



# SQUAD QUALIFICATION TIMES

GIRLS								Long Course (50m Pool)	BOYS							
Scottish Development Squad 2			Scottish Dev 1	British Development Squad					Scottish Development Squad 2			Scottish Dev 1	British Development Squad			
12/u	13yrs	14yrs	13yrs+	13-14yrs	15yrs	16yrs	17yrs+		12/u	13yrs	14yrs	13yrs+	13-14yrs	15yrs	16yrs	17yrs+
1:12.60	1:09.90	1:08.20	1:12.60	1:04.50	1:02.30	1:02.10	1:00.80	100 Free	1:12.80	1:10.10	1:05.80	1:12.80	1:01.80	58.40	57.20	54.90
2:36.80	2:31.00	2:26.10	2:36.80	2:18.30	2:15.20	2:14.40	2:12.10	200 Free	2:37.70	2:31.90	2:22.70	2:37.70	2:14.00	2:07.30	2:04.70	1:59.70
5:32.90	5:20.60	5:08.20	5:32.90	4:51.80	4:44.20	4:42.50	4:38.80	400 Free	5:33.50	5:21.10	5:01.60	5:33.50	4:43.70	4:29.20	4:24.60	4:15.60
11:17.40	10:52.30	10:26.10	11:17.40	9:52.10	9:34.90	9:31.70	9:26.50	800 Free	11:30.00	11:04.50	10:09.70	11:30.00	9:34.80	9:21.80	9:05.90	8:48.00
21:50.80	21:02.20	20:11.00	21:50.80	19:03.60	18:32.40	18:26.60	18:16.20	1500 Free	21:54.30	21:05.60	19:21.40	21:54.30	18:14.50	17:50.90	17:22.10	16:47.30
1:22.00	1:19.00	1:17.30	1:22.00	1:13.20	1:10.60	1:09.60	1:08.20	100 Back	1:23.80	1:20.70	1:16.50	1:23.80	1:11.30	1:06.50	1:05.10	1:02.50
2:53.80	2:47.40	2:43.90	2:53.80	2:35.30	2:33.00	2:30.30	2:28.20	200 Back	2:59.00	2:52.30	2:43.80	2:59.00	2:32.90	2:24.20	2:22.60	2:17.00
1:34.90	1:31.40	1:28.60	1:34.90	1:23.50	1:21.20	1:20.90	1:18.30	100 Breast	1:36.90	1:33.30	1:27.40	1:36.90	1:21.30	1:15.70	1:13.80	1:10.30
3:24.30	3:16.70	3:09.70	3:24.30	2:58.80	2:53.80	2:52.40	2:48.60	200 Breast	3:26.60	3:18.90	3:03.70	3:26.60	2:52.00	2:43.00	2:39.20	2:32.60
1:24.40	1:21.30	1:17.90	1:24.40	1:13.00	1:09.50	1:09.10	1:07.20	100 Fly	1:25.10	1:22.00	1:16.10	1:25.10	1:10.60	1:05.20	1:03.40	1:00.30
3:08.80	3:01.90	2:54.80	3:08.80	2:42.70	2:36.50	2:35.40	2:32.30	200 Fly	3:15.20	3:08.00	2:51.10	3:15.20	2:38.00	2:28.80	2:22.90	2:15.20
2:57.40	2:50.80	2:45.40	2:57.40	2:36.60	2:32.10	2:30.80	2:28.70	200 IM	2:58.80	2:52.20	2:40.20	2:58.80	2:30.70	2:25.00	2:22.20	2:16.20
6:18.30	6:04.30	5:49.00	6:18.30	5:30.80	5:26.50	5:23.80	5:20.00	400 IM	6:27.70	6:13.30	5:44.40	6:27.70	5:22.40	5:09.00	5:01.50	4:50.30

