





## Canadian Sport Institute Pacific and Swim BC Athlete and Coach Nomination Criteria

Criteria Approved October 26, 2021:

CSI Pacific Representative Candice Drouin	
	Signature
Swim BC Representative Cory Beatt	
	Signature

## PURPOSE

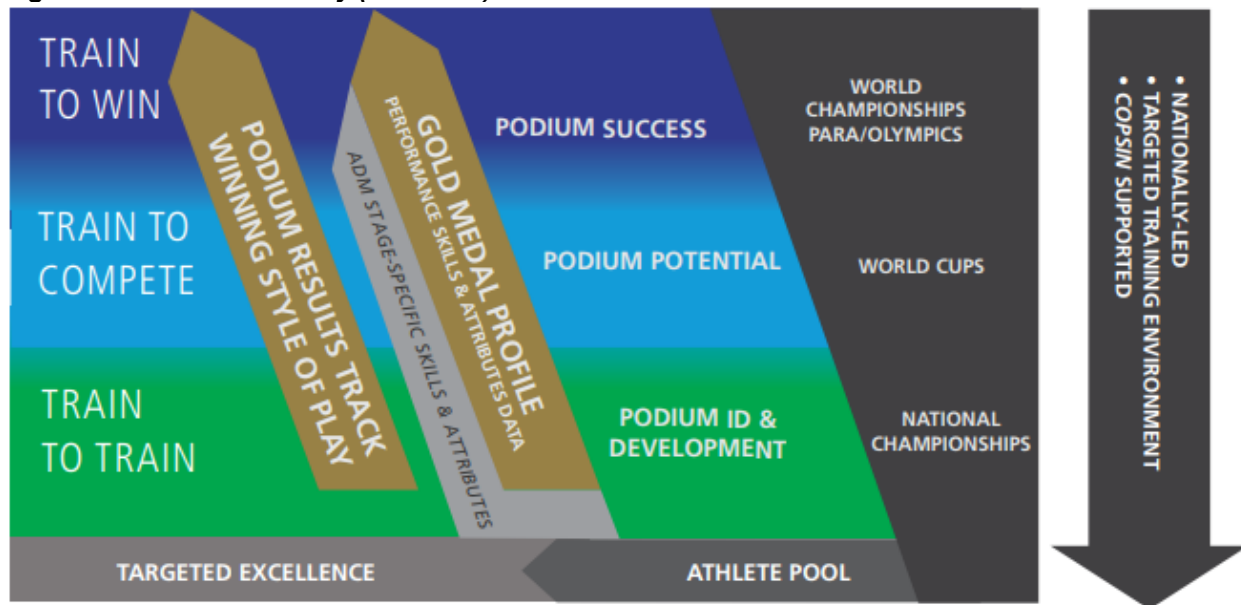
Canadian Sport Institute Pacific, through a partnership with the Province of British Columbia (BC), viaSport, the network of PacificSport centres, and Swim BC, collaborates to deliver programs and services to place BC athletes<sup>1</sup> onto National Teams, and ensure athletes and coaches have every advantage to win medals for Canada. The partners work jointly to encourage sport excellence and increase podium performances in communities throughout BC.

This template provides a standardized process to identify athletes and coaches within the Swim BC high performance program as well as athletes who are tracking against key development pathway metrics toward national teams. The levels within the targeting seek to create a common standard across all sports; hence, the template must be used in its entirety. PSO/DSOs are able to adapt the template to suit their own purposes (e.g. branding, application process, etc.) provided all relevant information is contained within.

Canadian Sport Institute / PacificSport athlete and coach support for the Podium and Canadian Elite nomination focuses on athletes and teams 0-4 years from the international podium, identified by the sport-specific Podium Pathway (see Figure 1 below) and Gold Medal Profile. These athletes and teams represent the current generation of National Team athletes who are carded by the NSO through Sport Canada's Athlete Assistance Program.

Canadian Sport Institute / PacificSport athlete and coach support for the Canadian Development and Provincial Development nomination focuses on athletes and teams 5-12 years from the international podium, identified by the sport-specific Podium Pathway (see Figure 1 below) and Gold Medal Profile. These athletes and teams represent both the next generation (5-8 years away) and future generations (9-12 years away) of Olympic and Paralympic (or World Championship) medallists. Support may be focussed more toward the future generation (9-12 years away) for some targeted Paralympic sports depending on the quality of the next generation (5-8 years away) of athletes and teams.

**Figure 1 – Podium Pathway (LTAD 3.0)**



<sup>1</sup> In general, a BC athlete is defined as an athlete born, developed, and/or trained/centralized (for a minimum of three months) in British Columbia.

## DETAILS

Through the above partnership, and with the above purpose in mind, Swim BC may nominate athletes and their coaches who meet specific criteria for Canadian Sport Institute Pacific / PacificSport athlete or coach registration. Upon registering, athletes and coaches can engage in enhanced programs, benefits, and selected support services through Canadian Sport Institute Pacific and the network of PacificSport regional centres in BC.

Canadian Sport Institute and PacificSport athlete support is divided into four levels based on performance, each with a slate of designated benefits. Please click on the following for an outline of Canadian Sport Institute athlete and coach benefits, programs, and services. Please see Appendix 1 for an outline of Swim BC targeted athlete benefits, programs, and services as delivered through Swim BC.

Targeted athletes are nominated by Swim BC based on the athlete criteria below. Any enquiries regarding the sport-specific selection criteria can be made to Cory Beatt, cory.beatt@swimbc.ca. As a general principle, all athletes are expected to demonstrate evidence of their ongoing performance progression and tracking toward Swim BC high performance program benchmarks to remain targeted. Cory Beatt and the Canadian Sport Institute technical lead working with Swim BC have the final authority over the Canadian Sport Institute nomination process.

The athlete and coach nomination cycle for Canadian Sport Institute / PacificSport / Swim BC targeting runs December 1<sup>st</sup> – November 30<sup>th</sup> annually, and athletes are selected based on performances from the previous 12 months. Athletes who meet criteria throughout the annual nomination cycle may be added to the Swim BC targeted athlete list, on a case-by-case basis, by contacting the PSO/DSO Technical Representative.

## ATHLETE/COACH REGISTRATION

Once the athlete or coach is nominated, he or she will be notified by Swim BC and will be provided with information on how to register with his or her local Canadian Sport Institute campus or PacificSport regional centre. A Canadian Sport Institute or PacificSport. Athletes and coaches must register with their local centre in order to receive athlete or coach support.

## CORE CRITERIA

1. For PSO/DSO nominations, athletes must be considered in good standing (at the discretion of the PSO/DSO) with Swim BC as a competitive athlete and meet the definition of a BC athlete.
2. In principle, all athletes nominated should have a designated coach who is responsible for planned programming with the coach(es)'s name and email identified on the targeted athlete list.
3. Athletes who fail to meet targeting criteria due to injury or absence, may remain on Swim BC's nomination list at coach's discretion when:
  - a. There is an expectation the athlete in question would have met criteria if no injury or absence had occurred. **AND;**
  - b. The athlete in question was previously nominated by Swim BC in the previous 24 months.

## LEVEL-SPECIFIC CRITERIA

Swim BC works in alignment with Swimming Canada, Swim BC's member clubs, and the club's coaches to identify and develop swimmers in the following three areas:

- Swimming (Pool and Open Water)
- Para-Swimming

The Canadian Sport Institute criteria and the Swim BC sport-specific criteria are identified below for each programming tier:

- |                            |                   |
|----------------------------|-------------------|
| • Canadian Elite           | Swim BC Elite     |
| • Canadian Development     | Swim BC Perform   |
| • Provincial Development 1 | Swim BC Advance   |
| • Provincial Development 2 | Swim BC Prospects |
| • Coaches                  |                   |

## NOMINATION PROCESS

Swim BC has updated its process for the identification, completion of pre-requisites, nomination, and programming of athletes and their coaches.

