

S C O T T I S H *swimming*  
everyone can swim!

**National Squad Programme**

**Selection Policy & Selection Times**

**2011 - 2012**

## **Selection Criteria**

Following a full review of the National Squad Selection Policy and Times, there are no changes to the Selection Times for the 2011 – 12 season. Changes to the selection policy can be summarised as follows;

- Analysis of selections/numbers over the past years has identified the need to adapt the selection policy in relation to female qualification at Senior Silver and Senior Bronze levels. Times remain the same however the number of swims required has been adapted to reflect earlier specialisation and to provide increased opportunity for females to stay within the National Programme without diluting time standards.
- Senior Gold/Silver/Youth Squad selection period closes on the 31<sup>st</sup> July 2011. However performances at the World Junior Championships and the World University Games will be considered.
- Additional note: All swimmers achieving the identified time standards will be considered for selection on to the Scottish Swimming National Squads – places are not guaranteed.
- Eligibility: All swimmers wishing to be considered for Youth or Senior National Squad selection must be eligible to compete for Scotland (as defined by Company Rule 4.5.3 – <http://www.scottishswimming.com/assets/files/downloadfiles/Swimming/Regulations/Scottish%20Swimming%20Regulations%20%20Nov%202010.pdf> - and be registered with SASA having paid their current registration fee.
- Open Water – selections to the National Squads for Open Water swimmers are included within Appendix 1.

Please note that the full Selections Document covering Rationale & Selection Times (2006) continues to be available for download on the Scottish Swimming Web Site:

[www.scottishswimming.com](http://www.scottishswimming.com)

### **Level and Ages**

Swimmers (male and female) are able to attain the three different levels of achievement (Gold, Silver, Bronze) at the following ages:

<b>Level</b>	<b>Age</b>
<b>Gold</b>	<b>14yrs+</b>
<b>Silver</b>	<b>13yrs+</b>
<b>Bronze</b>	<b>11yrs+</b>

## Number of Times Required

Age	Gold	Silver	Bronze
20	1	1	1/2*
19	1	1	1/2*
18	1	Girls 1 Boys 2	Girls 1/2* Boys 2/3*
17	1	Girls 1 Boys 2	Girls 1/2* Boys 2/3*
16	2 (Max 1 x 50m event)	2 (Max 1 x 50m event)	3 (Max 1 x 50m event)
<b>For 11-15 years selection events must include 1 swim from 2 of the following 3 categories: <u>Freestyle, Form, I.M.</u></b>			
15	3 (min 2 @ 200+)	3 (min 2 @ 200+)	3 (min 2 @ 200+)
14	4 (min 3 @ 200+ including 1 @ 400+)	4 (min 3 @ 200+ including 1 @ 400+)	4 (min 3 @ 200+ including 1 @ 400+)
13	N/A	4 @ 200+ (min 1 @ 400+)	4 @ 200+ (min 1 @ 400+)
12	N/A	N/A	3 @ 200+ (min 1 @ 400+)
11	N/A	N/A	3 @ 200+

**200+ = all 200m, 400m, 800m and 1500m events.**

**400+ = all 400m, 800m and 1500m events.**

**Example:** A swimmer aiming to achieve Gold level at 16 years needs to achieve 2 Gold times in any two events, but only one 50m time can be used.

### **\*Senior Bronze**

- 19/20yrs – 1 time required (non 50m event) or 2 times required (including 50m events).
- 17/18 yrs – Girls 1 time required (non 50m event) or 2 times (including 50m events). Boys 2 times required (not including 50m events) or 3 times required (including 50m events).

Should the number of swimmers achieving the selection standard exceed the number of places available, numbers may be restricted.

**Age as at 31<sup>st</sup> December 2011**

## **Other Considerations**

It is important that all swimmers receive the support that they require and therefore in the case of exceptional circumstances – e.g. top level performances, injury, illness – the Performance Director, on discussion and agreement with the National Coach, can place a swimmer within the appropriate level of the National Programme. When acting in these situations, the following aspects will be reviewed: Number of qualifying times, current support, length of support, percentage away from times (present and future), age and current training situation. The use of a restricted contract may also be implemented where required. The full view of the swimmers' coach will be sought by the National Coach or Performance Director before any decision is finalised. All selected swimmers will be required to sign the Scottish Swimming swimmer code of conduct.

Note:

All swimmers achieving the identified time standards will be considered for selection on to the Scottish Swimming National Squads – places are not guaranteed. Support from the sportscotland Institute of Sport Network is subject to agreement from the Swimming High Performance Group.

## **Eligibility**

All swimmers wishing to be considered for Youth or Senior National Squad selection must be eligible to compete for Scotland as defined by Company Rule 4.5.3

(<http://www.scottishswimming.com/assets/files/downloadfiles/Swimming/Regulations/Scottish%20Swimming%20Regulations%20%20Nov%202010.pdf>) and be registered with SASA having paid their current registration fee.

