

National Aquatics Programme

Selection Policy

Season 2025 – 2026

February 2025

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1. Introduction

This policy outlines the overall principles guiding selection to National Aquatics Programme Squads for the season 2025-26 and contains sport specific selection criteria as appendices within the document. Relevant feedback is considered annually to ensure the document continues to evolve in line with sporting trends. One aim of the document is to directly influence coaching practice at each stage of an athlete's development. Whilst not a prescriptive approach, it is intended that coaches, parents and athletes adhere to the expectations of longitudinal progressive standards and incremental improvements through systematic, effective coaching and development processes.

In considering any changes to previous policies, several sources of information and consultation were used:

1. Swimmer tracking process 2008-2024 – a comprehensive appraisal of swimmer progress through the squad system to their highest achievement¹
2. Event depth research 2008-2024 – evaluation of the Top 25 GB rankings each season²
3. Diving depth stats from world-standard competitions 2012 – 2024
4. Para-swimming world rankings – annually updated
5. Coaches Technical Panel feedback
6. National Swimming Committee feedback
7. National Diving and Open Water Committee feedback
8. Aquatic High Performance Group feedback

2. Background Context

Scottish Swimming has operated a progressive series of 'national squads' in swimming and diving for several years as part of what is more commonly called the 'Athlete Pathway'. These concepts have been questioned, challenged, refined, and shaped continuously; however, they have been a constant in the aquatic landscape for over two decades. Initiatives like Mindset, Long Term Athlete Development (LTAD), Para-Swimming's 'ROAR Ingredients', and now the 'Optimal Athlete Development Framework' (OADF) have influenced policies leading to selection for squads. In addition, research including the impact of maturation rates and the Relative Age Effect (RAE) have been taken into consideration. It is understood that athletes develop and progress at different rates, and in different ways, and therefore it is important that the Selection Policies reflect this. Consequently, Scottish Swimming continues to consider the rationale for, process of, and outcomes from, the Selection Policy to best serve the needs and expectations of the competitive aquatic community.

The guiding principles of the current selection policy approach (first formulated in 2006) still hold true and remain applicable across the aquatics sports, stating: *"The development of swimmers cannot be rushed, and each athlete must be supported as an individual. An athlete should improve over a range of abilities initially and focus on specific events only when reaching a higher level of performance. Selections should be structured so that the appropriate physical development will be encouraged at the appropriate time."*

The original (swimming) policy, including rationale and principles and used as basis for all sports within this document can be viewed at: [Original 2006 Selection Policy](#).

¹ The swimmer tracking exercise is ongoing on all swimmers who achieved National Squad selection times since 2008.

² Event depth research illustrates trends in performance development across all events and ages within the British top 25.

3. General Selection Policy – Overarching Targets

The overall ambition and desire of the selection policy remains to identify & support athletes progressing towards meeting the overarching headline targets of:

1. 15% or more representation from Scottish athletes on the UK World Class Podium and Podium Potential Programmes across all aquatic disciplines by 31 March 2026.
2. A combined total of 12 or more Scots to achieve a world ranking of either; Top 16 (based on two per nation) in Swimming; Top 8 (absolute) in Para Swimming; or Top 18 (event degree of difficulty) in Diving, by 31st March 2026.
3. 1 or more Scottish diver to be selected for Team GB at the Los Angeles Olympic Games 2028.
4. 4 or more Scottish swimmers to be selected for Paralympics GB for the Los Angeles Paralympic Games 2028.
5. 5 or more Scottish swimmers to be selected for Team GB for the Los Angeles Olympic Games 2028.

4. Eligibility

All athletes wishing to be considered for Senior Team, Junior Team, Senior, Youth or Junior Academy selection must be eligible to compete for Scotland as defined by Company Rule 4.5 (page 71) [2024-25-Info-Guide](#) and be registered with SASA having paid their current registration fee. Only swimmers who are resident in Scotland will be considered for the Junior Academy Programme.

5. Athlete Selection

5.1 Decision Making

A selection group comprising members of the Aquatic High-Performance Group (AHPG) will be responsible for selections of athletes to the National Senior and National Junior Teams. The Scottish Swimming Performance Team will be responsible for all Academy selections. The Terms of Reference for the AHPG along with a listing of the current members of the group can be found here: [AHPG-Terms-of-Reference](#)

The selection group will normally comprise:

- Chair of the AHPG
- At least one independent member of the AHPG
- Scottish Swimming National Coach
- Scottish Swimming, Performance Programme Manager
- **sportscotland** High Performance Manager

The group will be supported in the selection process by:

- Scottish Swimming - Swimming Pathway Coach
- Scottish Swimming - Disability Performance Development Manager
- University of Edinburgh - Performance Diving Coach

5.1.1 The group will work collectively to agree selections under the guidance of the AHPG Chair, however where a collective decision cannot be made and having considered the views of the selection group, the National Coach will make the final decision.

5.1.2 Any conflicts of interest will be declared at the beginning of the meeting and the conflicted person will not contribute to any discussion or decision where they have a conflict.

5.1.3 The Scottish Swimming National Coach, Swimming Pathway Coach and Disability Performance Development Manager will manage and conclude the process for all Senior, Youth and Junior Academy selections.

5.2 Athlete Consideration

Athletes can be considered for selection to the National Aquatics Programme in two ways across all disciplines:

1. Achievement of identified discipline specific standards (outlined within each of the discipline specific appendices); or,
2. Discretionary nomination.

5.3 Discretionary Nomination (all disciplines)

Appreciating that delivering successful results on the international stage is both a difficult and highly complex process, Scottish Swimming has taken the view that it is important that athletes who demonstrate the capability to do this may be considered for a discretionary nomination. It is recognised that some circumstances will inevitably arise whereby it is necessary for an athlete to be placed within the appropriate level of the National Aquatics Programme according to their developmental need, not necessarily their chronological or training age. This is designed to allow the application of a measure of professional judgement towards assessing athlete potential.

The relevant information to be presented to the AHPG for discretionary consideration will be compiled by the National Coach, Disability Performance Development Manager or the University of Edinburgh Performance Diving Coach and will include discussion with the athlete's coach (making clear the purpose of the discussion) as part of the preparation of the discretionary nomination.

When acting in these discretionary situations, a range of factors may be used, for example and not limited to:

- Past, current and planned level of training, including the daily training environment.
- Rate of performance progression.
- Achievement (or otherwise) of previously agreed targets.
- Number and level of standards achieved.
- Current level of support and the duration of support provided and required.
- Percentage away from selection standards (present and future).
- Mindset and performance behaviours.
- Health and injury status.
- Chronological age, biological age, and the cumulative training age of the swimmer (Relative Age Effect).
- Selection onto Aquatics GB World Class Programmes and international meets.

5.4 Selection Process

The selection process for each of the three disciplines will be through the following steps:

1. Identification of athletes eligible for selection consideration through the collection of data identified within each of the discipline specific appendices.
2. Collected data will be subject to independent review.
3. Identification of potential discretionary athlete considerations together with supporting evidence collated by the relevant Scottish Swimming personnel.
4. Consideration of selection by the AHPG, of athletes achieving identified discipline-specific standards and those with discretionary nomination; followed by subsequent decision on selections.
5. Athletes will be invited by Scottish Swimming (or in the case of the Junior Academy, by their respective District Swimming Convenor) to take part in the National Aquatics Programme.
6. Coaches of athletes will be notified of athlete selection by Scottish Swimming (or in the case of the Junior Academy, by their respective District Swimming Convenor) prior to athletes being notified.
7. Publication of invited athlete lists on the Scottish Swimming website.
8. Acceptance by athletes of selection to Scottish Swimming by date identified within the selection notification (or in the case of the Junior Academy, by their respective District Swimming Convenor).

5.5 Important Notes

- Athletes within all squads (apart from the Junior Academy), will be notified of selection by Friday 15th August 2025. Squad selections will be published on the Scottish Swimming website by Friday 15th August 2025.
- All selected athletes will be required to sign and abide by the Scottish Swimming Athlete Agreement and, where requested, complete other information gathering athlete surveys as required.
- Selection of coaches for the National Programme will be through open application via email to the relevant National Coach (Swimming & Diving).
- Final selection to the various National Squads is subject to:
 - (i) maximum number limits as determined each year by the National Coach (Swimming & Diving), and
 - (ii) financial resources available to Scottish Swimming at the time of selection.
- Provision of support services from the sportscotland Institute of Sport (SIS) network is not obligatory at any level and is subject to agreement from the AHPG. It is anticipated that the number of SIS supported athletes will be lower in 2025-26 than previous years.

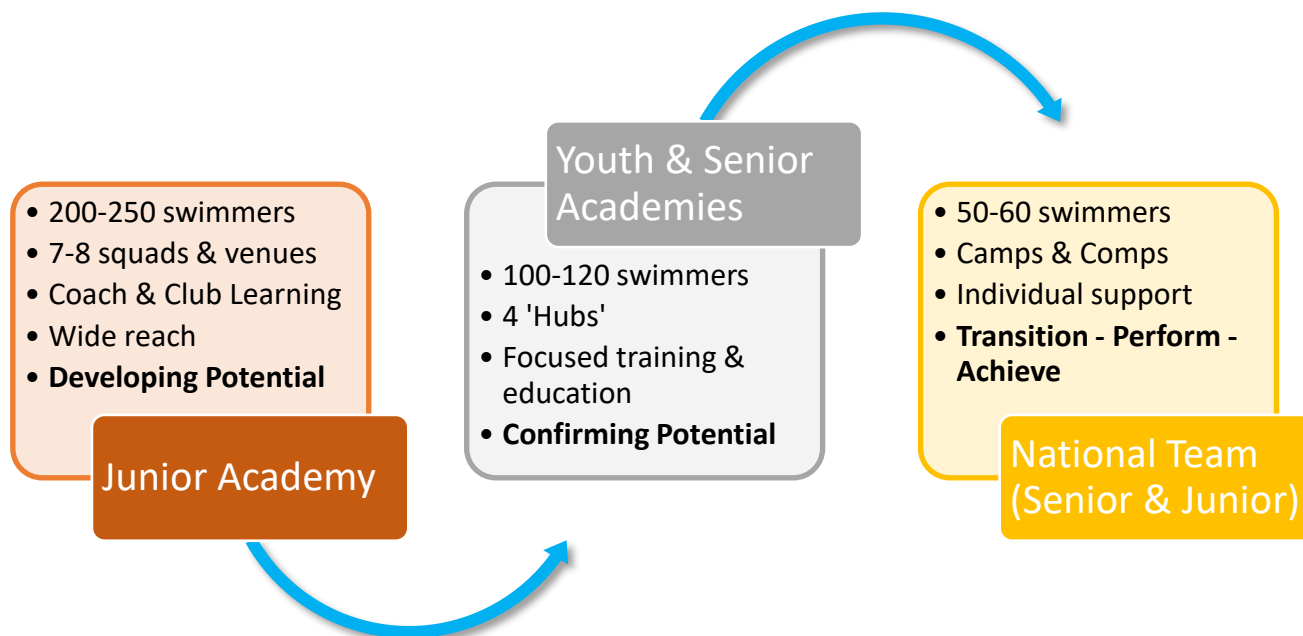
6. Summary

Scottish Swimming continues to consider selection trends and the wider context of the sport when compiling this selection policy and criteria. The number of athletes targeted and selected at each development stage is reviewed on an annual basis and considers how the available resources can be optimally utilised. The following points highlight some of the key philosophical elements and structural changes within the policy:

1. Base times for all ages, and the age of peak performance in each event, are re-calculated on an annual basis to reflect changing world standards.
2. Selections will first use objective time or points-based achievements as laid out in the appendices, followed by qualitative assessments of athlete performance and potential for discretionary nominations.
3. Distinctions for boys and girls, which reflect differences in maturity and development, may be applied to selection numbers and squad programming.
4. For Youth & Junior Academy swimming selections only, the Relative Age Effect (RAE) **may** be used to select two cohorts each season and the time standards to be achieved will be differentiated accordingly. RAE will not be applied for selection to any other groups or squads.
5. Athlete performance behaviours and adherence to the Athlete Agreements are a critical element of the National Programme and will be monitored and reviewed throughout the year.
6. In 2025, some changes to how 11- and 12-year-olds are selected to the Junior Academy will be implemented. On completion of Scottish Summer Meet, 12, 13- and 14-year-olds will be selected in line with the Scottish National Squads Selection Matrix.
7. 11-year-olds will be ranked by District by 200m IM short course and those under the minimum consideration time will be selected (up to maximum capacity numbers for each area). Swimmers with ranked long course times will also be considered.
8. All 12-year-olds who have not been part of Junior Academy previously (Year One 12-year-olds) will be ranked by District by 200 IM short course and those under the minimum consideration time will be selected (up to maximum capacity numbers for each area). Swimmers with ranked long course times will also be considered.
9. After this initial selection, and once the spread of numbers is known, further 11 and Year One 12-year-olds who have swum faster than the 200m IM minimum consideration time may be selected to Junior Academy.

