

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

National Squad Programme

Selection Policy & Selection Times

2008 - 2009

Selection Criteria

A review of last years selection policy has taken place and the following criteria will form selection policy for the season 2008 – 09. It is important to note that there has been only one minor change (see Number of Times Required).

In addition, 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

Implementation of the minor changes last year contributed towards a significant increase in the number of boys achieving selection on to the Youth Development Squad (24% 2006/07 – 40% 2007/08) and a modest increase in the Youth Squad (40% 2006/07 – 45% 2007/08). In anticipation that these changes will maintain the gains made and to provide increased stability within the selection process, no further changes are proposed for 2008/09. Continual monitoring with regard to the overall numbers of both males and females within the National Programme will continue to take place.

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

Boys	Girls
<i>Gold @ 14 yrs+</i>	Gold @ 14 yrs+
<i>Silver @ 13 yrs+</i>	Silver @ 13 yrs+
Bronze @ 11 yrs+	Bronze @ 11 yrs+

Number of Times Required

The 2007/08 selections saw a significant improvement and increased number of eleven-year-old swimmers gaining selection to the District Regional Programme (58%) and In order to maintain the challenge of qualification for this age group, it is recognised that the number of times required to be achieved for selection should be increased. Consequently eleven-year-olds will now have to achieve 3 times to gain selection to the District Regional Programme.

It is widely recognised in long term athlete development planning that successful senior swimmers invariably underwent a good background of multi-event aerobic training in their formative years. In order to promote this practice among Scottish swimmers and coaches, swimmers are required to achieve selection times in one or more 200 metre or longer events from ages 11 through to 15. From 16 years onwards, swimmers are able to achieve the selection times in any event distance. Please note also that swimmers will only be able to achieve times in 50m events from age 16 upwards.

Number of Times Required

Age	Gold	Silver	Bronze
20	1	1	2
19	1	1	2
18	1	2	3
17	1	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.

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

Age as at 31st December 2008

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.

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 <i>accredited</i> meet (Short Course or Long Course) Selection Period: 1 st October 2007 – 29 th June 2008
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 st January – 5 th August 2008
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 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 6th July, 2008 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

FEMALE SELECTION TIMES (Long Course)

50 Freestyle

Age	Gold	Silver	Bronze
20	00:25.97	00:26.75	00:27.53
19	00:26.24	00:27.02	00:27.81
18	00:26.53	00:27.32	00:28.12
17	00:26.88	00:27.68	00:29.03
16	00:27.32	00:28.13	00:30.05
15			
14			
13			
12			
11			

100 Freestyle

Age	Gold	Silver	Bronze
20	00:55.88	00:57.55	00:59.23
19	00:56.44	00:58.14	00:59.83
18	00:57.07	00:58.78	01:00.49
17	00:57.82	00:59.56	01:02.45
16	00:58.76	01:00.67	01:04.64
15	00:59.96	01:02.06	01:07.16
14	01:01.50	01:03.81	01:10.11
13			
12			
11			

200 Freestyle

Age	Gold	Silver	Bronze
20	02:00.89	02:04.52	02:08.14
19	02:02.11	02:05.78	02:09.44
18	02:03.47	02:07.17	02:10.88
17	02:05.10	02:08.85	02:15.10
16	02:07.13	02:11.58	02:19.84
15	02:09.73	02:14.91	02:25.29
14	02:13.05	02:19.04	02:31.68
13		02:24.17	02:39.28
12			02:48.25
11			02:58.98

400 Freestyle

Age	Gold	Silver	Bronze
20	04:14.28	04:21.91	04:29.54
19	04:16.85	04:24.56	04:32.26
18	04:19.71	04:27.50	04:35.29
17	04:23.13	04:31.02	04:44.18
16	04:27.41	04:36.77	04:54.15
15	04:32.86	04:43.78	05:05.61
14	04:39.86	04:52.45	05:19.04
13		05:03.26	05:35.02
12			05:53.90
11			06:16.46