## **Selection Competitions**

In order to be successful at International level, swimmers must be able to achieve their best performance in a single swim on a given day. This is promoted by identifying precise selection opportunities the further up the programme swimmers progress. The philosophy of the 'Bronze' level, however, is to be as inclusive as possible (11 – 16yrs) and therefore no restriction on meets is put in place for this level.

Age	Meets where you can achieve criteria
11-16 Bronze	Any <b>accredited</b> meet (Short Course or Long Course) Selection Period: 1 <sup>st</sup> <b>October 2010</b> – 3 <sup>rd</sup> <b>July 2011</b>
13-16 Silver 17-20 Bronze	District Championships, Scottish Short Course Championships plus any other accredited Long Course Meet. Additional accredited (or equivalent) Short Course meets may be used with the prior agreement of the Director of Performance. Selection Period: 1 <sup>st</sup> <b>January</b> – 31 <sup>st</sup> <b>July 2011</b>
14-20 Gold 17-20 Silver	Scottish & British National Championships, International events, other meets agreed in advance with Director of Performance. <b>(Long Course ONLY)</b> Selection Period: 1 <sup>st</sup> <b>January</b> – 31 <sup>st</sup> <b>July 2011</b>

*Scottish National Squad Selection Policy & Times 2011/12*

### **Selection Process**

The selection process will be managed by Scottish Swimming through the use of the Hy-Tek system and it is anticipated that all clubs will progress towards using this system. Times from the following events will automatically be entered in to the database:

- All accredited Scottish Meets (where those results have been submitted to Scottish Swimming as Hy-Tek (Meet Manager) standard meet results export file or SportsSystems full meet archive). A list of meets stored in the database will be maintained on the Scottish Swimming website.
- British/ASA National Meets
- Results of swimmers competing at International Meets whilst representing Scottish/British Teams

**Times that are not automatically entered into the database can be submitted as follows:**

- Individual results from meets out-with Scotland but within the Home Countries at Level 1 & 2 can be submitted by the swimmers club on electronic file within four weeks of completion. For verification purposes, these results must be accompanied by the relevant printed meet results.
- Individual results from meets out-with the Home Countries can be submitted by the swimmers club on electronic file within four weeks. Meets of an equivalent standard to Scottish Swimming License level 2 will be considered. Inclusion of these results will be subject to ratification by the Director of Performance. For verification purposes, these results must be accompanied by the relevant printed meet results.

- Times achieved in Scotland at accredited meets that are not on the Scottish Swimming website ([www.scottishswimming.com](http://www.scottishswimming.com)) list can be forwarded on electronic file between **27<sup>th</sup> June and 4<sup>th</sup> July 2011 only**.

Acceptable electronic file is defined as: HY-TEK – Team Manager standard meet results export file.

All submissions to be sent by email to: [info@scottishswimming.com](mailto:info@scottishswimming.com)

All enquiries please contact Ally Whike: [a.whike@scottishswimming.com](mailto:a.whike@scottishswimming.com)

**This selection policy is being operated in accordance with the Scottish Swimming Equity Policy.**

Scottish National Squad Selection Policy & Times 2011/12

**MALE SELECTION TIMES (Long Course)**

**50 Freestyle**

Age	Gold	Silver	Bronze
20	00:22.74	00:23.42	00:23.88
19	00:22.97	00:23.55	00:24.12
18	00:23.23	00:23.81	00:24.39
17	00:23.51	00:24.10	00:24.68
16	00:24.40	00:25.26	00:26.36
15			
14			
13			
12			
11			

**100 Freestyle**

Age	Gold	Silver	Bronze
20	00:49.87	00:51.36	00:52.36
19	00:50.37	00:51.63	00:52.89
18	00:50.93	00:52.20	00:53.48
17	00:51.55	00:52.84	00:54.13
16	00:53.51	00:55.39	00:57.79
15	00:55.17	00:57.10	01:00.69
14	00:57.29	00:59.29	01:04.16
13			
12			
11			

**200 Freestyle**

Age	Gold	Silver	Bronze
20	01:49.84	01:53.14	01:55.33
19	01:50.95	01:53.73	01:56.50
18	01:52.19	01:54.99	01:57.80
17	01:53.55	01:56.39	01:59.23
16	01:57.87	02:02.00	02:07.30
15	02:01.52	02:05.77	02:13.67
14	02:06.19	02:10.61	02:21.33
13		02:16.76	02:30.63
12			02:42.03
11			02:56.09

