

2025/26 SNSW Performance Pathways Program

PERFORMANCE & PATHWAYS VISION

To return NSW to #1 for performance by creating pathways, programs and environments that support the development of athletes and coaches to deliver podium performances at Benchmark events.

2028 Mission

More NSW swimmers and coaches representing Australia & winning medals.

2032 Mission

NSW is the #1 state for swimming performance at the Olympic & Paralympic Games.

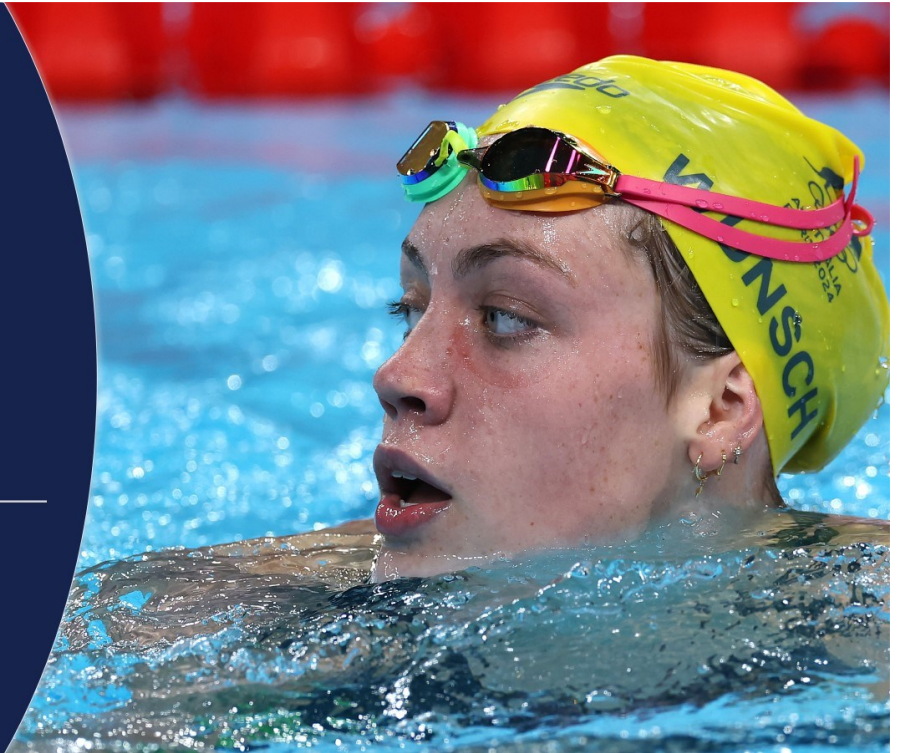


Swimming NSW's (SNSW) State Squads provide comprehensive support to athletes at different stages of their swimming careers. Each squad and touring team aim to enhance athletes' skills, readiness, and personal growth to excel in swimming at various levels of competition.

Key notes:

- Squads & Touring teams will be selected by a panel based on performances during the identified meets and timeframes.
- The selection criteria outlined below is flexible to allow movement within the pathway & additional athletes will be added to squads should they fast track their progression.
- 2025- 26 Benchmark Time: The time is established from the 2024 Olympic Games Championships. The 8th fastest time that qualifies for the final becomes the 2025-26 Benchmark Time.
- Squads and Touring Teams (pool) will be selected from registered officiated meets (unless otherwise stated within the squad criteria). All times are subject to ratification.

OLYMPIC PATHWAY PROGRAM



VISIBLE & ALIGNED PATHWAYS

Swimming Australia

Swimming NSW

Dolphins

Australia A Team

Junior / Youth National
Teams

National Flippers

SNSW Touring Team

NSW Open Squad

Futures Squad

Sharks Squad

NSWIS – Categoricalised
Athletes & Campaign
/ Project Support

Squads & Touring Teams Selection Criteria

SNSW Touring Team

Purpose: To provide international competition experience and exposure to NSW's best athlete and coaching talent in readiness for National Team performance.

2025 Touring Teams:

- 2025 New Zealand Short Course Championships.
- 2025 Japan Open.

Selection Criteria:

- The top 10 available athletes will be selected for the Touring Team (athletes who attend the Benchmark Event National Team/s are ineligible for selection).
- Athletes will be selected based on ranking % of the 2025-26 benchmark time.
 - See appendix 1 for 2025-26 benchmark time.
- Only performances in Olympic events will be considered.
- The Touring Teams will be selected from performances between 1st January – 30th June (fastest times in heats or finals).
- The SNSW Touring Teams will be announced in July 2025.

Note: Athletes will be selected for one Touring Team only.

SNSW Open Squad

Purpose: In preparation for LA 2028, provide competitive training opportunities for the best NSW Talent.