800 Freestyle

Age	Gold	Silver	Bronze
20	08:40.29	08:55.90	09:11.51
19	08:45.55	09:01.31	09:17.08
18	08:51.39	09:07.34	09:23.28
17	08:58.39	09:14.54	09:41.46
16	09:07.15	09:26.30	10:01.86
15	09:18.31	09:40.65	10:25.31
14	09:32.63	09:58.40	10:52.80
13		10:20.50	11:25.50
12			12:04.11
11			12:50.28

1500 Freestyle

Age	Gold	Silver	Bronze
20	16:35.84	17:05.71	17:35.59
19	16:45.90	17:16.07	17:46.25
18	16:57.09	17:27.60	17:58.11
17	17:10.48	17:41.40	18:32.92
16	17:27.24	18:03.89	19:11.96
15	17:48.61	18:31.35	19:56.84
14	18:16.01	19:05.33	20:49.45
13		19:47.63	21:52.04
12			23:05.95
11			24:34.31

50 Backstroke

Age	Gold	Silver	Bronze
20	00:29.43	00:30.31	00:31.19
19	00:29.73	00:30.62	00:31.51
18	00:30.06	00:30.96	00:31.86
17	00:30.45	00:31.37	00:32.89
16	00:30.95	00:31.88	00:34.04
15			
14			
13			
12			
11			

100 Backstroke

Age	Gold	Silver	Bronze
20	01:02.41	01:04.28	01:06.15
19	01:03.04	01:04.93	01:06.82
18	01:03.74	01:05.65	01:07.57
17	01:04.58	01:06.52	01:09.75
16	01:05.63	01:07.76	01:12.19
15	01:06.97	01:09.31	01:15.01
14	01:08.69	01:11.26	01:18.30
13			
12			
11			

200 Backstroke

Age	Gold	Silver	Bronze
20	02:13.91	02:17.93	02:21.94
19	02:15.26	02:19.32	02:23.38
18	02:16.77	02:20.87	02:24.97
17	02:18.57	02:22.72	02:29.65
16	02:20.82	02:25.75	02:34.90
15	02:23.69	02:29.44	02:40.94
14	02:27.38	02:34.01	02:48.01
13		02:39.70	02:56.43
12			03:06.37
11			03:18.25

50 Breaststroke

Age	Gold	Silver	Bronze
20	00:32.69	00:33.67	00:34.65
19	00:33.02	00:34.01	00:35.00
18	00:33.39	00:34.39	00:35.39
17	00:33.83	00:34.84	00:36.54
16	00:34.38	00:35.41	00:37.82
15			
14			
13			
12			
11			

100 Breaststroke

Age	Gold	Silver	Bronze
20	01:09.59	01:11.67	01:13.76
19	01:10.29	01:12.40	01:14.51
18	01:11.07	01:13.20	01:15.33
17	01:12.01	01:14.17	01:17.77
16	01:13.18	01:15.56	01:20.50
15	01:14.67	01:17.28	01:23.63
14	01:16.59	01:19.46	01:27.31
13			
12			
11			

200 Breaststroke

Age	Gold	Silver	Bronze
20	02:29.86	02:34.35	02:38.85
19	02:31.37	02:35.91	02:40.45
18	02:33.06	02:37.65	02:42.24
17	02:35.07	02:39.72	02:47.48
16	02:37.59	02:43.11	02:53.35
15	02:40.81	02:47.24	03:00.11
14	02:44.93	02:52.35	03:08.02
13		02:58.72	03:17.44
12			03:28.56
11			03:41.86

50 Butterfly

Age	Gold	Silver	Bronze
20	00:27.29	00:28.11	00:28.93
19	00:27.57	00:28.39	00:29.22
18	00:27.87	00:28.71	00:29.55
17	00:28.24	00:29.09	00:30.50
16	00:28.70	00:29.56	00:31.57
15			
14			
13			
12			
11			

100 Butterfly

Age	Gold	Silver	Bronze
20	01:00.52	01:02.33	01:04.15
19	01:01.13	01:02.96	01:04.80
18	01:01.81	01:03.66	01:05.52
17	01:02.62	01:04.50	01:07.63
16	01:03.64	01:05.71	01:10.01
15	01:04.94	01:07.21	01:12.73
14	01:06.61	01:09.10	01:15.93
13			
12			
11			