**400 Freestyle**

Age	Gold	Silver	Bronze
20	03:52.03	03:58.99	04:03.63
19	03:54.37	04:00.23	04:06.09
18	03:56.98	04:02.91	04:08.83
17	03:59.86	04:05.86	04:11.85
16	04:09.00	04:17.71	04:31.41
15	04:16.70	04:25.68	04:47.50
14	04:26.56	04:35.89	05:06.55
13		04:48.89	05:26.57
12			05:51.12
11			06:15.12

**800 Freestyle**

Age	Gold	Silver	Bronze
20	08:03.69	08:18.20	08:27.87
19	08:08.57	08:20.79	08:33.00
18	08:14.01	08:26.36	08:38.71
17	08:20.01	08:32.51	08:45.01
16	08:39.05	08:57.22	09:20.58
15	08:55.11	09:13.84	09:48.62
14	09:15.67	09:35.12	10:22.35
13		10:02.22	11:03.31
12			11:53.47
11			12:55.40

**1500 Freestyle**

Age	Gold	Silver	Bronze
20	15:20.77	15:48.39	16:06.81
19	15:30.07	15:53.32	16:16.58
18	15:40.42	16:03.93	16:27.44
17	15:51.84	16:15.63	16:39.43
16	16:28.10	17:02.69	17:47.15
15	16:58.66	17:34.32	18:40.53
14	17:37.80	18:14.82	19:44.74
13		19:06.41	21:02.72
12			22:38.21
11			24:36.10

**50 Butterfly**

Age	Gold	Silver	Bronze
20	00:24.36	00:25.09	00:25.58
19	00:24.60	00:25.22	00:25.83
18	00:24.88	00:25.50	00:26.12
17	00:25.18	00:25.81	00:26.44
16	00:26.14	00:27.05	00:28.23
15			
14			
13			
12			
11			

**100 Butterfly**

Age	Gold	Silver	Bronze
20	00:53.12	00:54.71	00:55.78
19	00:53.66	00:55.00	00:56.34
18	00:54.25	00:55.61	00:56.97
17	00:54.91	00:56.28	00:57.66
16	00:57.00	00:59.00	01:01.56
15	00:58.77	01:00.82	01:04.64
14	01:01.02	01:03.16	01:08.35
13			
12			
11			

**200 Butterfly**

Age	Gold	Silver	Bronze
20	01:58.70	02:02.26	02:04.64
19	01:59.90	02:02.90	02:05.89
18	02:01.23	02:04.26	02:07.29
17	02:02.71	02:05.77	02:08.84
16	02:07.38	02:11.84	02:17.57
15	02:11.32	02:15.92	02:24.45
14	02:16.37	02:21.14	02:32.73
13		02:27.79	02:42.78
12			02:55.09
11			03:10.29

**50 Backstroke**

Age	Gold	Silver	Bronze
20	00:26.03	00:26.81	00:27.33
19	00:26.29	00:26.95	00:27.60
18	00:26.58	00:27.25	00:27.91
17	00:26.90	00:27.58	00:28.25
16	00:27.93	00:28.91	00:30.16
15			
14			
13			
12			
11			

**100 Backstroke**

Age	Gold	Silver	Bronze
20	00:55.63	00:57.30	00:58.42
19	00:56.20	00:57.60	00:59.01
18	00:56.82	00:58.24	00:59.66
17	00:57.51	00:58.95	01:00.39
16	00:59.70	01:01.79	01:04.48
15	01:01.55	01:03.70	01:07.70
14	01:03.91	01:06.15	01:11.58
13			
12			
11			

**200 Backstroke**

Age	Gold	Silver	Bronze
20	02:01.27	02:04.91	02:07.34
19	02:02.50	02:05.56	02:08.62
18	02:03.86	02:06.96	02:10.05
17	02:05.36	02:08.50	02:11.63
16	02:10.14	02:14.70	02:20.55
15	02:14.17	02:18.86	02:27.58
14	02:19.32	02:24.20	02:36.04
13		02:30.99	02:46.31
12			02:58.89
11			03:14.41

**50 Breaststroke**

Age	Gold	Silver	Bronze
20	00:28.51	00:29.36	00:29.93
19	00:28.80	00:29.52	00:30.24
18	00:29.12	00:29.85	00:30.57
17	00:29.47	00:30.21	00:30.94
16	00:30.59	00:31.66	00:33.04
15			
14			
13			
12			
11			

**100 Breaststroke**

Age	Gold	Silver	Bronze
20	01:02.16	01:04.02	01:05.27
19	01:02.79	01:04.36	01:05.92
18	01:03.48	01:05.07	01:06.66
17	01:04.26	01:05.86	01:07.47
16	01:06.70	01:09.04	01:12.04
15	01:08.77	01:11.17	01:15.64
14	01:11.41	01:13.91	01:19.98
13			
12			
11			