Swimming Specific Standards

The swimming selection policy uses a three-tiered (Gold, Silver, Bronze tiers) system of times for each event and each single year age band. Swimmers' performances then align to specific event, age, and gender related criteria which in turn determine the following outline squad structure and pathway:



Junior Academy

The Junior Academy is planned and selected nationally but organised and delivered regionally through the help of the four District Associations. District convenors ensure suitable venues are booked and team managers in place for the three-core delivery training and education days. Scottish Swimming appoints experienced lead and assistant coaches for approximately 25-30 swimmers at each squad. A key element of Junior Academy is coach development and therefore all clubs who place swimmers on the programme are required to send at least one coach to help at each training day. In fact, the door is open to all clubs to send coaches along to the three training days, as it is vital the important technical, training, and educational messages are spread as wide as possible across the network. Induction sessions for staff and swimmers, plus a briefing session for parents ensure the aims and intentions of the programme are communicated effectively.

2025 Update – The 2025 programme will aim to increase the numbers of 11- and 12-year-olds on Junior Academy without compromising criteria or developmental principles. Clubs should continue to adopt and focus on a medley and skills-based training programme for our younger pathway swimmers but the Academy programme will now have a clearer definition of age and level of swimming for 2025:

- Level 1: 11-year-olds and Year One 12-year-olds – selected via ranked 200 IM times
- Level 2: Year Two 12-year-olds, 13- and 14-year-olds – selected as per Squad Selection Matrix (pg. 8)

Level 1 will have an IM based pool syllabus with emphasis on stroke work and skill development and an introductory land and education syllabus. Level 2 will have a 3-year rolling programme of content in the pool, classroom and gym similar to what is currently delivered.

- All 12, 13, and 14-year-olds selected nationally as per the normal Aquatics National Squad Selection Policy.
- 11-year-olds selected regionally by 200 IM short course ranking (minimum time applied).
- Remaining 12-year-olds (who were not part of Junior Academy 2024) ranked by 200 IM short course.
- Final numbers will depend on district, venue size, swimmer capacity and the numbers of swimmers who swim faster than the minimum consideration time.
- Ranked long course 200 IM times will also be considered where appropriate.

Youth & Senior Academies

This section is split into Youth (13-17 years) and Senior (17+ years) programmes and is often populated with leading age group swimmers and talented athletes who are progressing towards the higher echelons of the sport, sometimes on a later development trajectory. Youth Academy swimmers are split across four groups and attend four focused training days at the Scottish Swimming Hub venues along with education sessions and talks from specialist practitioners. Home coaches are encouraged to attend. Swimmers aged 15 or 16 achieving the stated Bronze level criteria are placed in the Youth Academy programme. Expert coaches are appointed to lead each venue and asked to provide an in-depth training experience. Those achieving Senior Academy selection (17+ years) have a more bespoke approach whereby they receive some compulsory educational activity and have optional access to request appropriate additional training or competition opportunities based on their needs.

National Teams (Senior & Junior)

Swimmers selected to the National Senior or Junior Team represent the highest ranked athletes in the nation with many already representing Scotland or Great Britain on international teams, or their development is tracking to do so in the future. Senior Team members receive bespoke support based on their individual needs and as agreed with their coach. Junior Team members are invited to three weekend training camps and are challenged at an overseas competition experience. Practitioners from the **sportscotland** Institute of Sport work with some of these athletes and their coaches on a daily and weekly basis.

Competitions

To be successful at international level, swimmers must be able to achieve their best performance in a single swim on a given day. The importance of this ability is recognised by identifying precise selection opportunities for Scottish National squads. However, entry to the Junior Academy pathway is more inclusive with all licensed meets eligible (level 2 upwards).

Squad	Age	Eligible Selection Meets
Junior Academy	11-14	Any Level 1 or 2 meet (Short Course or Long Course) Selection Period: 1st September 2024 – 13th July 2025
Youth Academy	13-16 Female 14-17 Male/Open	District Events, Scottish National Events, and all Level 1 and 2 accredited Long Course Meets. Additional Short Course meets may be used but only with the prior agreement of the National Coach. Selection Period: 1st September 2024 – 27th July 2025
Senior Academy	17+ Female 17+ Male/Open	Long Course ONLY. Scottish & British National Championships, GSM & EISM. International Championships. Other meets (domestic & international) may be agreed in advance with the National Coach. Selection Period: 1st January 2025 – 27th July 2025
National Junior Team	14-17 Female 15-18 Male/Open	Long Course ONLY. Scottish & British National Championships. International Championships. Other meets (domestic & international) may be agreed in advance with the National Coach. Selection Period: 1st January 2025 – 27th July 2025
National Senior Team	17+ Female 18+ Male/Opens	Long Course ONLY. Scottish & British National Championships. International Championships. Other meets (domestic & international) may be agreed in advance with the National Coach. Selection Period: 1st January 2025 – 3rd August 2025

- Initial selections for the Junior Academy will be made after the Scottish Summer Meet 2025 and then revised after the final meets of the season.
- Selections for all other squads will be made after the British Summer Meet 2025 or the final relevant international meet of the season (whichever comes later).

Number of Standards Required

It is widely recognised in the analysis of the development of successful senior swimmers, that effective long-term swimmer progress includes a background of multi-event racing and aerobic training in their formative years. To encourage club coaches to adopt this methodology with developing swimmers, this principle is built into the selection policy in a variety of ways, e.g., for Junior Academy selection, swimmers are required to achieve one or more of the consideration times in 200 metre (or longer) events.

Matrix of times required by age, event & level

Scottish National Squads Selection Matrix - 2025-26

Female						Male/Open				
Benchmark LC Only			District or National SC or LC	Any SC or LC	SELECTION MEETS	Any SC or LC	District or National SC or LC	Benchmark LC Only		
Gold & Silver	Gold	Bronze	Silver	Bronze	QT Level	Bronze	Silver	Bronze	Gold	Gold & Silver
NST	NJT	Snr Ac	Youth Ac	Jnr Ac	AGE	Jnr Ac	Youth Ac	Snr Ac	NJT	NST
1xG or 2xS*		2*			19+			2*		1xG or 2xS*
1xG or 3xS*		(1) 2			18			(1) 2	1*	1xG or 3xS*
2xG or 4xS*	1*	(1) 3			17		(1) 2	(1) 3	(1) 2	
	(1) 2	3 (1)	(1) 2		16		(1) 2	3 (1)	(1) 2	
	2 (1)	4 (1)	2 (1)		15		2 (1)	4 (1)	2 (1)	
	2 (1)		2 (2)	3 (2)	14	3 (2)	2 (2)			
			2 (2)	2 (1)	13	2 (1)				
				Yr 2 - 2 (1) Yr 1 - 200 IM ranking	12	Yr 2 - 2 (1) Yr 1 - 200 IM ranking				
				200 IM ranking	11	200 IM ranking				
×	×	×	✓ ages 11-15 only	✓	Use RAE effect	✓	✓ ages 11-16 only	×	×	×
Bespoke support	3 x 2 days (+ o/s comp)	15-16 = Youth Ac; 17+ Bespoke	4 x ½ day (+ online)	3 x 1 day (+ online)	Delivery	3 x 1 day (+ online)	4 x ½ day (+ online)	15-16 = Youth Ac; 17+ Bespoke	3 x 2 days (+ o/s comp)	Bespoke support

For 11-15 years selection events should include 1 swim from 2 of the following 3 categories: Freestyle, Form, IM. (50m events excluded)

Numbers indicate the amount of qualifying times needed to be achieved for each age/gender category.

** Swimmers aged 17+ achieving times in 50m events only are not guaranteed selection. Performances on 100 & 200m events will also be taken into consideration before selection.*

(1) 2 - Swimmers must have two times, only one of which can be a 50m event. Or similarly where shown.

4 (2) - Swimmers must have four times, two of which must be 200m events or longer. Or similarly where shown.

Swimmers aged 15 or 16 achieving the stated Bronze level criteria will be placed in the Youth Academy programme.

11-15yrs Event categories

In the consideration of discretionary nominations, swimmers with the correct number of times in only 1 x event category may be selected based on the published criteria and notes.

Use of Relative Age Effect (RAE)

The use of RAE will only be applied as part of the discretionary nomination process and only to selections for the Junior and Youth Academy programmes, with ages as at 31st December 2025 for cohort 1, and 31st August 2025 for cohort 2. Where used, swimmers in cohort 2 will be graded against adjusted times for their year group.

For National Senior Team, National Junior Team and Senior Academy selection ages are as at 31st December 2025 and RAE is not part of the process.

Process for ensuring eligible competitions are included in the selection database

The swimming-specific standards process will be managed by Scottish Swimming using the Hy-Tek Team Manager National Database. All clubs and teams wishing to place swimmers on National Squads should use Hy-Tek Team Manager for maintaining results and must send relevant Hy-Tek results files to Scottish Swimming.

Results from the following meets are eligible for entry into the database:

- All licensed and accredited meets (Level 2 and above) held in Scotland (where those results have been submitted to Scottish Swimming as Hy-Tek results export files, or Sports Systems full meet files).
- Results of Scottish registered swimmers at Aquatics GB/Swim England/Swim Wales National Events and Regional Championships (N.B. results of swimmers registered as non-residential Scots competing at L1 & L2 meets within the Home Countries will be included automatically).
- Results of Scottish swimmers competing at International Meets whilst representing Scottish/British National Squad/Teams or representative District Teams.
- Other meets (equivalent to Level 2 and above) by special request from the club Head Coach in writing to the National Coach and subsequently agreed by the National Coach.

Notes:

- A list of selection meets will be maintained and regularly updated on the Scottish Swimming website during the selection period.
- The organisers of L1 and L2 licenced meets must, in addition to sending results to Aquatics GB Rankings, provide Scottish Swimming with the Hy-Tek results file for inclusion in the selection meet list.
- District Swimming Convenors will notify Scottish Swimming of any meets or sessions in meets where accreditation was withheld. These meets will be removed from or highlighted on the list.
- It is the responsibility of clubs/coaches to check the list regularly to ensure that eligible meets (including accredited time trials, internal meets e.g., club championships, and non-Scottish meets) where their swimmers may have achieved selection times are included and to notify Scottish Swimming of any omissions by 13th July 2025.
- Individual results from meets out with Scotland (at Level 1 & 2 equivalent) should be submitted by the swimmer's club on electronic file within four weeks of completion and no later than 13th July 2025. These electronic results must be accompanied by a copy of the relevant results in PDF format.
- Times achieved in Scotland at accredited meets that are not on the Scottish Swimming website list must be forwarded on electronic file by 13th July 2025.