200 Butterfly

Age	Gold	Silver	Bronze
20	02:11.95	02:15.91	02:19.87
19	02:13.28	02:17.28	02:21.28
18	02:14.76	02:18.81	02:22.85
17	02:16.54	02:20.64	02:27.46
16	02:18.76	02:23.62	02:32.64
15	02:21.59	02:27.26	02:38.58
14	02:25.22	02:31.76	02:45.55
13		02:37.36	02:53.85
12			03:03.64
11			03:15.35

200 IM

Age	Gold	Silver	Bronze
20	02:16.80	02:20.90	02:25.01
19	02:18.18	02:22.33	02:26.47
18	02:19.72	02:23.91	02:28.10
17	02:21.56	02:25.80	02:32.88
16	02:23.86	02:28.89	02:38.24
15	02:26.79	02:32.67	02:44.41
14	02:30.56	02:37.33	02:51.64
13		02:43.14	03:00.24
12			03:10.39
11			03:22.52

400 IM

Age	Gold	Silver	Bronze
20	04:46.25	04:54.84	05:03.43
19	04:49.14	04:57.82	05:06.49
18	04:52.36	05:01.13	05:09.90
17	04:56.21	05:05.10	05:19.91
16	05:01.03	05:11.56	05:31.13
15	05:07.17	05:19.46	05:44.03
14	05:15.05	05:29.22	05:59.15
13		05:41.38	06:17.15
12			06:38.39
11			07:03.79

FEMALE SELECTION TIMES (Short Course)

50 Freestyle

Age	Gold	Silver	Bronze
20	████	████	00:26.73
19	████	████	00:27.01
18	████	████	00:27.32
17	████	████	00:28.33
16	████	00:27.33	00:29.35
15			
14			
13			
12			
11			

100 Freestyle

Age	Gold	Silver	Bronze
20	████	████	00:57.83
19	████	████	00:58.43
18	████	████	00:59.09
17	████	████	01:01.05
16	████	00:59.27	01:03.34
15	████	01:00.66	01:05.86
14	████	01:02.51	01:08.91
13			
12			
11			

200 Freestyle

Age	Gold	Silver	Bronze
20	████	████	02:05.44
19	████	████	02:06.74
18	████	████	02:08.18
17	████	████	02:12.50
16	████	02:08.88	02:17.34
15	████	02:12.31	02:22.89
14	████	02:16.54	02:29.38
13		02:21.77	02:37.08
12			02:46.15
11			02:56.98

400 Freestyle

Age	Gold	Silver	Bronze
20	████	████	04:24.24
19	████	████	04:27.06
18	████	████	04:30.19
17	████	████	04:39.18
16	████	04:31.67	04:49.35
15	████	04:38.78	05:01.01
14	████	04:47.65	05:14.64
13		04:58.56	05:30.82
12			05:49.90
11			06:12.66

800 Freestyle

Age	Gold	Silver	Bronze
20	████	████	09:00.91
19	████	████	09:06.58
18	████	████	09:12.88
17	████	████	09:31.46
16	████	09:16.00	09:52.16
15	████	09:30.60	10:16.01
14	████	09:48.70	10:43.90
13		10:11.10	11:17.00
12			11:56.11
11			12:42.68

1500 Freestyle

Age	Gold	Silver	Bronze
20	████	████	17:15.89
19	████	████	17:26.75
18	████	████	17:38.88
17	████	████	18:14.22
16	████	17:44.69	18:53.86
15	████	18:12.65	19:39.44
14	████	18:47.13	20:32.85
13		19:30.13	21:36.14
12			22:50.95
11			24:20.21

50 Backstroke

Age	Gold	Silver	Bronze
20	████	████	00:30.49
19	████	████	00:30.81
18	████	████	00:31.16
17	████	████	00:32.29
16	████	00:31.19	00:33.44
15			
14			
13			
12			
11			

100 Backstroke

Age	Gold	Silver	Bronze
20	████	████	01:04.85
19	████	████	01:05.62
18	████	████	01:06.37
17	████	████	01:08.55
16	████	01:06.56	01:11.09
15	████	01:08.11	01:13.91
14	████	01:10.06	01:17.20
13			
12			
11			