Beginning this cycle, Swim BC will be utilizing our Swim BC Learning Hub (Learning Management System) to guide our athletes and coaches through the process. The steps are summarized below:

### Step 1 – Identification

Swimmers will be identified for each of the programs, ensuring that the appropriate criteria have been met, including:

- Residency
- Age (Year of Birth)
- Gender
- Performance Standard
- Ranking

Due to the COVID-19 pandemic and Provincial Health Order restrictions, Swim BC will be assessing the Performance Standards in the following manner:

#### Priority 1

Swimmers and para-swimmers who have achieved the consideration times in any **Sanctioned LCM or SCM Competition or Time Trial**, posted to the RTR, between September 1, 2020 – October 28, 2021. Swimmers will be ranked by Swim BC points in their top performing swim.

- <https://www.swimrankings.net/index.php?page=rankingDetail&clubId=531&season=2022&course=SCM&agegroup=0&stroke=0&gender=2>

Priority 2

If the full complement has not been reached after priority one, then swimmers and para-swimmers who have achieved the consideration times in the **BC Virtual Winter Provincial Championships** or **BC Virtual Summer Provincial Championships** will be considered. Swimmers will be ranked by Swim BC points in their top performing swim.

- <https://swimbc.ca/wp-content/uploads/2021-Summer-Provincial-Virtual-Able-and-Para.pdf>
- <https://swimbc.ca/wp-content/uploads/2021-Winter-Provincial-Virtual-able-bodied-individual-and-relay-results-v4.pdf>
- <https://swimbc.ca/wp-content/uploads/2021-Winter-Championship-Para-Virtual-Results-v3.pdf>

Priority 3

If the full complement has not been reached after priority two, then swimmers and para-swimmers who have achieved the consideration times in the following **Winter Officially Unofficial Rankings** or **Spring/Summer Officially Unofficial Rankings** will be considered. Swimmers will be ranked by Swim BC points in their top performing swim.

- <https://swimbc.ca/wp-content/uploads/2021-01-31-Final-OU-Rankings-Women.pdf75.pdf>
- <https://swimbc.ca/wp-content/uploads/2021-01-31-Final-OU-Rankings-Men.pdf>
- <https://swimbc.ca/wp-content/uploads/SCM-OU-Ranking-June-14-2021.pdf>
- <https://swimbc.ca/wp-content/uploads/LCM-OU-Ranking-June-14-2021.pdf>

Priority 4

If the full complement has not been reached after priority three, swimmers who were on the **2020-21 CSI Pacific Nomination** list will be considered. Swimmers will be ranked by Swim BC points in their top performing swim.

- <https://swimbc.ca/wp-content/uploads/2020-12-08-2020-21-CSI-Nomination-List.pdf>

**Step 2 – Notification & Pre-requisites**

The club's head coach will be notified of their swimmers who have achieved the program criteria. A follow-up email will be sent to the swimmer (or swimmer contact), linking them to the Swim BC Learning Hub to guide them through the pre-requisites.

**Step 3 – Nomination**

Swim BC will nominate all successful candidates (Identification + Pre-requisites). This includes swimmers and their coach of record.

**Step 4 – Registration**

Nominated swimmers and their coaches will be required complete their registration with their local Canadian Sport Institute, PacificSport Centre, or Engage Sport North.

**Podium / Canadian Elite (Sport Canada AAP Carded)****Swim BC Elite / Para Elite***Canadian Sport Institute Criteria:*

- Athletes who appear on the Sport Canada AAP Carding List and verified by the NSO. These athletes are in the High Performance (HP/T2W) stage of the Podium Pathway.

*\*Note, it is the responsibility of Swim BC, in consultation with the NSO, to identify and nominate any Sport Canada AAP Carded athletes meeting Core Criteria.*

**Canadian Development****Swim BC Perform / Para Perform***Canadian Sport Institute Criteria:*

- Athletes who compete on the senior national team in eligible events, but do not receive Sport Canada AAP funding, and verified by the NSO. These athletes are in the High Performance (HP/T2W) stage of the Podium Pathway. **OR;**
- Athletes who are in the HP Athlete Development (L2W/T2W) stage of the Podium Pathway (including Gold Medal Profile), and verified by the NSO. If the NSO does not have an approved Podium Pathway, the following criteria will be used:
  - Athletes who have been targeted as “NextGen” defined as the expectation to be selected to the senior national team in eligible events **within 24 months**, and verified by the NSO.

*Swim BC Sport-Specific Criteria:***Swimming**

- Women Year of Birth 2003 to 1998 (*Event Dependent*)
- Men Year of Birth 2003 to 1997 (*Event Dependent*)
- Achieve one (1) Swimming Canada “On Track 3” time standard\*
- Canadian Centre for Ethics in Sport True Sport Clean 101
- Coaches Association of Canada SafeSport
- Swim BC Assumption of Risk & Waiver

**Para-Swimming**

- Women Year of Birth 1995 and Older
- Men Year of Birth 1995 and Older
- Sport Class Level International Classification
- Achieve one (1) Swim BC “Para Perform” time standard\*\*

*\* Swimming Canada On Track 3 Time Standards are shown in Appendix 2.*

*\*\* Swim BC Para Perform Time Standards are shown in Appendix 4.*

**Provincial Development 1****Swim BC Advance / Para Advance***Canadian Sport Institute Criteria:*

- Athletes who are in the Athlete Identification & Development stage of the Podium Pathway, and who are tracking toward the HP Athlete Development stage according to the NSO-specific Podium Pathway and Gold Medal Profile. If the NSO does not have an approved Podium Pathway, the athlete must be tracking toward Canadian Development and meet the criteria below:
    - Met specific performance-based benchmarks in accordance with an overall athlete monitoring and tracking framework (utilizing Gold Medal Profile categories: Physical, Technical, Tactical, Mental, Lifestyle),
- AND**
- Competed at the U23 or Junior World Championships in an eligible event (or equivalent international developmental event) in the past 24 months, **OR**;
  - Won a medal in an eligible event at their Sport-Specific National Elite/Open, U23, or U19 Championships (or equivalent level of performance standard) in the previous 24 months.

*\*Note, there is an expectation that athletes nominated at the Provincial Development level convert into National Team programs (Canadian Development or Podium / Canadian Elite) within a maximum duration of five years (combined Provincial Development Level 1 and Level 2).*

*Swim BC Sport-Specific Criteria:***Swimming**

- Canadian Centre for Ethics in Sport True Sport Clean 101
- Coaches Association of Canada SafeSport
- Swim BC Assumption of Risk & Waiver

Year of Birth 2004

- Top 4 Ranked Women who have achieved one (1) Swim BC “Advance” Consideration Times\*
- Top 4 Ranked Men who have achieved one (1) Swim BC “Advance” Consideration Times \*

Year of Birth 2005 & Younger

- Top 6 Ranked Women who have achieved one (1) Swim BC “Advance” Consideration Times \*
- Top 6 Ranked Men who have achieved one (1) Swim BC “Advance” Consideration Times \*\*

**Para-Swimming**

- Women Year of Birth 2008 - 1996
- Men Year of Birth 2008 - 1996
- Sport Class Level 3 Classification
- Achieve 1 Swim BC “Para Advance” Time Standard\*\*
- Canadian Centre for Ethics in Sport True Sport Clean 101 (Nov 28<sup>th</sup> Completion Deadline)
- Swim BC Assumption of Risk & Waiver (Nov 28<sup>th</sup> Completion Deadline)

\* Swim BC Advance Consideration Times are shown in Appendix 3.

\*\* Swim BC Para Advance Time Standards are shown in Appendix 4.

