

# SQUAD QUALIFYING TIMES 2020

GIRLS								Long Course (50m Pool)	BOYS							
JUNIOR PERFORMANCE			SENIOR COMP	SENIOR PERFORMANCE					JUNIOR PERFORMANCE			SENIOR COMP	SENIOR PERFORMANCE			
12/u	13yrs	14yrs	13yrs+	14yrs	15yrs	16yrs	17yrs+		12/u	13yrs	14yrs	13yrs+	14yrs	15yrs	16yrs	17yrs+
1:12.62	1:09.93	1:07.98	1:12.62	1:04.37	1:02.13	1:01.88	1:00.74	100 Free	1:12.42	1:09.74	1:05.52	1:12.42	1:01.68	58.30	56.89	54.91
2:37.12	2:31.30	2:25.71	2:37.12	2:18.02	2:14.44	2:13.78	2:11.87	200 Free	2:37.36	2:31.53	2:22.28	2:37.36	2:13.79	2:07.35	2:04.22	1:59.56
5:33.60	5:21.25	5:08.04	5:33.60	4:51.74	4:43.55	4:42.51	4:38.47	400 Free	5:33.60	5:21.25	5:02.86	5:33.60	4:44.72	4:28.80	4:22.39	4:15.23
11:23.28	10:57.98	10:21.86	11:23.28	9:49.73	9:32.82	9:31.74	9:26.36	800 Free								
								1500 Free	21:43.67	20:55.38	19:31.88	21:43.67	18:21.12	17:41.92	17:20.39	16:55.29
1:22.74	1:19.67	1:16.80	1:22.74	1:12.76	1:10.57	1:09.73	1:08.43	100 Back	1:23.60	1:20.51	1:15.89	1:23.60	1:11.05	1:06.81	1:04.83	1:02.21
2:55.44	2:48.94	2:43.77	2:55.44	2:35.22	2:31.73	2:30.71	2:28.69	200 Back	2:57.97	2:51.38	2:42.09	2:57.97	2:32.02	2:24.72	2:21.05	2:16.63
1:34.72	1:31.21	1:28.83	1:34.72	1:23.68	1:20.73	1:20.45	1:18.62	100 Breast	1:35.75	1:32.21	1:27.16	1:35.75	1:21.31	1:15.58	1:13.67	1:10.28
3:22.09	3:14.60	3:10.78	3:22.09	2:59.33	2:52.54	2:52.31	2:49.02	200 Breast	3:23.53	3:15.99	3:04.85	3:23.53	2:53.33	2:41.49	2:38.87	2:32.40
1:24.28	1:21.16	1:17.52	1:24.28	1:12.72	1:09.14	1:08.48	1:07.22	100 Fly	1:24.55	1:21.42	1:15.25	1:24.55	1:10.14	1:05.00	1:03.08	1:00.18
3:09.43	3:02.42	2:52.91	3:09.43	2:41.71	2:35.55	2:34.80	2:31.71	200 Fly	3:13.33	3:06.17	2:48.97	3:13.33	2:36.83	2:27.18	2:21.31	2:15.63
2:57.67	2:51.09	2:45.01	2:57.67	2:36.26	2:31.89	2:31.04	2:28.82	200 IM	2:56.64	2:50.10	2:40.72	2:56.64	2:31.30	2:24.24	2:21.28	2:16.10
6:20.03	6:05.96	5:47.46	6:20.03	5:29.67	5:24.66	5:22.99	5:20.20	400 IM	6:19.11	6:05.07	5:43.72	6:19.11	5:22.33	5:07.43	5:02.81	4:50.34