All results files and any queries should be emailed to:
s.mccallum@scottishswimming.com

MALE/OPEN LONG COURSE 2024-25 times to achieve for selection to the 2025-26 squads

50 Freestyle				100 Freestyle				200 Freestyle			
Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze
21+	00:22.19	00:22.53	00:22.75	21+	00:48.53	00:49.25	00:49.74	21+	01:47.16	01:48.77	01:49.84
20	00:22.49	00:22.82	00:23.05	20	00:49.17	00:49.90	00:50.39	20	01:48.57	01:50.20	01:51.29
19	00:22.83	00:23.29	00:23.51	19	00:49.91	00:50.91	00:51.41	19	01:50.22	01:52.43	01:53.53
18	00:23.22	00:23.69	00:23.92	18	00:50.78	00:51.79	00:52.30	18	01:52.13	01:54.37	01:55.49
17	00:23.67	00:24.38	00:24.62	17	00:51.76	00:53.31	00:53.83	17	01:54.30	01:57.73	01:58.87
16	00:24.18	00:24.91	00:25.15	16	00:52.87	00:54.46	00:54.99	16	01:56.75	02:00.26	02:01.42
15				15	00:54.23	00:56.13	00:56.94	15	01:59.75	02:03.94	02:05.74
14				14	00:55.90	00:57.86	01:00.94	14	02:03.45	02:07.77	02:14.56
13				13		01:00.56	01:05.22	13		02:13.74	02:24.03
12				12			01:11.11	12			02:37.02

400 Freestyle				800 Freestyle				1500 Freestyle			
Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze
21+	03:49.03	03:52.47	03:54.76	21+	07:55.54	08:02.68	08:07.43	21+	15:09.27	15:22.91	15:32.00
20	03:52.05	03:55.53	03:57.85	20	08:01.81	08:09.03	08:13.85	20	15:21.25	15:35.06	15:44.28
19	03:55.58	04:00.29	04:02.65	19	08:09.14	08:18.93	08:23.82	19	15:35.27	15:53.98	16:03.33
18	03:59.66	04:04.45	04:06.85	18	08:17.60	08:27.56	08:32.53	18	15:51.45	16:10.48	16:19.99
17	04:04.30	04:10.41	04:12.85	17	08:27.24	08:39.92	08:44.99	17	16:09.88	16:34.12	16:43.82
16	04:09.54	04:15.78	04:18.27	16	08:38.12	08:51.07	08:56.26	16	16:30.68	16:55.45	17:05.35
15	04:15.94	04:23.62	04:28.73	15	08:51.41	09:07.35	09:17.98	15	16:56.08	17:26.57	17:46.89
14	04:23.85	04:31.77	04:44.96	14	09:07.84	09:24.28	09:51.67	14	17:27.51	17:58.93	18:51.31
13		04:43.09	05:07.83	13		09:47.79	10:33.44	13		18:43.89	20:00.27
12			05:32.71	12			11:24.80	12			21:37.90

50 Butterfly				100 Butterfly				200 Butterfly			
Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze
21+	00:23.59	00:23.95	00:24.18	21+	00:52.09	00:52.87	00:53.39	21+	01:56.35	01:58.10	01:59.26
20	00:23.90	00:24.26	00:24.50	20	00:52.78	00:53.57	00:54.10	20	01:57.89	01:59.65	02:00.83
19	00:24.27	00:24.75	00:25.00	19	00:53.58	00:54.65	00:55.19	19	01:59.68	02:02.07	02:03.27
18	00:24.69	00:25.18	00:25.43	18	00:54.51	00:55.60	00:56.14	18	02:01.75	02:04.19	02:05.40
17	00:25.17	00:25.92	00:26.17	17	00:55.56	00:57.23	00:57.79	17	02:04.11	02:07.83	02:09.07
16	00:25.71	00:26.48	00:26.73	16	00:56.76	00:58.46	00:59.03	16	02:06.77	02:10.57	02:11.84
15				15	00:58.21	01:00.25	01:01.12	15	02:10.02	02:14.57	02:16.52
14				14	01:00.01	01:02.11	01:05.41	14	02:14.04	02:18.73	02:26.11
13				13		01:05.01	01:10.01	13		02:25.21	02:36.38
12				12			01:16.33	12			02:50.49

50 Backstroke				100 Backstroke				200 Backstroke			
Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze
21+	00:25.19	00:25.57	00:25.82	21+	00:54.10	00:54.91	00:55.45	21+	01:58.29	02:00.07	02:01.25
20	00:25.52	00:25.90	00:26.16	20	00:54.81	00:55.64	00:56.18	20	01:59.85	02:01.65	02:02.85
19	00:25.91	00:26.43	00:26.69	19	00:55.65	00:56.76	00:57.32	19	02:01.68	02:04.11	02:05.33
18	00:26.36	00:26.88	00:27.15	18	00:56.61	00:57.74	00:58.31	18	02:03.78	02:06.26	02:07.50
17	00:26.87	00:27.67	00:27.94	17	00:57.71	00:59.44	01:00.02	17	02:06.18	02:09.96	02:11.23
16	00:27.44	00:28.27	00:28.54	16	00:58.95	01:00.71	01:01.30	16	02:08.89	02:12.75	02:14.04
15				15	01:00.46	01:02.57	01:03.48	15	02:12.19	02:16.82	02:18.80
14				14	01:02.33	01:04.51	01:07.94	14	02:16.28	02:21.05	02:28.54
13				13		01:07.52	01:12.71	13		02:27.64	02:38.99
12				12			01:19.28	12			02:53.34

50 Breaststroke				100 Breaststroke				200 Breaststroke			
Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze
21+	00:27.64	00:28.06	00:28.33	21+	01:00.54	01:01.45	01:02.05	21+	02:11.78	02:13.75	02:15.07
20	00:28.01	00:28.43	00:28.71	20	01:01.34	01:02.26	01:02.87	20	02:13.51	02:15.51	02:16.85
19	00:28.43	00:29.00	00:29.29	19	01:02.27	01:03.52	01:04.14	19	02:15.54	02:18.26	02:19.61
18	00:28.92	00:29.50	00:29.79	18	01:03.35	01:04.62	01:05.25	18	02:17.89	02:20.65	02:22.03
17	00:29.48	00:30.37	00:30.66	17	01:04.58	01:06.51	01:07.16	17	02:20.56	02:24.78	02:26.18
16	00:30.12	00:31.02	00:31.32	16	01:05.96	01:07.94	01:08.60	16	02:23.57	02:27.88	02:29.32
15				15	01:07.65	01:10.02	01:11.04	15	02:27.26	02:32.41	02:34.62
14				14	01:09.75	01:12.19	01:16.02	14	02:31.81	02:37.12	02:45.47
13				13		01:15.56	01:21.37	13		02:44.46	02:57.11
12				12			01:28.71	12			03:13.09

200 IM				400 IM			
Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze
21+	01:59.48	02:01.27	02:02.47	21+	04:16.59	04:20.44	04:23.00
20	02:01.06	02:02.87	02:04.08	20	04:19.97	04:23.87	04:26.47
19	02:02.90	02:05.36	02:06.59	19	04:23.93	04:29.21	04:31.85
18	02:05.02	02:07.53	02:08.78	18	04:28.49	04:33.86	04:36.55
17	02:07.45	02:11.27	02:12.54	17	04:33.69	04:40.53	04:43.27
16	02:10.18	02:14.09	02:15.39	16	04:39.56	04:46.55	04:49.35
15	02:13.52	02:18.19	02:20.19	15	04:46.73	04:55.33	05:01.07
14	02:17.65	02:22.47	02:30.04	14	04:55.60	05:04.47	05:22.20
13		02:29.12	02:40.59	13		05:17.15	05:44.87
12			02:55.08	12			06:12.74
12 yrs Junior Academy Minimum LC			02:59.99				
11 yrs Junior Academy Minimum LC			03:19.99				

FEMALE LONG COURSE 2024-25 times to achieve for selection to the 2025-26 squads

<u>50 Freestyle</u>				<u>100 Freestyle</u>				<u>200 Freestyle</u>			
Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze
20+	00:25.22	00:25.60	00:25.85	20+	00:54.68	00:55.50	00:56.05	20+	01:58.69	02:00.47	02:01.66
19	00:25.47	00:25.85	00:26.11	19	00:55.24	00:56.06	00:56.62	19	01:59.89	02:01.69	02:02.89
18	00:25.76	00:26.14	00:26.40	18	00:55.85	00:56.69	00:57.25	18	02:01.22	02:03.04	02:04.25
17	00:26.09	00:26.49	00:26.75	17	00:56.59	00:57.43	00:58.00	17	02:02.82	02:04.66	02:05.89
16	00:26.52	00:27.18	00:27.45	16	00:57.51	00:58.94	00:59.52	16	02:04.82	02:07.94	02:09.18
15				15	00:58.68	01:00.15	01:01.03	15	02:07.36	02:10.55	02:12.46
14				14	01:00.18	01:01.69	01:03.80	14	02:10.63	02:13.90	02:18.47
13				13	01:02.11	01:03.66	01:07.70	13	02:14.81	02:18.18	02:26.94
12				12		01:06.50	01:12.31	12		02:24.34	02:36.95

<u>400 Freestyle</u>				<u>800 Freestyle</u>				<u>1500 Freestyle</u>			
Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze
20+	04:09.81	04:13.56	04:16.06	20+	08:35.15	08:42.88	08:48.03	20+	16:26.75	16:41.55	16:51.42
19	04:12.34	04:16.12	04:18.64	19	08:40.35	08:48.16	08:53.36	19	16:36.72	16:51.67	17:01.64
18	04:15.14	04:18.97	04:21.52	18	08:46.14	08:56.66	09:01.92	18	16:47.80	17:07.96	17:18.04
17	04:18.50	04:22.38	04:24.97	17	08:53.07	09:06.40	09:09.06	17	17:01.08	17:26.61	17:31.71
16	04:22.71	04:29.27	04:31.90	16	09:01.74	09:17.99	09:23.41	16	17:17.68	17:48.81	17:59.19
15	04:28.07	04:34.77	04:38.79	15	09:12.79	09:29.38	09:37.67	15	17:38.86	18:10.62	18:26.51
14	04:34.94	04:41.81	04:51.44	14	09:26.97	09:43.98	10:03.82	14	18:06.01	18:38.59	19:16.60
13	04:43.74	04:50.83	05:09.27	13	09:45.11	10:02.66	10:37.77	13	18:40.75	19:14.37	20:21.62
12		05:03.79	05:30.34	12		10:26.47	11:21.21	12		19:59.97	21:44.83

<u>50 Butterfly</u>				<u>100 Butterfly</u>				<u>200 Butterfly</u>			
Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze
20+	00:26.39	00:26.78	00:27.05	20+	00:58.64	00:59.52	01:00.10	20+	02:10.53	02:12.49	02:13.79
19	00:26.65	00:27.05	00:27.32	19	00:59.23	01:00.12	01:00.71	19	02:11.85	02:13.82	02:15.14
18	00:26.95	00:27.36	00:27.62	18	00:59.89	01:00.79	01:01.38	18	02:13.31	02:15.31	02:16.65
17	00:27.31	00:27.72	00:27.99	17	01:00.68	01:01.59	01:02.19	17	02:15.07	02:17.09	02:18.45
16	00:27.75	00:28.44	00:28.72	16	01:01.66	01:03.20	01:03.82	16	02:17.26	02:20.70	02:22.07
15				15	01:02.92	01:04.49	01:05.44	15	02:20.07	02:23.57	02:25.67
14				14	01:04.53	01:06.15	01:08.41	14	02:23.66	02:27.25	02:32.28
13				13	01:06.60	01:08.26	01:12.59	13	02:28.25	02:31.96	02:41.60
12				12		01:11.31	01:17.54	12		02:38.73	02:52.60

<u>50 Backstroke</u>				<u>100 Backstroke</u>				<u>200 Backstroke</u>			
Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze
20+	00:28.35	00:28.77	00:29.05	20+	01:00.55	01:01.46	01:02.06	20+	02:11.16	02:13.13	02:14.44
19	00:28.63	00:29.06	00:29.35	19	01:01.16	01:02.08	01:02.69	19	02:12.48	02:14.47	02:15.80
18	00:28.95	00:29.39	00:29.67	18	01:01.84	01:02.77	01:03.39	18	02:13.96	02:15.97	02:17.31
17	00:29.33	00:29.77	00:30.07	17	01:02.65	01:03.59	01:04.22	17	02:15.72	02:17.76	02:19.12
16	00:29.81	00:30.55	00:30.85	16	01:03.67	01:05.27	01:05.90	16	02:17.93	02:21.38	02:22.76
15				15	01:04.97	01:06.60	01:07.57	15	02:20.74	02:24.26	02:26.37
14				14	01:06.64	01:08.30	01:10.64	14	02:24.35	02:27.96	02:33.01
13				13	01:08.77	01:10.49	01:14.96	13	02:28.97	02:32.70	02:42.38
12				12		01:13.63	01:20.07	12		02:39.50	02:53.44

