

## 2020/21 PERFORMANCE PATHWAY PROGRAMME



PRINCIPAL PARTNER

HANCOCK PROSPECTING

## **ABOUT THE PROGRAMME**

Swimming Western Australia (SWA) is proud to present information and criteria for the upcoming 2020/21 Performance Pathway Programme (PPP).

The PPP underpins Swimming Australia and WAIS to provide an integrated pathway for athlete and coach development for prolonged success within the state. Upon selection into the SWA PPP, athletes and their coaches will be invited to attend various camps, workshops and clinics.

Squad activities will be determined by SWA in consultation with the SWA State Head Coach, Leigh Nugent and the squad Head Coach. The information will be communicated to athletes in due course.

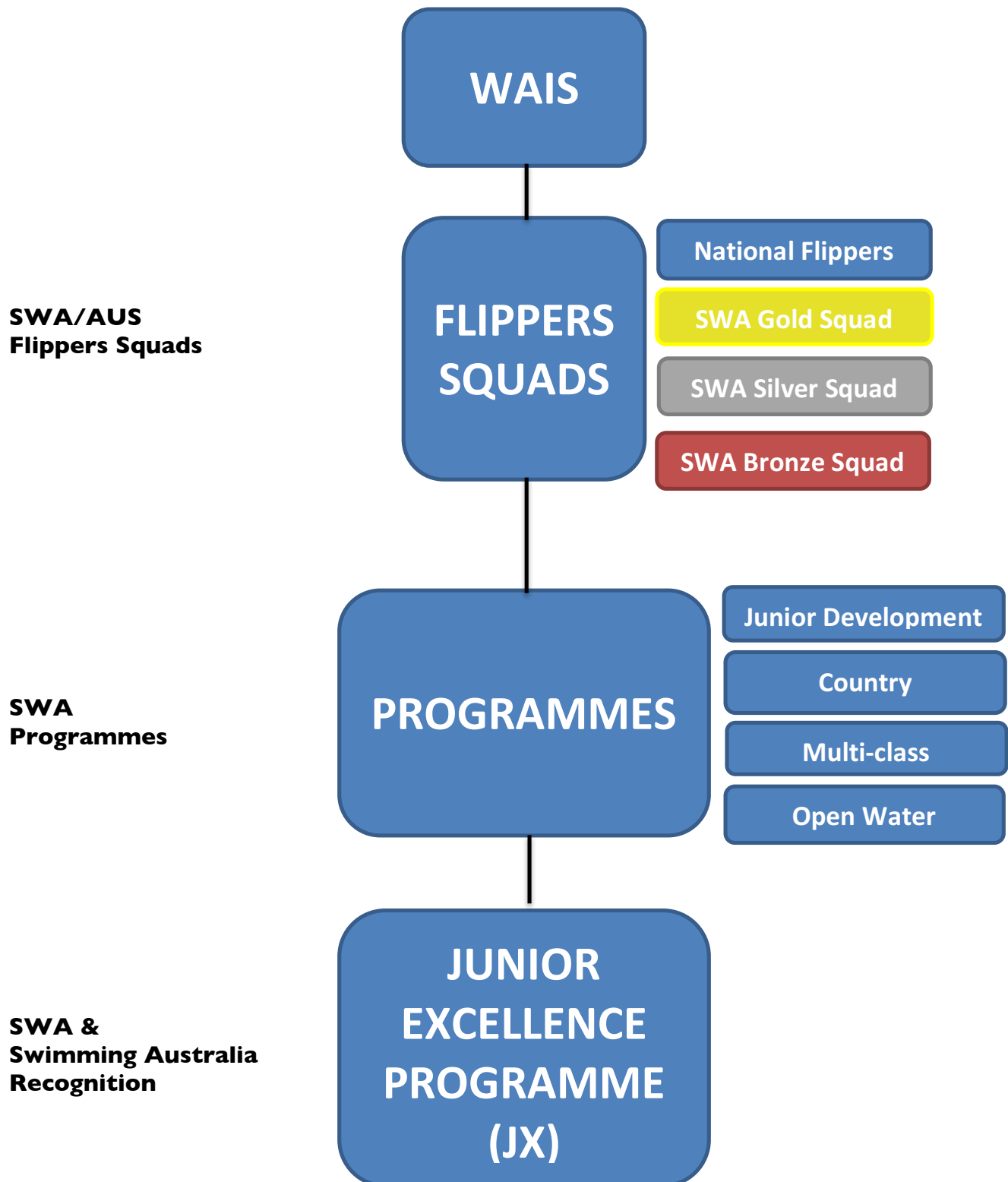
The selection criteria for the WA Flippers squads are determined through qualification times based on national and state performance standards, or results at SWA State Championships, and the athlete's performances qualify them for a particular squad. Such classification provides recognition of an athlete's performance relative to their age. SWA PPP activities, such as training camps and education programmes, will be designed to align with the athlete's age, stage of development and training capabilities.