GIRLS								Short Course (25m Pool)	BOYS							
JUNIOR PERFORMANCE			SENIOR COMP	SENIOR PERFORMANCE					JUNIOR PERFORMANCE			SENIOR COMP	SENIOR PERFORMANCE			
12/u	13yrs	14yrs	13yrs+	14yrs	15yrs	16yrs	17yrs+		12/u	13yrs	14yrs	13yrs+	14yrs	15yrs	16yrs	17yrs+
1:11.50	1:08.70	1:06.70	1:11.50	1:03.10	1:00.80	1:00.50	59.30	100 Free	1:11.30	1:08.50	1:04.20	1:11.30	1:00.30	56.90	55.40	53.40
2:34.90	2:29.00	2:23.30	2:34.90	2:15.50	2:11.80	2:11.20	2:09.20	200 Free	2:35.10	2:29.20	2:19.80	2:35.10	2:11.20	2:04.60	2:01.40	1:56.60
5:29.40	5:16.80	5:03.40	5:29.40	4:46.90	4:38.60	4:37.50	4:33.40	400 Free	5:29.40	5:16.80	4:58.20	5:29.40	4:39.70	4:23.50	4:17.00	4:09.70
11:14.80	10:49.10	10:12.50	11:14.80	9:39.80	9:22.60	9:21.50	9:16.10	800 Free								
								1500 Free	21:27.70	20:38.80	19:14.10	21:27.70	18:02.20	17:22.30	17:00.40	16:34.80
1:21.80	1:18.70	1:15.70	1:21.80	1:11.60	1:09.40	1:08.60	1:07.20	100 Back	1:22.60	1:19.50	1:14.80	1:22.60	1:09.90	1:05.60	1:03.60	1:00.90
2:53.50	2:46.90	2:41.70	2:53.50	2:33.10	2:29.50	2:28.50	2:26.40	200 Back	2:56.10	2:49.40	2:40.00	2:56.10	2:29.80	2:22.40	2:18.70	2:14.20
1:33.40	1:29.80	1:27.40	1:33.40	1:22.20	1:19.20	1:18.90	1:17.00	100 Breast	1:34.40	1:30.80	1:25.70	1:34.40	1:19.70	1:13.90	1:11.90	1:08.50
3:19.50	3:11.90	3:08.00	3:19.50	2:56.40	2:49.50	2:49.20	2:45.90	200 Breast	3:20.90	3:13.30	3:02.00	3:20.90	2:50.30	2:38.20	2:35.50	2:28.90
1:23.40	1:20.20	1:16.50	1:23.40	1:11.70	1:08.00	1:07.40	1:06.10	100 Fly	1:23.60	1:20.50	1:14.20	1:23.60	1:09.00	1:03.80	1:01.90	58.90
3:07.80	3:00.70	2:51.10	3:07.80	2:39.70	2:33.50	2:32.70	2:29.60	200 Fly	3:11.70	3:04.50	2:47.10	3:11.70	2:34.80	2:25.00	2:19.10	2:13.30
2:55.50	2:48.80	2:42.60	2:55.50	2:33.80	2:29.30	2:28.50	2:26.20	200 IM	2:54.40	2:47.80	2:38.30	2:54.40	2:28.70	2:21.50	2:18.50	2:13.20
6:15.40	6:01.10	5:42.40	6:15.40	5:24.30	5:19.20	5:17.50	5:14.70	400 IM	6:14.40	6:00.20	5:38.60	6:14.40	5:16.80	5:01.70	4:57.00	4:44.20

There are no qualifying times for Junior Competition & Youth Competition Squads. Movements are based on coach recommendation that consider age, ability and commitment. Most movements are regarding training abilities. 2020 times are in effect from 1st January 2020 to 31st December 2020.

## SQUAD QUALIFYING TIMES EXPLAINED

### PURPOSE

The South Ayrshire Swim Team qualifying times (QT's) are in place to

1. Control numbers and standards within squads
2. Provide opportunities for swimmers showing the greatest current potential taking in to account age/gender
3. Provide challenges & goals for swimmers to achieve and gain reward

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### 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 swimmers 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 coaches 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 Dec 2020) will be assessed and possibly move to an alternative squad.

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### 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

**Full name** : \_\_\_\_\_ **Date of Birth** : \_\_\_\_\_  
**Your Current training Squad** : \_\_\_\_\_ **Applying for which Squad** : \_\_\_\_\_

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
Junior Performance	12/under : 5-6 Sessions      13/over : 6-7 sessions	Swimmers must attend 12 competitions a year. A competition is defined by two or more full days. Qualifying swimmers must attend the following competitions:  District Championships, Scottish National Age Group Championships, Scottish Summer Meet & British Summer Meet.
Senior Competition	All swimmers target 4-7 session	
Senior Performance	14/under : 6-7 pool + 1 land    15/over : 7-8 pool + 1-2 land Attendance is as directed by the Coach and swimmers must have 100% commitment. (Saturday morning is compulsory)	

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

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