<u>50 Breaststroke</u>				<u>100 Breaststroke</u>				<u>200 Breaststroke</u>			
Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze
20+	00:31.01	00:31.47	00:31.78	20+	01:07.60	01:08.62	01:09.29	20+	02:26.69	02:28.89	02:30.36
19	00:31.32	00:31.79	00:32.10	19	01:08.29	01:09.31	01:09.99	19	02:28.18	02:30.40	02:31.88
18	00:31.67	00:32.14	00:32.46	18	01:09.05	01:10.08	01:10.77	18	02:29.82	02:32.07	02:33.57
17	00:32.08	00:32.56	00:32.89	17	01:09.95	01:11.00	01:11.70	17	02:31.80	02:34.07	02:35.59
16	00:32.61	00:33.42	00:33.75	16	01:11.09	01:12.87	01:13.58	16	02:34.27	02:38.12	02:39.66
15				15	01:12.54	01:14.36	01:15.44	15	02:37.41	02:41.35	02:43.71
14				14	01:14.40	01:16.26	01:18.87	14	02:41.45	02:45.49	02:51.14
13				13	01:16.78	01:18.70	01:23.69	13	02:46.61	02:50.78	03:01.61
12				12		01:22.21	01:29.39	12		02:58.39	03:13.98

<u>200 IM</u>				<u>400 IM</u>			
Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze
20+	02:13.30	02:15.30	02:16.64	20+	04:42.60	04:46.84	04:49.67
19	02:14.65	02:16.67	02:18.02	19	04:45.46	04:49.74	04:52.59
18	02:16.15	02:18.19	02:19.55	18	04:48.63	04:52.96	04:55.85
17	02:17.94	02:20.01	02:21.39	17	04:52.43	04:56.82	04:59.74
16	02:20.18	02:23.69	02:25.09	16	04:57.19	05:04.62	05:07.59
15	02:23.04	02:26.62	02:28.77	15	05:03.25	05:10.84	05:15.38
14	02:26.71	02:30.38	02:35.51	14	05:11.03	05:18.81	05:29.69
13	02:31.41	02:35.19	02:45.03	13	05:20.98	05:29.00	05:49.87
12		02:42.11	02:56.27	12		05:43.67	06:13.70
12 yrs Junior Academy Minimum LC			02:59.99				
11 yrs Junior Academy Minimum LC			03:17.99				

MALE/OPEN SHORT COURSE 2024-25 times to achieve for selection to the 2025-26 squads

<u>50 Freestyle</u>				<u>100 Freestyle</u>				<u>200 Freestyle</u>			
Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze
21+				21+				21+			
20				20				20			
19				19				19			
18				18				18			
17		00:23.68	00:23.91	17		00:51.77	00:52.27	17		01:54.32	01:55.43
16		00:24.18	00:24.42	16		00:52.88	00:53.39	16		01:56.77	01:57.90
15				15		00:54.50	00:55.29	15		02:00.34	02:02.09
14				14		00:56.18	00:59.17	14		02:04.07	02:10.66
13				13		00:58.81	01:03.33	13		02:09.86	02:19.85
12				12			01:09.04	12			02:32.47

<u>400 Freestyle</u>				<u>800 Freestyle</u>				<u>1500 Freestyle</u>			
Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze
21+				21+				21+			
20				20				20			
19				19				19			
18				18				18			
17		04:03.14	04:05.52	17		08:24.84	08:29.77	17		16:05.29	16:14.71
16		04:08.36	04:10.78	16		08:35.67	08:40.70	16		16:26.00	16:35.62
15		04:15.97	04:20.94	15		08:51.48	09:01.80	15		16:56.22	17:15.95
14		04:23.89	04:36.70	14		09:07.91	09:34.51	14		17:27.64	18:18.50
13		04:34.88	04:58.90	13		09:30.74	10:15.07	13		18:11.30	19:25.46
12			05:23.06	12			11:04.94	12			21:00.26

<u>50 Butterfly</u>				<u>100 Butterfly</u>				<u>200 Butterfly</u>			
Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze
21+				21+				21+			
20				20				20			
19				19				19			
18				18				18			
17		00:25.17	00:25.41	17		00:55.57	00:56.11	17		02:04.13	02:05.33
16		00:25.71	00:25.96	16		00:56.76	00:57.31	16		02:06.79	02:08.02
15				15		00:58.50	00:59.35	15		02:10.67	02:12.56
14				14		01:00.31	01:03.52	14		02:14.71	02:21.87
13				13		01:03.13	01:07.98	13		02:21.00	02:31.85
12				12			01:14.12	12			02:45.55

<u>50 Backstroke</u>				<u>100 Backstroke</u>				<u>200 Backstroke</u>			
Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze
21+				21+				21+			
20				20				20			
19				19				19			
18				18				18			
17		00:26.70	00:26.96	17		00:57.36	00:57.92	17		02:04.90	02:06.11
16		00:27.28	00:27.54	16		00:58.59	00:59.16	16		02:07.58	02:08.81
15				15		01:00.38	01:01.26	15		02:11.48	02:13.39
14				14		01:02.25	01:05.56	14		02:15.55	02:22.75
13				13		01:05.16	01:10.17	13		02:21.88	02:32.79
12				12			01:16.50	12			02:46.58

<u>50 Breaststroke</u>				<u>100 Breaststroke</u>				<u>200 Breaststroke</u>			
Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze
21+				21+				21+			
20				20				20			
19				19				19			
18				18				18			
17		00:29.31	00:29.59	17		01:04.19	01:04.81	17		02:19.71	02:21.07
16		00:29.93	00:30.23	16		01:05.56	01:06.20	16		02:22.71	02:24.09
15				15		01:07.57	01:08.55	15		02:27.08	02:29.21
14				14		01:09.66	01:13.36	14		02:31.62	02:39.68
13				13		01:12.91	01:18.52	13		02:38.70	02:50.91
12				12			01:25.61	12			03:06.33

<u>200 IM</u>				<u>400 IM</u>			
Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze
21+				21+			
20				20			
19				19			
18				18			
17		02:06.68	02:07.91	17		04:30.72	04:33.36
16		02:09.39	02:10.65	16		04:36.52	04:39.22
15		02:13.35	02:15.29	15		04:45.00	04:50.53
14		02:17.48	02:24.78	14		04:53.81	05:10.93
13		02:23.90	02:34.97	13		05:06.05	05:32.80
12			02:48.95	12			05:59.69
12 yrs Junior Academy Minimum SC			02:55.99				
11 yrs Junior Academy Minimum SC			03:17.99				

FEMALE SHORT COURSE 2024-25 times to achieve for selection to the 2025-26 squads

<u>50 Freestyle</u>				<u>100 Freestyle</u>				<u>200 Freestyle</u>			
Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze
20+				20+				20+			
19				19				19			
18				18				18			
17				17				17			
16		00:26.39	00:26.65	16		00:57.23	00:57.79	16		02:04.23	02:05.44
15				15		00:58.40	00:59.26	15		02:06.76	02:08.62
14				14		00:59.90	01:01.95	14		02:10.01	02:14.45
13				13		01:01.82	01:05.74	13		02:14.17	02:22.68
12				12		01:04.57	01:10.21	12		02:20.15	02:32.40

<u>400 Freestyle</u>				<u>800 Freestyle</u>				<u>1500 Freestyle</u>			
Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze
20+				20+				20+			
19				19				19			
18				18				18			
17				17				17			
16		04:22.54	04:25.10	16		09:04.04	09:09.32	16		17:22.09	17:32.21
15		04:27.90	04:31.82	15		09:15.14	09:23.23	15		17:43.36	17:58.84
14		04:34.77	04:44.15	14		09:29.38	09:48.73	14		18:10.62	18:47.68
13		04:43.56	05:01.54	13		09:47.59	10:21.82	13		18:45.52	19:51.08
12		04:56.20	05:22.08	12		10:10.80	11:04.18	12		19:29.97	21:12.20

<u>50 Butterfly</u>				<u>100 Butterfly</u>				<u>200 Butterfly</u>			
Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze
20+				20+				20+			
19				19				19			
18				18				18			
17				17				17			
16		00:27.73	00:28.00	16		01:01.62	01:02.23	16		02:17.18	02:18.52
15				15		01:02.88	01:03.80	15		02:19.98	02:22.03
14				14		01:04.49	01:06.70	14		02:23.57	02:28.47
13				13		01:06.56	01:10.78	13		02:28.16	02:37.56
12				12		01:09.52	01:15.60	12		02:34.76	02:48.29

<u>50 Backstroke</u>				<u>100 Backstroke</u>				<u>200 Backstroke</u>			
Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze
20+				20+				20+			
19				19				19			
18				18				18			
17				17				17			
16		00:29.79	00:30.08	16		01:03.63	01:04.25	16		02:17.28	02:18.62
15				15		01:04.93	01:05.88	15		02:20.08	02:22.13
14				14		01:06.60	01:08.87	14		02:23.67	02:28.58
13				13		01:08.73	01:13.09	13		02:28.27	02:37.67
12				12		01:11.79	01:18.06	12		02:34.88	02:48.41

<u>50 Breaststroke</u>				<u>100 Breaststroke</u>				<u>200 Breaststroke</u>			
Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze
20+				20+				20+			
19				19				19			
18				18				18			
17				17				17			
16		00:32.45	00:32.77	16		01:10.76	01:11.45	16		02:33.54	02:35.03
15				15		01:12.20	01:13.26	15		02:36.67	02:38.96
14				14		01:14.05	01:16.58	14		02:40.69	02:46.17
13				13		01:16.42	01:21.27	13		02:45.83	02:56.34
12				12		01:19.83	01:26.80	12		02:53.22	03:08.35

<u>200 IM</u>				<u>400 IM</u>			
Age	Gold	Silver	Bronze	Age	Gold	Silver	Bronze
20+				20+			
19				19			
18				18			
17				17			
16		02:19.52	02:20.88	16		04:55.78	04:58.67
15		02:22.37	02:24.45	15		05:01.82	05:06.24
14		02:26.02	02:31.00	14		05:09.56	05:20.13
13		02:30.69	02:40.25	13		05:19.46	05:39.72
12		02:37.41	02:51.16	12		05:33.70	06:02.86
12 yrs Junior Academy Minimum SC			02:55.99				
11 yrs Junior Academy Minimum SC			03:15.99				

Marathon Swimming Selection Criteria

Swimmers achieving the following criteria will be considered for selection to the Scottish Swimming National Senior or Junior Team. 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 criteria:

Senior Team (Male/Open & Female 19+ years only) - Age as at 31st December 2025

Open Water

Achieve one of the following:

- 1st or 2nd place in an accredited domestic or overseas National Open Water Championship, European Aquatics or World Aquatics event over a distance of at least 5km (competition agreed in advance with the Scottish Swimming National Coach).
- 1st or 2nd place at the Swim England Open Water Championships (combined open rankings).
- Achieved 1st place among Scottish competitors (combined open rankings) in the Scottish Open Water 5km or 10km Championship.
- Performed with distinction whilst representing GB in open water competition (agreed between Scottish Swimming National Coach and Aquatics GB National Coach or Head of Pathway).

Junior Team (Male/Open & Female 15-18 years only) - Age as at 31st December 2025

Open Water

Achieve one of the following:

- 1st place among Scottish competitors in the Scottish Open Water 5km or 10km Championship (Junior and Senior categories only).
- 1st or 2nd place at the Swim England Open Water Age Group Championships 5km event for those aged 16 and older.
- 1st, 2nd or 3rd place in an accredited overseas National Open Water Championship over distance of at least 5km (competition agreed in advance with the Scottish Swimming National Coach).
- 1st place in an accredited overseas sub-national event over a distance of at least 5km (competition must be agreed in advance with the Scottish Swimming National Coach).

