



SWIM WALES NATIONAL SQUAD PROGRAMME

Selection Procedures: 2023/24 season

SWIMMING & PARA SWIMMING

1. INTRODUCTION AND SELECTION PROCESS

- 1.1. This document outlines the Swim Wales National Squad Programme selection guidelines for the 2023/24 season. This includes selection to the **Swim Wales National Elite, National Elite Transition (1, 2, and 3), Senior Performance, Youth Performance (1 and 2), Performance Foundation, and Para Performance Centre programmes**. The Swim Wales National Squad Programme aims to provide a progressive national squad pathway in line with the Swim Wales Performance Mission - *'To support the holistic development of swimmers and para-swimmers to achieve their full potential, aspiring to achieve podium success at Commonwealth, Olympic and Paralympic level.'*
- 1.2. Selection to each squad of the Swim Wales National Squad programmes will be based on eligibility to and achievement of the respective criteria for each squad as laid out in sections 3 to 8 of this document.
- 1.3. Final selection to the National Squad Programme will be made by the selection panel in line with these guidelines. This selection panel will consist of (a) the Swim Wales National Performance Director, (b) the Swim Wales National Coach Development and Performance Pathway Manager, and (c) the Swim Wales National Para Pathway Manager.
- 1.4. Selections to the National Squad Programme will be made from performances at all accredited long course meets from January 1st to August 31st 2023. Overseas Long Course Meets over the same period may be considered at the discretion of the selection panel.
- 1.5. Selections to the National Squad Programme will be confirmed by the 15th September 2023.
- 1.6. Split times from relays will not be considered for selection to the National Squad Programme.
- 1.7. The selection panel reserves the right not to select a swimmer/para-swimmer if there is significant evidence of (a) A lack of adherence to their home training programme, including unsatisfactory attendance (unless due to injury or illness or other reasonable circumstances) or an unsatisfactory disciplinary record as evidenced by the home club head coach and committee; or (b) A lack of adherence to the Swim Wales National Squad Programme during the 2022/23 season, including unsatisfactory attendance (unless due to injury or illness or other reasonable circumstances) or an unsatisfactory disciplinary record as evidenced by the Swim Wales disciplinary procedure.



2. DISCRETIONARY SELECTIONS

The delivery of success at international level is both a difficult and highly complex process. Swim Wales has therefore taken the view that it is important that all swimmers/para-swimmers who demonstrate the capability to achieve this receive the support they require. It is recognised that some circumstances will inevitably arise whereby it is necessary for the selection panel to place a swimmer/para-swimmer within the appropriate level of the National Squad Programme according to their developmental need, not necessarily their chronological age or current performance level. This may include swimmers/para-swimmers being offered National Squad positions which are either above or below the achieved performance criteria. It may also include swimmers/para-swimmers being selected for squads without achieving the performance criteria. This is designed to allow a measure of professional judgement towards assessing swimmer potential. When acting in these discretionary situations, the following will be reviewed:

- Past, current and planned level of training, including the daily training environment and injury/illness
- Performance profile
- Current level of support versus the required level of support
- Percentage away from performance criteria
- Chronological, developmental and training age of the swimmer
- Commitment, attitude and work ethic

3. SWIM WALES NATIONAL ELITE SQUAD

3.1. Introduction

The National Elite programme aims to support Wales' very best swimmers and para swimmers to achieve their full potential and gain success at senior level on the World stage through a combination of World Class coaching and SSSM support, financial assistance, and international competition and training experience. This squad aims to support swimmers / para swimmers possessing genuine potential to (1) Graduate (or re-graduate) onto the British Swimming / British Para Swimming WCP within a 1-3 year period (2) Represent GB at the Olympic/Paralympic Games, World or European Championships and/or (3) win a Commonwealth Games Medal.

3.2. Selection Criteria

- Swimmers/para-swimmers must equal or better the published performance criteria (see Table 1 for swimming and Table 6 for Para Swimming) in at least 1 Olympic / Paralympic event, in accordance with section 1.4 of this document, to be considered for selection.

