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|  | **City of Newport Swimming & Water Polo Club**  **High Performance squads: Selection Criteria**  **All final squad selections will be made by the coaching team based on the following criteria:** |

1. **Performance**: To be eligible for selection to the City of Newport’s high performance squads, namely National Performance and National Potential, the swimmer must be age appropriate to that squad and have met at least 1 of the minimum performance criteria times (as listed in the tables below) within the last 12 months of competition (on the date of review). **Please note that achievement of these standards does not guarantee selection. Achieving these performance criteria times only makes a swimmer eligible for Selection.** Swimmers who are already members of the high performance squads failing to achieve the performance criteria will be moved into a more appropriate squad. The coaching team reserves the right to take individual circumstances into account when making squad selections.
2. **Attendance**: All members of the National Performance squad MUST complete a minimum of 7 swimming sessions + 1 gym session per week, unless instructed to do so by the head coach. All swimmers should try to complete 8 or 9 swimming sessions + 2 gym sessions to make the maximum gain possible from the training. All members of the National Potential squad MUST complete a minimum of 6 swimming sessions per week. All swimmers should try to complete 7 or 8 swimming sessions to make the maximum gain possible from the training. Any swimmer consistently failing to reach these levels will be moved into a more appropriate squad.
3. **Punctuality**: All members of the National Performance and National Potential squads should arrive on poolside a minimum of 15 minutes before the start of all evening sessions and 10 minutes before the start of morning sessions in order to complete a full land based warm up and any injury prevention exercises prior to getting in the pool. This is essential for minimising injuries and maximising the training time. Any swimmers who are consistently late (without good reason) or refuse to complete adequate land warm ups will be moved into a more appropriate squad. In addition all swimmers are expected to be ready to start the swimming session on time.
4. **Attitude**: All members of the National Performance and National Potential squads should exhibit a positive and professional attitude while at training and competitions at all times. Negative attitudes towards training or competition will not be tolerated as each set is thoroughly designed for a purpose in the swimmer’s development.
