



SWIMMING QUEENSLAND

DEVELOPMENT PROGRAM 2018 - 2019



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2018 - 2019

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PROGRAM INTRODUCTION

Swimming Queensland (SQ) is pleased to present the 2018 - 2019 Development Program.

This program has been designed to align with SQ's Long Term Athlete Development philosophy as well as the Australian Sports Commission and Swimming Australia's FTEM (Foundation – Talent – Elite – Mastery) framework.

The SQ Development Squad selection criteria are based on International or National performance standards and include able body, open water and swimmers with disability.

Eligible Swimmers (and coaches) will be invited to attend the various Qld team events, development camps, workshops or clinics that provide the appropriate level of development and educational support required to progress along the performance pathway.



DEVELOPMENT PATHWAY



Pool: 2017 World Championships Final +1.5%

Open Water: Australian Open Water Championships Open 10km medallist

Disability: Qualification time is based on World Ranking Standards between September 2016 and August 2017



Pool: 2017 World Championships Final +4%

Open Water: Australian Open Water Championships Open 5km medallist

Disability: Multi Class Points Score of 800 or above, or Australian Open Water Championships Multi Class Champion



Pool: 2017 World Championships Final +6% (female & male 20&O) or +7% (male U20)

Open Water: Australian Open Water Championships Open 5km or 10km 4th-6th finishers or Australian Open Water Championships Age Champion

Disability: Multi Class Points Score of 700-799 or Australian Open Water Championships Multi Class medallist



Pool: 2017 Junior World Championships Final +% per age group (13-18 years)

Open Water: Australian Open Water Championships Age 2nd & 3rd placegetters or Qld Open Water Championships Age Champion (5km, 7.5km or 10km)

Disability: Multi Class Points Score of 601-699



Pool: 2017 Junior World Championships Final +% per age group (13-18 years)

Open Water: Australian Open Water Championships Age 4th-6th finishers, Qld Open Water Championships Age 2nd & 3rd placegetters or Brisbane Open Water Championships Age Champion (5km, 7.5km or 10km)

Disability: Multi Class Points Score of 441-600 (12-16 years)



Pool: 2017 Junior World Championships Final +% per age group (13-16 years)

Open Water: Qld Open Water Championships 4th-6th finishers (16&U) or Brisbane Open Water Championships 2nd & 3rd placegetters (16&U) (5km, 7.5km or 10km)

Disability: Multi Class Points Score of 180-440 (12-16 years)

SQUAD QUALIFICATION TIMES

MALE

Event	Target 1	Target 2	Target 3	Gold	Silver 20&O	Silver U20
50m Free	21.77	21.99	22.10	22.66	23.11	23.34
100m Free	48.31	48.79	49.04	50.28	51.29	51.80
200m Free	1:46.28	1:47.35	1:47.88	1:50.61	1:52.84	1:53.97
400m Free	3:46.14	3:48.41	3:49.55	3:55.35	4:00.09	4:02.49
800m Free	7:50.97	7:55.69	7:58.07	8:10.14	8:20.02	8:25.03
1500m Free	14:59.32	15:08.34	15:12.88	15:35.93	15:54.79	16:04.36
100m Back	53.76	54.30	54.57	55.95	57.08	57.65
200m Back	1:56.11	1:57.27	1:57.86	2:00.84	2:03.27	2:04.51
100m Breast	59.24	59.83	1:00.13	1:01.65	1:02.89	1:03.52
200m Breast	2:08.80	2:10.09	2:10.74	2:14.04	2:16.74	2:18.11
100m Fly	51.31	51.82	52.08	53.40	54.47	55.02
200m Fly	1:55.58	1:56.74	1:57.32	1:59.69	2:02.71	2:03.94
200m IM	1:57.81	1:58.99	1:59.59	2:02.61	2:05.08	2:06.33
400m IM	4:15.69	4:18.25	4:19.54	4:26.10	4:31.46	4:34.18
	WC Final	1.0%	1.5%	4.0%	6.0%	7.0%



Photos: Swimming Australia

FEMALE

Event	Target 1	Target 2	Target 3	Gold	Silver
50m Free	24.59	24.84	24.96	25.59	26.11
100m Free	53.20	53.73	54.00	55.37	56.48
200m Free	1:56.34	1:57.51	1:58.09	2:01.08	2:03.52
400m Free	4:06.48	4:08.95	4:10.20	4:16.51	4:21.68
800m Free	8:30.66	8:35.78	8:38.36	8:51.45	9:02.16
1500m Free	16:20.98	16:30.81	16:35.77	17:00.91	17:21.48
100m Back	59.82	1:00.42	1:00.72	1:02.26	1:03.83
200m Back	2:07.64	2:08.92	2:09.56	2:12.84	2:16.19
100m Breast	1:06.81	1:07.48	1:07.82	1:09.53	1:10.93
200m Breast	2:23.81	2:25.25	2:25.98	2:29.66	2:32.68
100m Fly	57.64	58.22	58.51	59.99	1:01.20
200m Fly	2:07.82	2:09.10	2:09.75	2:13.69	2:15.70
200m IM	2:10.45	2:11.76	2:12.42	2:15.76	2:18.50
400m IM	4:37.14	4:39.92	4:41.32	4:48.42	4:54.23
	WC Final	1.0%	1.5%	4.0%	6.0%

SQ Squad Qualification Times (Target, Gold, Silver) are calculated from the swimmers 8th place time into the final at the 2017 World Championships. SQ will notify Swimmers (and their coach) if they achieve a higher squad level throughout the season. SQ will recognise performances based on the above times from 1 May 2017 – 30 April 2018 for Gold and Silver Squads and from 1 October 2017 – 30 April 2018 for Target squad. These squad qualification times will carry over for the period of May 2018 – April 2019. Swimmers will remain in the Target Squad for 1 year from the date the time was achieved. Swimmers who no longer have a valid time will not be included in the SQ activities for that squad.