200 Backstroke

Age	Gold	Silver	Bronze
20	████	████	02:19.54
19	████	████	02:20.98
18	████	████	02:22.57
17	████	████	02:27.35
16	████	02:23.35	02:32.70
15	████	02:27.14	02:38.84
14	████	02:31.81	02:46.01
13		02:37.50	02:54.53
12			03:04.57
11			03:16.55

50 Breaststroke

Age	Gold	Silver	Bronze
20	████	████	00:33.75
19	████	████	00:34.10
18	████	████	00:34.49
17	████	████	00:35.64
16	████	00:34.51	00:37.02
15			
14			
13			
12			
11			

100 Breaststroke

Age	Gold	Silver	Bronze
20	████	████	01:12.06
19	████	████	01:12.81
18	████	████	01:13.63
17	████	████	01:16.17
16	████	01:13.86	01:18.90
15	████	01:15.68	01:22.13
14	████	01:17.86	01:25.81
13			
12			
11			

200 Breaststroke

Age	Gold	Silver	Bronze
20	████	████	02:35.45
19	████	████	02:37.15
18	████	████	02:38.94
17	████	████	02:44.28
16	████	02:39.88	02:50.25
15	████	02:44.04	02:57.11
14	████	02:49.25	03:05.22
13		02:55.72	03:14.74
12			03:25.96
11			03:39.44

50 Butterfly

Age	Gold	Silver	Bronze
20	████	████	00:28.23
19	████	████	00:28.52
18	████	████	00:28.95
17	████	████	00:29.90
16	████	00:28.96	00:30.97
15			
14			
13			
12			
11			

100 Butterfly

Age	Gold	Silver	Bronze
20	████	████	01:02.95
19	████	████	01:03.60
18	████	████	01:04.32
17	████	████	01:06.53
16	████	01:04.51	01:08.91
15	████	01:06.11	01:11.63
14	████	01:08.0	01:14.93
13			
12			
11			

200 Butterfly

Age	Gold	Silver	Bronze
20	████	████	02:17.57
19	████	████	02:19.07
18	████	████	02:20.65
17	████	████	02:25.26
16	████	02:21.42	02:30.54
15	████	02:25.06	02:36.58
14	████	2:29.66	02:43.65
13		02:35.36	02:52.05
12			03:01.94
11			03:13.75

200 IM

Age	Gold	Silver	Bronze
20	████	████	02:22.31
19	████	████	02:23.77
18	████	████	02:25.40
17	████	████	02:30.28
16	████	02:26.19	02:35.74
15	████	02:30.07	02:42.01
14	████	02:34.83	02:49.34
13		02:40.74	02:58.04
12			03:08.29
11			03:20.52

400 IM

Age	Gold	Silver	Bronze
20	████	████	04:57.63
19	████	████	05:00.69
18	████	████	05:04.20
17	████	████	05:14.41
16	████	05:05.86	05:25.73
15	████	05:13.86	05:38.83
14	████	05:23.82	05:54.25
13		05:36.18	06:12.45
12			06:33.89
11			06:59.59

MALE SELECTION TIMES (Long Course)

50 Freestyle

Age	Gold	Silver	Bronze
20	00:22.83	00:23.51	00:24.20
19	00:23.10	00:23.80	00:24.49
18	00:23.46	00:24.16	00:24.86
17	00:23.91	00:24.63	00:25.82
16	00:24.50	00:25.23	00:26.95
15			
14			
13			
12			
11			

100 Freestyle

Age	Gold	Silver	Bronze
20	00:50.31	00:51.82	00:53.33
19	00:50.92	00:52.45	00:53.98
18	00:51.70	00:53.25	00:54.80
17	00:52.70	00:54.28	00:56.92
16	00:54.00	00:55.75	00:59.40
15	00:55.67	00:57.61	01:02.35
14	00:57.80	00:59.97	01:05.90
13			
12			
11			