**Provincial Development 2****Swim BC Prospects / Para Prospects***Canadian Sport Institute Criteria:*

- Athletes who are in the Athlete Identification & Development stage of the Podium Pathway, and who are tracking toward Provincial Development 1 according to the NSO-specific Podium Pathway and Gold Medal profile. If the NSO does not have an approved Podium Pathway, the athlete must meet the criteria below:
    - Met specific performance-based benchmarks in accordance with an overall athlete monitoring and tracking framework (utilizing Gold Medal Profile categories: Physical, Technical, Tactical, Mental, Lifestyle),
- AND**
- Competed in an eligible event at the appropriate<sup>2</sup> age group national championships (or equivalent level of performance standard) in the previous 24 months, **OR**;
  - Won a medal in an eligible event at their appropriate age group provincial championships in the previous 12 months, **OR**;

*Swim BC Sport-Specific Criteria:***Swimming**

- Canadian Centre for Ethics in Sport True Sport Clean 101
- Swim BC Assumption of Risk & Waiver

Year of Birth 2006

- Top 8 Ranked Women who have achieved two (2) Swim BC “Prospects” time standards\*
- Top 8 Ranked Men who have achieved two (2) Swim BC “Prospects” time standards\*

Year of Birth 2007

- Top 10 Ranked Women who have achieved two (2) Swim BC “Prospects” time standards\*
- Top 10 Ranked Men who have achieved two (2) Swim BC “Prospects” time Standards\*

Year of Birth 2008

- Top 12 Ranked Women who have achieved two (2) Swim BC “Prospects” time standards\*
- Top 12 Ranked Men who have achieved two (2) Swim BC “Prospects” time Standards\*

**Para-Swimming**

- Women Year of Birth 2008 - 1996
- Men Year of Birth 2008 - 1996
- Sport Class Level 2 Classification
- Achieve 1 Swim BC “Para Prospects” time standard\*\*

\* *Swim BC Prospects Consideration Times are shown in Appendix 3.*

\*\* *Swim BC Para Prospects Time Standards are shown in Appendix 4.*

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<sup>2</sup> Definition of appropriate is based on a number of factors such as peak development age, average age of National Team, sport's competition schedule, and logical pathway progression. Final determination will be made by CSI Pacific.



## Coach Nomination

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### *Canadian Sport Institute Criteria:*

Coaches are nominated by having his or her name included in the targeted athlete list when they are the coach of an athlete who achieves designated criteria. The PSO/DSO may nominate up to two coaches per athlete in cases where both the Provincial/National coach and a personal coach have a significant impact on the athlete's training program. While not required, it is highly recommended that PSO/DSO nominated coaches meet at least one of the following criteria:

- Be the lead person designing and implementing an annual training program for the athlete.
- Be designated as Provincial or Regional coach by the PSO/DSO
- Be designated as a National Development / Senior National coach by the NSO.
- Be designated as athlete's coach of record based on sport-specific criteria below.

### *Swim BC Sport-Specific Criteria:*

- Minimum 18 Years of Age
- Registered with Canadian Swimming Coaches Association Level A1, A2, or B
- Successfully Completed Canadian Swimming Coaches Association Screening Questions
- Current Criminal Record Check (*Valid 5 Years*)
- Coaches Association of Canada SafeSport or Respect in Sport Activity Leader Training (*Valid 5 Years*)
- Canadian Centre for Ethics in Sport True Sport Clean 101
- Valid NCCP Age Group Certified or Fundamentals Coach Certified & Senior Coach Trained
- Completed Making Ethical Decisions Evaluation
- Signed Swimming Canada Assumption of Risk Form
- Signed Swim BC Assumption of Risk & Waiver Form
- Submission of the Yearly Training Plan

**APPENDIX 1A – Swimming Sport-Specific Benefits, Programs, and Services***Swim BC Targeted Athlete Benefits, Programs, and Services for Able Body Swimmers*

Podium / Canadian Elite (Sport Canada AAP Carded)	Swim BC Elite
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- Swim BC Learning Hub
- Golden Flipper Challenge
- Advance Swim Camp *(If Age Appropriate)*
- Advance Competition Camp *(If Age Appropriate)*

Canadian Development	Swim BC Perform
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- Swim BC Learning Hub
- Golden Flipper Challenge
- Video Race Analysis
- Advance Swim Camp *(If Age Appropriate)*
- Advance Competition Camp *(If Age Appropriate)*

Provincial Development Level 1	Swim BC Advance
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- Swim BC Learning Hub
- Golden Flipper Challenge
- Swim BC @Home Camps
- Video Race Analysis
- Advance Swim Camps
- Advance Competition Camp

Provincial Development Level 2	Swim BC Prospects
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- Swim BC Learning Hub
- Golden Flipper Challenge
- Swim BC @Home Camps
- Prospects Swim Camp

**APPENDIX 1B – Para-Swimming Sport-Specific Benefits, Programs, and Services***Swim BC Targeted Athlete Benefits, Programs, and Services for Para-Swimmers*

Podium / Canadian Elite (Sport Canada AAP Carded)	Swim BC Para Elite
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- Swim BC Learning Hub
- Golden Flipper Challenge

Canadian Development	Swim BC Para Perform
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- Swim BC Learning Hub
- Golden Flipper Challenge
- Paralympian Mentorship
- Video Race Analysis

Provincial Development Level 1	Swim BC Para Advance
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- Swim BC Learning Hub
- Golden Flipper Challenge
- Paralympian Mentorship
- Video Race Analysis
- Para Prospects West Swim Camp

Provincial Development Level 2	Swim BC Para Prospects
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- Swim BC Learning Hub
- Golden Flipper Challenge
- Paralympian Mentorship
- Para Prospects West Swim Camp

## **APPENDIX 1C – Sport-Specific Benefits, Programs, and Services**

### *Swim BC Targeted Coach Benefits, Programs, and Services for Coaches*

#### Coaches

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- Swim BC Learning Hub
- Team Selection Opportunities
- Technical Director Support

## APPENDIX 2A – Swimming Canada Female “On Track Times”

**Swimming Canada**  
**World Class On Track Times**  
 (Age as of December 31st)

50 Free			100 Free			200 Free			400 Free			800 Free			1500 Free		
Track 1	Track 2	Track 3	Track 1	Track 2	Track 3	Track 1	Track 2	Track 3	Track 1	Track 2	Track 3	Track 1	Track 2	Track 3	Track 1	Track 2	Track 3
13			13			13			13			13			13		
14			14			14	2:06.04		14	4:25.34		14	9:05.02		14	17:32.31	
15			15	56.72		15	2:03.07	2:04.33	15	4:19.49	4:21.36	15	8:54.41	8:58.12	15	16:52.49	17:02.47
16	25.87		16	55.69	56.33	16	2:00.88	2:02.11	16	4:15.22	4:17.05	16	8:46.58	8:50.23	16	16:39.09	16:48.94
17	25.60	25.88	17	55.06	55.69	17	1:59.54	2:00.76	17	4:12.38	4:14.20	17	8:41.35	8:44.97	17	16:29.57	16:39.33
18	25.39	25.67	18	54.62	55.26	18	1:58.66	1:59.87	18	4:10.57	4:12.37	18	8:37.90	8:41.49	18		16:33.34
19	25.21	25.48	19	54.25	54.88	19		1:59.56	19		4:11.26	19	8:39.24	8:40.47	19		16:29.57
20	25.04	25.31	20		54.54	20		1:58.66	20		4:10.57	20		8:37.90	20		16:31.30
21		25.16	21		54.25	21		1:58.77	21		4:10.68	21		8:38.37	21		16:29.57
22		25.04	22			22		1:58.66	22		4:10.57	22		8:37.90	22		
23			23			23			23			23			23		
24			24			24			24			24			24		