5. **Competitions**: All swimmers should enter the full competition programme as directed by the head coach in order to fully maximise their preparation for the major meets. Any swimmers consistently missing competitions or not attending the major competitions will be asked to move out of the squad.

**Squad reviews and selections will be carried out on the 1st March and the 1st September each year. Swimmers identified for movement between squads will be informed in the week following squad reviews.**

**(Age as of 1st March & 1st September)**

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| **National performance: Squad qualification performance criteria (Long course)** | | | | | | | | | | | | |
| **Age eligibility 13 years +** | | | | | | | | | | | | |
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| **BOYS** | | | | | |  | **GIRLS** | | | | | |
| **13** | **14** | **15** | **16** | **17** | **18** | **Event** | **13** | **14** | **15** | **16** | **17** | **18** |
| 29.6 | 28.5 | 27.4 | 26.7 | 26.6 | 25.8 | **50m** **Free** | 31.0 | 30.2 | 29.8 | 29.6 | 29.7 | 28.9 |
| 1:02.2 | 60.5 | 59.2 | 58.0 | 57.5 | 55.8 | **100m** **Free** | 1:05.8 | 1:04.6 | 1:04.3 | 1:03.9 | 1:03.4 | 1:01.5 |
| 2:15.8 | 2:11.5 | 2:09.1 | 2:06.2 | 2:04.7 | 2:01.0 | **200m** **Free** | 2:21.2 | 2:19.0 | 2:17.4 | 2:16.8 | 2:15.5 | 2:12.8 |
| 4:46.0 | 4:37.0 | 4:32.8 | 4:27.6 | 4:25.7 | 4:20.4 | **400m** **Free** | 4:54.7 | 4:50.5 | 4:48.2 | 4:46.4 | 4:44.5 | 4:40.3 |
| 9:58.1 | 9:39.8 | 9:29.7 | 9:20.1 | 9:15.7 | 9:04.6 | **800m** **Free** | 10:06.3 | 9:59.5 | 9:55.0 | 9:49.4 | 9:50.9 | 9:45.0 |
| 18:54.5 | 18:19.8 | 17:58.9 | 17:42.6 | 17:34.0 | 17:13.0 | **1500m** **Free** | 19:26.8 | 19:12.8 | 19:06.7 | 18:53.4 | 18:58.2 | 18:49.1 |
| 37.5 | 36.0 | 34.7 | 34.2 | 33.4 | 32.4 | **50m** **Breast** | 39.2 | 38.1 | 37.4 | 37.3 | 37.1 | 36.0 |
| 1:19.4 | 1:16.6 | 1:14.8 | 1:13.2 | 1:11.9 | 1:09.7 | **100m** **Breast** | 1:22.3 | 1:21.1 | 1:20.8 | 1:20.0 | 1:19.4 | 1:17.0 |
| 2:52.1 | 2:45.3 | 2:41.2 | 2:39.4 | 2:36.1 | 2:31.4 | **200m** **Breast** | 2:57.2 | 2:53.5 | 2:52.4 | 2:52.6 | 2:51.5 | 2:48.1 |
| 32.2 | 31.0 | 29.6 | 29.2 | 28.7 | 27.8 | **50m** **Fly** | 33.4 | 32.8 | 32.2 | 31.8 | 31.9 | 31.0 |
| 1:08.7 | 1:05.9 | 1:04.2 | 1:02.9 | 1:02.2 | 1:00.3 | **100m** **Fly** | 1:11.8 | 1:10.7 | 1:09.9 | 1:09.5 | 1:09.0 | 1:06.9 |
| 2:31.9 | 2:25.7 | 2:21.9 | 2:19.5 | 2:18.0 | 2:13.9 | **200m** **Fly** | 2:37.4 | 2:33.9 | 2:33.2 | 2:31.7 | 2:30.3 | 2:27.3 |
| 34.3 | 32.8 | 31.8 | 31.2 | 30.6 | 29.7 | **50m** **Back** | 35.8 | 34.8 | 34.2 | 34.0 | 33.8 | 32.8 |
| 1:10.8 | 1:07.9 | 1:06.4 | 1:05.2 | 1:04.8 | 1:02.8 | **100m** **Back** | 1:14.2 | 1:13.0 | 1:12.0 | 1:11.6 | 1:11.1 | 1:09.0 |