3.3 Selection eligibility

- Males and Females aged 17+ years (age as of 31st December 2023) will be eligible for selection to **National Elite** squad



- Para Swimmers will only be eligible for selection if they hold a current World Para Swimming (WSP) classification, British Para Swimming classification (S1-S13 inclusive) or INAS-FID / VIRTUS Classification (S14).
- Swimmers/Para-swimmers will only be considered for selection if they are Swim Wales registered and are eligible and committed to represent Wales at the Commonwealth Games.

3.4 Selection conditions

- Non British Swimming/Para-Swimming WCP (World Class Programme) athletes will be required to attend all scheduled National Elite Squad programme activity. British Swimming/Para-Swimming WCP swimmers will be invited to all National Elite programme activity, however attendance requirement will be determined through communication with British Swimming and the relevant home coach.
- Selected swimmers/para-swimmers must undergo an annual review with their home coach prior to acceptance; and submit agreed outcome goals, competition goals and process goals with a training and competition programme to support the achievement of these.
- Swimmers/para-swimmers will be expected to sign an athlete agreement that includes their adherence to a code of conduct and outlines the expectation of them as an athlete on a support programme.

4. SWIM WALES NATIONAL ELITE TRANSITION SQUADS (1, 2 AND 3)

4.1 Introduction

The National Elite Transition 3 programme aims to support swimmers and para swimmers whose performances indicate that they have realistic capabilities of progressing to the National Elite squad (and senior international success) within 1-2 years. The squad aims to provide appropriate opportunities and support to help athletes transition to senior international level from success at youth/junior level.

The National Elite Transition 2 programme aims to support swimmers and para swimmers whose performances indicate that they have realistic capabilities of progressing to the National Elite squad (and senior international success) within 1-4 years, and realistic capabilities of gaining selection to represent Great Britain at European/World Junior level. The Squad specifically aims to provide appropriate support before and during the transition into the daily high performance training environment, while also providing high level international competition exposure and experience.

The National Elite Transition 1 programme aims to provide a positive introduction into the Swim Wales National Elite pathway, high performance training environments and international competition. It aims to provide holistic development, training and competition opportunities related to the long term development towards senior international success. The Elite Transition 1 Squad specifically aims to support athletes with



and realistic capabilities of gaining selection to represent Great Britain at European/World Junior level within 2-3 years.

4.2 Selection Criteria

- Swimmers/para-swimmers must equal or better the published performance criteria (see tables 2 and 3 for swimming and Table 6 for Para Swimming) in at least 1 Olympic/Paralympic event, in accordance with section 1.4 of this document, to be considered for selection.

4.3 Selection Eligibility

- Males and Females aged 15-16 years (age as of 31st December 2023) will be eligible for selection to **National Elite Transition 1** squad.
- Males and Females aged 17-18 years (age as of 31st December 2023) will be eligible for selection to **National Elite Transition 2** squad.
- Males and Females aged 19-20 years (age as of 31st December 2023) will be eligible for selection to **National Elite Transition 2** squad.
- Para Swimmers will only be eligible for selection if they hold a current World Para Swimming (WSP) classification, British Para Swimming classification (S1-S13 inclusive) or INAS-FID / VIRTUS Classification (S14).
- Swimmers/Para-swimmers will only be considered for selection if they are Swim Wales registered and are eligible and committed to represent Wales at the Commonwealth Games.

4.4 Selection Conditions

- Selected swimmers/para-swimmers will be required to attend all scheduled National Elite Transition programme activity.
- Selected swimmers/para-swimmers must undergo an annual review with their coach prior to acceptance; and submit agreed outcome goals, competition goals and process goals with a training and competition programme to support the achievement of these.
- Swimmers/Para-swimmers will be expected to sign an athlete agreement that includes their adherence to a code of conduct and outlines the expectation of them as an athlete on a support programme.

5. SWIM WALES SENIOR PERFORMANCE SQUAD

5.1 Introduction

The Swim Wales Senior Performance squad aims to provide positive training and educational opportunities for senior swimmers whose performance sits just outside of the Elite standards. In particular the squads



aims to support late developing senior athletes with the potential to progress onto the National Elite Transition 3 and National Elite squads.

