

2019/20 PERFORMANCE PATHWAY PROGRAMME



Swimming - An essential part of Western Australian life

MARCH 2019

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2019/20 PERFORMANCE PATHWAY PROGRAMME

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ABOUT THE PROGRAMME



Swimming Western Australia is pleased to present the 2019/20 Performance Pathway Programme Selection Criteria.

The Swimming WA Performance Pathway Programme underpins Swimming Australia (SAL) and the WA Institute of Sport (WAIS) to provide an integrated pathway for athlete and coach development for prolonged success within the State.

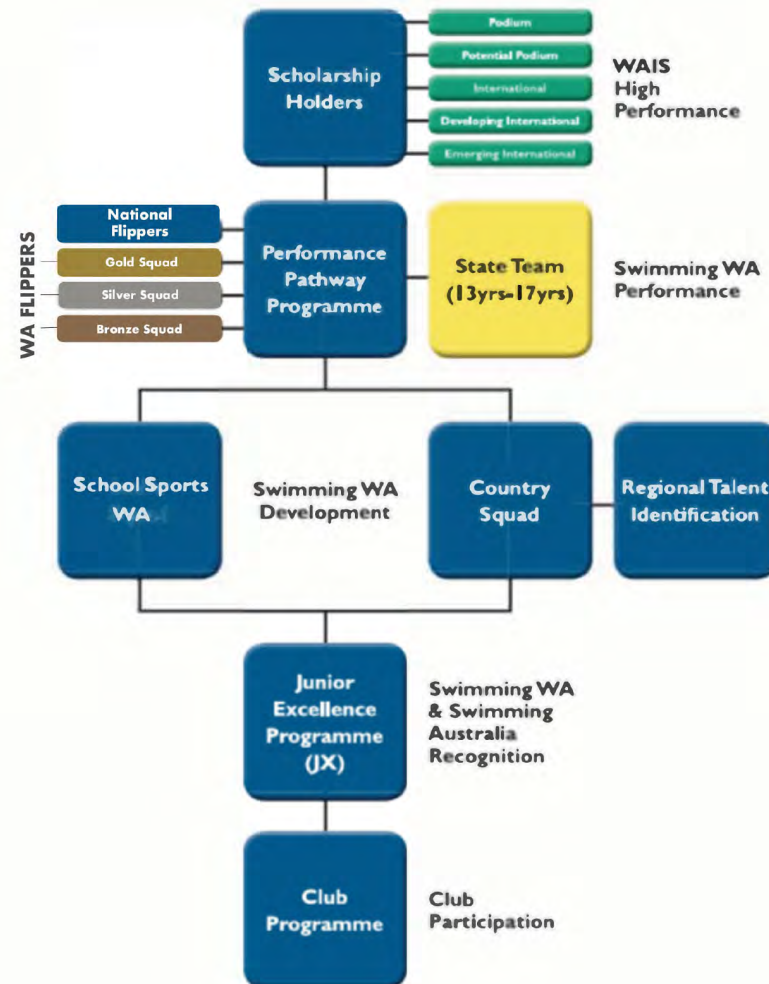
Swimming WA will consult with primary Coaches of selected athletes on their suitability to attend squad activities or to be involved in the programme.

If you have any questions please contact Zac Acott on (08) 9328 4599.





SWIMMING WA PERFORMANCE PATHWAY



SQUAD ACTIVITIES



Upon selection into the Swimming WA Performance Pathway Programme, athletes & their coaches will be invited to attend various camps, workshops and clinics.

An athlete's age, performance, gender, experience, and access to sports performance education will determine which sessions individual athletes will be invited to attend. Squad activities will be determined on an individual basis by Swimming WA management in consultation with the Swimming WA State Head Coach and the athlete's home coach. The information will be communicated to athletes upon invitation into the squad as required.

The Swimming WA Performance Pathway squads are determined through qualification times based on national and state performance standards for 14 years to Open. The athlete's performances qualify them for a particular squad, listed below. Such classification provides recognition of an athlete's performance relative to their age. Swimming WA Performance Pathway Squad activities, such as training camps and educational programmes, will be designed to align with the athlete's age, stage of development and training capabilities.