| 2:31.9 | 2:27.0 | 2:23.3 | 2:20.3 | 2:18.8 | 2:14.7 | **200m** **Back** | 2:37.9 | 2:35.5 | 2:33.1 | 2:32.0 | 2:31.6 | 2:27.1 |
| 2:34.0 | 2:28.9 | 2:25.5 | 2:22.7 | 2:21.1 | 2:16.9 | **200m** **IM** | 2:40.1 | 2:37.8 | 2:35.8 | 2:34.8 | 2:33.9 | 2:30.1 |
| 5:26.8 | 5:15.6 | 5:08.7 | 5:03.7 | 5:01.7 | 4:55.7 | **400m** **IM** | 5:35.3 | 5:31.4 | 5:27.7 | 5:25.4 | 5:24.6 | 5:18.1 |

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| **National performance: Squad qualification performance criteria (Short course)** | | | | | | | | | | | | |
| **Age eligibility = 13 years +** | | | | | | | | | | | | |
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| **BOYS** | | | | | |  | **GIRLS** | | | | | |
| **13** | **14** | **15** | **16** | **17** | **18** | **Event** | **13** | **14** | **15** | **16** | **17** | **18** |
| 28.8 | 27.7 | 26.8 | 26.3 | 26.0 | 25.2 | **50m** **Free** | 30.2 | 29.6 | 29.2 | 29.0 | 28.6 | 27.7 |
| 1:01.6 | 59.3 | 57.8 | 56.6 | 56.1 | 54.4 | **100m** **Free** | 1:04.5 | 1:03.3 | 1:02.6 | 1:01.9 | 1:01.7 | 0:59.8 |
| 2:13.8 | 2:08.8 | 2:05.6 | 2:03.0 | 2:02.1 | 1:58.4 | **200m** **Free** | 2:18.2 | 2:16.1 | 2:14.2 | 2:13.1 | 2:12.3 | 2:08.3 |
| 4:41.7 | 4:32.4 | 4:25.4 | 4:20.5 | 4:17.5 | 4:12.4 | **400m** **Free** | 4:48.3 | 4:44.0 | 4:40.1 | 4:39.0 | 4:37.5 | 4:33.3 |
| 9:49.0 | 9:29.8 | 9:16.2 | 9:05.5 | 9:00.1 | 8:54.7 | **800m** **Free** | 9:52.3 | 9:42.6 | 9:37.5 | 9:34.2 | 9:33.9 | 9:28.1 |
| 18:34.4 | 17:59.0 | 17:35.1 | 17:14.3 | 17:05.5 | 16:57.3 | **1500m** **Free** | 19:02.9 | 18:59.2 | 18:40.1 | 18:27.9 | 18:23.2 | 18:14.4 |
| 36.5 | 35.0 | 33.9 | 33.0 | 32.7 | 31.7 | **50m** **Breast** | 38.1 | 37.2 | 36.6 | 36.4 | 36.3 | 35.2 |
| 1:18.3 | 1:15.1 | 1:12.6 | 1:10.9 | 1:10.1 | 1:08.0 | **100m** **Breast** | 1:21.2 | 1:18.8 | 1:18.1 | 1:17.8 | 1:17.0 | 1:15.4 |
| 2:49.7 | 2:42.3 | 2:37.6 | 2:34.6 | 2:32.2 | 2:27.6 | **200m** **Breast** | 2:54.2 | 2:50.2 | 2:48.6 | 2:47.9 | 2:46.4 | 2:41.4 |
| 31.7 | 30.4 | 29.2 | 28.7 | 28.2 | 27.3 | **50m** **Fly** | 33.0 | 32.2 | 31.6 | 31.5 | 31.2 | 30.3 |
| 1:08.8 | 1:05.7 | 1:03.3 | 1:02.4 | 1:01.3 | 0:59.4 | **100m** **Fly** | 1:11.6 | 1:09.7 | 1:09.1 | 1:08.6 | 1:07.8 | 1:05.8 |
| 2:32.2 | 2:25.5 | 2:19.2 | 2:17.4 | 2:14.3 | 2:10.2 | **200m** **Fly** | 2:36.2 | 2:32.3 | 2:29.7 | 2:28.8 | 2:27.2 | 2:22.7 |
| 32.9 | 31.7 | 30.6 | 29.6 | 29.5 | 28.6 | **50m** **Back** | 34.1 | 33.4 | 33.1 | 32.7 | 32.2 | 31.3 |
| 1:09.4 | 1:06.4 | 1:04.2 | 1:02.9 | 1:02.0 | 1:00.1 | **100m** **Back** | 1:11.6 | 1:10.3 | 1:09.1 | 1:08.7 | 1:08.1 | 1:06.1 |