5.2 Selection Criteria

- Swimmers/para-swimmers must equal or better the published performance criteria (see table 4 and 5 for swimming and Table 6 for Para Swimming) in at least 1 Olympic/Paralympic event, in accordance with section 1.4 of this document, to be considered for selection.

5.3 Selection Eligibility

- Males and Females aged 19+ years (age as of 31st December 2023) will be eligible for selection to **Senior Performance** squad.
- Para Swimmers will only be eligible for selection if they hold a current World Para Swimming (WSP) classification, British Para Swimming classification (S1-S13 inclusive) or INAS-FID / VIRTUS Classification (S14).
- Swimmers/Para-swimmers will only be considered for selection if they are Swim Wales registered and are eligible and committed to represent Wales at the Commonwealth Games.

5.4 Selection Conditions

- Selected swimmers/para-swimmers will be required to attend all scheduled Senior Performance Squad programme activity.
- Selected swimmers/Para-swimmers must undergo an annual review with their coach prior to acceptance; and submit agreed outcome goals, competition goals and process goals with a training and competition programme to support the achievement of these.
- Swimmers/para-swimmers will be expected to sign an athlete agreement that includes their adherence to a code of conduct and outlines the expectation of them as an athlete on a support programme.

6. SWIM WALES YOUTH PERFORMANCE SQUADS (1 AND 2)

6.1 Introduction

The Swim Wales Youth Performance squads aim to support a wider cohort of performance swimmers and para swimmers in their long term development through positive engagement and targeted development programmes. The squad aims to help develop holistic knowledge and key skills to assist these swimmers and para swimmers in making the progression onto the elite pathway and/or senior swimming.



6.2 Selection Criteria

- Swimmers/para-swimmers must equal or better the published performance criteria (see table 4 and 5 for swimming and Table 6 for Para Swimming) in at least 1 Olympic/Paralympic event, in accordance with section 1.4 of this document, to be considered for selection.

6.3 Selection Eligibility

- Males and Females aged 15-16 years (age as of 31st December 2023) will be eligible for selection to **Youth Performance 1** squad.
- Males and Females aged 17-18 years (age as of 31st December 2023) will be eligible for selection to **Youth Performance 2** squad.
- Para Swimmers will only be eligible for selection if they hold a current World Para Swimming (WSP) classification, British Para Swimming classification (S1-S13 inclusive) or INAS-FID / VIRTUS Classification (S14).
- Swimmers/Para-swimmers will only be considered for selection if they are Swim Wales registered and are eligible and committed to represent Wales at the Commonwealth Games.

5.4 Selection Conditions

- Selected swimmers/para-swimmers will be required to attend all scheduled Youth Performance Squad programme activity.
- Selected swimmers/Para-swimmers must undergo an annual review with their coach prior to acceptance; and submit agreed outcome goals, competition goals and process goals with a training and competition programme to support the achievement of these.
- Swimmers/para-swimmers will be expected to sign an athlete agreement that includes their adherence to a code of conduct and outlines the expectation of them as an athlete on a support programme.

7. SWIM WALES PERFORMANCE FOUNDATION PROGRAMME

7.1 Introduction

The Performance Foundation Programme is the first step for swimmers entering the Swim Wales national Squad programme. It aims to provide a Swim Wales led foundation programme for talented young Welsh swimmers in relation to the development of key performance skills. The Performance Foundation Programme supports the identification and development of swimmers who show potential to progress onto the Swim Wales Elite or Performance Pathways.



7.2 Selection Criteria

- Swimmers must equal or better the published performance criteria (see table 7) in at least 1 Olympic event, in accordance with section 1.4 of this document, to be considered for selection.

7.3 Selection Eligibility

- Males and Females aged 13-14 years (age as of 31st December 2023) will be eligible for selection to **Performance Foundation programme**.
- Swimmers will only be considered for selection if they are Swim Wales registered and are eligible and committed to represent Wales at the Commonwealth Games.

7.4 Selection Conditions

- Selected swimmers will be required to attend all scheduled Performance Foundation programme activity.
- Selected swimmers must undergo an annual review with their coach prior to acceptance; and submit agreed outcome goals, competition goals and process goals with a training and competition programme to support the achievement of these.
- Swimmers will be expected to sign an athlete agreement that includes their adherence to a code of conduct and outlines the expectation of them as an athlete on a support programme.