**200 Breaststroke**

Age	Gold	Silver	Bronze
20	02:14.80	02:18.84	02:21.54
19	02:16.16	02:19.56	02:22.97
18	02:17.68	02:21.12	02:24.56
17	02:19.35	02:22.83	02:26.31
16	02:24.66	02:29.72	02:36.23
15	02:29.13	02:34.35	02:44.04
14	02:34.86	02:40.28	02:53.44
13		02:47.83	03:04.86
12			03:18.84
11			03:36.10

**200 IM**

Age	Gold	Silver	Bronze
20	02:02.66	02:06.34	02:08.79
19	02:03.90	02:06.99	02:10.09
18	02:05.27	02:08.41	02:11.54
17	02:06.79	02:09.96	02:13.13
16	02:11.63	02:16.23	02:22.16
15	02:15.70	02:20.45	02:29.27
14	02:20.91	02:25.84	02:37.82
13		02:32.71	02:48.21
12			03:00.93
11			03:16.63

**400 IM**

Age	Gold	Silver	Bronze
20	04:20.79	04:28.61	04:33.83
19	04:23.42	04:30.01	04:36.60
18	04:26.35	04:33.01	04:39.67
17	04:29.59	04:36.33	04:43.07
16	04:39.86	04:49.66	05:02.25
15	04:48.52	04:58.61	05:17.37
14	04:59.60	05:10.09	05:35.55
13		05:24.70	05:57.64
12			06:24.69
11			06:58.08

# FEMALE SELECTION TIMES (Long Course)

## 50 Freestyle

Age	Gold	Silver	Bronze
20	00:25.71	00:26.48	00:27.00
19	00:25.97	00:26.62	00:27.27
18	00:26.26	00:26.80	00:27.57
17	00:26.60	00:27.03	00:27.93
16	00:27.04	00:27.98	00:29.20
15			
14			
13			
12			
11			

## 100 Freestyle

Age	Gold	Silver	Bronze
20	00:55.70	00:57.38	00:58.49
19	00:56.27	00:57.67	00:59.08
18	00:56.89	00:58.06	00:59.74
17	00:57.64	00:58.56	01:00.52
16	00:58.58	01:00.63	01:03.27
15	00:59.78	01:01.87	01:05.75
14	01:01.31	01:03.45	01:09.28
13			
12			
11			

## 200 Freestyle

Age	Gold	Silver	Bronze
20	02:00.25	02:03.86	02:06.27
19	02:01.47	02:04.50	02:07.54
18	02:02.82	02:05.34	02:08.96
17	02:04.44	02:06.43	02:10.66
16	02:06.46	02:10.89	02:16.58
15	02:09.04	02:13.56	02:21.94
14	02:12.35	02:16.98	02:29.55
13		02:21.36	02:38.44
12			02:48.78
11			03:01.00

## 400 Freestyle

Age	Gold	Silver	Bronze
20	04:12.24	04:19.81	04:24.85
19	04:14.79	04:21.16	04:27.53
18	04:17.62	04:22.91	04:30.51
17	04:21.02	04:25.19	04:34.07
16	04:25.26	04:34.55	04:46.48
15	04:30.68	04:40.15	04:57.74
14	04:37.62	04:47.33	05:13.71
13		04:56.52	05:32.34
12			05:54.03
11			06:19.66

## 800 Freestyle

Age	Gold	Silver	Bronze
20	08:39.89	08:55.49	09:05.88
19	08:45.14	08:58.27	09:11.40
18	08:50.98	09:01.87	09:17.53
17	08:57.97	09:06.58	09:24.87
16	09:06.72	09:25.86	09:50.46
15	09:17.88	09:37.41	10:13.67
14	09:32.18	09:52.21	10:46.57
13		10:11.16	11:24.97
12			12:09.68
11			13:02.51

## 1500 Freestyle

Age	Gold	Silver	Bronze
20	16:41.44	17:11.49	17:31.52
19	16:51.56	17:16.85	17:42.14
18	17:02.81	17:23.78	17:53.95
17	17:16.28	17:32.86	18:08.10
16	17:33.13	18:09.99	18:57.38
15	17:54.63	18:32.24	19:42.09
14	18:22.18	19:00.76	20:45.46
13		19:37.25	21:59.43
12			23:25.56
11			25:07.32

## 50 Butterfly

Age	Gold	Silver	Bronze
20	00:27.17	00:27.98	00:28.53
19	00:27.44	00:28.13	00:28.81
18	00:27.75	00:28.32	00:29.13
17	00:28.11	00:28.56	00:29.52
16	00:28.57	00:29.57	00:30.86
15			
14			
13			
12			
11			