Pool (long course performances only)

Event	MALE/OPEN		FEMALE	
	1500m Freestyle	800m Freestyle	1500m Freestyle	800m Freestyle
Senior Team (19+ yrs)	15:53.25	8:14.29	17:14.79	8:59.36
Junior Team A (17/18 yrs)	16:16.94	8:30.44	17:41.29	9:11.69
Junior Team B (15/16 yrs)	16:48.81	8:44.99	17:48.00	9:17.54

One of these standards to be achieved as per the Senior/Junior meet achievement opportunities identified within the main selection document.

Process

- The process will be operated jointly by the Scottish Swimming Performance Team, and the Scottish Swimming Open Water Committee.
- Scottish Swimming Open Water Committee to review the selections following the qualifying events held during the summer.
- Names of identified swimmers to be forwarded to Scottish Swimming by 4th August 2025.
- Swimmers considered by Scottish Swimming National Coach.
- Formal nominations made by Scottish Swimming to the Aquatics High Performance Group (AHPG).
- AHPG review and confirm all selections.
- Confirmed swimmers notified of their selection through Scottish Swimming Performance Team and, in conjunction with the **sportscotland** institute of sport, included within the established support process for athletes and coaches.

Para-Swimming Selection Criteria

The following is the criteria for athletes to be considered for invitation to Scottish National Aquatics Programme 2025-26. This is subject to reviews in relation to both competition performance targets and commitment to achieving trainability in a home-based programme. Scottish Swimming continues to consider selection trends and the wider context of the sport when compiling the Para-Swimming selection criteria.

Summary

1. Within the Para-Swimming pathway, due to classification restrictions, there is a limitation on the number of events which are recognised as Paralympic championships events. Athletes will, therefore, be considered for selection on achieving one selection time from the recognised World Para-Swimming championship events in their classification as outlined within the document.
2. Athletes are encouraged to compete over a range of strokes and distances and the range of events in which times have been achieved will be considered when allocating swimmers to a National Squad.
3. Standards for the Para-Swimming Selection Criteria have been updated in line with the current world rankings.

Qualification:

1. Athletes will only be considered for invitation to the National Aquatics Programme providing they have either a "Confirmed" (C) or "Review" (R) WPS or Aquatics GB classification (S1-S13 inclusive), Virtus or WPS Registration (S14) or UKDS or ICSD classification (S15).
2. Athletes from the following age ranges (age as at 31st December 2025) will be eligible for consideration:

Classifications	Age Range
S1 – S5	10 to 23+ years
SB1 – SB4	
SM1 – SM5	
S6 – S15	10 to 19+ years
SB5 – SB9, SB11 – SB15	
SM6 – SM15	

3. Only times achieved in WPS events that are published in the WPS Swimming rulebook for WPS Regional, World or Paralympic Games (Long Course Championships) may be considered (S15 swimmers will align with events available to S13 athletes).
4. Any change in an athlete's classification at any time for whatever reason during the year will result in a review of the athlete's place on the programme. If the athlete has not achieved a consideration time for their new classification within an agreed period of time (minimum 3 months from the date of classification change) the athlete will be withdrawn from the programme.
5. Athletes wishing to be considered for the 2025-26 National Aquatics programme must have achieved the published times for their age (as at 31st December 2025) in a designated Long Course or Short Course competition between 1st November 2024 and 3rd August 2025 inclusive. For this period of time designated events will be:

Para-Swimming Eligible Selection Meets
<ul style="list-style-type: none"> • District Championships (between 1st November 2024 – 3rd August 2025) • Aquatics GB Para-Swimming Winter Meet (Birmingham, November 2024) • Aquatics GB Swimming Championships (April 2025) • National Junior Para Championships (June 2025) • Scottish National Open Championships (June 2025) • British Summer Meet (July 2025) <p>Additional meets may be used in agreement with the National Coach and Disability Performance Development Manager. British Representative and International Meets as agreed in advance with the National Coach.</p>

- a. Split times will not be considered.
- b. Only results from electronic timing will be considered.

General

To be considered for invitation to the Scottish National Aquatics Programme, athletes must meet the above criteria. Although the criteria should be seen as a pre-requisite for consideration it does not necessarily guarantee invitation. The Aquatics High Performance Group reserve the right to include a swimmer within the Scottish National Aquatics Programme in the case of exceptional circumstances – e.g. acquired disability, injury, illness. In these instances, the Disability Performance Development Manager will discuss the swimmer's situation with the swimmer's coach prior to any final decision. Any appeals against selection in relation to this selection policy must be made in accordance with the Scottish Swimming appeals procedure outlined in Appendix 4.

National Squad Selection

Athletes selected will be supported through one of the National Squad Programmes appropriate to their age and stage as advised by the Scottish Swimming Disability Performance Development Manager and agreed by the selection group. Swimmers may be considered for selection to the Scottish National Aquatics Programme through the discretionary nomination process outlined within **section 5.3** of the main National Aquatics Programme Selection Document.

2025/26 Scottish Para-Swimming Consideration Times

Male/Open

50m FREESTYLE	10 to 14 years (inclusive)	15 years	16 years	17 years	18 years	19 years	20 years	21 years	22 years	23 years
S1	2:51.08	2:38.31	2:25.55	2:15.33	2:07.67	2:02.56	1:57.46	1:54.39	1:52.35	1:49.80
S2	1:42.26	1:34.63	1:27.00	1:20.89	1:16.31	1:13.26	1:10.21	1:08.38	1:07.15	1:05.63
S3	1:16.31	1:10.61	1:04.92	1:00.36	0:56.95	0:54.67	0:52.39	0:51.02	0:50.11	0:48.97
S4	1:03.83	0:59.06	0:54.30	0:50.49	0:47.63	0:45.73	0:43.82	0:42.68	0:41.92	0:40.96
S5	0:53.78	0:49.76	0:45.75	0:42.54	0:40.13	0:38.53	0:36.92	0:35.96	0:35.32	0:34.51
50m FREESTYLE	10 years	11 years	12 years	13 years	14 years	15 years	16 years	17 years	18 years	19 years
S6	0:50.22	0:46.47	0:42.72	0:39.72	0:37.47	0:35.98	0:34.48	0:33.58	0:32.98	0:32.23
S7	0:46.80	0:43.30	0:39.81	0:37.02	0:34.92	0:33.53	0:32.13	0:31.29	0:30.73	0:30.03
S8	0:45.40	0:42.01	0:38.62	0:35.91	0:33.88	0:32.53	0:31.17	0:30.36	0:29.82	0:29.14
S9	0:42.55	0:39.37	0:36.20	0:33.66	0:31.75	0:30.48	0:29.21	0:28.45	0:27.94	0:27.31
S10	0:39.64	0:36.68	0:33.72	0:31.36	0:29.58	0:28.40	0:27.21	0:26.50	0:26.03	0:25.44
S11	0:44.01	0:40.73	0:37.44	0:34.81	0:32.84	0:31.53	0:30.22	0:29.43	0:28.90	0:28.25
S12	0:40.48	0:37.46	0:34.44	0:32.02	0:30.21	0:29.00	0:27.79	0:27.06	0:26.58	0:25.98
S13	0:40.30	0:37.30	0:34.29	0:31.88	0:30.08	0:28.87	0:27.67	0:26.95	0:26.47	0:25.87
S15	0:40.35	0:37.34	0:34.33	0:31.92	0:30.12	0:28.91	0:27.71	0:26.98	0:26.50	0:25.90
100m FREESTYLE	10 to 14 years (inclusive)	15 years	16 years	17 years	18 years	19 years	20 years	21 years	22 years	23 years
S1	5:28.22	5:03.72	4:39.23	4:19.63	4:04.94	3:55.14	3:45.34	3:39.46	3:35.54	3:30.65
S2	3:40.60	3:24.14	3:07.67	2:54.50	2:44.63	2:38.04	2:31.46	2:27.50	2:24.87	2:21.58
S3	2:53.20	2:40.27	2:27.35	2:17.01	2:09.25	2:04.08	1:58.91	1:55.81	1:53.74	1:51.16
S4	2:19.85	2:09.42	1:58.98	1:50.63	1:44.37	1:40.19	1:36.02	1:33.51	1:31.84	1:29.76
S5	1:59.60	1:50.67	1:41.75	1:34.61	1:29.25	1:25.68	1:22.11	1:19.97	1:18.54	1:16.75
100m FREESTYLE	10 years	11 years	12 years	13 years	14 years	15 years	16 years	17 years	18 years	19 years
S6	1:50.17	1:41.95	1:33.73	1:27.15	1:22.22	1:18.93	1:15.64	1:13.67	1:12.35	1:10.71
S7	1:42.86	1:35.19	1:27.51	1:21.37	1:16.76	1:13.69	1:10.62	1:08.78	1:07.55	1:06.02
S8	1:39.13	1:31.74	1:24.34	1:18.42	1:13.98	1:11.02	1:08.06	1:06.29	1:05.10	1:03.62
S9	1:33.87	1:26.86	1:19.86	1:14.25	1:10.05	1:07.25	1:04.45	1:02.76	1:01.64	1:00.24
S10	1:26.97	1:20.48	1:13.99	1:08.79	1:04.90	1:02.30	0:59.71	0:58.15	0:57.11	0:55.81
S11	1:38.84	1:31.47	1:24.09	1:18.19	1:13.76	1:10.81	1:07.86	1:06.09	1:04.91	1:03.44
S12	1:29.39	1:22.72	1:16.05	1:10.72	1:06.71	1:04.04	1:01.38	0:59.77	0:58.71	0:57.37
S13	1:29.03	1:22.39	1:15.74	1:10.43	1:06.44	1:03.78	1:01.13	0:59.53	0:58.47	0:57.14
S14	1:28.27	1:21.68	1:15.10	1:09.83	1:05.87	1:03.24	1:00.60	0:59.02	0:57.97	0:56.65
S15	1:29.50	1:22.82	1:16.14	1:10.79	1:06.79	1:04.12	1:01.44	0:59.84	0:58.77	0:57.44
200m FREESTYLE	10 to 14 years (inclusive)	15 years	16 years	17 years	18 years	19 years	20 years	21 years	22 years	23 years
S1	9:13.39	8:32.10	7:50.80	7:17.76	6:52.98	6:36.46	6:19.94	6:10.03	6:03.42	5:55.16
S2	7:08.16	6:36.21	6:04.25	5:38.69	5:19.52	5:06.74	4:53.96	4:46.29	4:41.18	4:34.79
S3	5:45.71	5:19.91	4:54.11	4:33.47	4:17.99	4:07.67	3:57.35	3:51.16	3:47.03	3:41.87
S4	4:57.22	4:35.04	4:12.86	3:55.11	3:41.80	3:32.93	3:24.06	3:18.74	3:15.19	3:10.75
S5	4:21.39	4:01.89	3:42.38	3:26.77	3:15.07	3:07.27	2:59.46	2:54.78	2:51.66	2:47.76
200m FREESTYLE	10 years	11 years	12 years	13 years	14 years	15 years	16 years	17 years	18 years	19 years
S14	3:11.72	2:57.41	2:43.10	2:31.66	2:23.07	2:17.35	2:11.63	2:08.19	2:05.90	2:03.04
400m FREESTYLE	10 years	11 years	12 years	13 years	14 years	15 years	16 years	17 years	18 years	19 years
S6	8:35.35	7:56.89	7:18.43	6:47.66	6:24.59	6:09.20	5:53.82	5:44.59	5:38.44	5:30.75
S7	7:50.75	7:15.62	6:40.49	6:12.38	5:51.31	5:37.25	5:23.20	5:14.77	5:09.15	5:02.12
S8	7:32.30	6:58.55	6:24.79	5:57.79	5:37.54	5:24.04	5:10.53	5:02.43	4:57.03	4:50.28
S9	7:07.43	6:35.53	6:03.64	5:38.12	5:18.98	5:06.22	4:53.46	4:45.80	4:40.70	4:34.32
S10	6:59.92	6:28.58	5:57.25	5:32.18	5:13.37	5:00.84	4:48.30	4:40.78	4:35.77	4:29.50
S11	7:41.96	7:07.48	6:33.01	6:05.43	5:44.74	5:30.95	5:17.16	5:08.89	5:03.37	4:56.48
S12	7:37.64	7:03.49	6:29.33	6:02.01	5:41.52	5:27.86	5:14.20	5:06.00	5:00.54	4:53.71
S13	6:52.91	6:22.10	5:51.28	5:26.63	5:08.14	4:55.82	4:43.49	4:36.10	4:31.17	4:25.00
S15	6:53.23	6:22.39	5:51.55	5:26.88	5:08.38	4:56.05	4:43.71	4:36.31	4:31.38	4:25.21
50m BUTTERFLY	10 to 14 years (inclusive)	15 years	16 years	17 years	18 years	19 years	20 years	21 years	22 years	23 years
S1	0:00.00	0:00.00	0:00.00	0:00.00	0:00.00	0:00.00	0:00.00	0:00.00	0:00.00	0:00.00
S2	3:11.58	2:57.28	2:42.98	2:31.55	2:22.97	2:17.25	2:11.53	2:08.10	2:05.81	2:02.95
S3	1:37.25	1:30.00	1:22.74	1:16.93	1:12.58	1:09.68	1:06.77	1:05.03	1:03.87	1:02.42
S4	1:17.44	1:11.66	1:05.88	1:01.26	0:57.79	0:55.48	0:53.17	0:51.78	0:50.86	0:49.70
S5	0:55.77	0:51.61	0:47.45	0:44.12	0:41.62	0:39.95	0:38.29	0:37.29	0:36.62	0:35.79
50m BUTTERFLY	10 years	11 years	12 years	13 years	14 years	15 years	16 years	17 years	18 years	19 years
S6	0:52.85	0:48.91	0:44.97	0:41.81	0:39.44	0:37.87	0:36.29	0:35.34	0:34.71	0:33.92
S7	0:49.30	0:45.62	0:41.94	0:39.00	0:36.79	0:35.32	0:33.85	0:32.97	0:32.38	0:31.64
100m BUTTERFLY	10 years	11 years	12 years	13 years	14 years	15 years	16 years	17 years	18 years	19 years
S8	1:46.32	1:38.39	1:30.45	1:24.10	1:19.34	1:16.17	1:13.00	1:11.09	1:09.82	1:08.24
S9	1:42.13	1:34.51	1:26.89	1:20.79	1:16.22	1:13.17	1:10.12	1:08.29	1:07.07	1:05.55
S10	1:36.48	1:29.28	1:22.08	1:16.32	1:12.00	1:09.12	1:06.24	1:04.51	1:03.36	1:01.92
S11	1:46.80	1:38.83	1:30.86	1:24.48	1:19.70	1:16.51	1:13.32	1:11.41	1:10.14	1:08.54
S12	1:37.54	1:30.26	1:22.98	1:17.16	1:12.79	1:09.88	1:06.97	1:05.22	1:04.06	1:02.60
S13	1:35.01	1:27.92	1:20.83	1:15.16	1:10.90	1:08.07	1:05.23	1:03.53	1:02.39	1:00.98
S14	1:34.02	1:27.01	1:19.99	1:14.38	1:10.17	1:07.36	1:04.55	1:02.87	1:01.75	1:00.34
S15	1:34.40	1:27.36	1:20.31	1:14.68	1:10.45	1:07.63	1:04.81	1:03.12	1:02.00	1:00.59