8. SWIM WALES PARA PERFORMANCE CENTRE

8.1 Introduction

The Swim Wales National Para Performance Centre is a development programme that aims to provide positive training opportunities related to the long term development of Welsh para-swimmers. The National Para Performance Centre supports the identification and development of para swimmers who show potential to progress onto or through Swim Wales National squad pathway with a view to:

- Populating the British Para-Swimming World Class Programme with more Welsh para-swimmers
- Developing para-swimmers with potential to represent Wales and win medals at the Commonwealth Games

8.2 Selection Criteria

Para swimmers can gain selection to the National Para Performance Centre by one of two avenues as follows:



- Para-swimmers have achieved the criteria and eligibility for the Swim Wales National Elite, National Elite Transition (1, 2, and 3), Senior Performance or Youth Performance (1 and 2) National programmes (as shown in sections 3-6 of this document).
- Para-swimmers are identified through the Swim Wales talent identification and screening process whereby they demonstrate potential to progress through the performance pathway to the Swim Wales National Squad and/or British Para-swimming programmes.

8.3 Selection Eligibility

- Para-swimmers aged 10+ years as of the 31st December 2023 will be eligible for consideration.
- Only Swim Wales registered para swimmers will be eligible for selection.

8.4 Selection Conditions

- Selected swimmers will be required to attend all scheduled Para performance Centre programme activity.
- Selected swimmers must undergo an annual review with their coach prior to acceptance; and submit agreed outcome goals, competition goals and process goals with a training and competition programme to support the achievement of these.
- Swimmers will be expected to sign an athlete agreement that includes their adherence to a code of conduct and outlines the expectation of them as an athlete on a support programme.



TABLE 1: MALE AND FEMALE SWIMMING PERFORMANCE CRITERIA: NATIONAL ELITE

Event	Male	Female
50m Freestyle	00:22.46	00:25.32
100m Freestyle	00:49.46	00:54.97
200m Freestyle	01:49.09	02:00.02
400m Freestyle	03:53.21	04:13.45
800m Freestyle	08:03.35	08:41.41
1500m Freestyle	15:24.39	16:36.85
100m Backstroke	00:54.83	01:01.29
200m Backstroke	02:00.25	02:12.59
100m Breaststroke	01:01.14	01:08.47
200m Breaststroke	02:12.57	02:27.96
100m Butterfly	00:52.96	00:59.38
200m Butterfly	01:58.90	02:11.84
200m IM	02:01.56	02:14.60
400m IM	04:20.20	04:47.02



TABLE 2: MALE SWIMMING PERFORMANCE CRITERIA: NATIONAL ELITE TRANSITION

Event	Elite Transition 1		Elite Transition 2		Elite Transition 3	
	15 years	16 years	17 years	18 years	19 years	20 years
50m Freestyle	00:24.89	00:24.43	00:23.97	00:23.50	00:23.11	00:22.78
100m Freestyle	00:54.56	00:53.55	00:52.54	00:51.53	00:50.90	00:50.18
200m Freestyle	01:59.72	01:57.50	01:55.29	01:53.07	01:52.27	01:50.68
400m Freestyle	04:14.92	04:10.20	04:05.48	04:00.76	04:00.01	03:56.61
800m Freestyle	08:48.97	08:39.17	08:29.38	08:19.58	08:17.43	08:10.39
1500m Freestyle	16:48.48	16:29.80	16:11.12	15:52.45	15:51.32	15:37.86
100m Backstroke	01:00.35	00:59.23	00:58.11	00:56.99	00:56.43	00:55.63
200m Backstroke	02:11.98	02:09.54	02:07.09	02:04.65	02:03.75	02:02.00
100m Breaststroke	01:07.63	01:06.37	01:05.12	01:03.87	01:02.92	01:02.03
200m Breaststroke	02:26.89	02:24.17	02:21.45	02:18.73	02:16.43	02:14.50
100m Butterfly	00:58.17	00:57.09	00:56.01	00:54.94	00:54.51	00:53.73
200m Butterfly	02:11.05	02:08.62	02:06.19	02:03.77	02:02.37	02:00.63
200m IM	02:14.11	02:11.63	02:09.15	02:06.66	02:05.10	02:03.33
400m IM	04:46.30	04:41.00	04:35.69	04:30.39	04:27.77	04:23.98