## 100 Butterfly

Age	Gold	Silver	Bronze
20	00:59.99	01:01.79	01:02.99
19	01:00.60	01:02.11	01:03.63
18	01:01.27	01:02.53	01:04.33
17	01:02.08	01:03.07	01:05.18
16	01:03.09	01:05.29	01:08.13
15	01:04.37	01:06.63	01:10.81
14	01:06.02	01:08.34	01:14.61
13			
12			
11			

## 200 Butterfly

Age	Gold	Silver	Bronze
20	02:10.59	02:14.50	02:17.12
19	02:11.90	02:15.20	02:18.50
18	02:13.37	02:16.11	02:20.04
17	02:15.13	02:17.29	02:21.89
16	02:17.33	02:22.13	02:28.31
15	02:20.13	02:25.03	02:34.14
14	02:23.72	02:28.75	02:42.41
13		02:33.51	02:52.05
12			03:03.28
11			03:16.55

## 50 Backstroke

Age	Gold	Silver	Bronze
20	00:29.25	00:30.13	00:30.71
19	00:29.54	00:30.28	00:31.02
18	00:29.87	00:30.49	00:31.37
17	00:30.27	00:30.75	00:31.78
16	00:30.76	00:31.83	00:33.22
15			
14			
13			
12			
11			

## 100 Backstroke

Age	Gold	Silver	Bronze
20	01:02.06	01:03.92	01:05.16
19	01:02.68	01:04.25	01:05.82
18	01:03.38	01:04.68	01:06.55
17	01:04.21	01:05.24	01:07.43
16	01:05.26	01:07.54	01:10.48
15	01:06.59	01:08.92	01:13.25
14	01:08.30	01:10.69	01:17.18
13			
12			
11			

## 200 Backstroke

Age	Gold	Silver	Bronze
20	02:12.90	02:16.89	02:19.54
19	02:14.24	02:17.60	02:20.95
18	02:15.73	02:18.52	02:22.52
17	02:17.52	02:19.72	02:24.40
16	02:19.76	02:24.65	02:30.94
15	02:22.61	02:27.60	02:36.87
14	02:26.27	02:31.39	02:45.28
13		02:36.23	02:55.10
12			03:06.53
11			03:20.03

## 50 Breaststroke

Age	Gold	Silver	Bronze
20	00:32.39	00:33.36	00:34.01
19	00:32.71	00:33.53	00:34.35
18	00:33.08	00:33.75	00:34.73
17	00:33.51	00:34.05	00:35.19
16	00:34.06	00:35.25	00:36.78
15			
14			
13			
12			
11			

## 100 Breaststroke

Age	Gold	Silver	Bronze
20	01:09.46	01:11.54	01:12.93
19	01:10.16	01:11.91	01:13.67
18	01:10.94	01:12.39	01:14.49
17	01:11.87	01:13.02	01:15.47
16	01:13.04	01:15.60	01:18.89
15	01:14.53	01:17.14	01:21.99
14	01:16.45	01:19.12	01:26.38
13			
12			
11			

## 200 Breaststroke

Age	Gold	Silver	Bronze
20	02:28.91	02:33.38	02:36.35
19	02:30.41	02:34.17	02:37.93
18	02:32.09	02:35.20	02:39.69
17	02:34.09	02:36.55	02:41.79
16	02:36.59	02:42.08	02:49.12
15	02:39.79	02:45.38	02:55.77
14	02:43.89	02:49.62	03:05.19
13		02:55.05	03:16.19
12			03:29.00
11			03:44.13

## 200 IM

Age	Gold	Silver	Bronze
20	02:15.90	02:19.98	02:22.69
19	02:17.27	02:20.70	02:24.14
18	02:18.80	02:21.64	02:25.74
17	02:20.63	02:22.88	02:27.66
16	02:22.91	02:27.92	02:34.35
15	02:25.83	02:30.93	02:40.41
14	02:29.57	02:34.80	02:49.01
13		02:39.76	02:59.05
12			03:10.74
11			03:24.55

## 400 IM

Age	Gold	Silver	Bronze
20	04:44.94	04:53.49	04:59.19
19	04:47.82	04:55.01	05:02.21
18	04:51.02	04:56.98	05:05.57
17	04:54.85	04:59.57	05:09.59
16	04:59.65	05:10.13	05:23.62
15	05:05.76	05:16.46	05:36.34
14	05:13.60	05:24.58	05:54.37
13		05:34.96	06:15.42
12			06:39.92
11			07:08.87

# MALE SELECTION TIMES (Short Course)

## 50 Freestyle

Age	Gold	Silver	Bronze
20	████	████	00:23.00
19	████	████	00:23.20
18	████	████	00:23.50
17	████	████	00:23.80
16	████	00:24.40	00:25.60
15			
14			
13			
12			
11			