Selection Criteria:

- The top 20 NSW athletes including categorised athletes & National Flippers.
- Athletes will be selected based on ranking % of the 2025-26 benchmark time.
 - See appendix 1 for 2025-26 benchmark time.
- Only performances in Olympic events will be considered.
- The Open Squad will be selected from performances between 1st January – 30th April (fastest times in heats or finals), plus Australian Trials.
- The SNSW Open Squad will be announced in July 2025.

SNSW Futures Squad

Purpose: Provide a performance environment that develops the experiences, skills and technique to perform when it matters.

Selection Criteria:

- 30 NSW athletes will be selected (age range 20 years and under).
- Athletes will be selected based on ranking % of the 2025-26 benchmark time.
 - See appendix 1 for 2025-26 benchmark time.
- Only performances in Olympic events will be considered.
- The Futures Squad selected from performances between 1st January – 30th April 2025.
- SNSW Futures Squad will be announced in May 2025.

Open Water Futures Squad

Purpose: Provide a performance environment that develops the experiences, skills and technique to perform when it matters.

Selection Criteria:

- The top 10 NSW athletes (age range 16 years and over).
- Athletes will be selected from Australian Age and Australian Open Water Championships (7.5km / 10km).
- Open 10km (Male & Female): NSW medallists or swimmers within 5 minutes of the winner.
- 18/19 Years 10km (Male & Female): NSW medallists or swimmers within 5 minutes of the winner.
- 16/17 Years 7.5km (Male & Female): NSW medallists or swimmers within 3 minutes of the winner.

Ranking of swimmers:

- Should more than 10 swimmers qualify for the SNSW Open Water Futures Squad, swimmers will be ranked based on the % against the winning time for the respective qualifying event. The 10th ranked athlete's percentage will establish the minimum qualifying percentage.
- If 10 or fewer swimmers qualify, swimmers may be selected based on their percentage ranking against the winning time in their respective event.
- SNSW Open Water Futures Squad will be announced in May 2025.

Sharks Squad

Purpose: In preparation for Brisbane 2032, provide targeted training & education opportunities to athletes to deliver long term athlete development.

Selection Criteria:

- 80 athletes (age range Girls 12-15 yrs / Boys 13-16yrs).
- Selection window: 1st December 2024 – 30th April (any meet in this period, fastest times in heats or finals).
- Athletes will be selected based on rankings % of the 2025-26 benchmark time.
 - See appendix 1 for benchmark times.
- Only performances in Olympic events will be considered.
- The top 40 girls and top 40 boys will be selected:
 - Girls squad: all guaranteed places (top 8 spots as indicated) will be based on rankings % of the 2025-26 benchmark time.
 - 12/13 years = 8 spots
 - 14 years = 8 spots
 - 15 years = 8 spots
 - The remaining 16 spots are based on rankings % of the 2025-26 benchmark time (no age quotas).

Note: NSW Gold medallists from Olympic events at the Australian Age Championships will be selected.

- Boys squad: all guaranteed places (top 8 spots as indicated) will be based on rankings % of the 2025-26 benchmark time.
 - 13/14 years = 8 spots
 - 15 years = 8 spots
 - 16 years = 8 spots
 - The remaining 16 spots are based on rankings % of the 2025-26 benchmark time (no age quotas).

Note: NSW Gold medallists from Olympic events at the Australian Age Championships will be selected.

- SNSW Sharks Squad will be announced in May 2025.



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PARALMPIC PATHWAY PROGRAM



VISIBLE & ALIGNED PATHWAYS

Swimming Australia

Swimming NSW

Para Dolphins

Para Flippers Squad

SA Para Futures Squad

SNSW Para Futures Squad

NSWIS – Categorised
Athletes & Campaign
/ Project Support

SNSW Para Futures Squad

Purpose: Provide a performance environment that develops the experiences, skills and technique to perform when it matters.

Selection Criteria:

- Up to 40 athletes will be selected (Age range 12 – 21 years).
- Selection based on % of the 2025-26 Para benchmark time.
 - See appendix 2 for 2025–26 Para benchmark times.
- Squad selected from performances at NSW Open, Australian Age (MC) and Australian Open (MC) Championships.
- Only performances in Paralympic events will be considered.
 - **Note:** Identified athletes (up to a maximum of 8) from non-Paralympic events (S15 – S19 classifications) will be invited to attend SNSW Para Futures Squad training day activity.
- SNSW Para Futures Squad will be announced in May 2025.

Appendix 1 – 2025-26 Benchmark Time.