100 Back			200 Back		
Track 1	Track 2	Track 3	Track 1	Track 2	Track 3
13	1:06.23		13	2:23.07	
14	1:04.08	1:04.90	14	2:18.68	2:20.67
15	1:02.45	1:03.26	15	2:15.28	2:17.22
16	1:01.31	1:02.10	16	2:12.78	2:14.68
17	1:00.59	1:01.37	17	2:11.08	2:12.96
18		1:00.92	18		2:11.81
19		1:00.59	19		2:11.08
20			20		2:11.44
21			21		2:11.08
22			22		
23			23		

100 Fly			200 Fly		
Track 1	Track 2	Track 3	Track 1	Track 2	Track 3
13			13	2:17.02	
14			14	2:14.27	2:15.64
15	1:01.43		15	2:12.08	2:13.42
16	1:00.36	1:01.02	16	2:10.43	2:11.75
17	59.50	1:00.15	17	2:09.21	2:10.53
18	58.82	59.46	18		2:09.73
19	58.33	58.96	19		2:09.21
20		58.60	20		2:09.37
21		58.33	21		2:09.21
22			22		
23			23		

100 Breast			200 Breast		
Track 1	Track 2	Track 3	Track 1	Track 2	Track 3
13			13		
14			14		
15	1:10.28		15	2:31.29	
16	1:09.00	1:09.69	16	2:28.81	2:29.84
17	1:08.21	1:08.90	17	2:27.37	2:28.39
18	1:07.76	1:08.44	18	2:26.54	2:27.56
19	1:07.43	1:08.11	19	2:25.91	2:26.92
20		1:07.78	20		2:26.35
21		1:07.43	21		2:25.91
22			22		2:26.15
23			23		2:25.91

200 IM			400 IM		
Track 1	Track 2	Track 3	Track 1	Track 2	Track 3
13			13		
14			14	5:00.73	
15	2:19.04		15	4:53.44	4:55.04
16	2:16.60	2:17.48	16	4:48.26	4:49.84
17	2:14.87	2:15.75	17	4:45.02	4:46.58
18	2:13.74	2:14.61	18	4:43.06	4:44.61
19	2:12.98	2:13.84	19		4:43.53
20		2:13.33	20		4:43.06
21		2:12.98	21		4:43.27
22			22		4:43.06
23			23		

FEMALE



## APPENDIX 2B – Swimming Canada Male “On Track Times”

**Swimming Canada**  
**World Class On Track Times**  
 (Age as of December 31st)

50 Free			100 Free			200 Free			400 Free			800 Free			1500 Free		
Track 1	Track 2	Track 3	Track 1	Track 2	Track 3	Track 1	Track 2	Track 3	Track 1	Track 2	Track 3	Track 1	Track 2	Track 3	Track 1	Track 2	Track 3
15			15	53.92		15	1:56.18		15	4:06.50		15	8:27.22		15	16:09.86	
16			16	51.93	52.79	16	1:52.95	1:54.68	16	3:59.91	4:02.89	16	8:14.46	8:18.89	16	15:45.47	15:53.94
17	23.45		17	50.45	51.29	17	1:50.39	1:52.08	17	3:54.73	3:57.65	17	8:04.70	8:09.04	17	15:26.80	15:35.10
18	22.97	23.19	18	49.44	50.27	18	1:48.44	1:50.10	18	3:50.84	3:53.71	18	7:57.65	8:01.93	18	15:13.33	15:21.51
19	22.62	22.83	19	48.77	49.58	19	1:47.06	1:48.70	19	3:48.15	3:50.99	19	7:53.11	7:57.35	19	15:04.64	15:12.75
20	22.36	22.57	20		49.11	20		1:47.72	20		3:49.22	20		7:54.60	20		15:07.49
21	22.18	22.39	21		48.77	21		1:47.06	21		3:48.15	21		7:53.11	21		15:04.64
22		22.26	22			22			22			22			22		
23		22.27	23			23			23			23			23		
24			24			24			24			24			24		
25			25			25			25			25			25		

100 Back			200 Back		
Track 1	Track 2	Track 3	Track 1	Track 2	Track 3
15			15	2:07.75	
16	57.97		16	2:03.70	2:04.82
17	56.36	56.95	17	2:00.86	2:01.96
18	55.27	55.84	18	1:59.10	2:00.19
19	54.53	55.10	19	1:58.07	1:59.15
20	54.03	54.59	20		1:58.50
21		54.24	21		1:58.07
22		54.20	22		1:58.10
23		54.08	23		1:58.07
24		54.03	24		

100 Fly			200 Fly		
Track 1	Track 2	Track 3	Track 1	Track 2	Track 3
15			15	2:06.70	
16	55.56		16	2:03.08	2:04.73
17	54.06	54.64	17	2:00.26	2:01.87
18	53.06	53.63	18	1:58.15	1:59.74
19	52.41	52.98	19	1:56.71	1:58.27
20	51.96	52.52	20		1:57.30
21		52.19	21		1:56.71
22		51.96	22		1:56.81
23			23		1:56.71
24			24		

100 Breast			200 Breast		
Track 1	Track 2	Track 3	Track 1	Track 2	Track 3
15			15	2:22.22	
16	1:04.09		16	2:18.19	2:20.80
17	1:02.60	1:03.52	17	2:14.91	2:17.46
18	1:01.40	1:02.30	18	2:12.30	2:14.80
19	1:00.46	1:01.35	19	2:10.32	2:12.78
20	59.75	1:00.63	20		2:11.29
21		1:00.12	21		2:10.32
22		59.75	22		2:10.73
23			23		2:10.32
24			24		

200 IM			400 IM		
Track 1	Track 2	Track 3	Track 1	Track 2	Track 3
15			15	4:37.43	
16	2:07.39		16	4:30.59	4:34.39
17	2:04.44	2:05.54	17	4:25.05	4:28.78
18	2:02.25	2:03.33	18	4:20.70	4:24.37
19	2:00.75	2:01.82	19	4:17.48	4:21.10
20	1:59.76	2:00.82	20		4:18.82
21		2:00.17	21		4:17.48
22		1:59.76	22		4:17.67
23			23		4:17.48
24			24		

MALE



**APPENDIX 3A – Swim BC Female Prospects and Advance Consideration Times**

	PROSPECTS WOMEN						ADVANCE WOMEN			
	2008		2007		2006		2005 & Under		2004	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
<b>50 Free</b>	0:28.91	0:28.64	0:28.33	0:28.08	0:27.75	0:27.66	0:26.87	0:26.64	0:26.66	0:26.43
<b>100 Free</b>	1:02.87	1:02.27	1:01.43	1:01.15	1:00.16	0:59.44	0:58.30	0:57.70	0:57.41	0:57.08
<b>200 Free</b>	2:16.35	2:15.69	2:13.17	2:11.85	2:10.52	2:09.19	2:06.08	2:04.62	2:04.26	2:03.20
<b>400 Free</b>	4:48.54	4:46.92	4:42.95	4:40.45	4:37.10	4:35.29	4:27.82	4:25.21	4:24.98	4:22.72
<b>800 Free</b>	9:56.90	9:53.90	9:44.79	9:39.51	9:33.46	9:30.05	9:16.91	9:10.71	9:09.88	9:06.51
<b>1500 Free</b>	19:05.03	18:58.55	18:42.77	18:31.10	18:10.39	18:18.48	17:49.26	17:37.40	17:35.77	17:29.13
<b>100 Back</b>	1:10.66	1:09.36	1:08.27	1:07.19	1:07.10	1:06.05	1:04.85	1:03.88	1:03.85	1:02.91
<b>200 Back</b>	2:31.30	2:29.74	2:26.80	2:24.81	2:24.83	2:22.52	2:19.71	2:17.56	2:17.95	2:16.06
<b>100 Breast</b>	1:20.59	1:19.13	1:17.88	1:16.87	1:16.27	1:15.67	1:13.68	1:12.72	1:13.28	1:12.23
<b>200 Breast</b>	2:54.95	2:51.69	2:48.52	2:46.76	2:44.16	2:43.18	2:38.54	2:37.08	2:37.61	2:35.54
<b>100 Fly</b>	1:08.60	1:09.35	1:06.72	1:07.06	1:05.22	1:05.38	1:02.83	1:03.35	1:02.28	1:02.53
<b>200 Fly</b>	2:34.06	2:35.71	2:29.14	2:29.17	2:25.53	2:25.60	2:21.58	2:20.85	2:19.43	2:19.58
<b>200 IM</b>	2:34.20	2:33.51	2:30.77	2:28.86	2:26.95	2:25.88	2:22.40	2:21.01	2:20.57	2:19.09
<b>400 IM</b>	5:27.34	5:26.56	5:20.06	5:15.76	5:12.98	5:10.80	5:03.64	4:59.23	5:00.34	4:56.75