200 Freestyle

Age	Gold	Silver	Bronze
20	01:50.61	01:53.92	01:57.24
19	01:51.95	01:55.31	01:58.67
18	01:53.65	01:57.06	02:00.47
17	01:55.86	01:59.33	02:05.12
16	01:58.70	02:02.86	02:10.57
15	02:02.38	02:07.27	02:17.06
14	02:07.08	02:12.80	02:24.87
13		02:19.72	02:34.36
12			02:45.98
11			03:00.33

400 Freestyle

Age	Gold	Silver	Bronze
20	03:53.46	04:00.47	04:07.47
19	03:56.30	04:03.39	04:10.48
18	03:59.90	04:07.09	04:14.29
17	04:04.54	04:11.88	04:24.11
16	04:10.56	04:19.33	04:38.12
15	04:18.30	04:28.64	04:54.47
14	04:28.23	04:40.30	05:13.83
13		04:54.91	05:37.04
12			06:05.19
11			06:20.64

800 Freestyle

Age	Gold	Silver	Bronze
20	08:05.07	08:19.62	08:34.17
19	08:10.96	08:25.69	08:40.41
18	08:18.43	08:33.39	08:48.34
17	08:28.09	08:43.33	09:08.73
16	08:40.58	08:58.80	09:32.64
15	08:56.68	09:18.15	10:01.08
14	09:17.30	09:42.38	10:35.32
13		10:12.74	11:16.93
12			12:07.91
11			13:10.86

1500 Freestyle

Age	Gold	Silver	Bronze
20	15:23.57	15:51.28	16:19.98
19	15:34.79	16:02.84	16:30.88
18	15:49.03	16:17.50	16:45.97
17	16:07.41	16:36.43	17:24.80
16	16:31.20	17:05.89	18:10.32
15	17:01.85	17:42.73	19:04.47
14	17:41.11	18:28.86	20:09.67
13		19:26.67	21:28.89
12			23:05.96
11			25:05.82

50 Backstroke

Age	Gold	Silver	Bronze
20	00:26.07	00:26.85	00:27.64
19	00:26.39	00:27.18	00:27.97
18	00:26.79	00:27.59	00:28.40
17	00:27.31	00:28.13	00:29.49
16	00:27.98	00:28.82	00:30.78
15			
14			
13			
12			
11			

100 Backstroke

Age	Gold	Silver	Bronze
20	00:55.89	00:57.56	00:59.24
19	00:56.57	00:58.26	00:59.96
18	00:57.43	00:59.15	01:00.87
17	00:58.54	01:00.30	01:03.22
16	00:59.98	01:01.93	01:05.98
15	01:01.84	01:04.00	01:09.26
14	01:04.21	01:06.62	01:13.20
13			
12			
11			

200 Backstroke

Age	Gold	Silver	Bronze
20	02:01.60	02:05.25	02:08.89
19	02:03.07	02:06.77	02:10.46
18	02:04.95	02:08.70	02:12.45
17	02:07.37	02:11.19	02:17.56
16	02:10.50	02:15.07	02:23.55
15	02:14.54	02:19.92	02:30.68
14	02:19.71	02:25.99	02:39.27
13		02:33.60	02:49.70
12			03:02.48
11			03:18.26

50 Breaststroke

Age	Gold	Silver	Bronze
20	00:28.59	00:29.45	00:30.31
19	00:28.94	00:29.81	00:30.68
18	00:29.38	00:30.26	00:31.14
17	00:29.95	00:30.85	00:32.34
16	00:30.69	00:31.61	00:33.75
15			
14			
13			
12			
11			

100 Breaststroke

Age	Gold	Silver	Bronze
20	01:02.44	01:04.32	01:06.19
19	01:03.20	01:05.10	01:06.99
18	01:04.16	01:06.09	01:08.01
17	01:05.41	01:07.37	01:10.64
16	01:07.01	01:09.19	01:13.72
15	01:09.09	01:11.51	01:17.38
14	1:11.74	01:14.43	01:21.79
13			
12			
11			

200 Breaststroke

Age	Gold	Silver	Bronze
20	02:15.34	02:19.40	02:23.46
19	02:16.99	02:21.10	02:25.20
18	02:19.07	02:23.24	02:27.42
17	02:21.77	02:26.02	02:33.11
16	02:25.25	02:30.34	02:39.78
15	02:29.74	02:35.73	02:47.71
14	2:35.50	02:42.49	02:57.27
13		2:50.97	03:08.88
12			03:23.10
11			03:40.66