Selection and notification of athletes into the Swimming WA Performance Pathway Programme will take place after the 2019 Australian Swimming Championships.

Swimming WA is planning squad activities throughout the 2019/20 season during the following times:

- July 2019 School Holidays
- January 2020 School Holidays
- Additional one (1) day clinics throughout the year

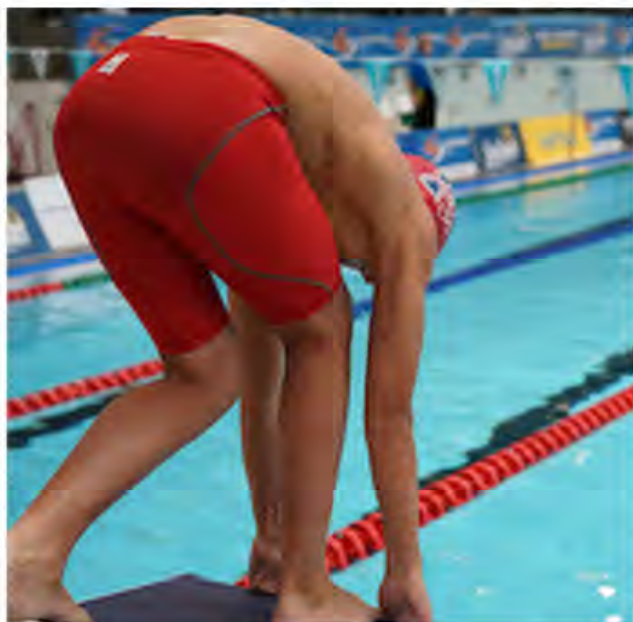
Squad activities will range from training camps to one day clinics, focused on in-water skill acquisition and educational forums - all to assist the athlete to increase their ability and performance in and out of the water.

Swimming WA will also select athletes to take part in the WAIS Developing Champions Programme and the Swimming Australia Talent ID squad from the Performance Pathway Programme squads.

Coaches with athletes in the programme will also be provided with a number of development and educational opportunities throughout the year.



ATHLETE SELECTION CRITERIA



- Athletes must be a registered member of a Swimming WA affiliated Club and reside in WA at the time of acceptance into the squad, and for the duration of their involvement in the Squad.
- Athletes must be an Australian Citizen at the date of selection.
- Athletes, who are residents in Australia at the time of selection and are in the process of becoming an Australian Citizen may be considered for selection (document evidence required) at Swimming WA's absolute discretion.
- Regional athletes are subject to the same selection criteria
- Athletes accept their position in the Programme by agreeing and adhering to the Terms and Conditions outlined in the Athlete Agreement and Code of Behaviour.
- The number of athletes in each squad will be at Swimming WA's absolute discretion.
- Where an athlete meets the 2019/20 selection criteria for more than one (1) squad, Swimming WA General Manager Performance and People in conjunction with the Swimming WA State Head Coach and their home coach will determine the most suitable squad for them for the season. If the athlete meets all the selection criteria they may request in writing to be placed in an alternate squad.
- Athletes transferring from interstate to WA may be considered as an additional to a squad by Swimming WA General Manager Performance and People. Athletes may be considered once registered with a Swimming WA affiliated Club and reside in WA for a minimum of 60 days.
- Swimming WA reserves the right to alter the criteria and to consider the addition of athletes under special circumstances.

NATIONAL FLIPPERS



POOL CRITERIA

In addition to the criteria previously stated, athletes must meet the times matrix below to be included in the Performance Pathway Programme. Times must be achieved at the 2019 Australian Age and Open Long Course Championships, 2019 Australian Trials and/or 2019/20 State Age and Open Championships.

