams (subject to funding availability). This is outlined below:

NSW Touring Teams	Information / Criteria
2024 SNSW Open Touring Team	<ul style="list-style-type: none"> • Top 12 ranked & available NSW athletes. • Selection based on results from Australian Age, Australian Open & where possible Australian Team Trials, using percentage closest to the benchmark time • EOI forms to be available at the nominated selection meets • Funding: there will be an athlete contribution for this tour
SNSW Age Touring Team - 18yrs & Under (to be introduced in 2025)	<ul style="list-style-type: none"> • Top 16 ranked & available athletes 18yrs and under who are not selected on the Open Touring Team • Selection based on results from Australian Age, Australian Open & where possible Australian Team Trials, using percentage closest to the benchmark time • EOI forms to be available at the nominated selection meets • Funding: there will be an athlete contribution for this tour
SNSW Junior Touring Team - 13-15yrs (to be introduced in 2026 and alternate on a yearly basis with Sharks Camp)	<ul style="list-style-type: none"> • Swimmers aged 13-15yrs • 12 athletes each gender for a total of 24 • 13yrs, 14yrs, 15yrs: 3 each age + next 3 highest ranked athletes per gender • Selection based on results from the 2025 NSW Senior State Age LC Championships using percentage closest to the benchmark time <ul style="list-style-type: none"> • EOI forms to be available at the nominated selection meet • Funding: Athlete to fund 100% of the tour cost

2024-25 NSW Performance Pathway Qualifying Times

	2024-25	SA National Flippers Squad				NSW Futures Squad				
2023 World Championships	Benchmark	21-23yrs	20yrs	19yrs	18yrs & U	21-22yrs	19-20yrs	18yrs	17yrs	16yrs
Men's 50m Freestyle	00:21.88	00:22.35	00:22.57	00:22.90	00:23.22	00:22.90	00:23.22	00:23.41	00:23.63	00:23.85
Men's 100m Freestyle	00:48.06	00:49.02	00:49.50	00:50.22	00:50.94	00:50.22	00:50.94	00:51.42	00:51.90	00:52.39
Men's 200m Freestyle	01:45.97	01:48.09	01:49.15	01:50.74	01:52.33	01:50.74	01:52.33	01:53.39	01:54.45	01:55.51
Men's 400m Freestyle	03:45.43	03:49.94	03:52.19	03:55.57	03:57.83	03:55.57	03:57.83	04:01.21	04:03.46	04:05.72
Men's 800m Freestyle	07:45.80	07:55.12	07:59.77	08:06.76	08:09.09	08:06.76	08:09.09	08:18.41	08:23.06	08:27.72
Men's 1500m Freestyle	14:54.29	15:12.18	15:21.12	15:34.53	15:39.00	15:34.53	15:39.00	15:56.89	16:05.83	16:14.78
Men's 100m Backstroke	00:53.21	00:54.27	00:54.81	00:55.60	00:56.40	00:55.60	00:56.40	00:56.93	00:57.47	00:58.00
Men's 200m Backstroke	01:57.28	01:59.63	02:00.80	02:02.56	02:04.32	02:02.56	02:04.32	02:05.49	02:06.66	02:07.84
Men's 100m Breaststroke	00:59.50	01:00.69	01:01.29	01:02.18	01:03.07	01:02.18	01:03.07	01:03.67	01:04.26	01:04.85
Men's 200m Breaststroke	02:09.50	02:12.09	02:13.38	02:15.33	02:17.27	02:15.33	02:17.27	02:18.56	02:19.86	02:21.15
Men's 100m Butterfly	00:51.17	00:52.19	00:52.71	00:53.47	00:54.88	00:53.47	00:54.88	00:54.75	00:55.26	00:55.78
Men's 200m Butterfly	01:54.97	01:57.27	01:58.42	02:00.14	02:01.87	02:00.14	02:01.87	02:03.02	02:04.17	02:05.32
Men's 200m Individual Medley	01:57.23	01:59.57	02:00.75	02:02.51	02:04.26	02:02.51	02:04.26	02:05.44	02:06.61	02:07.78
Men's 400m Individual Medley	04:12.85	04:17.91	04:20.44	04:24.23	04:28.02	04:24.23	04:28.02	04:30.55	04:33.08	04:35.61
	2024-25	SA National Flippers Squad			NSW Futures Squad					
2023 World Championships	Benchmark	20-23yrs	19yrs	18yrs & U	21-22yrs	19-20yrs	18yrs	17yrs	16yrs	
Women's 50m Freestyle	00:24.68	00:25.17	00:25.54	00:25.91	00:25.54	00:25.91	00:26.16	00:26.41	00:26.65	
Women's 100m Freestyle	00:53.67	00:54.74	00:55.55	00:56.35	00:55.55	00:56.35	00:56.89	00:57.43	00:57.96	
Women's 200m Freestyle	01:56.49	01:58.82	02:00.57	02:02.31	02:00.57	02:02.31	02:03.48	02:04.64	02:05.81	
Women's 400m Freestyle	04:04.98	04:09.88	04:13.55	04:16.00	04:13.55	04:17.23	04:19.68	04:22.13	04:24.58	
Women's 800m Freestyle	08:22.20	08:32.24	08:39.78	08:42.29	08:39.78	08:47.31	08:52.33	08:57.35	09:02.38	
Women's 1500m Freestyle	16:01.95	16:21.19	16:35.62	16:40.43	16:35.62	16:50.05	16:59.67	17:09.29	17:18.91	
Women's 100m Backstroke	00:59.62	01:00.81	01:01.71	01:02.60	01:01.71	01:02.60	01:03.20	01:03.79	01:04.39	
Women's 200m Backstroke	02:09.74	02:12.33	02:14.28	02:16.23	02:14.28	02:16.23	02:17.52	02:18.82	02:20.12	
Women's 100m Breaststroke	01:06.31	01:07.64	01:08.63	01:09.63	01:08.63	01:09.63	01:10.29	01:10.95	01:11.61	
Women's 200m Breaststroke	02:24.16	02:27.04	02:29.21	02:31.37	02:29.21	02:31.37	02:32.81	02:34.25	02:35.69	
Women's 100m Butterfly	00:57.17	00:58.31	00:59.17	01:00.03	00:59.17	01:00.03	01:00.60	01:01.17	01:01.74	
Women's 200m Butterfly	02:07.72	02:10.27	02:12.19	02:14.11	02:12.19	02:14.11	02:15.38	02:16.66	02:17.94	
Women's 200m Individual Medley	02:10.62	02:13.23	02:15.19	02:17.15	02:15.19	02:17.15	02:18.46	02:19.76	02:21.07	
Women's 400m Individual Medley	04:39.46	04:45.05	04:49.24	04:53.43	04:49.24	04:53.43	04:56.23	04:59.02	05:01.82	

2024-25 SNSW Para Futures Squad												
MEN - OPEN - 19-23 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

2024-25 SNSW Para Futures Squad												
WOMEN - OPEN - 19-23 YEARS												
Class	Freestyle				Backstroke		Breaststroke		Butterfly		Individual Medley	
	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												
Class	Freestyle				Backstroke		Breaststroke		Butterfly		Individual Medley	
	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