**APPENDIX 3B – Swim BC Male Prospects and Advance Consideration Times**

	PROSPECTS MEN						ADVANCE MEN			
	2008		2007		2006		2005 & Under		2004	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
<b>50 Free</b>	0:27.72	0:27.06	0:26.59	0:26.15	0:25.72	0:25.32	0:24.52	0:24.10	0:24.28	0:23.80
<b>100 Free</b>	1:00.82	0:59.26	0:57.91	0:57.16	0:56.38	0:55.21	0:53.41	0:52.43	0:52.87	0:51.90
<b>200 Free</b>	2:12.14	2:09.51	2:05.94	2:04.06	2:03.33	2:00.84	1:57.31	1:54.42	1:55.84	1:53.03
<b>400 Free</b>	4:40.00	4:37.65	4:28.65	4:24.50	4:22.78	4:17.95	4:09.71	4:05.05	4:07.67	4:02.60
<b>800 Free</b>	9:44.34	9:37.39	9:19.64	9:14.09	9:13.82	9:10.12	8:48.42	8:40.21	8:47.01	8:36.74
<b>1500 Free</b>	18:30.08	18:04.56	17:48.22	17:02.78	17:28.62	17:12.54	16:35.91	16:20.71	16:33.34	16:13.94
<b>100 Back</b>	1:08.98	1:06.75	1:05.08	1:03.60	1:02.98	1:01.90	0:59.91	0:58.15	0:59.13	0:57.47
<b>200 Back</b>	2:28.12	2:24.11	2:21.39	2:17.88	2:17.08	2:14.46	2:09.79	2:06.56	2:08.32	2:05.35
<b>100 Breast</b>	1:17.35	1:14.77	1:13.13	1:11.44	1:10.68	1:09.29	1:07.15	1:05.86	1:06.34	1:04.63
<b>200 Breast</b>	2:47.78	2:42.58	2:38.73	2:35.62	2:34.26	2:31.11	2:26.64	2:22.80	2:25.06	2:20.76
<b>100 Fly</b>	1:05.82	1:05.52	1:02.58	1:02.28	1:01.03	1:00.95	0:57.95	0:57.78	0:57.15	0:56.65
<b>200 Fly</b>	2:27.28	2:27.43	2:19.92	2:19.99	2:17.20	2:16.63	2:10.00	2:08.90	2:09.32	2:06.68
<b>200 IM</b>	2:28.55	2:25.67	2:21.64	2:19.48	2:18.70	2:15.70	2:12.05	2:08.80	2:10.91	2:07.84
<b>400 IM</b>	5:17.11	5:10.93	5:01.99	4:58.64	4:55.41	4:49.99	4:40.90	4:35.87	4:40.10	4:33.25
<b>50 Free</b>	0:27.72	0:27.06	0:26.59	0:26.15	0:25.72	0:25.32	0:24.52	0:24.10	0:24.28	0:23.80
<b>100 Free</b>	1:00.82	0:59.26	0:57.91	0:57.16	0:56.38	0:55.21	0:53.41	0:52.43	0:52.87	0:51.90
<b>200 Free</b>	2:12.14	2:09.51	2:05.94	2:04.06	2:03.33	2:00.84	1:57.31	1:54.42	1:55.84	1:53.03



## APPENDIX 4A – Swim BC Female Para Prospects Consideration Times

	FEMALE PARA PROSPECTS CONSIDERATION TIMES																			
	S1/SB1/SM1		S2/SB2/SM2		S3/SB3/SM3		S4/SB4/SM4		S5/SB5/SM5		S6/SB6/SM6		S7/SB7/SM7		S8/SB8/SM8		S9/SB9/SM9		S10/SM10	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	2:23.25	2:23.25	1:38.89	1:38.89	1:18.24	1:18.24	0:57.98	0:57.98	0:51.80	0:51.80	0:45.79	0:45.79	0:43.24	0:43.24	0:40.74	0:40.74	0:37.55	0:36.80	0:35.14	0:34.43
100 Free	5:08.55	5:08.55	3:34.87	3:34.87	3:06.40	3:06.40	2:23.25	2:23.25	1:54.97	1:54.97	1:42.74	1:42.74	1:34.52	1:34.52	1:27.05	1:27.05	1:19.90	1:18.30	1:16.50	1:14.97
200 Free	11:17.69	11:17.69	7:42.81	7:42.81	6:54.04	6:54.04	5:58.12	5:58.12	4:19.08	4:19.08	--	--	--	--	--	--	--	--	--	--
400 Free	--	--	--	--	--	--	--	--	--	--	7:11.42	7:11.42	7:00.35	7:00.35	6:30.10	6:30.10	6:08.57	6:01.20	5:50.47	5:43.47
50 Back	2:45.28	2:45.28	2:06.71	2:06.71	1:30.56	1:30.56	1:16.53	1:16.53	1:01.91	1:01.91	--	--	--	--	--	--	--	--	--	--
100 Back	5:30.58	5:30.58	4:21.52	4:21.52	--	--	--	--	--	--	1:54.85	1:54.85	1:49.79	1:49.79	1:41.81	1:41.81	1:32.42	1:30.57	1:30.33	1:28.53
50 Breast	3:18.35	3:18.35	1:55.69	1:55.69	1:23.54	1:23.54	--	--	--	--	--	--	--	--	--	--	--	--	--	--
100 Breast	--	--	--	--	--	--	2:55.13	2:55.13	2:24.95	2:24.95	2:13.04	2:13.04	2:07.78	2:07.78	1:52.10	1:52.10	1:42.64	1:40.58	--	--
50 Fly	2:39.78	2:39.78	2:23.25	2:23.25	1:44.68	1:44.68	1:28.16	1:28.16	1:08.59	1:08.59	0:51.49	0:51.49	0:48.78	0:48.78	--	--	--	--	--	--
100 Fly	--	--	--	--	--	--	--	--	--	--	--	--	--	--	1:38.82	1:38.82	1:28.10	1:26.34	1:25.27	1:23.57
150 IM	10:28.10	10:28.10	8:48.92	8:48.92	5:30.58	5:30.58	4:30.97	4:30.97	--	--	--	--	--	--	--	--	--	--	--	--
200 IM	--	--	--	--	--	--	--	--	5:40.79	5:40.79	4:07.60	4:07.60	4:05.05	4:05.05	3:46.79	3:46.79	3:21.86	3:17.82	3:10.21	3:06.41