TABLE 3: FEMALE SWIMMING PERFORMANCE CRITERIA: NATIONAL ELITE TRANSITION

Event	Elite Transition 1		Elite Transition 2		Elite Transition 3	
	15 years	16 years	17 years	18 years	19 years	20 years
50m Freestyle	00:27.38	00:26.99	00:26.60	00:26.22	00:25.82	00:25.57
100m Freestyle	00:59.45	00:58.61	00:57.77	00:56.93	00:56.03	00:55.50
200m Freestyle	02:09.47	02:07.64	02:05.81	02:03.98	02:02.35	02:01.18
400m Freestyle	04:34.99	04:31.09	04:27.20	04:23.31	04:18.37	04:15.91
800m Freestyle	09:23.87	09:15.89	09:07.91	08:59.93	08:51.53	08:46.47
1500m Freestyle	17:54.51	17:39.31	17:24.10	17:08.90	16:56.20	16:46.53
100m Backstroke	01:06.45	01:05.51	01:04.57	01:03.63	01:02.48	01:01.88
200m Backstroke	02:23.53	02:21.50	02:19.47	02:17.44	02:15.17	02:13.88
100m Breaststroke	01:14.30	01:13.25	01:12.20	01:11.14	01:09.80	01:09.14
200m Breaststroke	02:40.31	02:38.04	02:35.77	02:33.51	02:30.84	02:29.40
100m Butterfly	01:04.52	01:03.61	01:02.69	01:01.78	01:00.54	00:59.96
200m Butterfly	02:23.41	02:21.38	02:19.35	02:17.32	02:14.40	02:13.12
200m IM	02:26.11	02:24.04	02:21.97	02:19.90	02:17.21	02:15.90
400m IM	05:10.16	05:05.77	05:01.38	04:56.99	04:52.59	04:49.80



TABLE 4: MALE SWIMMING PERFORMANCE CRITERIA: SENIOR AND YOUTH PERFORMANCE

Event	Youth Performance 1		Youth Performance 2		Senior Performance		
	15 years	16 years	17 years	18 years	19 years	20 years	21+ years
50m Freestyle	00:25.38	00:24.91	00:24.44	00:23.97	00:23.57	00:23.24	00:22.91
100m Freestyle	00:55.65	00:54.62	00:53.59	00:52.56	00:51.92	00:51.18	00:50.45
200m Freestyle	02:02.12	01:59.85	01:57.59	01:55.33	01:54.52	01:52.90	01:51.28
400m Freestyle	04:20.02	04:15.21	04:10.39	04:05.58	04:04.81	04:01.34	03:57.88
800m Freestyle	08:59.55	08:49.56	08:39.57	08:29.57	08:27.38	08:20.20	08:13.02
1500m Freestyle	17:08.64	16:49.60	16:30.55	16:11.50	16:10.34	15:56.61	15:42.88
100m Backstroke	01:01.55	01:00.41	00:59.27	00:58.13	00:57.56	00:56.74	00:55.93
200m Backstroke	02:14.62	02:12.13	02:09.64	02:07.14	02:06.23	02:04.44	02:02.65
100m Breaststroke	01:08.98	01:07.70	01:06.42	01:05.15	01:04.18	01:03.27	01:02.36
200m Breaststroke	02:29.82	02:27.05	02:24.28	02:21.50	02:19.16	02:17.19	02:15.22
100m Butterfly	00:59.33	00:58.23	00:57.13	00:56.04	00:55.60	00:54.81	00:54.02
200m Butterfly	02:13.67	02:11.19	02:08.72	02:06.24	02:04.81	02:03.05	02:01.28
200m IM	02:16.80	02:14.26	02:11.73	02:09.20	02:07.60	02:05.80	02:03.99
400m IM	04:52.02	04:46.62	04:41.21	04:35.80	04:33.13	04:29.26	04:25.40