GIRLS								Short Course (25m Pool)	BOYS							
Scottish Development Squad 2			Scottish Dev 1	British Development Squad					Scottish Development Squad 2			Scottish Dev 1	British Development Squad			
12/u	13yrs	14yrs	13yrs+	13-14yrs	15yrs	16yrs	17yrs+		12/u	13yrs	14yrs	13yrs+	13-14yrs	15yrs	16yrs	17yrs+
1:11.00	1:08.30	1:06.60	1:11.00	1:02.90	1:00.70	1:00.50	59.20	100 Free	1:11.20	1:08.50	1:04.20	1:11.20	1:00.20	56.80	55.60	53.30
2:33.60	2:27.80	2:22.90	2:33.60	2:15.10	2:12.00	2:11.20	2:08.90	200 Free	2:34.50	2:28.70	2:19.50	2:34.50	2:10.80	2:04.10	2:01.50	1:56.50
5:26.50	5:14.20	5:01.80	5:26.50	4:45.40	4:37.80	4:36.10	4:32.40	400 Free	5:27.10	5:14.70	4:55.20	5:27.10	4:37.30	4:22.80	4:18.20	4:09.20
11:04.60	10:39.50	10:13.30	11:04.60	9:39.30	9:22.10	9:18.90	9:13.70	800 Free	11:17.20	10:51.70	9:56.90	11:17.20	9:22.00	9:09.00	8:53.10	8:35.20
21:26.80	20:38.20	19:47.00	21:26.80	18:39.60	18:08.40	18:02.60	17:52.20	1500 Free	21:30.30	20:41.60	18:57.40	21:30.30	17:50.50	17:26.90	16:58.10	16:23.30
1:20.80	1:17.80	1:16.10	1:20.80	1:12.00	1:09.40	1:08.40	1:07.00	100 Back	1:22.60	1:19.50	1:15.30	1:22.60	1:10.10	1:05.30	1:03.90	1:01.30
2:51.40	2:45.00	2:41.50	2:51.40	2:32.90	2:30.60	2:27.90	2:25.80	200 Back	2:56.60	2:49.90	2:41.40	2:56.60	2:30.50	2:21.80	2:20.20	2:14.60
1:32.90	1:29.40	1:26.60	1:32.90	1:21.50	1:19.20	1:18.90	1:16.30	100 Breast	1:34.90	1:31.30	1:25.40	1:34.90	1:19.30	1:13.70	1:11.80	1:08.30
3:20.30	3:12.70	3:05.70	3:20.30	2:54.80	2:49.80	2:48.40	2:44.60	200 Breast	3:22.60	3:14.90	2:59.70	3:22.60	2:48.00	2:39.00	2:35.20	2:28.70
1:23.00	1:19.90	1:16.50	1:23.00	1:11.60	1:08.10	1:07.70	1:05.80	100 Fly	1:23.70	1:20.60	1:14.70	1:23.70	1:09.20	1:03.80	1:02.00	0:58.90
3:06.00	2:59.10	2:52.00	3:06.00	2:39.90	2:33.70	2:32.60	2:29.50	200 Fly	3:12.40	3:05.20	2:48.30	3:12.40	2:35.20	2:26.00	2:20.10	2:12.40
2:54.20	2:47.60	2:42.20	2:54.20	2:33.40	2:28.90	2:27.60	2:25.50	200 IM	2:55.60	2:49.00	2:37.00	2:55.60	2:27.50	2:21.80	2:19.00	2:13.00
6:11.90	5:57.90	5:42.60	6:11.90	5:24.40	5:20.10	5:17.40	5:13.60	400 IM	6:21.30	6:06.90	5:38.00	6:21.30	5:16.00	5:02.60	4:55.10	4:43.90

District Development Squad and Junior Competition Squad require no qualifying times; selection is by coach recommendation based on age, ability, commitment, and training.

## SQUAD QUALIFYING TIMES EXPLAINED

### PURPOSE

The South Ayrshire Swim Team Qualification Times (QT's) are in place to:

- Control numbers and standards within squads.
- Provide opportunities for swimmers showing the greatest current potential considering age/gender.
- Provide challenges & goals for swimmers to achieve and gain reward.

---

### QUALIFICATION

- Swimmers must achieve 3 qualifying times with at least one qualifying time being a distance of 200m or greater.
- Qualifying times must be in at least two different strokes (IM is a stroke). Therefore, achieving three times on freestyle only will not qualify.
- Swimmers achieving the qualification standards will have their training abilities assessed and a progression plan devised.
- Swimmers technical and physical abilities within training sessions may provide justified cause for a quicker or longer transition between squads. Coaches may delay a swimmer's progress until important skills or physical abilities are developed. I.e., a poor kicker must improve their kicking ability before progressing fully as to not disrupt the structure/sessions of their new squad.
- All Squad progressions will be determined at a coach meeting and any swimmer wishing to be considered should fill in a Squad Transfer Application Form (on the 3<sup>rd</sup> Page).
- Swimmers must also meet the squad standards annually to maintain a place within their current squad. Swimmers without qualifying times by the end of the calendar year (31st December) will be assessed and possibly move to an alternative squad.

---

### AGE GROUPS

All the qualifying times are age on day. If a swimmer, gains a QT and then moves up an age band then the time/s achieved at the lower age band qualify towards their 3 QT's required to progress groups for the calendar year. i.e., they will only need the remainder of QT's in their new age band.

### IMPORTANT

The Head Coaches, in consultation with the team of coaches may at their discretion, authorise movements that do not comply strictly with the entry criteria for a particular squad to assist in the control of numbers and therefore provide greater opportunities for more swimmers. Movement prioritisation is by full qualification, partial qualification and those showing the greatest potential based on current performances, training, commitment, attendance records and attitude as determined by the Head Coaches. These will also be the considerations if squads are at maximum capacity. I.e., it will be the decision of the Head Coaches on squad allocation if numbers are at a maximum regardless of qualifying times achieved.

## SQUAD MOVEMENT APPLICATION FORM

<b>Full name</b> : _____ <b>Your current training Squad</b> : _____	<b>Date of Birth</b> : _____ <b>Applying for which Squad</b> : _____
--	---

Date	Competition	25m/50m	Age on Day	Event	Time Achieved

### IMPORTANT

I understand the following commitments are required for the squad for which I am applying. Failure to maintain the standards set below may result in movement to a more suitable squad as determined by the Head Coaches.

SQUAD	Training Attendance	Competition Attendance
British Development Squad	7-10 sessions as instructed by the squad coach.	International, British, Scottish, District Champs & Open Meets <i>(Swimmers must enter 12 competitions a year)</i>
Scottish Development Squad 1	13/14yrs = 5-7 sessions 15yrs+ = 6-7 sessions <i>(8<sup>th</sup> session for selected swimmers only)</i>	Scottish, District Champs, Open Meets & Graded Competitions. <i>(Swimmers must enter 12 competitions a year)</i>
Scottish Development Squad 2	5-6 sessions + land	Scottish, District Champs, Open Meets & Graded Competitions. <i>(Swimmers must enter 12 competitions a year)</i>

Signed Swimmer.....Date.....

Signed Parent .....Date.....