## 100 Freestyle

Age	Gold	Silver	Bronze
20	████	████	00:50.80
19	████	████	00:51.30
18	████	████	00:51.90
17	████	████	00:52.60
16	████	00:53.90	00:56.30
15	████	00:55.60	00:59.30
14	████	00:57.90	01:02.80
13			
12			
11			

## 200 Freestyle

Age	Gold	Silver	Bronze
20	████	████	01:52.30
19	████	████	01:53.50
18	████	████	01:54.80
17	████	████	01:56.30
16	████	01:59.10	02:04.60
15	████	02:03.00	02:11.10
14	████	02:07.90	02:18.90
13		02:14.20	02:28.30
12			02:39.90
11			02:54.10

## 400 Freestyle

Age	Gold	Silver	Bronze
20	████	████	03:57.80
19	████	████	04:00.30
18	████	████	04:03.10
17	████	████	04:06.20
16	████	04:12.20	04:26.20
15	████	04:20.40	04:42.60
14	████	04:30.80	05:01.90
13		04:44.00	05:22.20
12			05:47.10
11			06:11.40

## 800 Freestyle

Age	Gold	Silver	Bronze
20	████	████	08:16.40
19	████	████	08:21.60
18	████	████	08:27.50
17	████	████	08:33.90
16	████	08:46.40	09:10.20
15	████	09:03.30	09:38.70
14	████	09:25.00	10:13.00
13		09:52.50	10:54.50
12			11:45.30
11			12:47.90

## 1500 Freestyle

Age	Gold	Silver	Bronze
20	████	████	15:45.30
19	████	████	15:55.30
18	████	████	16:06.40
17	████	████	16:18.60
16	████	16:42.40	17:27.70
15	████	17:14.60	18:22.00
14	████	17:55.80	19:27.20
13		18:48.30	20:46.30
12			22:22.90
11			24:22.00

## 50 Butterfly

Age	Gold	Silver	Bronze
20	████	████	00:24.80
19	████	████	00:25.10
18	████	████	00:25.40
17	████	████	00:25.70
16	████	00:26.30	00:27.60
15			
14			
13			
12			
11			

## 100 Butterfly

Age	Gold	Silver	Bronze
20	████	████	00:54.40
19	████	████	00:55.00
18	████	████	00:55.60
17	████	████	00:56.30
16	████	00:57.70	01:00.30
15	████	00:59.60	01:03.50
14	████	01:02.00	01:07.20
13			
12			
11			

## 200 Butterfly

Age	Gold	Silver	Bronze
20	████	████	02:02.10
19	████	████	02:03.40
18	████	████	02:04.80
17	████	████	02:06.40
16	████	02:09.40	02:15.30
15	████	02:13.60	02:22.30
14	████	02:18.90	02:30.70
13		02:25.60	02:40.80
12			02:53.30
11			03:08.60

## 50 Backstroke

Age	Gold	Silver	Bronze
20	████	████	00:26.60
19	████	████	00:26.90
18	████	████	00:27.20
17	████	████	00:27.50
16	████	00:28.20	00:29.50
15			
14			
13			
12			
11			

## 100 Backstroke

Age	Gold	Silver	Bronze
20	████	████	00:57.00
19	████	████	00:57.60
18	████	████	00:58.30
17	████	████	00:59.10
16	████	01:00.50	01:03.20
15	████	01:02.40	01:06.50
14	████	01:04.90	01:10.50
13			
12			
11			

## 200 Backstroke

Age	Gold	Silver	Bronze
20	████	████	02:04.70
19	████	████	02:06.00
18	████	████	02:07.50
17	████	████	02:09.10
16	████	02:12.20	02:18.20
15	████	02:16.40	02:25.30
14	████	02:21.90	02:33.90
13		02:28.80	02:44.30
12			02:57.00
11			03:12.70

## 50 Breaststroke

Age	Gold	Silver	Bronze
20	████	████	00:28.90
19	████	████	00:29.20
18	████	████	00:29.50
17	████	████	00:29.90
16	████	00:30.70	00:32.10
15			
14			
13			
12			
11			

## 100 Breaststroke

Age	Gold	Silver	Bronze
20	████	████	01:03.30
19	████	████	01:04.00
18	████	████	01:04.80
17	████	████	01:05.60
16	████	01:07.20	01:10.30
15	████	01:09.40	01:14.00
14	████	01:12.20	01:18.40
13			
12			
11			

## 200 Breaststroke

Age	Gold	Silver	Bronze
20	████	████	02:17.80
19	████	████	02:19.20
18	████	████	02:20.90
17	████	████	02:22.70
16	████	02:26.20	02:32.80
15	████	02:30.90	02:40.80
14	████	02:37.00	02:50.40
13		02:44.70	03:02.00
12			03:16.20
11			03:33.60