TABLE 5: FEMALE SWIMMING PERFORMANCE CRITERIA: SENIOR AND YOUTH PERFORMANCE

Event	Youth Performance 1		Youth Performance 2		Senior Performance		
	15 years	16 years	17 years	18 years	19 years	20 years	21+ years
50m Freestyle	00:27.93	00:27.53	00:27.14	00:26.74	00:26.33	00:26.08	00:25.83
100m Freestyle	01:00.64	00:59.78	00:58.92	00:58.07	00:57.16	00:56.61	00:56.07
200m Freestyle	02:12.06	02:10.19	02:08.32	02:06.45	02:04.80	02:03.61	02:02.42
400m Freestyle	04:40.48	04:36.52	04:32.55	04:28.58	04:23.54	04:21.03	04:18.52
800m Freestyle	09:35.14	09:27.01	09:18.87	09:10.73	09:02.16	08:57.00	08:51.83
1500m Freestyle	18:16.01	18:00.50	17:44.99	17:29.48	17:16.53	17:06.66	16:56.78
100m Backstroke	01:07.78	01:06.82	01:05.86	01:04.90	01:03.73	01:03.12	01:02.51
200m Backstroke	02:26.40	02:24.33	02:22.26	02:20.19	02:17.87	02:16.56	02:15.24
100m Breaststroke	01:15.78	01:14.71	01:13.64	01:12.57	01:11.20	01:10.52	01:09.84
200m Breaststroke	02:43.52	02:41.20	02:38.89	02:36.58	02:33.85	02:32.39	02:30.92
100m Butterfly	01:05.81	01:04.88	01:03.95	01:03.02	01:01.75	01:01.16	01:00.57
200m Butterfly	02:26.28	02:24.21	02:22.14	02:20.07	02:17.08	02:15.78	02:14.47
200m IM	02:29.03	02:26.92	02:24.81	02:22.70	02:19.95	02:18.62	02:17.29
400m IM	05:16.36	05:11.88	05:07.41	05:02.93	04:58.44	04:55.60	04:52.76



TABLE 6: PARA SWIMMING PERFORMANCE CRITERIA (BRITISH PARA-SWIMMING POINTS)

	Elite	Elite Transition 3		Elite Transition 2		Elite Transition 1	
Classification	17 +	20	19	18	17	16	15
S1-4	550	523	495	468	440	413	385
S5-7	700	665	630	595	560	525	490
S8-S10	750	713	675	638	600	563	525
S11-S13	600	570	540	510	480	450	420
S14	825	784	743	701	660	619	578
	Senior Performance			Youth Performance 2		Youth Performance 1	
Classification	21 +	20	19	18	17	16	15
S1-4	523	496	470	444	418	392	366
S5-7	665	632	599	565	532	499	466
S8-S10	713	677	641	606	570	534	499
S11-S13	570	542	513	485	456	428	399
S14	784	745	705	666	627	588	549



TABLE 7: MALE AND FEMALE SWIMMING PERFORMANCE CRITERIA: PERFORMANCE FOUNDATION PROGRAMME

Event	Male		Female	
	13 years	14 years	13 years	14 years
50m Freestyle	00:27.67	00:26.53	00:29.60	00:28.77
100m Freestyle	01:00.66	00:58.15	01:04.28	01:02.46
200m Freestyle	02:13.11	02:07.61	02:19.99	02:16.02
400m Freestyle	04:43.42	04:31.72	04:57.31	04:48.90
800m Freestyle	09:48.11	09:23.83	10:09.65	09:52.40
1500m Freestyle	18:41.22	17:54.93	19:21.77	18:48.89
100m Backstroke	01:07.09	01:04.32	01:11.84	01:09.81
200m Backstroke	02:26.74	02:20.68	02:35.19	02:30.79
100m Breaststroke	01:15.19	01:12.08	01:20.33	01:18.06
200m Breaststroke	02:43.31	02:36.57	02:53.33	02:48.42
100m Butterfly	01:04.67	01:02.00	01:09.76	01:07.78
200m Butterfly	02:25.70	02:19.68	02:35.06	02:30.67
200m IM	02:29.11	02:22.95	02:37.97	02:33.50
400m IM	05:18.31	05:05.16	05:35.34	05:25.85