



ST PAUL'S BARNES
SWIMMING CLUB

REGIONAL SQUAD CRITERIA

***This document must be read in conjunction with the Club Ethos and Expectations**

Based upon the 200m London Region Qualifying times 2010, Regional Squad swimmers are required to achieve at least one of the below qualifying times in any stroke or individual medley. The times below are long course times, however converted short course times may be used.

SWIMMERS SHOULD AIM TO ACHIEVE THESE TIMES BY 31 AUGUST 2011

Girls Times (200m)

Age as at 31 August 2011	10	11	12	13	14	15	16
Freestyle	2:53	2:41	2:33	2:28	2:27	2:24	2:23
Backstroke	3:17	3:02	2:53	2:48	2:46	2:42	2:41
Breaststroke	3:45	3:27	3:17	3:08	3:05	3:03	3:02
Butterfly	3:26	3:04	2:54	2:47	2:44	2:42	2:40
IM	3:20	3:06	2:56	2:50	2:48	2:45	2:43

Boys Times (200m)

Age as at 31 August 2011	10	11	12	13	14	15	16
Freestyle	2:53	2:41	2:31	2:24	2:18	2:16	2:12
Backstroke	3:16	3:03	2:53	2:43	2:36	2:32	2:28
Breaststroke	3:47	3:29	3:16	3:04	2:56	2:51	2:48
Butterfly	3:23	3:03	2:52	2:42	2:35	2:31	2:27
IM	3:20	3:05	2:54	2:45	2:38	2:35	2:30

AGE RANGE

10-16

COMMITMENT

Minimum weekly commitment is 4 x pool sessions and 1 x land training session a week

*Any exceptions to the criteria need to be discussed and agreed with the coaches and will be at their discretion.

ABOUT THIS SQUAD

Swimmers are expected to achieve success at the county and regional levels and to have the aspiration and ability to gain national qualifying times and compete at national events. They should regularly compete and represent SPBSC at licensed open meets, swimming leagues and other swimming events to gain necessary racing experience. Progression through the Performance Squad System will be determined by training commitment, work ethic and competitive performance. All promotion decisions are transparent and are made in consultation with parents and swimmers.

Lead Coach: Martin Jurco

Swimmers: Boys & Girls – 10 to 16 years

Training: Pool sessions – 11.5 hours (6 sessions) per week plus 1 x 1hr dry land training session.

Competitions: National Age Group Championships, Regional & County Championships, Level 1 & Level 2 Licensed Open Meets, Club Championships, National Arena Swimming League and other Inter Club Swim Leagues

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Affiliated to the ASA, London Region ASA and Surrey County Water Polo and Swimming Association