50 Butterfly

Age	Gold	Silver	Bronze
20	00:24.47	00:25.20	00:25.94
19	00:24.77	00:25.51	00:26.25
18	00:25.14	00:25.90	00:26.65
17	00:25.63	00:26.40	00:27.68
16	00:26.26	00:27.05	00:28.89
15			
14			
13			
12			
11			

100 Butterfly

Age	Gold	Silver	Bronze
20	00:53.78	00:55.39	00:57.01
19	00:54.43	00:56.07	00:57.70
18	00:55.26	00:56.92	00:58.58
17	00:56.33	00:58.02	01:00.84
16	00:57.72	00:59.59	01:03.49
15	00:59.50	01:01.59	01:06.64
14	01:01.79	01:04.11	01:10.44
13			
12			
11			

200 Butterfly

Age	Gold	Silver	Bronze
20	01:59.12	02:02.69	02:06.27
19	02:00.57	02:04.18	02:07.80
18	02:02.40	02:06.07	02:09.75
17	02:04.77	02:08.52	02:14.75
16	02:07.84	02:12.32	02:20.62
15	02:11.79	02:17.07	02:27.61
14	02:16.86	02:23.02	02:36.02
13		02:30.47	02:46.24
12			02:58.76
11			03:14.21

200 IM

Age	Gold	Silver	Bronze
20	02:02.84	02:06.52	02:10.21
19	02:04.33	02:08.06	02:11.79
18	02:06.22	02:10.01	02:13.79
17	02:08.67	02:12.53	02:18.96
16	02:11.83	02:16.44	02:25.01
15	02:15.91	02:21.34	02:32.22
14	02:21.13	02:27.48	02:40.89
13		02:35.17	02:51.42
12			03:04.33
11			03:20.27

400 IM

Age	Gold	Silver	Bronze
20	04:21.39	04:29.24	04:37.08
19	04:24.57	04:32.51	04:40.44
18	04:28.60	04:36.66	04:44.71
17	04:33.80	04:42.01	04:55.70
16	04:40.53	04:50.35	05:08.59
15	04:49.21	05:00.78	05:23.91
14	05:00.32	05:13.84	05:42.37
13		05:30.20	06:04.79
12			06:32.26
11			07:06.18

MALE SELECTION TIMES (Short Course)

50 Freestyle

Age	Gold	Silver	Bronze
20	████	████	00:23.30
19	████	████	00:23.59
18	████	████	00:23.96
17	████	████	00:25.02
16	████	00:24.43	00:26.15
15			
14			
13			
12			
11			

100 Freestyle

Age	Gold	Silver	Bronze
20	████	████	00:51.73
19	████	████	00:52.38
18	████	████	00:53.30
17	████	████	00:55.42
16	████	00:54.25	00:58.00
15	████	00:56.11	01:00.95
14	████	00:58.57	01:04.60
13			
12			
11			

200 Freestyle

Age	Gold	Silver	Bronze
20	████	████	01:54.24
19	████	████	01:55.67
18	████	████	01:57.57
17	████	████	02:02.32
16	████	01:59.96	02:07.87
15	████	02:04.47	02:14.46
14	████	02:10.20	02:22.47
13		02:17.22	02:32.06
12			02:43.88
11			02:58.43

400 Freestyle

Age	Gold	Silver	Bronze
20	████	████	04:01.77
19	████	████	04:04.78
18	████	████	04:08.69
17	████	████	04:18.71
16	████	04:13.83	04:33.02
15	████	04:23.34	04:49.67
14	████	04:35.20	05:09.33
13		04:50.91	05:32.84
12			06:01.29
11			06:16.94

800 Freestyle

Age	Gold	Silver	Bronze
20	████	████	08:22.88
19	████	████	08:29.21
18	████	████	08:37.34
17	████	████	08:58.13
16	████	08:48.00	09:22.44
15	████	09:07.75	09:51.38
14	████	09:32.38	10:26.12
13		10:03.24	11:08.33
12			11:59.91
11			13:03.46