2025/26 Scottish Para-Swimming Consideration Times (*cont'd*)

Male/Open

50m BACKSTROKE	10 to 14 years (inclusive)	15 years	16 years	17 years	18 years	19 years	20 years	21 years	22 years	23 years
S1	2:11.03	2:01.25	1:51.47	1:43.65	1:37.78	1:33.87	1:29.96	1:27.61	1:26.05	1:24.09
S2	1:36.12	1:28.94	1:21.77	1:16.03	1:11.73	1:08.86	1:05.99	1:04.27	1:03.12	1:01.69
S3	1:18.06	1:12.24	1:06.41	1:01.75	0:58.26	0:55.93	0:53.60	0:52.20	0:51.27	0:50.10
S4	1:12.74	1:07.31	1:01.88	0:57.54	0:54.28	0:52.11	0:49.94	0:48.64	0:47.77	0:46.68
S5	0:58.85	0:54.46	0:50.06	0:46.55	0:43.92	0:42.16	0:40.40	0:39.35	0:38.65	0:37.77
100m BACKSTROKE	10 to 14 years (inclusive)	15 years	16 years	17 years	18 years	19 years	20 years	21 years	22 years	23 years
S1	4:40.77	4:19.81	3:58.86	3:42.10	3:29.53	3:21.15	3:12.77	3:07.74	3:04.38	3:00.19
S2	3:24.91	3:09.62	2:54.33	2:42.09	2:32.92	2:26.80	2:20.69	2:17.02	2:14.57	2:11.51
100m BACKSTROKE	10 years	11 years	12 years	13 years	14 years	15 years	16 years	17 years	18 years	19 years
S6	2:08.07	1:58.51	1:48.96	1:41.31	1:35.57	1:31.75	1:27.93	1:25.64	1:24.11	1:22.19
S7	1:57.73	1:48.95	1:40.16	1:33.13	1:27.86	1:24.34	1:20.83	1:18.72	1:17.32	1:15.56
S8	1:53.53	1:45.06	1:36.59	1:29.81	1:24.73	1:21.34	1:17.95	1:15.91	1:14.56	1:12.86
S9	1:43.50	1:35.78	1:28.05	1:21.88	1:17.24	1:14.15	1:11.06	1:09.21	1:07.97	1:06.43
S10	1:41.98	1:34.37	1:26.76	1:20.67	1:16.11	1:13.06	1:10.02	1:08.19	1:06.97	1:05.45
S11	1:56.07	1:47.41	1:38.75	1:31.82	1:26.62	1:23.16	1:19.69	1:17.61	1:16.23	1:14.49
S12	1:44.30	1:36.51	1:28.73	1:22.50	1:17.83	1:14.72	1:11.61	1:09.74	1:08.49	1:06.94
S13	1:40.37	1:32.88	1:25.39	1:19.40	1:14.90	1:11.91	1:08.91	1:07.11	1:05.91	1:04.42
S14	1:40.35	1:32.86	1:25.37	1:19.38	1:14.88	1:11.89	1:08.89	1:07.10	1:05.90	1:04.40
S15	1:39.55	1:32.12	1:24.69	1:18.74	1:14.29	1:11.32	1:08.34	1:06.56	1:05.37	1:03.89
50m BREASTSTROKE	10 to 14 years (inclusive)	15 years	16 years	17 years	18 years	19 years	20 years	21 years	22 years	23 years
SB1	3:40.30	3:23.86	3:07.42	2:54.27	2:44.41	2:37.83	2:31.25	2:27.31	2:24.68	2:21.39
SB2	1:45.32	1:37.46	1:29.60	1:23.31	1:18.59	1:15.45	1:12.31	1:10.42	1:09.16	1:07.59
SB3	1:23.41	1:17.19	1:10.96	1:05.98	1:02.25	0:59.76	0:57.27	0:55.77	0:54.78	0:53.53
100m BREASTSTROKE	10 to 14 years (inclusive)	15 years	16 years	17 years	18 years	19 years	20 years	21 years	22 years	23 years
SB4	2:57.10	2:43.88	2:30.67	2:20.09	2:12.16	2:06.88	2:01.59	1:58.42	1:56.30	1:53.66
100m BREASTSTROKE	10 years	11 years	12 years	13 years	14 years	15 years	16 years	17 years	18 years	19 years
SB5	2:34.87	2:23.31	2:11.76	2:02.51	1:55.57	1:50.95	1:46.33	1:43.56	1:41.71	1:39.39
SB6	2:22.06	2:11.46	2:00.85	1:52.37	1:46.01	1:41.77	1:37.53	1:34.99	1:33.29	1:31.17
SB7	2:14.70	2:04.65	1:54.60	1:46.56	1:40.53	1:36.50	1:32.48	1:30.07	1:28.46	1:26.45
SB8	2:02.26	1:53.14	1:44.01	1:36.72	1:31.24	1:27.59	1:23.94	1:21.75	1:20.29	1:18.47
SB9	1:55.62	1:46.99	1:38.36	1:31.46	1:26.28	1:22.83	1:19.38	1:17.31	1:15.93	1:14.20
SB11	2:02.79	1:53.62	1:44.46	1:37.13	1:31.63	1:27.97	1:24.30	1:22.10	1:20.64	1:18.80
SB12	1:51.99	1:43.63	1:35.27	1:28.59	1:23.57	1:20.23	1:16.89	1:14.88	1:13.54	1:11.87
SB13	1:49.69	1:41.51	1:33.32	1:26.77	1:21.86	1:18.58	1:15.31	1:13.35	1:12.04	1:10.40
SB14	1:49.66	1:41.48	1:33.29	1:26.75	1:21.84	1:18.56	1:15.29	1:13.33	1:12.02	1:10.38
SB15	1:52.33	1:43.94	1:35.56	1:28.85	1:23.82	1:20.47	1:17.12	1:15.11	1:13.77	1:12.09
150m INDIVIDUAL MEDLEY	10 to 14 years (inclusive)	15 years	16 years	17 years	18 years	19 years	20 years	21 years	22 years	23 years
SM1	0:00.00	0:00.00	0:00.00	0:00.00	0:00.00	0:00.00	0:00.00	0:00.00	0:00.00	0:00.00
SM2	7:51.13	7:15.97	6:40.81	6:12.69	5:51.59	5:37.53	5:23.46	5:15.03	5:09.40	5:02.37
SM3	5:06.12	4:43.28	4:20.43	4:02.16	3:48.45	3:39.31	3:30.17	3:24.69	3:21.04	3:16.47
SM4	4:27.12	4:07.18	3:47.25	3:31.30	3:19.34	3:11.37	3:03.39	2:58.61	2:55.42	2:51.43
200m INDIVIDUAL MEDLEY	10 to 14 years (inclusive)	15 years	16 years	17 years	18 years	19 years	20 years	21 years	22 years	23 years
SM5	5:27.91	5:03.44	4:38.97	4:19.40	4:04.71	3:54.92	3:45.14	3:39.26	3:35.35	3:30.45
200m INDIVIDUAL MEDLEY	10 years	11 years	12 years	13 years	14 years	15 years	16 years	17 years	18 years	19 years
SM6	4:32.33	4:12.01	3:51.68	3:35.43	3:23.23	3:15.10	3:06.97	3:02.10	2:58.84	2:54.78
SM7	4:14.60	3:55.60	3:36.60	3:21.40	3:10.00	3:02.40	2:54.80	2:50.24	2:47.20	2:43.40
SM8	4:03.28	3:45.12	3:26.97	3:12.44	3:01.55	2:54.29	2:47.03	2:42.67	2:39.76	2:36.13
SM9	3:51.16	3:33.91	3:16.66	3:02.86	2:52.51	2:45.61	2:38.71	2:34.57	2:31.81	2:28.36
SM10	3:42.39	3:25.79	3:09.19	2:55.92	2:45.96	2:39.32	2:32.68	2:28.70	2:26.04	2:22.73
SM11	4:06.77	3:48.36	3:29.94	3:15.21	3:04.16	2:56.79	2:49.43	2:45.01	2:42.06	2:38.38
SM12	3:59.51	3:41.64	3:23.76	3:09.47	2:58.74	2:51.59	2:44.44	2:40.15	2:37.29	2:33.72
SM13	3:39.50	3:23.12	3:06.74	2:53.63	2:43.81	2:37.25	2:30.70	2:26.77	2:24.15	2:20.87
SM14	3:38.47	3:22.17	3:05.87	2:52.82	2:43.04	2:36.52	2:30.00	2:26.08	2:23.48	2:20.21
SM15	3:38.02	3:21.75	3:05.48	2:52.46	2:42.70	2:36.19	2:29.68	2:25.78	2:23.18	2:19.92

2025/26 Scottish Para-Swimming Consideration Times (cont'd)