	S11/SB11/SM11		S12/SB12/SM12		S13/SB13/SM13		S14/SB14/SM14	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	0:40.88	0:40.06	0:38.01	0:37.25	0:35.00	0:34.30	0:35.25	0:34.54
100 Free	1:31.48	1:29.66	1:22.48	1:20.83	1:16.58	1:15.05	1:17.14	1:15.59
200 Free	--	--	--	--	--	--	2:47.52	2:44.18
400 Free	7:13.43	7:04.76	6:42.21	6:34.17	6:02.45	5:55.20	--	--
50 Back	--	--	--	--	--	--	--	--
100 Back	1:46.99	1:44.85	1:39.36	1:37.37	1:28.52	1:26.75	1:30.40	1:28.59
50 Breast	--	--	--	--	--	--	--	--
100 Breast	2:02.56	2:00.11	1:50.92	1:48.71	1:43.84	1:41.76	1:44.33	1:42.25
50 Fly	--	--	--	--	--	--	--	--
100 Fly	1:44.68	1:42.58	1:35.86	1:33.94	1:30.40	1:28.59	1:27.25	1:25.50
150 IM	--	--	--	--	--	--	--	--
200 IM	3:50.84	3:46.23	3:34.87	3:30.57	3:14.51	3:10.62	3:15.56	3:11.64

## APPENDIX 4B – Swim BC Male Para Prospects Consideration Times

	MALE PARA PROSPECTS CONSIDERATION TIMES																			
	S1/SB1/SM1		S2/SB2/SM2		S3/SB3/SM3		S4/SB4/SM4		S5/SB5/SM5		S6/SB6/SM6		S7/SB7/SM7		S8/SB8/SM8		S9/SB9/SM9		S10/SM10	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	1:51.01	1:51.01	1:19.32	1:19.32	1:06.09	1:06.09	0:52.08	0:52.08	0:43.87	0:43.87	0:38.01	0:38.01	0:36.29	0:36.29	0:34.71	0:34.71	0:32.92	0:32.26	0:30.86	0:30.25
100 Free	4:07.94	4:07.94	2:56.30	2:56.30	2:28.76	2:28.76	1:58.39	1:58.39	1:37.82	1:37.82	1:26.63	1:26.63	1:20.44	1:20.44	1:14.89	1:14.89	1:11.07	1:09.66	1:07.00	1:05.66
200 Free	9:16.47	9:16.47	6:37.75	6:37.75	5:43.87	5:43.87	4:23.30	4:23.30	3:40.88	3:40.88	--	--	--	--	--	--	--	--	--	--
400 Free	--	--	--	--	--	--	--	--	--	--	6:50.26	6:50.26	6:14.53	6:14.53	5:51.81	5:51.81	5:27.03	5:20.49	5:15.70	5:09.38
50 Back	2:03.06	2:03.06	1:30.37	1:30.37	1:11.58	1:11.58	1:03.83	1:03.83	0:51.00	0:51.00	--	--	--	--	--	--	--	--	--	--
100 Back	4:15.25	4:15.25	3:14.16	3:14.16	--	--	--	--	--	--	1:42.95	1:42.95	1:36.41	1:36.41	1:28.21	1:28.21	1:20.41	1:18.81	1:17.38	1:15.83
50 Breast	4:13.44	4:13.44	4:00.45	4:00.45	1:08.36	1:08.36	--	--	--	--	--	--	--	--	--	--	--	--	--	--
100 Breast	--	--	--	--	--	--	2:23.26	2:23.26	2:11.87	2:11.87	1:47.34	1:47.34	1:44.86	1:44.86	1:35.55	1:35.55	1:29.06	1:27.28	--	--
50 Fly	1:14.64	1:14.64	1:06.12	1:06.12	1:00.06	1:00.06	0:54.00	0:54.00	0:49.22	0:49.22	0:42.37	0:42.37	0:39.87	0:39.87	--	--	--	--	--	--
100 Fly	--	--	--	--	--	--	--	--	--	--	--	--	--	--	1:20.53	1:20.53	1:17.67	1:16.11	1:13.90	1:12.42
150 IM	12:29.31	12:29.31	10:17.08	10:17.08	5:43.00	5:43.00	3:49.95	3:49.95	--	--	--	--	--	--	--	--	--	--	--	--
200 IM	--	--	--	--	--	--	--	--	5:40.79	5:40.79	3:45.24	3:45.24	3:27.74	3:27.74	3:07.37	3:07.37	2:57.58	2:54.03	2:48.44	2:45.07

	S11/SB11/SM11		S12/SB12/SM12		S13/SB13/SM13		S14/SB14/SM14	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	0:40.88	0:40.06	0:38.01	0:37.25	0:35.00	0:34.30	0:35.25	0:34.54
100 Free	1:31.48	1:29.66	1:22.48	1:20.83	1:16.58	1:15.05	1:17.14	1:15.59
200 Free	--	--	--	--	--	--	2:47.52	2:44.18
400 Free	7:13.43	7:04.76	6:42.21	6:34.17	6:02.45	5:55.20	--	--
50 Back	--	--	--	--	--	--	--	--
100 Back	1:46.99	1:44.85	1:39.36	1:37.37	1:28.52	1:26.75	1:30.40	1:28.59
50 Breast	--	--	--	--	--	--	--	--
100 Breast	2:02.56	2:00.11	1:50.92	1:48.71	1:43.84	1:41.76	1:44.33	1:42.25
50 Fly	--	--	--	--	--	--	--	--
100 Fly	1:44.68	1:42.58	1:35.86	1:33.94	1:30.40	1:28.59	1:27.25	1:25.50
150 IM	--	--	--	--	--	--	--	--
200 IM	3:50.84	3:46.23	3:34.87	3:30.57	3:14.51	3:10.62	3:15.56	3:11.64

## APPENDIX 4C – Swim BC Female Para Advance Consideration Times

	FEMALE PARA ADVANCE CONSIDERATION TIMES																			
	S1/SB1/SM1		S2/SB2/SM2		S3/SB3/SM3		S4/SB4/SM4		S5/SB5/SM5		S6/SB6/SM6		S7/SB7/SM7		S8/SB8/SM8		S9/SB9/SM9		S10/SM10	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	2:10.99	2:10.99	1:30.43	1:30.43	1:11.55	1:11.55	0:53.02	0:53.02	0:47.36	0:47.36	0:41.88	0:41.88	0:39.54	0:39.54	0:37.25	0:37.25	0:34.34	0:33.65	0:32.13	0:31.48
100 Free	4:42.16	4:42.16	3:16.49	3:16.49	2:50.45	2:50.45	2:10.99	2:10.99	1:45.14	1:45.14	1:33.95	1:33.95	1:26.44	1:26.44	1:19.60	1:19.60	1:13.07	1:11.61	1:09.96	1:08.56
200 Free	10:19.71	10:19.71	7:03.22	7:03.22	6:18.62	6:18.62	5:27.48	5:27.48	3:56.92	3:56.92	--	--	--	--	--	--	--	--	--	--
400 Free	--	--	--	--	--	--	--	--	--	--	6:34.52	6:34.52	6:24.39	6:24.39	5:56.73	5:56.73	5:37.04	5:30.30	5:20.49	5:14.09
50 Back	2:31.15	2:31.15	1:55.88	1:55.88	1:22.81	1:22.81	1:09.98	1:09.98	0:56.61	0:56.61	--	--	--	--	--	--	--	--	--	--
100 Back	5:02.31	5:02.31	3:59.16	3:59.16	--	--	--	--	--	--	1:45.03	1:45.03	1:40.40	1:40.40	1:33.10	1:33.10	1:24.52	1:22.82	1:22.60	1:20.95
50 Breast	3:01.38	3:01.38	1:45.80	1:45.80	1:16.40	1:16.40	--	--	--	--	--	--	--	--	--	--	--	--	--	--
100 Breast	--	--	--	--	--	--	2:40.15	2:40.15	2:12.55	2:12.55	2:01.66	2:01.66	1:56.85	1:56.85	1:42.51	1:42.51	1:33.86	1:31.98	--	--
50 Fly	2:26.11	2:26.11	2:10.99	2:10.99	1:35.72	1:35.72	1:20.62	1:20.62	1:02.73	1:02.73	0:47.09	0:47.09	0:44.61	0:44.61	--	--	--	--	--	--
100 Fly	--	--	--	--	--	--	--	--	--	--	--	--	--	--	1:30.36	1:30.36	1:20.57	1:18.95	1:17.98	1:16.42
150 IM	9:34.37	9:34.37	8:03.68	8:03.68	5:02.31	5:02.31	4:07.80	4:07.80	--	--	--	--	--	--	--	--	--	--	--	--
200 IM	--	--	--	--	--	--	--	--	5:11.64	5:11.64	3:46.41	3:46.41	3:44.08	3:44.08	3:27.40	3:27.40	3:04.59	3:00.90	2:53.94	2:50.46