MALES

	18 and under	19-21
50m Freestyle	00:22.86	00:22.42
100m Freestyle	00:50.73	00:49.76
200m Freestyle	01:51.59	01:49.47
400m Freestyle	03:57.45	03:52.92
800m Freestyle	08:14.52	08:05.10
1500m Freestyle	15:44.29	15:26.30
100m Backstroke	00:56.45	00:55.37
200m Backstroke	02:01.92	01:59.59
100m Breaststroke	01:02.20	01:01.02
200m Breaststroke	02:15.24	02:12.66
100m Butterfly	00:53.88	00:52.85
200m Butterfly	02:01.36	01:59.05
200 IM	02:03.70	02:01.34
400 IM	04:28.47	04:23.36

FEMALES

	17 and under	18-20
50m Freestyle	00:25.82	00:25.33
100m Freestyle	00:55.86	00:54.80
200m Freestyle	02:02.16	01:59.83
400m Freestyle	04:18.80	04:13.87
800m Freestyle	08:56.19	08:45.98
1500m Freestyle	17:10.03	16:50.41
100m Backstroke	01:02.81	01:01.61
200m Backstroke	02:14.02	02:11.47
100m Breaststroke	01:10.15	01:08.81
200m Breaststroke	02:31.00	02:28.12
100m Butterfly	01:00.52	00:59.37
200m Butterfly	02:14.21	02:11.65
200 IM	02:16.97	02:14.36
400 IM	04:51.00	04:45.45

WA FLIPPERS GOLD SQUAD



POOL CRITERIA

In addition to the criteria previously stated, athletes must meet the times matrix below to be included in the Performance Pathway Programme. Times must be achieved at the 2019 Australian Age and Open Long Course Championships, 2019 Australian Trials and/or 2019/20 State Age and Open Championships.

MALE

	14	15	16	17/18	19/20
50m Freestyle	00:23.73	00:23.62	00:23.51	00:23.29	00:23.08
100m Freestyle	00:52.66	00:52.42	00:52.17	00:51.69	00:51.21
200m Freestyle	01:55.85	01:55.31	01:54.78	01:53.72	01:52.66
400m Freestyle	04:06.49	04:05.36	04:04.23	04:01.97	03:59.71
800m Freestyle	08:33.36	08:31.00	08:28.65	08:23.94	08:19.23
1500m Freestyle	16:20.26	16:15.76	16:11.27	16:02.27	15:53.28
100m Backstroke	00:58.60	00:58.33	00:58.06	00:57.52	00:56.99
200m Backstroke	02:06.56	02:05.98	02:05.40	02:04.24	02:03.08
100m Breaststroke	01:04.57	01:04.28	01:03.98	01:03.39	01:02.79
200m Breaststroke	02:20.39	02:19.75	02:19.10	02:17.82	02:16.53
100m Butterfly	00:55.93	00:55.67	00:55.41	00:54.90	00:54.39
200m Butterfly	02:05.98	02:05.40	02:04.83	02:03.67	02:02.51
200 IM	02:08.41	02:07.82	02:07.23	02:06.06	02:04.88
400 IM	04:38.70	04:37.42	04:36.15	04:33.59	04:31.03

FEMALE

	13	14	15	16/17	18/19
50m Freestyle	00:26.80	00:26.68	00:26.56	00:26.31	00:26.07
100m Freestyle	00:57.99	00:57.72	00:57.46	00:56.92	00:56.39
200m Freestyle	02:06.81	02:06.23	02:05.65	02:04.48	02:03.32
400m Freestyle	04:28.66	04:27.43	04:26.20	04:23.73	04:21.27
800m Freestyle	09:16.62	09:14.07	09:11.51	09:06.41	09:01.30
1500m Freestyle	17:49.27	17:44.36	17:39.46	17:29.65	17:19.84
100m Backstroke	01:05.20	01:04.90	01:04.61	01:04.01	01:03.41
200m Backstroke	02:19.13	02:18.49	02:17.85	02:16.57	02:15.30
100m Breaststroke	01:12.82	01:12.49	01:12.15	01:11.49	01:10.82
200m Breaststroke	02:36.75	02:36.03	02:35.31	02:33.88	02:32.44
100m Butterfly	01:02.83	01:02.54	01:02.25	01:01.67	01:01.10
200m Butterfly	02:19.32	02:18.68	02:18.05	02:16.77	02:15.49
200 IM	02:22.19	02:21.54	02:20.89	02:19.58	02:18.28
400 IM	05:02.08	05:00.70	04:59.31	04:56.54	04:53.77

WA FLIPPERS SILVER SQUAD



POOL CRITERIA

In addition to the criteria previously stated, athletes must meet the times matrix below to be included in the Performance Pathway Programme. Times must be achieved at the 2019 Australian Age and Open Long Course Championships, 2019 Australian Trials and/or 2019/20 State Age and Open Championships.