1500 Freestyle

Age	Gold	Silver	Bronze
20	████	████	15:58.78
19	████	████	16:09.88
18	████	████	16:25.27
17	████	████	17:04.90
16	████	16:45.59	17:51.22
15	████	17:23.13	18:46.27
14	████	18:10.06	19:52.47
13		19:08.87	21:12.69
12			22:50.96
11			24:52.04

50 Backstroke

Age	Gold	Silver	Bronze
20	████	████	00:26.84
19	████	████	00:27.27
18	████	████	00:27.70
17	████	████	00:28.79
16	████	00:28.12	00:30.08
15			
14			
13			
12			
11			

100 Backstroke

Age	Gold	Silver	Bronze
20	████	████	00:57.84
19	████	████	00:58.56
18	████	████	00:59.47
17	████	████	01:01.92
16	████	01:00.63	01:04.68
15	████	01:02.70	01:08.06
14	████	01:05.42	01:12.10
13			
12			
11			

200 Backstroke

Age	Gold	Silver	Bronze
20	████	████	02:06.19
19	████	████	02:07.86
18	████	████	02:09.85
17	████	████	02:15.06
16	████	02:12.57	02:21.15
15	████	02:17.42	02:28.38
14	████	02:23.59	02:37.07
13		02:31.40	02:47.70
12			03:00.58
11			03:16.56

50 Breaststroke

Age	Gold	Silver	Bronze
20	████	████	00:29.31
19	████	████	00:29.68
18	████	████	00:30.14
17	████	████	00:31.34
16	████	00:30.61	00:32.85
15			
14			
13			
12			
11			

100 Breaststroke

Age	Gold	Silver	Bronze
20	████	████	01:04.29
19	████	████	01:05.09
18	████	████	01:06.11
17	████	████	01:08.84
16	████	01:07.39	01:12.02
15	████	01:09.71	01:15.78
14	████	01:12.73	01:20.19
13			
12			
11			

200 Breaststroke

Age	Gold	Silver	Bronze
20	████	████	02:19.76
19	████	████	02:21.50
18	████	████	02:23.82
17	████	████	02:29.61
16	████	02:26.84	02:36.48
15	████	02:32.33	02:44.51
14	████	02:39.19	02:54.27
13		02:47.87	03:06.08
12			03:20.50
11			03:38.26

50 Butterfly

Age	Gold	Silver	Bronze
20	████	████	00:25.24
19	████	████	00:25.55
18	████	████	00:25.95
17	████	████	00:26.98
16	████	00:26.35	00:28.19
15			
14			
13			
12			
11			

100 Butterfly

Age	Gold	Silver	Bronze
20	████	████	00:55.71
19	████	████	00:56.40
18	████	████	00:57.28
17	████	████	00:59.54
16	████	00:58.29	01:02.29
15	████	01:00.39	01:05.54
14	████	01:02.91	01:09.34
13			
12			
11			

200 Butterfly

Age	Gold	Silver	Bronze
20	████	████	02:03.77
19	████	████	02:05.30
18	████	████	02:07.25
17	████	████	02:12.35
16	████	02:09.92	02:18.32
15	████	02:14.77	02:25.41
14	████	02:20.82	02:34.02
13		02:28.37	02:44.34
12			02:56.96
11			03:12.61

200 IM

Age	Gold	Silver	Bronze
20	████	████	02:07.11
19	████	████	02:08.79
18	████	████	02:10.79
17	████	████	02:16.06
16	████	02:13.54	02:22.31
15	████	02:18.54	02:29.62
14	████	02:24.78	02:38.39
13		02:32.57	02:49.12
12			03:02.13
11			03:18.27

400 IM

Age	Gold	Silver	Bronze
20	████	████	04:30.68
19	████	████	04:34.14
18	████	████	04:38.51
17	████	████	04:49.70
16	████	04:44.25	05:02.89
15	████	04:54.88	05:18.41
14	████	05:08.14	05:37.17
13		05:24.80	05:59.89
12			06:27.76
11			07:01.98