| 2:28.6 | 2:22.4 | 2:18.1 | 2:15.6 | 2:14.5 | 2:10.4 | **200m** **Back** | 2:33.2 | 2:30.4 | 2:27.7 | 2:26.4 | 2:25.1 | 2:20.7 |
| 2:32.5 | 2:25.5 | 2:21.5 | 2:19.0 | 2:17.5 | 2:13.4 | **200m** **IM** | 2:36.7 | 2:33.6 | 2:31.6 | 2:30.7 | 2:28.9 | 2:24.5 |
| 5:22.0 | 5:08.3 | 4:59.0 | 4:54.1 | 4:50.9 | 4:46.5 | **400m** **IM** | 5:27.9 | 5:22.1 | 5:18.2 | 5:15.5 | 5:13.6 | 5:08.9 |
| 1:12.6 | 1:09.2 | 1:07.1 | 1:05.2 | 1:04.5 | 1:02.5 | **100m** **IM** | 1:14.6 | 1:13.6 | 1:12.6 | 1:11.7 | 1:10.9 | 1:08.8 |

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| National Potential: Squad qualification performance criteria (Long course) | | | | | | | | | | | |
| Age eligibility 10-14 years (9 year old girls may be considered) | | | | | | | | | | | |
|  |  |  | **BOYS** |  |  | **GIRLS** | | | | | |
| **10** | **11** | **12** | **13** | **14** | **Event** | **9** | **10** | **11** | **12** | **13** | **14** |
| 37.4 | 35.3 | 33.5 | 31.9 | 30.7 | **50m** **Free** | 41.7 | 38.2 | 35.7 | 34.3 | 33.4 | 32.5 |
| 1:21.1 | 1:14.8 | 1:10.2 | 1:07.0 | 65.2 | **100m** **Free** | 1:36.3 | 1:22.4 | 1:15.5 | 1:12.5 | 1:10.9 | 1:09.6 |
| 2:54.9 | 2:42.1 | 2:32.7 | 2:26.3 | 2:21.6 | **200m** **Free** | 3:24.6 | 2:56.1 | 2:43.2 | 2:36.5 | 2:32.1 | 2:29.7 |
| 6:07.5 | 5:35.4 | 5:20.7 | 5:08.0 | 4:58.3 | **400m** **Free** | 7:11.2 | 6:10.2 | 5:38.8 | 5:25.7 | 5:17.4 | 5:12.8 |
| 13:01.8 | 12:04.0 | 11:10.4 | 10:44.1 | 10:24.4 | **800m** **Free** | 14:44.6 | 12:41.2 | 11:44.1 | 11:12.3 | 10:53.0 | 10:45.6 |
| 24:58.6 | 23:32.1 | 21:12.0 | 20:21.8 | 19:44.4 | **1500m** **Free** | 28:16.6 | 24:19.9 | 22:30.6 | 21:36.3 | 20:56.5 | 20:41.5 |
| 49.8 | 46.1 | 42.8 | 40.4 | 38.8 | **50m** **Breast** | 55.9 | 49.3 | 45.9 | 43.6 | 42.2 | 41.0 |
| 1:46.5 | 1:36.8 | 1:30.5 | 1:25.5 | 1:22.5 | **100m** **Breast** | 2:07.2 | 1:46.1 | 1:37.2 | 1:32.0 | 1:28.6 | 1:27.4 |
| 3:47.9 | 3:28.8 | 3:16.2 | 3:05.4 | 2:58.0 | **200m** **Breast** | 4:22.9 | 3:46.1 | 3:27.0 | 3:17.8 | 3:10.8 | 3:06.8 |
| 41.8 | 39.1 | 36.6 | 34.7 | 33.4 | **50m** **Fly** | 47.4 | 42.4 | 39.2 | 37.5 | 36.0 | 35.3 |
| 1:32.4 | 1:23.7 | 1:18.1 | 1:14.0 | 1:11.0 | **100m** **Fly** | 1:46.1 | 1:33.6 | 1:24.2 | 1:19.9 | 1:17.3 | 1:16.2 |
| 3:24.5 | 3:03.1 | 2:51.8 | 2:43.6 | 2:36.9 | **200m** **Fly** | 3:53.0 | 3:27.4 | 3:04.6 | 2:55.7 | 2:49.5 | 2:45.8 |
| 44.1 | 41.3 | 39.0 | 37.0 | 35.3 | **50m** **Back** | 49.1 | 44.1 | 41.3 | 39.5 | 38.5 | 37.5 |
| 1:33.0 | 1:25.5 | 1:20.4 | 1:16.3 | 1:13.1 | **100m** **Back** | 1:50.3 | 1:33.7 | 1:25.9 | 1:21.5 | 1:19.9 | 1:18.6 |
| 3:16.8 | 3:02.2 | 2:52.3 | 2:43.6 | 2:38.3 | **200m** **Back** | 3:47.8 | 3:17.6 | 3:02.4 | 2:54.3 | 2:50.0 | 2:47.4 |
| 3:20.3 | 3:04.2 | 2:54.0 | 2:45.9 | 2:40.4 | **200m** **IM** | 3:50.3 | 3:20.4 | 3:05.4 | 2:56.5 | 2:52.4 | 2:49.9 |