Female

50m FREESTYLE	10 to 14 years (inclusive)	15 years	16 years	17 years	18 years	19 years	20 years	21 years	22 years	23 years
S1	2:20.88	2:10.37	1:59.86	1:51.45	1:45.14	1:40.93	1:36.73	1:34.20	1:32.52	1:30.42
S2	2:04.00	1:54.75	1:45.49	1:38.09	1:32.54	1:28.84	1:25.13	1:22.91	1:21.43	1:19.58
S3	1:32.17	1:25.29	1:18.41	1:12.91	1:08.78	1:06.03	1:03.28	1:01.63	1:00.53	0:59.15
S4	1:08.40	1:03.29	0:58.19	0:54.11	0:51.04	0:49.00	0:46.96	0:45.74	0:44.92	0:43.90
S5	1:03.19	0:58.47	0:53.75	0:49.98	0:47.15	0:45.27	0:43.38	0:42.25	0:41.49	0:40.55
50m FREESTYLE	10 years	11 years	12 years	13 years	14 years	15 years	16 years	17 years	18 years	19 years
S6	0:55.89	0:51.72	0:47.55	0:44.21	0:41.71	0:40.04	0:38.37	0:37.37	0:36.70	0:35.87
S7	0:55.68	0:51.52	0:47.37	0:44.04	0:41.55	0:39.89	0:38.23	0:37.23	0:36.56	0:35.73
S8	0:51.64	0:47.78	0:43.93	0:40.85	0:38.53	0:36.99	0:35.45	0:34.53	0:33.91	0:33.14
S9	0:48.14	0:44.55	0:40.95	0:38.08	0:35.93	0:34.49	0:33.05	0:32.19	0:31.61	0:30.90
S10	0:46.91	0:43.41	0:39.91	0:37.11	0:35.01	0:33.61	0:32.21	0:31.37	0:30.81	0:30.11
S11	0:50.80	0:47.01	0:43.22	0:40.18	0:37.91	0:36.39	0:34.88	0:33.97	0:33.36	0:32.60
S12	0:46.60	0:43.12	0:39.64	0:36.86	0:34.78	0:33.38	0:31.99	0:31.16	0:30.60	0:29.91
S13	0:46.16	0:42.71	0:39.27	0:36.51	0:34.45	0:33.07	0:31.69	0:30.86	0:30.31	0:29.62
S15	38:38.70	55:27.75	12:16.80	37:44.04	11:49.47	54:33.10	37:16.72	26:54.89	20:00.34	11:22.15
100m FREESTYLE	10 to 14 years (inclusive)	15 years	16 years	17 years	18 years	19 years	20 years	21 years	22 years	23 years
S1	6:58.13	6:26.93	5:55.72	5:30.76	5:12.04	4:59.56	4:47.07	4:39.59	4:34.59	4:28.35
S2	4:56.33	4:34.22	4:12.10	3:54.41	3:41.14	3:32.30	3:23.45	3:18.14	3:14.61	3:10.18
S3	3:07.76	2:53.75	2:39.74	2:28.53	2:20.12	2:14.51	2:08.91	2:05.55	2:03.30	2:00.50
S4	2:34.10	2:22.60	2:11.10	2:01.90	1:55.00	1:50.40	1:45.80	1:43.04	1:41.20	1:38.90
S5	2:17.67	2:07.39	1:57.12	1:48.90	1:42.74	1:38.63	1:34.52	1:32.05	1:30.41	1:28.35
100m FREESTYLE	10 years	11 years	12 years	13 years	14 years	15 years	16 years	17 years	18 years	19 years
S6	2:04.03	1:54.77	1:45.52	1:38.11	1:32.56	1:28.86	1:25.15	1:22.93	1:21.45	1:19.60
S7	2:00.92	1:51.90	1:42.87	1:35.66	1:30.24	1:26.63	1:23.02	1:20.86	1:19.41	1:17.61
S8	1:52.30	1:43.92	1:35.54	1:28.83	1:23.80	1:20.45	1:17.10	1:15.09	1:13.75	1:12.07
S9	1:45.38	1:37.51	1:29.65	1:23.36	1:18.64	1:15.49	1:12.35	1:10.46	1:09.20	1:07.63
S10	1:42.03	1:34.41	1:26.80	1:20.71	1:16.14	1:13.09	1:10.05	1:08.22	1:07.00	1:05.48
S11	1:54.61	1:46.06	1:37.51	1:30.66	1:25.53	1:22.11	1:18.69	1:16.64	1:15.27	1:13.56
S12	1:41.87	1:34.27	1:26.66	1:20.58	1:16.02	1:12.98	1:09.94	1:08.12	1:06.90	1:05.38
S13	1:40.78	1:33.26	1:25.74	1:19.72	1:15.21	1:12.20	1:09.19	1:07.38	1:06.18	1:04.68
S14	1:41.66	1:34.07	1:26.49	1:20.42	1:15.87	1:12.83	1:09.80	1:07.98	1:06.76	1:05.24
S15	1:40.86	1:33.34	1:25.81	1:19.79	1:15.27	1:12.26	1:09.25	1:07.44	1:06.24	1:04.73
200m FREESTYLE	10 to 14 years (inclusive)	15 years	16 years	17 years	18 years	19 years	20 years	21 years	22 years	23 years
S1	11:05.70	10:16.02	9:26.34	8:46.59	8:16.79	7:56.92	7:37.04	7:25.12	7:17.17	7:07.24
S2	4:16.55	3:57.40	3:38.26	3:22.94	3:11.45	3:03.80	2:56.14	2:51.54	2:48.48	2:44.65
S3	7:32.24	6:58.49	6:24.74	5:57.74	5:37.49	5:23.99	5:10.49	5:02.39	4:56.99	4:50.24
S4	5:40.49	5:15.08	4:49.67	4:29.34	4:14.09	4:03.93	3:53.77	3:47.67	3:43.60	3:38.52
S5	4:51.06	4:29.34	4:07.62	3:50.25	3:37.21	3:28.52	3:19.84	3:14.62	3:11.15	3:06.80
200m FREESTYLE	10 years	11 years	12 years	13 years	14 years	15 years	16 years	17 years	18 years	19 years
S14	3:34.51	3:18.50	3:02.50	2:49.69	2:40.08	2:33.68	2:27.28	2:23.44	2:20.87	2:17.67
400m FREESTYLE	10 years	11 years	12 years	13 years	14 years	15 years	16 years	17 years	18 years	19 years
S6	8:57.37	8:17.26	7:37.16	7:05.08	6:41.02	6:24.98	6:08.94	5:59.31	5:52.90	5:44.88
S7	8:49.95	8:10.40	7:30.85	6:59.21	6:35.48	6:19.67	6:03.85	5:54.35	5:48.03	5:40.12
S8	8:17.41	7:40.29	7:03.17	6:33.48	6:11.20	5:56.35	5:41.51	5:32.60	5:26.66	5:19.23
S9	7:55.48	7:20.00	6:44.51	6:16.13	5:54.84	5:40.64	5:26.45	5:17.93	5:12.26	5:05.16
S10	7:45.49	7:10.75	6:36.01	6:08.22	5:47.38	5:33.48	5:19.59	5:11.25	5:05.69	4:58.75
S11	8:51.76	8:12.08	7:32.39	7:00.65	6:36.84	6:20.96	6:05.09	5:55.57	5:49.22	5:41.28
S12	8:12.18	7:35.45	6:58.72	6:29.33	6:07.30	5:52.60	5:37.91	5:29.10	5:23.22	5:15.88
S13	7:46.62	7:11.80	6:36.97	6:09.12	5:48.22	5:34.29	5:20.36	5:12.01	5:06.44	4:59.47
S15	0:00.00	0:00.00	0:00.00	0:00.00	0:00.00	0:00.00	0:00.00	0:00.00	0:00.00	0:00.00
50m BUTTERFLY	10 to 14 years (inclusive)	15 years	16 years	17 years	18 years	19 years	20 years	21 years	22 years	23 years
S1	0:00.00	0:00.00	0:00.00	0:00.00	0:00.00	0:00.00	0:00.00	0:00.00	0:00.00	0:00.00
S2	41:46.65	58:21.67	14:56.70	40:12.72	14:09.74	56:47.75	39:25.76	29:00.56	22:03.77	13:22.77
S3	2:10.97	2:01.19	1:51.42	1:43.60	1:37.74	1:33.83	1:29.92	1:27.57	1:26.01	1:24.05
S4	1:50.34	1:42.11	1:33.88	1:27.29	1:22.35	1:19.05	1:15.76	1:13.78	1:12.47	1:10.82
S5	1:16.10	1:10.42	1:04.74	1:00.20	0:56.79	0:54.52	0:52.25	0:50.89	0:49.98	0:48.84
50m BUTTERFLY	10 years	11 years	12 years	13 years	14 years	15 years	16 years	17 years	18 years	19 years
S6	1:01.58	0:56.98	0:52.39	0:48.71	0:45.95	0:44.12	0:42.28	0:41.17	0:40.44	0:39.52
S7	0:59.01	0:54.61	0:50.21	0:46.68	0:44.04	0:42.28	0:40.52	0:39.46	0:38.76	0:37.87
100m BUTTERFLY	10 years	11 years	12 years	13 years	14 years	15 years	16 years	17 years	18 years	19 years
S8	2:06.21	1:56.79	1:47.37	1:39.84	1:34.18	1:30.42	1:26.65	1:24.39	1:22.88	1:21.00
S9	1:54.22	1:45.70	1:37.17	1:30.36	1:25.24	1:21.83	1:18.42	1:16.38	1:15.01	1:13.31
S10	1:53.32	1:44.87	1:36.41	1:29.64	1:24.57	1:21.19	1:17.80	1:15.77	1:14.42	1:12.73
S11	2:48.25	2:35.69	2:23.14	2:13.09	2:05.56	2:00.54	1:55.51	1:52.50	1:50.49	1:47.98
S12	1:52.84	1:44.42	1:36.00	1:29.26	1:24.21	1:20.84	1:17.47	1:15.45	1:14.10	1:12.42
S13	1:49.98	1:41.78	1:33.57	1:27.00	1:22.08	1:18.79	1:15.51	1:13.54	1:12.23	1:10.59
S14	1:49.89	1:41.69	1:33.49	1:26.93	1:22.01	1:18.73	1:15.45	1:13.48	1:12.17	1:10.53
S15	1:50.92	1:42.64	1:34.36	1:27.74	1:22.78	1:19.46	1:16.15	1:14.17	1:12.84	1:11.19

2025/26 Scottish Para-Swimming Consideration Times (*cont'd*)