MALE

	14	15	16	17/18
50m Freestyle	00:24.16	00:24.06	00:23.95	00:23.73
100m Freestyle	00:53.62	00:53.38	00:53.14	00:52.66
200m Freestyle	01:57.97	01:57.44	01:56.91	01:55.85
400m Freestyle	04:11.02	04:09.88	04:08.75	04:06.49
800m Freestyle	08:42.78	08:40.42	08:38.07	08:33.36
1500m Freestyle	16:38.25	16:33.75	16:29.25	16:20.26
100m Backstroke	00:59.67	00:59.40	00:59.14	00:58.60
200m Backstroke	02:08.88	02:08.30	02:07.72	02:06.56
100m Breaststroke	01:05.76	01:05.46	01:05.16	01:04.57
200m Breaststroke	02:22.97	02:22.32	02:21.68	02:20.39
100m Butterfly	00:56.95	00:56.70	00:56.44	00:55.93
200m Butterfly	02:08.29	02:07.72	02:07.14	02:05.98
200 IM	02:10.77	02:10.18	02:09.59	02:08.41
400 IM	04:43.82	04:42.54	04:41.26	04:38.70

FEMALE

	13	14	15	16/17
50m Freestyle	00:27.29	00:27.17	00:27.05	00:26.80
100m Freestyle	00:59.05	00:58.79	00:58.52	00:57.99
200m Freestyle	02:09.14	02:08.56	02:07.97	02:06.81
400m Freestyle	04:33.59	04:32.36	04:31.13	04:28.66
800m Freestyle	09:26.83	09:24.28	09:21.73	09:16.62
1500m Freestyle	18:08.89	18:03.98	17:59.08	17:49.27
100m Backstroke	01:06.40	01:06.10	01:05.80	01:05.20
200m Backstroke	02:21.68	02:21.04	02:20.40	02:19.13
100m Breaststroke	01:14.16	01:13.83	01:13.49	01:12.82
200m Breaststroke	02:39.63	02:38.91	02:38.19	02:36.75
100m Butterfly	01:03.98	01:03.69	01:03.40	01:02.83
200m Butterfly	02:21.88	02:21.24	02:20.60	02:19.32
200 IM	02:24.80	02:24.15	02:23.49	02:22.19
400 IM	05:07.63	05:06.24	05:04.85	05:02.08

WA FLIPPERS BRONZE SQUAD



POOL CRITERIA

In addition to the criteria previously stated, athletes must meet the times matrix below to be included in the Performance Pathway Programme. Times must be achieved at the 2019 Australian Age and Open Long Course Championships, 2019 Australian Trials and/or 2019/20 State Age and Open Championships.

MALE

	14	15	16
50m Freestyle	00:24.60	00:24.49	00:24.38
100m Freestyle	00:54.59	00:54.35	00:54.11
200m Freestyle	02:00.10	01:59.56	01:59.03
400m Freestyle	04:15.54	04:14.41	04:13.28
800m Freestyle	08:52.20	08:49.84	08:47.49
1500m Freestyle	16:56.23	16:51.73	16:47.24
100m Backstroke	01:00.75	01:00.48	01:00.21
200m Backstroke	02:11.20	02:10.62	02:10.04
100m Breaststroke	01:06.94	01:06.65	01:06.35
200m Breaststroke	02:25.54	02:24.90	02:24.26
100m Butterfly	00:57.98	00:57.72	00:57.47
200m Butterfly	02:10.61	02:10.03	02:09.45
200 IM	02:13.13	02:12.54	02:11.95
400 IM	04:48.93	04:47.65	04:46.37