| 7:07.2 | 6:29.1 | 6:07.9 | 5:51.9 | 5:39.9 | **400m** **IM** | 8:14.1 | 7:08.1 | 6:28.3 | 6:10.5 | 6:01.1 | 5:56.9 |

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| National Potential: Squad qualification performance criteria (short course) | | | | | | | | | | | |
| Age eligibility 10-14 years (9 year old girls may be considered) | | | | | | | | | | | |
|  |  |  | **BOYS** |  |  | **GIRLS** | | | | | |
| **10** | **11** | **12** | **13** | **14** | **Event** | **9** | **10** | **11** | **12** | **13** | **14** |
| 36.3 | 34.5 | 32.6 | 31.0 | 29.8 | **50m** **Free** | 39.5 | 36.7 | 35.1 | 33.5 | 32.5 | 31.9 |
| 1:19.1 | 1:14.6 | 1:10.0 | 1:06.3 | 63.8 | **100m** **Free** | 1:29.6 | 1:20.8 | 1:15.3 | 1:11.3 | 1:09.4 | 1:08.2 |
| 2:50.6 | 2:41.3 | 2:31.9 | 2:24.1 | 2:18.7 | **200m** **Free** | 3:10.1 | 2:51.5 | 2:41.8 | 2:33.3 | 2:28.8 | 2:26.6 |
| 5:59.0 | 5:36.4 | 5:18.1 | 5:03.4 | 4:53.3 | **400m** **Free** | 6:57.2 | 6:03.9 | 5:36.1 | 5:18.8 | 5:10.5 | 5:05.9 |
| 12:47.6 | 11:54.2 | 11:08.0 | 10:34.3 | 10:13.6 | **800m** **Free** | 14:20.0 | 13:02.5 | 11:35.6 | 11:00.7 | 10:37.8 | 10:27.4 |
| 24:44.6 | 22:45.1 | 20:56.8 | 20:00.1 | 19:22.0 | **1500m** **Free** | 27:39.6 | 25:09.9 | 22:22.3 | 21:14.7 | 20:30.8 | 20:26.8 |
| 47.6 | 44.8 | 42.0 | 39.3 | 37.7 | **50m** **Breast** | 52.4 | 47.8 | 44.9 | 42.6 | 41.0 | 40.1 |
| 1:43.9 | 1:36.3 | 1:30.2 | 1:24.3 | 1:20.9 | **100m** **Breast** | 1:56.8 | 1:44.5 | 1:36.2 | 1:31.1 | 1:27.5 | 1:24.9 |
| 3:41.9 | 3:26.9 | 3:14.4 | 3:02.8 | 2:54.8 | **200m** **Breast** | 4:03.6 | 3:42.1 | 3:26.5 | 3:15.2 | 3:07.6 | 3:03.3 |
| 40.8 | 38.2 | 36.2 | 34.2 | 32.7 | **50m** **Fly** | 45.0 | 40.7 | 38.6 | 36.6 | 35.5 | 34.7 |
| 1:32.5 | 1:24.4 | 1:18.8 | 1:14.1 | 1:10.8 | **100m** **Fly** | 1:49.3 | 1:32.4 | 1:24.8 | 1:19.5 | 1:17.1 | 1:15.0 |
| 3:22.5 | 3:04.5 | 2:53.7 | 2:43.9 | 2:36.7 | **200m** **Fly** | 3:58.7 | 3:25.1 | 3:06.5 | 2:54.5 | 2:48.2 | 2:44.0 |
| 41.9 | 39.8 | 37.6 | 35.4 | 34.2 | **50m** **Back** | 45.6 | 41.9 | 39.8 | 38.0 | 36.7 | 36.0 |
| 1:31.2 | 1:24.3 | 1:19.4 | 1:14.7 | 1:11.5 | **100m** **Back** | 1:42.0 | 1:31.2 | 1:24.4 | 1:19.7 | 1:17.1 | 1:15.7 |
| 3:11.3 | 2:59.3 | 2:49.3 | 2:40.0 | 2:33.3 | **200m** **Back** | 3:31.0 | 3:12.9 | 2:58.2 | 2:49.5 | 2:45.0 | 2:42.0 |
| 3:15.9 | 3:03.0 | 2:52.7 | 2:44.2 | 2:36.7 | **200m** **IM** | 3:35.6 | 3:15.8 | 3:02.8 | 2:53.3 | 2:48.8 | 2:45.4 |
| 7:01.6 | 6:28.2 | 6:04.2 | 5:46.8 | 5:32.0 | **400m** **IM** | 7:39.3 | 7:00.6 | 6:25.6 | 6:04.7 | 5:53.1 | 5:46.9 |
| 1:32.3 | 1:27.6 | 1:22.8 | 1:18.2 | 1:14.5 | **100m** **IM** | 1:41.6 | 1:30.5 | 1:27.4 | 1:23.2 | 1:20.3 | 1:19.3 |