Female

50m BACKSTROKE	10 to 14 years (inclusive)	15 years	16 years	17 years	18 years	19 years	20 years	21 years	22 years	23 years
S1	3:47.65	3:30.66	3:13.67	3:00.08	2:49.89	2:43.09	2:36.30	2:32.22	2:29.50	2:26.10
S2	1:59.49	1:50.57	1:41.66	1:34.52	1:29.17	1:25.60	1:22.04	1:19.90	1:18.47	1:16.69
S3	1:36.55	1:29.35	1:22.14	1:16.38	1:12.05	1:09.17	1:06.29	1:04.56	1:03.41	1:01.97
S4	1:26.25	1:19.81	1:13.38	1:08.23	1:04.37	1:01.79	0:59.22	0:57.67	0:56.64	0:55.35
S5	1:13.63	1:08.14	1:02.64	0:58.25	0:54.95	0:52.75	0:50.55	0:49.24	0:48.36	0:47.26
100m BACKSTROKE	10 to 14 years (inclusive)	15 years	16 years	17 years	18 years	19 years	20 years	21 years	22 years	23 years
S1	7:31.09	6:57.43	6:23.77	5:56.84	5:36.64	5:23.17	5:09.71	5:01.63	4:56.24	4:49.51
S2	4:16.55	3:57.40	3:38.26	3:22.94	3:11.45	3:03.80	2:56.14	2:51.54	2:48.48	2:44.65
100m BACKSTROKE	10 years	11 years	12 years	13 years	14 years	15 years	16 years	17 years	18 years	19 years
S6	2:18.30	2:07.98	1:57.66	1:49.40	1:43.21	1:39.08	1:34.95	1:32.47	1:30.82	1:28.76
S7	2:44.89	2:32.59	2:20.28	2:10.44	2:03.05	1:58.13	1:53.21	1:50.26	1:48.29	1:45.83
S8	2:10.48	2:00.74	1:51.01	1:43.22	1:37.37	1:33.48	1:29.58	1:27.25	1:25.69	1:23.74
S9	1:57.58	1:48.81	1:40.03	1:33.01	1:27.75	1:24.24	1:20.73	1:18.62	1:17.22	1:15.46
S10	1:56.47	1:47.78	1:39.08	1:32.13	1:26.92	1:23.44	1:19.96	1:17.88	1:16.49	1:14.75
S11	2:12.82	2:02.91	1:53.00	1:45.07	1:39.12	1:35.16	1:31.19	1:28.81	1:27.23	1:25.24
S12	1:59.64	1:50.71	1:41.78	1:34.64	1:29.28	1:25.71	1:22.14	1:20.00	1:18.57	1:16.78
S13	1:52.66	1:44.25	1:35.84	1:29.12	1:24.07	1:20.71	1:17.35	1:15.33	1:13.98	1:12.30
S14	1:54.04	1:45.53	1:37.02	1:30.21	1:25.11	1:21.70	1:18.30	1:16.26	1:14.89	1:13.19
S15	1:52.89	1:54.79	1:45.54	1:38.13	1:32.57	1:28.87	1:25.17	1:22.95	1:21.47	1:19.61
50m BREASTSTROKE	10 to 14 years (inclusive)	15 years	16 years	17 years	18 years	19 years	20 years	21 years	22 years	23 years
SB1	3:47.50	3:30.52	3:13.54	2:59.96	2:49.78	2:42.98	2:36.19	2:32.12	2:29.40	2:26.01
SB2	2:45.85	2:33.47	2:21.09	2:11.19	2:03.77	1:58.81	1:53.86	1:50.89	1:48.91	1:46.44
SB3	1:39.59	1:32.16	1:24.73	1:18.78	1:14.32	1:11.35	1:08.38	1:06.59	1:05.40	1:03.92
100m BREASTSTROKE	10 to 14 years (inclusive)	15 years	16 years	17 years	18 years	19 years	20 years	21 years	22 years	23 years
SB4	3:13.79	2:59.33	2:44.87	2:33.30	2:24.62	2:18.83	2:13.05	2:09.58	2:07.26	2:04.37
100m BREASTSTROKE	10 years	11 years	12 years	13 years	14 years	15 years	16 years	17 years	18 years	19 years
SB5	2:59.66	2:46.25	2:32.84	2:22.12	2:14.07	2:08.71	2:03.35	2:00.13	1:57.98	1:55.30
SB6	2:42.83	2:30.68	2:18.52	2:08.80	2:01.51	1:56.65	1:51.79	1:48.88	1:46.93	1:44.50
SB7	2:36.43	2:24.76	2:13.08	2:03.75	1:56.74	1:52.07	1:47.40	1:44.60	1:42.73	1:40.40
SB8	2:19.19	2:08.80	1:58.42	1:50.11	1:43.88	1:39.72	1:35.57	1:33.07	1:31.41	1:29.33
SB9	2:09.78	2:00.09	1:50.41	1:42.66	1:36.85	1:32.98	1:29.10	1:26.78	1:25.23	1:23.29
SB11	2:21.69	2:11.11	2:00.54	1:52.08	1:45.74	1:41.51	1:37.28	1:34.74	1:33.05	1:30.93
SB12	2:10.07	2:00.36	1:50.65	1:42.89	1:37.07	1:33.18	1:29.30	1:26.97	1:25.42	1:23.48
SB13	2:08.18	1:58.62	1:49.05	1:41.40	1:35.66	1:31.83	1:28.01	1:25.71	1:24.18	1:22.27
SB14	2:07.90	1:58.35	1:48.81	1:41.17	1:35.45	1:31.63	1:27.81	1:25.52	1:23.99	1:22.08
SB15	2:08.26	1:58.69	1:49.12	1:41.46	1:35.72	1:31.89	1:28.06	1:25.76	1:24.23	1:22.32
150m INDIVIDUAL MEDLEY	10 to 14 years (inclusive)	15 years	16 years	17 years	18 years	19 years	20 years	21 years	22 years	23 years
SM1	0:00.00	0:00.00	0:00.00	0:00.00	0:00.00	0:00.00	0:00.00	0:00.00	0:00.00	0:00.00
SM2	8:43.97	8:04.87	7:25.76	6:54.48	6:31.02	6:15.38	5:59.74	5:50.36	5:44.10	5:36.28
SM3	6:17.90	5:49.70	5:21.50	4:58.94	4:42.02	4:30.74	4:19.45	4:12.69	4:08.17	4:02.53
SM4	4:59.24	4:36.91	4:14.58	3:56.71	3:43.31	3:34.38	3:25.45	3:20.09	3:16.51	3:12.05
200m INDIVIDUAL MEDLEY	10 to 14 years (inclusive)	15 years	16 years	17 years	18 years	19 years	20 years	21 years	22 years	23 years
SM5	5:57.24	5:30.58	5:03.92	4:42.59	4:26.60	4:15.93	4:05.27	3:58.87	3:54.61	3:49.27
200m INDIVIDUAL MEDLEY	10 years	11 years	12 years	13 years	14 years	15 years	16 years	17 years	18 years	19 years
SM6	5:02.08	4:39.54	4:17.00	3:58.96	3:45.43	3:36.42	3:27.40	3:21.99	3:18.38	3:13.87
SM7	5:01.42	4:38.92	4:16.43	3:58.43	3:44.94	3:35.94	3:26.94	3:21.54	3:17.94	3:13.45
SM8	4:36.12	4:15.52	3:54.91	3:38.43	3:26.06	3:17.82	3:09.58	3:04.63	3:01.33	2:57.21
SM9	4:21.47	4:01.96	3:42.45	3:26.84	3:15.13	3:07.32	2:59.52	2:54.83	2:51.71	2:47.81
SM10	4:08.26	3:49.74	3:31.21	3:16.39	3:05.27	2:57.86	2:50.45	2:46.00	2:43.04	2:39.33
SM11	4:37.25	4:16.56	3:55.87	3:39.32	3:26.90	3:18.63	3:10.35	3:05.39	3:02.07	2:57.94
SM12	4:16.16	3:57.04	3:37.93	3:22.63	3:11.16	3:03.52	2:55.87	2:51.28	2:48.22	2:44.40
SM13	4:08.08	3:49.57	3:31.05	3:16.24	3:05.13	2:57.73	2:50.32	2:45.88	2:42.92	2:39.22
SM14	4:07.10	3:48.66	3:30.22	3:15.47	3:04.41	2:57.03	2:49.65	2:45.23	2:42.28	2:38.59
SM15	4:07.58	3:49.10	3:30.63	3:15.84	3:04.76	2:57.37	2:49.98	2:45.54	2:42.59	2:38.89

Scottish Diving Selection Policy

The purpose of the National Diving Programme is to support the effective development of divers through the diving pathway.

General guidance

- For the purposes of this document, all ages will be taken at 31st December 2025.
- Selection to the National Senior or Junior Teams does not guarantee the provision of Scottish Institute of Sport support.

National Senior Team

Divers aged 18+ who meet any of the following conditions will automatically be nominated for selection to the National Senior Team:

- Divers who are selected to the Aquatics GB Diving World Class Podium or Potential Programme following the completion of the 2024-25 season.
- Divers who individually achieve the National Senior Team performance standards (Table 1) and meet the minimum degree of difficulty requirements (Table 2) at the Aquatics GB Diving Winter Cup, Aquatics GB Diving Summer National Championships or Scottish National & Open Championships.
- Divers who Final individually or finish in the top 6 in synchro at a European Aquatics or World Aquatics accredited competition or at the Commonwealth Games.

National Junior Team

- Divers aged 17 and under who are selected to the Aquatics GB Diving World Class Podium or Potential Programme following the completion of the 2024-25 season will automatically be nominated for selection to the National Junior Team.
- Divers who final individually at the Aquatics GB Junior Elite Championships (age categories A – C) will be automatically invited to the Scottish National Squad Assessment Camp.

Youth Academy

- Divers aged 13 and under identified for selection to the Swim England Youth Development Squad from the British Diving Talent Games will automatically be nominated for selection to the Youth Academy Squad.
- Divers who compete at the Aquatics GB Junior Elite Championships (age categories A – C) will be automatically invited to the Scottish National Squad Assessment Camp.
- Divers aged 16 and under who place individually 1st or 2nd at English National Age Groups will be automatically invited to the Scottish National Squad Assessment Camp.

Senior Academy

- Divers aged 18+ who individually achieve the Senior Academy performance standards (Table 3) at the Aquatics GB Diving Winter Cup, Aquatics GB Diving Summer National Championships or Scottish National & Open Championships will automatically be nominated for selection to the Senior Academy.

Discretionary Nominations

Divers identified by the National Diving Coach can be nominated for 'discretionary consideration' either for any squad or for invitation to the Scottish National Squad Assessment Camp as outlined within section 5.3 of the main National Squads Selection Document.

Table 1. **National Senior Team Performance Standards**

Event/Age	18-19	20	21+
Male/Open 3m	340	350	350
Male/Open HB	340	350	350
Female 3m	250	260	270
Female HB	250	260	270

Table 2. **Minimum Degree of Difficulty (DD) Requirement**

Event/Age	18-19	20+
Male/Open 3m	18.5	18.5
Male/Open HB	18.3	18.7
Female 3m	14.1	15.1
Female HB	14.7	15.0

Table 3. **Senior Academy Performance Standards**

Event/Age	18+
Male/Open 3m	300
Male/Open HB	300
Female 3m	240
Female HB	240

Scottish National Squad Assessment Camp

Invitation to the Scottish National Squad Assessment Camp does not guarantee selection to a national squad. Following the assessment camp, there are three possible outcomes:

1. Divers will be selected for nomination to the level of national squad at which they qualified for assessment.
2. Divers will be selected for nomination to a different level of national squad from that at which they qualified for assessment.
3. Divers will not be selected for nomination to any national squad.

The assessment camp will span two days and will comprise of a series of assessments in both dryland and pool environments:

- Dryland physical markers
- Springboard or high board entry test (as selected by the National Diving Coach)
- 3m or platform required test (as selected by the diver/coach)
- 3m skill chain test

Consideration for selection to the National Junior Team or Youth Academy Squad:

- Each pool assessment will have a required minimum standard. Divers must meet the minimum standard on at least two of the pool tests to be considered for selection.
- Divers must also complete all skills required for all three pool tests to be considered for selection.

Appeals Process

The following appeals process is outlined for selections to the National Aquatics Programme and applies to all disciplines:

National Senior/Junior Team, Youth Academy and Senior Academy Related Selections

For appeals relating to National Senior/Junior Team, Youth Academy and Senior Academy squads, the following athletes meeting the criteria below may appeal:

- Any athlete not selected for season 2025-26, having met the discipline specific selection standards for a specific squad.

Appeals shall only be considered if they address:

1. The selection policy or process not being followed correctly.
2. Inaccurate information being considered by the AHPG.

Squad selections will be published by Friday 15th August 2025 on the Scottish Swimming website, following which all appeals must be received, in writing **via email**, including the grounds upon which the appeal is made, to the Scottish Swimming Chief Executive, by 4:00pm Wednesday 20th August 2025.

The appeals panel will meet and complete any appeals, informing athletes by 4:00pm Wednesday 27th August 2025.

The appeals panel will normally consist of:

- Scottish Swimming Chief Executive.
- Independent member.
- sportscotland swimming Partnership Manager.

Scottish Swimming reserves the right to alter the composition of the appeals panel. Panel member replacements will not include those involved with the original decision. The decision of the appeals panel is final.

Junior Academy Related Selections

Appeals will be received in relation to the Junior Academy squads on the following basis only:

- Clarification of fact, e.g. achievement of selection time/performance standard.

Appeals of this nature for Junior Academy (including relevant Para selections) should, in the first instance, be made directly to the respective District Swimming Convenor **via email** by 4:00pm Monday 4th August 2025 (following notification by the District Convenor as described within the selection process).

East District: [email](#) Midland District: [email](#) North District: [email](#) West District: [email](#)

Final decisions on appeals will be made by the Scottish Swimming Pathway Coach and any appeal made will be actioned no later than Friday 4:00pm Friday 15th August 2025.

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