

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

National Squad Programme

Selection Policy & Selection Times

2009 - 2010

Selection Criteria

A review of last years selection policy has taken place and the following criteria will form selection policy for the season 2009 – 10. It is important to note that in addition to some revision of the selection times there have been some minor changes to the selection policy.

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

Level and Ages

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

Level	Age
Gold	14yrs+
Silver	13yrs+
Bronze	11yrs+

Number of Times Required

Age	Gold	Silver	Bronze
20	1	1	1/2*
19	1	1	1/2*
18	1	2	2/3*
17	1	2	2/3*
16	2 (Max 1 x 50m event)	2 (Max 1 x 50m event)	3 (Max 1 x 50m event)
For 11-15 years selection events must include 1 swim from 2 of the following 3 categories: <u>Freestyle, Form, I.M.</u>			
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.

***Changes**

- Senior Bronze 19/20yrs – 1 time required (non 50m event) or 2 times required (including 50m events).
- Senior Bronze 17/18 yrs – 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 31st December 2009

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 relevant Area Institute Staff member, 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.

Please note that selections to the Area and Scottish Institute are subject to discussion and agreement with Scottish Institute and Area Institute.

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 accredited meet (Short Course or Long Course) Selection Period: 1st October 2008 – 28th June 2009
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: 1st January – 2nd August 2009
14-20 Gold 17-20 Silver	Scottish & British National Championships, International events, other meets agreed in advance with Director of Performance. (Long Course ONLY) Selection Period: 1st January – 2nd August 2009

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 list can be forwarded on electronic file between **29th June and 5th July, 2009 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

All enquiries please contact Ally Whike: a.whike@scottishswimming.com

Scottish National Squad Selection Policy & Times 2009/10

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	01:58.50	02:02.20	02:04.70
19	01:59.80	02:02.90	02:06.00
18	02:01.20	02:04.30	02:07.50
17	02:02.70	02:05.90	02:09.10
16	02:07.60	02:12.20	02:18.20
15	02:11.70	02:16.40	02:25.30
14	02:16.90	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