	S11/SB11/SM11		S12/SB12/SM12		S13/SB13/SM13		S14/SB14/SM14	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	0:37.38	0:36.63	0:34.76	0:34.07	0:32.00	0:31.36	0:32.24	0:31.59
100 Free	1:23.66	1:21.99	1:15.43	1:13.92	1:10.03	1:08.63	1:10.54	1:09.13
200 Free	--	--	--	--	--	--	2:33.20	2:30.13
400 Free	6:36.36	6:28.43	6:07.81	6:00.44	5:31.45	5:24.81	--	--
50 Back	--	--	--	--	--	--	--	--
100 Back	1:37.83	1:35.88	1:30.86	1:29.04	1:20.95	1:19.32	1:22.67	1:21.01
50 Breast	--	--	--	--	--	--	--	--
100 Breast	1:52.08	1:49.83	1:41.43	1:39.40	1:34.95	1:33.05	1:35.40	1:33.50
50 Fly	--	--	--	--	--	--	--	--
100 Fly	1:35.72	1:33.81	1:27.66	1:25.91	1:22.67	1:21.01	1:19.78	1:18.18
150 IM	--	--	--	--	--	--	--	--
200 IM	3:31.10	3:26.88	3:16.49	3:12.56	2:57.87	2:54.32	2:58.82	2:55.25

## APPENDIX 4D – Swim BC Male Para Advance Consideration Times

	MALE PARA ADVANCE CONSIDERATION TIMES																			
	S1/SB1/SM1		S2/SB2/SM2		S3/SB3/SM3		S4/SB4/SM4		S5/SB5/SM5		S6/SB6/SM6		S7/SB7/SM7		S8/SB8/SM8		S9/SB9/SM9		S10/SM10	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	1:41.51	1:41.51	1:12.54	1:12.54	1:00.44	1:00.44	0:47.62	0:47.62	0:40.11	0:40.11	0:34.76	0:34.76	0:33.19	0:33.19	0:31.74	0:31.74	0:30.10	0:29.50	0:28.23	0:27.66
100 Free	3:46.73	3:46.73	2:41.21	2:41.21	2:16.04	2:16.04	1:48.25	1:48.25	1:29.45	1:29.45	1:19.22	1:19.22	1:13.55	1:13.55	1:08.49	1:08.49	1:04.99	1:03.69	1:01.27	1:00.04
200 Free	8:28.87	8:28.87	6:03.73	6:03.73	5:14.46	5:14.46	4:00.78	4:00.78	3:21.99	3:21.99	--	--	--	--	--	--	--	--	--	--
400 Free	--	--	--	--	--	--	--	--	--	--	6:15.17	6:15.17	5:42.49	5:42.49	5:21.72	5:21.72	4:59.06	4:53.08	4:48.69	4:42.92
50 Back	1:52.53	1:52.53	1:22.63	1:22.63	1:05.46	1:05.46	0:58.37	0:58.37	0:46.64	0:46.64	--	--	--	--	--	--	--	--	--	--
100 Back	3:53.42	3:53.42	2:57.55	2:57.55	--	--	--	--	--	--	1:34.15	1:34.15	1:28.16	1:28.16	1:20.67	1:20.67	1:13.54	1:12.07	1:10.75	1:09.35
50 Breast	3:51.76	3:51.76	3:39.88	3:39.88	1:02.51	1:02.51	--	--	--	--	--	--	--	--	--	--	--	--	--	--
100 Breast	--	--	--	--	--	--	2:11.00	2:11.00	2:00.60	2:00.60	1:38.16	1:38.16	1:35.90	1:35.90	1:27.38	1:27.38	1:21.44	1:19.81	--	--
50 Fly	1:08.26	1:08.26	1:00.46	1:00.46	0:54.92	0:54.92	0:49.38	0:49.38	0:45.01	0:45.01	0:38.75	0:38.75	0:36.46	0:36.46	--	--	--	--	--	--
100 Fly	--	--	--	--	--	--	--	--	--	--	--	--	--	--	1:13.64	1:13.64	1:11.02	1:09.60	1:07.58	1:06.23
150 IM	11:25.22	11:25.22	9:24.30	9:24.30	5:13.66	5:13.66	3:30.28	3:30.28	--	--	--	--	--	--	--	--	--	--	--	--
200 IM	--	--	--	--	--	--	--	--	5:11.64	5:11.64	3:25.97	3:25.97	3:09.98	3:09.98	2:51.34	2:51.34	2:42.39	2:39.14	2:34.03	2:30.95

	S11/SB11/SM11		S12/SB12/SM12		S13/SB13/SM13		S14/SB14/SM14	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	0:31.55	0:30.92	0:29.70	0:29.11	0:28.32	0:27.75	0:28.20	0:27.64
100 Free	1:08.01	1:06.65	1:04.23	1:02.95	1:00.46	0:59.25	1:01.46	1:00.23
200 Free	--	--	--	--	--	--	2:14.44	2:11.74
400 Free	5:58.87	5:51.69	4:52.22	4:46.38	5:04.39	4:58.30	--	--
50 Back	--	--	--	--	--	--	--	--
100 Back	1:27.52	1:25.76	1:16.46	1:14.93	1:11.58	1:10.15	1:11.38	1:09.95
50 Breast	--	--	--	--	--	--	--	--
100 Breast	1:34.82	1:32.92	1:24.43	1:22.74	1:22.18	1:20.53	1:17.77	1:16.21
50 Fly	--	--	--	--	--	--	--	--
100 Fly	1:28.91	1:27.13	1:11.02	1:09.60	1:07.53	1:06.17	1:06.36	1:05.03
150 IM	--	--	--	--	--	--	--	--
200 IM	3:08.35	3:04.59	2:41.21	2:37.99	2:36.83	2:33.69	2:32.60	2:29.55