2025-26 Benchmark Time	2025 8th Fastest (OG)
Men's 50m Freestyle	00:21.64
Men's 100m Freestyle	00:47.94
Men's 200m Freestyle	01:45.88
Men's 400m Freestyle	03:45.75
Men's 800m Freestyle	07:44.59
Men's 1500m Freestyle	14:45.59
Men's 100m Backstroke	00:52.95
Men's 200m Backstroke	01:56.52
Men's 100m Breaststroke	00:59.38
Men's 200m Breaststroke	02:09.89
Men's 100m Butterfly	00:51.08
Men's 200m Butterfly	01:54.62
Men's 200m Individual Medley	01:57.76
Men's 400m Individual Medley	04:11.52

2025-26 Benchmark Time	2025 8th Fastest (OG)
Women's 50m Freestyle	00:24.40
Women's 100m Freestyle	00:53.18
Women's 200m Freestyle	01:56.37
Women's 400m Freestyle	04:03.83
Women's 800m Freestyle	08:22.99
Women's 1500m Freestyle	16:08.69
Women's 100m Backstroke	00:59.50
Women's 200m Backstroke	02:08.79
Women's 100m Breaststroke	01:06.23
Women's 200m Breaststroke	02:23.54
Women's 100m Butterfly	00:56.93
Women's 200m Butterfly	02:07.53
Women's 200m Individual Medley	02:10.16
Women's 400m Individual Medley	04:40.40

Appendix 2 – NSW Para Benchmark Time – Paralympic Events only.

NSW Para Benchmark Time - Paralympic Events only					
Gender	Men's Events	Time	Gender	Women's Events	Time
M	Men's 50 m Freestyle S3	00:44.83			
M	Men's 50 m Freestyle S4	00:37.11	W	Women's 50 m Freestyle S4	00:40.54
M	Men's 50 m Freestyle S5	00:31.23			
			W	Women's 50 m Freestyle S6	00:33.01
M	Men's 50 m Freestyle S7	00:27.55			
			W	Women's 50 m Freestyle S8	00:30.59
M	Men's 50 m Freestyle S9	00:25.15			
M	Men's 50 m Freestyle S10	00:23.77	W	Women's 50 m Freestyle S10	00:27.70
M	Men's 50 m Freestyle S11	00:26.04	W	Women's 50 m Freestyle S11	00:29.72
M	Men's 50 m Freestyle S13	00:24.01	W	Women's 50 m Freestyle S13	00:27.64
			W	Women's 100 m Freestyle S3	01:31.62
M	Men's 100 m Freestyle S4	01:22.32			
M	Men's 100 m Freestyle S5	01:09.41	W	Women's 100 m Freestyle S5	01:20.82
M	Men's 100 m Freestyle S6	01:05.27			
			W	Women's 100 m Freestyle S7	01:11.38
M	Men's 100 m Freestyle S8	00:58.30			
			W	Women's 100 m Freestyle S9	01:02.22
M	Men's 100 m Freestyle S10	00:51.86	W	Women's 100 m Freestyle S10	01:01.02
			W	Women's 100 m Freestyle S11	01:06.24
M	Men's 100 m Freestyle S12	00:53.62	W	Women's 100 m Freestyle S12	01:01.05
M	Men's 200 m Freestyle S2	04:14.71			
M	Men's 200 m Freestyle S3	03:19.76			
M	Men's 200 m Freestyle S4	02:55.17	W	Women's 200 m Freestyle S5	02:47.96
M	Men's 200 m Freestyle S5	02:30.13			
M	Men's 200 m Freestyle S14	01:53.77	W	Women's 200 m Freestyle S14	02:07.91
M	Men's 400 m Freestyle S6	05:07.00	W	Women's 400 m Freestyle S6	05:19.62
M	Men's 400 m Freestyle S7	04:38.82	W	Women's 400 m Freestyle S7	05:12.61
M	Men's 400 m Freestyle S8	04:24.00	W	Women's 400 m Freestyle S8	04:56.62
M	Men's 400 m Freestyle S9	04:15.61	W	Women's 400 m Freestyle S9	04:44.91
			W	Women's 400 m Freestyle S10	04:34.18
M	Men's 400 m Freestyle S11	04:32.33	W	Women's 400 m Freestyle S11	05:04.08
M	Men's 400 m Freestyle S13	04:06.38	W	Women's 400 m Freestyle S13	04:44.62
M	Men's 50 m Backstroke S1	01:13.90			
M	Men's 50 m Backstroke S2	00:56.99	W	Women's 50 m Backstroke S2	01:08.79
M	Men's 50 m Backstroke S3	00:48.42	W	Women's 50 m Backstroke S3	00:58.63
M	Men's 50 m Backstroke S4	00:43.05	W	Women's 50 m Backstroke S4	00:50.81
M	Men's 50 m Backstroke S5	00:33.06	W	Women's 50 m Backstroke S5	00:40.99
M	Men's 100 m Backstroke S1	02:30.56			
M	Men's 100 m Backstroke S2	02:01.74	W	Women's 100 m Backstroke S2	02:24.48
M	Men's 100 m Backstroke S6	01:15.16	W	Women's 100 m Backstroke S6	01:21.97
M	Men's 100 m Backstroke S7	01:09.32			
M	Men's 100 m Backstroke S8	01:07.26	W	Women's 100 m Backstroke S8	01:18.36
M	Men's 100 m Backstroke S9	01:01.51	W	Women's 100 m Backstroke S9	01:09.24
M	Men's 100 m Backstroke S10	01:01.34	W	Women's 100 m Backstroke S10	01:08.59
M	Men's 100 m Backstroke S11	01:07.03	W	Women's 100 m Backstroke S11	01:16.64
M	Men's 100 m Backstroke S12	01:01.41	W	Women's 100 m Backstroke S12	01:11.33
M	Men's 100 m Backstroke S13	00:58.83	W	Women's 100 m Backstroke S13	01:08.08

