

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

**National Squad Programme**

**Selection Policy & Selection Times**

**2010 - 2011**

## **Selection Criteria**

Following an in-depth review last season, **there are no changes to the Selection Policy and Times for the 2010 – 11 season.** Whilst new regulations in regard to swim suits will be implemented in January 2010, derivative world top15 times were calculated as an average between 2005 and 2008, thus negating considerably the impact of the “hi-tech” suits launched in 2008 on the selection times.

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

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

### **Level and Ages**

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

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

## Number of Times Required

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

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

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

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

### **\*Senior Bronze**

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

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

**Age as at 31<sup>st</sup> December 2010**

## Other Considerations

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

**Please note that support from the sportscotland Institute of Sport Network is subject to agreement from the Swimming High Performance Group.**

## 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 <sup>st</sup> October 2009 – 27 <sup>th</sup> June 2010
13-16 Silver 17-20 Bronze	District Championships, Scottish Short Course Championships plus any other accredited Long Course Meet. Additional accredited (or equivalent) Short Course meets may be used with the prior agreement of the Director of Performance. Selection Period: 1 <sup>st</sup> January – 21 <sup>st</sup> August 2010
14-20 Gold 17-20 Silver	Scottish & British National Championships, International events, other meets agreed in advance with Director of Performance. <b>(Long Course ONLY)</b> Selection Period: 1 <sup>st</sup> January – 21 <sup>st</sup> August 2010

## **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 **28<sup>th</sup> June and 5th July, 2010 only.**

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

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

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

## MALE SELECTION TIMES (Long Course)

### 50 Freestyle

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

### 100 Freestyle

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

### 200 Freestyle

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

### 400 Freestyle

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

### 800 Freestyle

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

### 1500 Freestyle

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

### 50 Butterfly

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

### 100 Butterfly

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

### 200 Butterfly

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

### 50 Backstroke

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

### 100 Backstroke

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

### 200 Backstroke

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

### 50 Breaststroke

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

### 100 Breaststroke

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

### 200 Breaststroke

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

### 200 IM

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

### 400 IM

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

# FEMALE SELECTION TIMES (Long Course)

## 50 Freestyle

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

## 100 Freestyle

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

## 200 Freestyle

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

## 400 Freestyle

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

## 800 Freestyle

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

## 1500 Freestyle

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

## 50 Butterfly

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

## 100 Butterfly

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

## 200 Butterfly

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

## 50 Backstroke

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

## 100 Backstroke

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

## 200 Backstroke

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

## 50 Breaststroke

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

## 100 Breaststroke

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

## 200 Breaststroke

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

## 200 IM

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

## 400 IM

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

# MALE SELECTION TIMES (Short Course)

## 50 Freestyle

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

## 100 Freestyle

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

## 200 Freestyle

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

## 400 Freestyle

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

## 800 Freestyle

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

## 1500 Freestyle

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

## 50 Butterfly

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

## 100 Butterfly

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

## 200 Butterfly

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

## 50 Backstroke

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

## 100 Backstroke

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

## 200 Backstroke

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

## 50 Breaststroke

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

## 100 Breaststroke

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

## 200 Breaststroke

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

## 200 IM

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

## 400 IM

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

# FEMALE SELECTION TIMES (Short Course)

## 50 Freestyle

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

## 100 Freestyle

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

## 200 Freestyle

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

## 400 Freestyle

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

## 800 Freestyle

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

## 1500 Freestyle

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

## 50 Butterfly

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

## 100 Butterfly

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

## 200 Butterfly

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

## 50 Backstroke

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

## 100 Backstroke

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

## 200 Backstroke

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

## 50 Breaststroke

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

## 100 Breaststroke

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

## 200 Breaststroke

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

## 200 IM

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

## 400 IM

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