## 200 IM

Age	Gold	Silver	Bronze
20	████	████	02:05.70
19	████	████	02:07.00
18	████	████	02:08.50
17	████	████	02:10.10
16	████	02:13.30	02:19.40
15	████	02:17.60	02:26.60
14	████	02:23.10	02:35.30
13		02:30.10	02:45.90
12			02:58.70
11			03:14.60

## 400 IM

Age	Gold	Silver	Bronze
20	████	████	04:27.40
19	████	████	04:30.20
18	████	████	04:33.30
17	████	████	04:36.80
16	████	04:43.50	04:56.40
15	████	04:52.70	05:11.80
14	████	05:04.40	05:30.30
13		05:19.20	05:52.70
12			06:20.10
11			06:53.80

# FEMALE SELECTION TIMES (Short Course)

## 50 Freestyle

Age	Gold	Silver	Bronze
20	████	████	00:26.20
19	████	████	00:26.50
18	████	████	00:26.80
17	████	████	00:27.20
16	████	00:27.20	00:28.50
15			
14			
13			
12			
11			

## 100 Freestyle

Age	Gold	Silver	Bronze
20	████	████	00:57.10
19	████	████	00:57.70
18	████	████	00:58.30
17	████	████	00:59.10
16	████	00:59.20	01:01.90
15	████	01:00.50	01:04.50
14	████	01:02.10	01:08.10
13			
12			
11			

## 200 Freestyle

Age	Gold	Silver	Bronze
20	████	████	02:03.50
19	████	████	02:04.80
18	████	████	02:06.20
17	████	████	02:08.00
16	████	02:08.20	02:14.00
15	████	02:10.90	02:19.50
14	████	02:14.40	02:27.20
13		02:18.90	02:36.20
12			02:46.70
11			02:59.10

## 400 Freestyle

Age	Gold	Silver	Bronze
20	████	████	04:19.50
19	████	████	04:22.20
18	████	████	04:25.30
17	████	████	04:28.90
16	████	04:29.40	04:41.50
15	████	04:35.10	04:53.00
14	████	04:42.40	05:09.20
13		04:51.80	05:28.10
12			05:50.00
11			06:15.90

## 800 Freestyle

Age	Gold	Silver	Bronze
20	████	████	08:55.20
19	████	████	09:00.80
18	████	████	09:07.10
17	████	████	09:14.60
16	████	09:15.60	09:40.60
15	████	09:27.30	10:04.20
14	████	09:42.40	10:37.60
13		10:01.60	11:16.50
12			12:01.70
11			12:55.10

## 1500 Freestyle

Age	Gold	Silver	Bronze
20	████	████	17:11.70
19	████	████	17:22.60
18	████	████	17:34.60
17	████	████	17:49.00
16	████	17:50.90	18:39.10
15	████	18:13.50	19:24.50
14	████	18:42.50	20:28.80
13		19:19.60	21:43.70
12			23:10.80
11			24:53.50

## 50 Butterfly

Age	Gold	Silver	Bronze
20	████	████	00:27.90
19	████	████	00:28.20
18	████	████	00:28.50
17	████	████	00:28.90
16	████	00:28.90	00:30.20
15			
14			
13			
12			
11			

## 100 Butterfly

Age	Gold	Silver	Bronze
20	████	████	01:01.80
19	████	████	01:02.40
18	████	████	01:03.10
17	████	████	01:04.00
16	████	01:04.10	01:07.00
15	████	01:05.50	01:09.70
14	████	01:07.20	01:13.60
13			
12			
11			

## 200 Butterfly

Age	Gold	Silver	Bronze
20	████	████	02:14.80
19	████	████	02:16.20
18	████	████	02:17.80
17	████	████	02:19.70
16	████	02:19.90	02:26.20
15	████	02:22.80	02:32.10
14	████	02:26.60	02:40.50
13		02:31.40	02:50.20
12			03:01.50
11			03:14.90

## 50 Backstroke

Age	Gold	Silver	Bronze
20	████	████	00:30.10
19	████	████	00:30.40
18	████	████	00:30.70
17	████	████	00:31.10
16	████	00:31.20	00:32.60
15			
14			
13			
12			
11			

## 100 Backstroke

Age	Gold	Silver	Bronze
20	████	████	01:03.90
19	████	████	01:04.60
18	████	████	01:05.30
17	████	████	01:06.20
16	████	01:06.30	01:09.30
15	████	01:07.70	01:12.10
14	████	01:09.50	01:16.10
13			
12			
11			

## 200 Backstroke

Age	Gold	Silver	Bronze
20	████	████	02:17.10
19	████	████	02:18.60
18	████	████	02:20.20
17	████	████	02:22.10
16	████	02:22.30	02:28.70
15	████	02:25.30	02:34.70
14	████	02:29.20	02:43.30
13		02:34.10	02:53.20
12			03:04.70
11			03:18.40