M	Men's 100 m Backstroke S14	00:59.19	W	Women's 100 m Backstroke S14	01:07.75
M	Men's 50 m Breaststroke SB2	01:03.86			
M	Men's 50 m Breaststroke SB3	00:49.41	W	Women's 50 m Breaststroke SB3	00:57.07
M	Men's 100 m Breaststroke SB4	01:37.87	W	Women's 100 m Breaststroke SB4	01:50.21
M	Men's 100 m Breaststroke SB5	01:27.45	W	Women's 100 m Breaststroke SB5	01:44.25
M	Men's 100 m Breaststroke SB6	01:20.50	W	Women's 100 m Breaststroke SB6	01:33.95
			W	Women's 100 m Breaststroke SB7	01:30.47
M	Men's 100 m Breaststroke SB8	01:11.07	W	Women's 100 m Breaststroke SB8	01:23.17
M	Men's 100 m Breaststroke SB9	01:07.04	W	Women's 100 m Breaststroke SB9	01:16.94
M	Men's 100 m Breaststroke SB11	01:12.72	W	Women's 100 m Breaststroke SB11	01:21.50
			W	Women's 100 m Breaststroke SB12	01:20.03
M	Men's 100 m Breaststroke SB13	01:06.63	W	Women's 100 m Breaststroke SB13	01:17.70
M	Men's 100 m Breaststroke SB14	01:04.27	W	Women's 100 m Breaststroke SB14	01:16.25
M	Men's 50 m Butterfly S5	00:30.89	W	Women's 50 m Butterfly S5	00:43.53
M	Men's 50 m Butterfly S6	00:31.34	W	Women's 50 m Butterfly S6	00:37.06
M	Men's 50 m Butterfly S7	00:29.08	W	Women's 50 m Butterfly S7	00:35.40
M	Men's 100 m Butterfly S8	01:02.73	W	Women's 100 m Butterfly S8	01:11.44
M	Men's 100 m Butterfly S9	01:01.08	W	Women's 100 m Butterfly S9	01:07.96
M	Men's 100 m Butterfly S10	00:56.61	W	Women's 100 m Butterfly S10	01:06.75
M	Men's 100 m Butterfly S11	01:02.94			
M	Men's 100 m Butterfly S12	00:58.13			
M	Men's 100 m Butterfly S13	00:56.17	W	Women's 100 m Butterfly S13	01:04.83
M	Men's 100 m Butterfly S14	00:54.86	W	Women's 100 m Butterfly S14	01:03.33
M	Men's 150 m Individual Medley SM3	02:58.30			
M	Men's 150 m Individual Medley SM4	02:37.16	W	Women's 150 m Individual Medley SM4	02:57.44
			W	Women's 200 m Individual Medley SM5	03:24.81
M	Men's 200 m Individual Medley SM6	02:39.30	W	Women's 200 m Individual Medley SM6	03:03.60
M	Men's 200 m Individual Medley SM7	02:30.48	W	Women's 200 m Individual Medley SM7	02:58.48
M	Men's 200 m Individual Medley SM8	02:23.64	W	Women's 200 m Individual Medley SM8	02:41.29
M	Men's 200 m Individual Medley SM9	02:17.34	W	Women's 200 m Individual Medley SM9	02:37.17
M	Men's 200 m Individual Medley SM10	02:13.73	W	Women's 200 m Individual Medley SM10	02:29.51
M	Men's 200 m Individual Medley SM11	02:23.84	W	Women's 200 m Individual Medley SM11	02:41.83
M	Men's 200 m Individual Medley SM13	02:08.77	W	Women's 200 m Individual Medley SM13	02:27.47
M	Men's 200 m Individual Medley SM14	02:08.61	W	Women's 200 m Individual Medley SM14	02:25.63