FEMALE

	13	14	15
50m Freestyle	00:27.79	00:27.66	00:27.54
100m Freestyle	01:00.12	00:59.85	00:59.58
200m Freestyle	02:11.46	02:10.88	02:10.30
400m Freestyle	04:38.52	04:37.29	04:36.06
800m Freestyle	09:37.05	09:34.49	09:31.94
1500m Freestyle	18:28.51	18:23.60	18:18.70
100m Backstroke	01:07.60	01:07.30	01:07.00
200m Backstroke	02:24.23	02:23.60	02:22.96
100m Breaststroke	01:15.50	01:15.16	01:14.83
200m Breaststroke	02:42.51	02:41.79	02:41.07
100m Butterfly	01:05.13	01:04.84	01:04.56
200m Butterfly	02:24.44	02:23.80	02:23.16
200 IM	02:27.41	02:26.76	02:26.10
400 IM	05:13.17	05:11.78	05:10.40

WA FLIPPERS OPEN WATER



GOLD

OPEN

- A swimmer who places 1st Australian in the Open 10km event.
- A swimmer must place 2-12 Australian and within 2 minutes of the first placed Australian time in the Open 10km event.

14YRS – 19YRS

- A swimmer who places 1st in their respective age group Championship event.
- A swimmer who places 2-12 Australian in their respective age group Championship event and swims within the following time bracket:
 - 5km: within 30 sec of the 1st place Australian
 - 7.5km: within 1 minute of the 1st placed Australian
 - 10km: within 2 minutes of the 1st placed Australian

SILVER

14YRS – 19YRS

- A swimmer who places 2-12 Australian in their respective age group Championship event and swims within the following time bracket:
 - 5km: within 1 minute of the 1st place Australian
 - 7.5km: within 2 minute of the 1st placed Australian
 - 10km: within 3 minutes of the 1st placed Australian

BRONZE

14YRS – 16YRS

- A swimmer who places 2-12 Australian in their respective age group Championship event and swims within the following time bracket:
 - 5km: within 2 minute of the 1st place Australian
 - 7.5km: within 3 minute of the 1st placed Australian



MULTICLASS SQUAD - POOL

- 25 Years & Under at 21st April 2019
- Multi-class athletes must achieve the following multi-class point scores at the 2018 SunSmart State Age Championships, 2019 Hancock Prospecting WA Swimming Championships, 2019 National Age Swimming Championships or the 2019 National Swimming Championships to be eligible.

Squad	Elite Transition	Gold	Silver	Bronze
MCPS	800	700	610	440





COUNTRY SQUAD CRITERIA

- 13 - 15 Years at 11 January 2019;
- Swimmers must achieve State Qualifying Times;
- Swimmers must achieve the following places at the 2019 SunSmart Country Championships:
 - 1) First WA athlete aged 13 years, 14 years, 15 years (male and female) in the 100m Butterfly, Backstroke, Breaststroke and Freestyle.
 - 2) First WA athlete aged 13 years, 14 years, 15 years (male and female) in the 200m Butterfly, Backstroke, Breaststroke and Freestyle.
 - 3) First WA athlete aged 13 years, 14 years, 15 years (male and female) in the 200m Individual Medley.

COACH SELECTION CRITERIA

- Be the primary coach of an athlete selected in the 2019/20 Swimming WA Performance Pathway Programme for at least three months prior to their selection;
- Be a current Swimming WA Coach Member;
- Hold a current Working with Children Check (WWCC);
- Be a current ASCTA Accredited Coach and ASCTA Member.





WA STATE TEAM

The Australian State Teams Championships is the pinnacle age group event in the Short Course calendar in Australia. The Championships sees athletes from all Australian States and Territories compete in a team based competition with the focus placed on accumulating points for their state or territory, learning to achieve high performance outcomes while traveling in a team environment. The Championships are held each year at the Australian Institute of Sport in Canberra with teams living, training and competing together on site. Each year Swimming WA selects a group of athletes and coaches to represent Western Australia and experience this unique Meet in the Australian swimming calendar.



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