## APPENDIX 4E – Swim BC Female Para Perform Consideration Times

	FEMALE PARA PERFORM CONSIDERATION TIMES																			
	S1/SB1/SM1		S2/SB2/SM2		S3/SB3/SM3		S4/SB4/SM4		S5/SB5/SM5		S6/SB6/SM6		S7/SB7/SM7		S8/SB8/SM8		S9/SB9/SM9		S10/SM10	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	2:02.08	2:02.08	1:24.28	1:24.28	1:06.68	1:06.68	0:49.41	0:49.41	0:44.14	0:44.14	0:39.03	0:39.03	0:36.85	0:36.85	0:34.72	0:34.72	0:32.00	0:31.36	0:29.95	0:29.34
100 Free	4:22.97	4:22.97	3:03.13	3:03.13	2:38.86	2:38.86	2:02.08	2:02.08	1:37.99	1:37.99	1:27.56	1:27.56	1:20.55	1:20.55	1:14.19	1:14.19	1:08.10	1:06.74	1:05.20	1:03.89
200 Free	9:37.57	9:37.57	6:34.44	6:34.44	5:52.87	5:52.87	5:05.21	5:05.21	3:40.80	3:40.80	--	--	--	--	--	--	--	--	--	--
400 Free	--	--	--	--	--	--	--	--	--	--	6:07.68	6:07.68	5:58.25	5:58.25	5:32.47	5:32.47	5:14.12	5:07.84	4:58.70	4:52.72
50 Back	2:20.87	2:20.87	1:47.99	1:47.99	1:17.18	1:17.18	1:05.22	1:05.22	0:52.76	0:52.76	--	--	--	--	--	--	--	--	--	--
100 Back	4:41.74	4:41.74	3:42.90	3:42.90	--	--	--	--	--	--	1:37.88	1:37.88	1:33.57	1:33.57	1:26.76	1:26.76	1:18.76	1:17.19	1:16.98	1:15.44
50 Breast	2:49.04	2:49.04	1:38.60	1:38.60	1:11.20	1:11.20	--	--	--	--	--	--	--	--	--	--	--	--	--	--
100 Breast	--	--	--	--	--	--	2:29.26	2:29.26	2:03.53	2:03.53	1:53.38	1:53.38	1:48.90	1:48.90	1:35.54	1:35.54	1:27.47	1:25.73	--	--
50 Fly	2:16.18	2:16.18	2:02.08	2:02.08	1:29.22	1:29.22	1:15.13	1:15.13	0:58.46	0:58.46	0:43.88	0:43.88	0:41.58	0:41.58	--	--	--	--	--	--
100 Fly	--	--	--	--	--	--	--	--	--	--	--	--	--	--	1:24.21	1:24.21	1:15.08	1:13.59	1:12.67	1:11.22
150 IM	8:55.31	8:55.31	7:30.78	7:30.78	4:41.74	4:41.74	3:50.94	3:50.94	--	--	--	--	--	--	--	--	--	--	--	--
200 IM	--	--	--	--	--	--	--	--	4:50.44	4:50.44	3:31.02	3:31.02	3:28.84	3:28.84	3:13.29	3:13.29	2:52.03	2:48.59	2:42.10	2:38.86

	S11/SB11/SM11		S12/SB12/SM12		S13/SB13/SM13		S14/SB14/SM14	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	0:34.84	0:34.14	0:32.39	0:31.74	0:29.83	0:29.23	0:30.04	0:29.45
100 Free	1:17.97	1:16.40	1:10.30	1:08.89	1:05.27	1:03.96	1:05.74	1:04.42
200 Free	--	--	--	--	--	--	2:22.78	2:19.92
400 Free	6:09.40	6:02.01	5:42.78	5:35.93	5:08.90	5:02.72	--	--
50 Back	--	--	--	--	--	--	--	--
100 Back	1:31.18	1:29.36	1:24.68	1:22.99	1:15.44	1:13.93	1:17.04	1:15.51
50 Breast	--	--	--	--	--	--	--	--
100 Breast	1:44.45	1:42.37	1:34.54	1:32.65	1:28.49	1:26.73	1:28.91	1:27.14
50 Fly	--	--	--	--	--	--	--	--
100 Fly	1:29.22	1:27.43	1:21.70	1:20.06	1:17.04	1:15.51	1:14.36	1:12.87
150 IM	--	--	--	--	--	--	--	--
200 IM	3:16.74	3:12.80	3:03.13	2:59.46	2:45.78	2:42.46	2:46.67	2:43.33

## APPENDIX 4F – Swim BC Male Para Perform Consideration Times

	MALE PARA PERFORM CONSIDERATION TIMES																			
	S1/SB1/SM1		S2/SB2/SM2		S3/SB3/SM3		S4/SB4/SM4		S5/SB5/SM5		S6/SB6/SM6		S7/SB7/SM7		S8/SB8/SM8		S9/SB9/SM9		S10/SM10	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	1:34.61	1:34.61	1:07.61	1:07.61	0:56.32	0:56.32	0:44.38	0:44.38	0:37.39	0:37.39	0:32.39	0:32.39	0:30.93	0:30.93	0:29.58	0:29.58	0:28.05	0:27.49	0:26.30	0:25.78
100 Free	3:31.31	3:31.31	2:30.25	2:30.25	2:06.78	2:06.78	1:40.89	1:40.89	1:23.37	1:23.37	1:13.84	1:13.84	1:08.55	1:08.55	1:03.83	1:03.83	1:00.58	0:59.36	0:57.10	0:55.96
200 Free	7:54.26	7:54.26	5:38.99	5:38.99	4:53.07	4:53.07	3:44.41	3:44.41	3:08.25	3:08.25	--	--	--	--	--	--	--	--	--	--
400 Free	--	--	--	--	--	--	--	--	--	--	5:49.65	5:49.65	5:19.20	5:19.20	4:59.84	4:59.84	4:38.72	4:33.15	4:29.06	4:23.68
50 Back	1:44.87	1:44.87	1:17.02	1:17.02	1:01.01	1:01.01	0:54.41	0:54.41	0:43.46	0:43.46	--	--	--	--	--	--	--	--	--	--
100 Back	3:37.54	3:37.54	2:45.47	2:45.47	--	--	--	--	--	--	1:27.75	1:27.75	1:22.17	1:22.17	1:15.19	1:15.19	1:08.53	1:07.16	1:05.94	1:04.63
50 Breast	3:35.99	3:35.99	3:24.92	3:24.92	0:58.26	0:58.26	--	--	--	--	--	--	--	--	--	--	--	--	--	--
100 Breast	--	--	--	--	--	--	2:02.09	2:02.09	1:52.39	1:52.39	1:31.49	1:31.49	1:29.37	1:29.37	1:21.43	1:21.43	1:15.90	1:14.38	--	--
50 Fly	1:03.62	1:03.62	0:56.35	0:56.35	0:51.18	0:51.18	0:46.03	0:46.03	0:41.95	0:41.95	0:36.12	0:36.12	0:33.98	0:33.98	--	--	--	--	--	--
100 Fly	--	--	--	--	--	--	--	--	--	--	--	--	--	--	1:08.63	1:08.63	1:06.19	1:04.87	1:02.99	1:01.72
150 IM	10:38.62	10:38.62	8:45.91	8:45.91	4:52.33	4:52.33	3:15.98	3:15.98	--	--	--	--	--	--	--	--	--	--	--	--
200 IM	--	--	--	--	--	--	--	--	4:50.44	4:50.44	3:11.96	3:11.96	2:57.05	2:57.05	2:39.68	2:39.68	2:31.35	2:28.31	2:23.55	2:20.68

	S11/SB11/SM11		S12/SB12/SM12		S13/SB13/SM13		S14/SB14/SM14	
	LCM	SCM	LCM	SCM	LCM	SCM	LCM	SCM
50 Free	0:29.40	0:28.81	0:27.68	0:27.13	0:26.40	0:25.87	0:26.28	0:25.76
100 Free	1:03.38	1:02.12	0:59.87	0:58.67	0:56.35	0:55.23	0:57.28	0:56.13
200 Free	--	--	--	--	--	--	2:05.29	2:02.78
400 Free	5:34.46	5:27.78	4:32.35	4:26.91	4:43.69	4:38.01	--	--
50 Back	--	--	--	--	--	--	--	--
100 Back	1:21.56	1:19.93	1:11.25	1:09.83	1:06.71	1:05.38	1:06.53	1:05.20
50 Breast	--	--	--	--	--	--	--	--
100 Breast	1:28.37	1:26.60	1:18.68	1:17.11	1:16.59	1:15.06	1:12.48	1:11.03
50 Fly	--	--	--	--	--	--	--	--
100 Fly	1:22.87	1:21.21	1:06.19	1:04.87	1:02.93	1:01.67	1:01.85	1:00.60
150 IM	--	--	--	--	--	--	--	--
200 IM	2:55.54	2:52.02	2:30.25	2:27.24	2:26.16	2:23.23	2:22.22	2:19.38