

Swimming NSW Performance Pathways 2024-25 Summary

The Swimming NSW Performance Pathways program has been significantly reviewed with the aim of improving pathways for NSW swimmers and coaches. The below information is a guide only, SNSW will publish a finalised document at the start of December once endorsed by the Board.

Squad/Program	Information	
All Swimming Australia Squads & Programs	All criteria will be published by Swimming Australia when available	
	Squads/Programs	
	Podium Categorised Athletes	Pool, Open Water & Para
	National Flippers Squad	Pool, Open Water & Para
	National Para Development Squad	Para
2024-25 SNSW Performance Pathway Squads	All information is subject to change and Swimming NSW Board Approval	
	<ul style="list-style-type: none"> Olympic & Para Programs: NSW Performance Pathway Squads (pool) will be selected from State officiated meets where Heats & Finals are conducted (unless otherwise stated within the squad criteria) Only Olympic and Paralympic events will be considered. Selection window (pool): 1st December 2023 and 30th April 2024* Open Water: Selected from performances at the 2024 Australian Open & Age Open Water Championships <p>*Australian Trials Results – athletes may be added or moved up to another pathway squad</p>	
	SNSW Squads/Programs	
	SNSW Futures Squads	Pool and Para Squads: qualifying times will apply and published when available. Pool: 16-19yrs Para: 12-23yrs Open Water Squad: based on performances in the 10km & 7.5km – Full selection criteria will be published when available
	SNSW Sharks Squad	Based on rankings (up to 48 athletes – 24 males/24 females) Pool: 13-15yrs Ranking window: 1 st Dec 2023-30 th April 2024 More information will be made available

Available Qualifying Times:	As of Nov 3, 2023	The following times are subject to change
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	2024-25	SA National Flippers Squad				NSW Futures Squad			
2023 World Championships		21-23yrs	20yrs	19yrs	18yrs & U	19yrs	18yrs	17yrs	16yrs
	Benchmark	2%	3%	4%	5%	5%	6%	7%	8%
Men's 50m Freestyle	00:21.88	00:22.32	00:22.54	00:22.76	00:22.97	00:22.97	00:23.19	00:23.41	00:23.63
Men's 100m Freestyle	00:48.06	00:49.02	00:49.50	00:49.98	00:50.46	00:50.46	00:50.94	00:51.42	00:51.90
Men's 200m Freestyle	01:45.97	01:48.09	01:49.15	01:50.21	01:51.27	01:51.27	01:52.33	01:53.39	01:54.45
Men's 400m Freestyle	03:45.43	03:49.94	03:52.19	03:54.45	03:56.70	03:56.70	03:58.96	04:01.21	04:03.46
Men's 800m Freestyle	07:45.80	07:55.12	07:59.77	08:04.43	08:09.09	08:09.09	08:13.75	08:18.41	08:23.06
Men's 1500m Freestyle	14:54.29	15:12.18	15:21.12	15:30.06	15:39.00	15:39.00	15:47.95	15:56.89	16:05.83
Men's 100m Backstroke	00:53.21	00:54.27	00:54.81	00:55.34	00:55.87	00:55.87	00:56.40	00:56.93	00:57.47
Men's 200m Backstroke	01:57.28	01:59.63	02:00.80	02:01.97	02:03.14	02:03.14	02:04.32	02:05.49	02:06.66
Men's 100m Breaststroke	00:59.50	01:00.69	01:01.29	01:01.88	01:02.48	01:02.48	01:03.07	01:03.67	01:04.26
Men's 200m Breaststroke	02:09.50	02:12.09	02:13.38	02:14.68	02:15.97	02:15.97	02:17.27	02:18.56	02:19.86
Men's 100m Butterfly	00:51.17	00:52.19	00:52.71	00:53.22	00:53.73	00:53.73	00:54.24	00:54.75	00:55.26
Men's 200m Butterfly	01:54.97	01:57.27	01:58.42	01:59.57	02:00.72	02:00.72	02:01.87	02:03.02	02:04.17
Men's 200m Individual Medley	01:57.23	01:59.57	02:00.75	02:01.92	02:03.09	02:03.09	02:04.26	02:05.44	02:06.61
Men's 400m Individual Medley	04:12.85	04:17.91	04:20.44	04:22.96	04:25.49	04:25.49	04:28.02	04:30.55	04:33.08
	2024-25	SA National Flippers Squad				NSW Futures Squad			
2023 World Championships		20-23yrs	19yrs	18yrs	17yrs & U	19yrs	18yrs	17yrs	16yrs
	Benchmark	2%	3%	4%	5%	5%	6%	7%	8%
Women's 50m Freestyle	00:24.68	00:25.17	00:25.42	00:25.67	00:25.91	00:25.91	00:26.16	00:26.41	00:26.65
Women's 100m Freestyle	00:53.67	00:54.74	00:55.28	00:55.82	00:56.35	00:56.35	00:56.89	00:57.43	00:57.96
Women's 200m Freestyle	01:56.49	01:58.82	01:59.98	02:01.15	02:02.31	02:02.31	02:03.48	02:04.64	02:05.81
Women's 400m Freestyle	04:04.98	04:09.88	04:12.33	04:14.78	04:17.23	04:17.23	04:19.68	04:22.13	04:24.58
Women's 800m Freestyle	08:22.20	08:32.24	08:37.27	08:42.29	08:47.31	08:47.31	08:52.33	08:57.35	09:02.38
Women's 1500m Freestyle	16:01.95	16:21.19	16:30.81	16:40.43	16:50.05	16:50.05	16:59.67	17:09.29	17:18.91
Women's 100m Backstroke	00:59.62	01:00.81	01:01.41	01:02.00	01:02.60	01:02.60	01:03.20	01:03.79	01:04.39
Women's 200m Backstroke	02:09.74	02:12.33	02:13.63	02:14.93	02:16.23	02:16.23	02:17.52	02:18.82	02:20.12
Women's 100m Breaststroke	01:06.31	01:07.64	01:08.30	01:08.96	01:09.63	01:09.63	01:10.29	01:10.95	01:11.61
Women's 200m Breaststroke	02:24.16	02:27.04	02:28.48	02:29.93	02:31.37	02:31.37	02:32.81	02:34.25	02:35.69
Women's 100m Butterfly	00:57.17	00:58.31	00:58.89	00:59.46	01:00.03	01:00.03	01:00.60	01:01.17	01:01.74
Women's 200m Butterfly	02:07.72	02:10.27	02:11.55	02:12.83	02:14.11	02:14.11	02:15.38	02:16.66	02:17.94
Women's 200m Individual Medley	02:10.62	02:13.23	02:14.54	02:15.84	02:17.15	02:17.15	02:18.46	02:19.76	02:21.07
Women's 400m Individual Medley	04:39.46	04:45.05	04:47.84	04:50.64	04:53.43	04:53.43	04:56.23	04:59.02	05:01.82