## 50 Breaststroke

Age	Gold	Silver	Bronze
20	████	████	00:33.10
19	████	████	00:33.40
18	████	████	00:33.80
17	████	████	00:34.30
16	████	00:34.40	00:35.90
15			
14			
13			
12			
11			

## 100 Breaststroke

Age	Gold	Silver	Bronze
20	████	████	01:11.20
19	████	████	01:11.90
18	████	████	01:12.80
17	████	████	01:13.80
16	████	01:13.90	01:17.30
15	████	01:15.50	01:20.40
14	████	01:17.50	01:24.90
13			
12			
11			

## 200 Breaststroke

Age	Gold	Silver	Bronze
20	████	████	02:32.90
19	████	████	02:34.60
18	████	████	02:36.40
17	████	████	02:38.50
16	████	02:38.80	02:46.00
15	████	02:42.20	02:52.70
14	████	02:46.50	03:02.30
13		02:52.00	03:13.50
12			03:26.50
11			03:41.80

## 200 IM

Age	Gold	Silver	Bronze
20	████	████	02:19.90
19	████	████	02:21.40
18	████	████	02:23.00
17	████	████	02:25.00
16	████	02:25.20	02:31.80
15	████	02:28.30	02:37.90
14	████	02:32.20	02:46.70
13		02:37.30	02:56.80
12			03:08.70
11			03:22.60

## 400 IM

Age	Gold	Silver	Bronze
20	████	████	04:53.30
19	████	████	04:56.40
18	████	████	04:59.80
17	████	████	05:03.90
16	████	05:04.40	05:18.20
15	████	05:10.90	05:31.10
14	████	05:19.10	05:49.40
13		05:29.70	06:10.70
12			06:35.50
11			07:04.70

## APPENDIX 1

### **Scottish Swimming Senior Silver and Gold Squad - Open Water Selection Criteria 2011 - 12**

Swimmers achieving the following criteria will be considered for selection into the Scottish Swimming Senior Silver and Senior Gold Squad. The policy will be operated as part of the Scottish Swimming National Squad Selection Policy and Selection Times.

**To be considered, swimmers must achieve pool and open water based criteria;**

#### **Senior Silver (17yrs+ only)**

##### **Pool**

Achieve one time equal to or faster than:

Male		Female	
<b>1500</b>	<b>800</b>	<b>1500</b>	<b>800</b>
16:15.63	8:32.51	17:32.86	9:06.51

**Times are to be achieved as per the Senior Gold/Silver meet achievement opportunities identified within the main selection document.**

##### **Open Water**

Achieve one of the following;

- 1<sup>st</sup> place among Scottish competitors in the Scottish Open Water 5 km or 10km Championship.
- 1<sup>st</sup> or 2<sup>nd</sup> place at the ASA Open Water Youth Championships.
- 1<sup>st</sup>, 2<sup>nd</sup> or 3<sup>rd</sup> place in an accredited overseas National Open Water Championship over a distance of at least 5,000m (agreed with the Scottish Swimming Performance Director).
- 1<sup>st</sup> place in an accredited overseas sub-national event (French Cup or similar) over a distance of at least 5,000m (agreed with the Scottish Swimming Performance Director).

**Age as at 31<sup>st</sup> December 2011**

## **Senior Gold (18yrs+ only)**

### **Pool**

Achieve one time equal to or faster than;

<b>Male</b>		<b>Female</b>	
<b>1500</b>	<b>800</b>	<b>1500</b>	<b>800</b>
15:51.54	8:20:01	17:16.28	8:57.97

**Times are to be achieved as per the Senior Gold/Silver meet achievement opportunities identified within the main selection document.**

### **Open Water**

Achieve one of the following;

- 1<sup>st</sup> place at the ASA Open Water Youth Championships.
- 1<sup>st</sup> or 2<sup>nd</sup> place in an accredited domestic or overseas National Open Water Championship, LEN or FINA event over a distance of at least 5,000m (agreed with the Scottish Swimming Performance Director).

### **Age as at 31<sup>st</sup> December 2011**

### **Process**

The process will be operated jointly by the Scottish Swimming Performance Team, and the Scottish Open Water Committee.

- Scottish Open Water Committee to review the Senior Silver and Senior Gold Squad selections following the qualifying events held during the summer.
- Names of identified swimmers to be forwarded to Scottish Swimming by the 30<sup>th</sup> September 2011.
- Swimmers considered by Scottish Swimming performance team
- Formal nominations made by Scottish Swimming to the Swimming High Performance Group.
- Swimming High Performance Group review and confirm all nominations.
- Confirmed swimmers notified of their selection to the Senior Silver Squad through Scottish Swimming Performance Team. Support agreed by Scottish Swimming with the Institute Network commences 1st September 2011.