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

If you have any questions regarding the programme, please contact:

Luke Gavin  
Athlete and Coach Development Manager – SWA  
[Luke.gavin@wa.swimming.org.au](mailto:Luke.gavin@wa.swimming.org.au)  
(08) 9328 4599  
0438 109 450

# SWA PERFORMANCE PATHWAY PROGRAMME



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## ATHLETE SELECTION CRITERIA

- Qualifying times for the 2020/21 Programmes, National Flippers, Gold Flippers and Silver Flippers can be achieved 2019 State Age Long Course Championships and 2020 State Open Long Course Championships.
- Due to the cancellation of the 2020 Australian Age and Open Championships, athletes who were selected in the 2019/20 PPP will remain selected in the same squad for 2020/21
- Athletes must be a registered member of a SWA affiliated club and reside in WA at the time of acceptance in 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 SWA's absolute discretion
- All athletes in the squad are required to sign a SWA Athlete Agreement
- Athletes relocating to WA may be considered for admission to a squad or programme where they satisfy the performance criteria. Athletes may be considered once registered with a SWA affiliated club and reside in WA for a minimum of 60 days
- SWA reserves the right to alter the criteria and to consider the addition of athletes under special circumstances

## NATIONAL FLIPPERS CRITERIA

<b>Male</b>		
<b>SELECTION EVENTS</b>	Flippers 19yrs & over	Flippers 18yrs & under
	<b>3%</b>	<b>5%</b>
50m Freestyle	00:22.42	00:22.86
100m Freestyle	00:49.78	00:50.75
200m Freestyle	01:48.93	01:51.05
400m Freestyle	03:53.13	03:57.66
800m Freestyle	08:02.16	08:11.53
1500m Freestyle	15:21.91	15:39.81
100m Backstroke	00:55.00	00:56.07
200m Backstroke	02:00.78	02:03.12
100m Breaststroke	01:00.99	01:02.17
200m Breaststroke	02:12.13	02:14.69
100m Butterfly	00:53.25	00:54.29
200m Butterfly	01:59.74	02:02.06
200 IM	02:01.52	02:03.88
400 IM	04:22.90	04:28.00

<b>Female</b>		
<b>SELECTION EVENTS</b>	Flippers 19yrs & over	Flippers 18yrs & under
	<b>3%</b>	<b>5%</b>
50m Freestyle	00:25.19	00:25.68
100m Freestyle	00:54.91	00:55.98
200m Freestyle	02:00.32	02:02.66
400m Freestyle	04:14.51	04:19.45
800m Freestyle	08:44.99	08:55.18
1500m Freestyle	16:31.63	16:50.89
100m Backstroke	01:01.50	01:02.70
200m Backstroke	02:13.28	02:15.87
100m Breaststroke	01:08.98	01:10.32
200m Breaststroke	02:28.51	02:31.39
100m Butterfly	00:58.81	00:59.96
200m Butterfly	02:12.28	02:14.85
200 IM	02:14.40	02:17.01
400 IM	04:46.89	04:52.46

More information regarding the National Flippers Program can be found [here](#)

## WA FLIPPERS GOLD SQUAD

### QUALIFYING TIMES

#### 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

### QUALIFYING TIMES

#### 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

### CRITERIA

- Only Boys aged 14-16 and Girls aged 13-15 as of 20 December 2019 are eligible for the WA Flippers Bronze Squad
- Boys aged 14-16 and Girls aged 13-15 who achieve a gold medal in an individual event at the SWA Age Championships will be selected into the WA Flippers Bronze Squad the following year
- Age Gold medalists who achieve a WA Flippers Silver or Gold Squad Qualifying Time will automatically be placed into the higher-level squad.



## WA OPEN WATER SQUAD

### **GOLD**

- A swimmer who places 1st Australian in the Open 10km event or Open 5km event.
- A swimmer who finishes within 120 seconds of the first placed Australian time in the Open 10km event.
- A swimmer who finishes within 60 seconds of the first placed Australian time in the Open 5km event.
  
- A swimmer aged 14-19 who places 1-3 Australian in their respective age group Championship event.

### **SILVER**

- A swimmer who finishes within 120 seconds of the third placed Australian time in the Open 10km event.
- A swimmer who finishes within 60 seconds of the third placed Australian time in the Open 5km event.
  
- A swimmer aged 14-19 who finishes within the following time bracket in their respective age group Championship event:
  - 5km: within 60 seconds of the 3rd place Australian
  - 7.5km: within 90 seconds of the 3rd placed Australian
  - 10km: within 120 seconds of the 3rd placed Australian

### **BRONZE**

- A swimmer who finishes within 240 seconds of the third placed Australian time in the Open 10km event.
- A swimmer who finishes within 120 seconds of the third placed Australian time in the Open 5km event.
  
- A swimmer aged 14-19 who finishes within the following time bracket in their respective age group Championship event:
  - 5km: within 120 seconds of the 3rd place Australian
  - 7.5km: within 180 seconds of the 3rd placed Australian
  - 10km: within 240 seconds of the 3rd placed Australian

\* THE OPEN 5KM TIME TRIAL IS NOT A SELECTION EVENT

## MULTI-CLASS SQUAD - POOL

- 25 Years & Under at 21 April 2020
- Multi-class athletes must achieve the following multi-class point scores at the 2019 SunSmart State Age Championships, 2020 Hancock Prospecting WA Swimming Championships, 2020 National Age Swimming Championships or the 2020 National Swimming Championships to be eligible

Squad	Elite Transition	Gold	Silver	Bronze
MCPS	800	700	610	440

## COUNTRY SQUAD CRITERIA

- 13 – 15 Years of age as at 3 January 2020
- Swimmers must achieve a first placing in any 100m or 200m individual event at the 2020 SunSmart Country Championships and achieve a State Championship Qualifying Times in that event.

## JUNIOR DEVELOPMENT SQUAD

- Boys 13 Years of age, and Girls 12 Years of age as at 19 September 2020
- Top 2 placing in an individual event at the 2020 SunSmart WA Junior Short Course Championships

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**GOLD LEVEL SPONSORS**



**SILVER LEVEL SPONSORS**



**BRONZE LEVEL SPONSORS**



**OFFICIAL SUPPLIERS**



**OFFICIAL PARTNERS**



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**HANCOCK PROSPECTING**