SQUAD QUALIFICATION TIMES

MALE PARA TARGET SQUAD

Classification	50 FREE	100 FREE	200 FREE	400 FREE	50 BACK	100 BACK	50 FLY	100 FLY
S1					1:53.26	3:03.83		
S2			3:43.69		50.23	1:49.76		
S3	42.18		3:23.10		47.02			
S4	41.36	1:26.05	3:03.94		44.42			
S5	33.87	1:15.93	2:38.56		38.92		35.62	
S6	29.66	1:06.21		5:14.44		1:14.78	30.89	
S7	28.55	1:03.17		4:49.00		1:12.48	29.99	
S8	26.75	58.19		4:25.65		1:04.46		1:01.02
S9	26.01	56.95		4:19.22		1:04.67		59.76
S10	23.61	51.48		4:04.63		58.43		56.50
S11	26.52	59.51		4:41.05		1:08.81		1:03.52
S12	24.95					1:01.04		
S13	24.21	53.63		4:01.63		59.55		56.84
S14			1:57.50			1:01.20		

Classification	50 BREAST	100 BREAST	Classification	150 IM	200 IM
SB1			SM1		
SB2	54.29		SM2		
SB3	48.42		SM3	2:52.32	
SB4		1:37.69	SM4	2:35.93	
SB5		1:37.30	SM5		4:07.22
SB6		1:24.60	SM6		2:41.39
SB7		1:20.21	SM7		2:35.35
SB8		1:15.13	SM8		2:21.19
SB9		1:06.54	SM9		2:17.72
SB10			SM10		2:10.48
SB11		1:13.53	SM11		2:27.82
SB12		1:09.17	SM12		
SB13		1:09.25	SM13		2:16.29
SB14		1:07.53	SM14		2:15.43



SQ Squad Qualification times (Para Target) are calculated from the 2016 and 2017 World Ranking Standards (3rd fastest time between September 2016 and August 2017). SQ will recognise performances between 1 September 2017 – 31 August 2018 and swimmers will remain in the squad for 1 year from the date the time was achieved. Swimmers who no longer have a valid time will not be included in the SQ activities for that squad.

SQUAD QUALIFICATION TIMES

FEMALE PARA TARGET SQUAD

Classification	50 FREE	100 FREE	200 FREE	400 FREE	50 BACK	100 BACK	50 FLY	100 FLY
S1								
S2					1:02.67	3:15.96		
S3	47.54	1:34.86	3:34.44		52.74			
S4	41.23	1:38.30	3:26.51		51.62			
S5	37.37	1:23.21	2:50.91		46.74		47.51	
S6	35.19	1:14.43		5:34.27		1:26.82	36.81	
S7	33.26	1:12.80		5:19.84		1:23.62	35.40	
S8	30.34	1:05.16		4:47.82		1:17.87		1:11.68
S9	29.30	1:03.75		4:43.66		1:09.18		1:09.20
S10	28.20	1:01.43		4:34.09		1:09.18		1:08.77
S11	30.76	1:08.31		5:16.36		1:21.17		
S12	29.03					1:11.97		
S13	28.02	1:00.41		4:34.09		1:08.96		1:04.70
S14			2:10.20			1:06.33		

Classification	50 BREAST	100 BREAST	Classification	150 IM	200 IM
SB1			SM1		
SB2			SM2		
SB3	59.54		SM3		
SB4		1:53.63	SM4	2:57.26	
SB5		1:47.02	SM5		3:36.14
SB6		1:38.89	SM6		3:04.78
SB7		1:32.94	SM7		3:02.62
SB8		1:22.82	SM8		2:43.03
SB9		1:17.93	SM9		2:36.26
SB10			SM10		2:31.46
SB11		1:26.61	SM11		2:55.31
SB12			SM12		
SB13		1:15.12	SM13		2:24.66
SB14		1:17.35	SM14		2:25.75



SQ Squad Qualification times (Para Target) are calculated from the 2016 and 2017 World Ranking Standards (3rd fastest time between September 2016 and August 2017). SQ will recognise performances between 1 September 2017 – 31 August 2018 and swimmers will remain in the squad for 1 year from the date the time was achieved. Swimmers who no longer have a valid time will not be included in the SQ activities for that squad.

SQUAD QUALIFICATION TIMES

FEMALE

13 Years

14 Years

15 Years

Event	Flippers	Bronze	JDS	Flippers	Bronze	JDS	Flippers	Bronze	JDS
50m Free	27.09	28.20	29.05	26.83	27.92	28.77	26.56	27.64	28.48
100m Free	58.54	1:00.92	1:02.77	57.96	1:00.32	1:02.15	57.38	59.72	1:01.53
200m Free	2:08.38	2:13.60	2:17.66	2:07.10	2:12.28	2:16.30	2:05.84	2:10.96	2:14.94
400m Free	4:30.87	4:41.89	4:50.46	4:28.18	4:39.09	4:47.57	4:25.52	4:36.32	4:44.72
800m Free	9:10.24	9:32.63	9:50.03	9:04.77	9:26.95	9:44.17	8:59.37	9:21.32	9:38.37
1500m Free	17:33.87	18:16.77	18:50.09	17:23.41	18:05.89	18:38.88	17:13.06	17:55.11	18:27.77
100m Back	1:04.45	1:07.08	1:09.12	1:03.81	1:06.41	1:08.43	1:03.18	1:05.75	1:07.75
200m Back	2:20.79	2:26.52	2:30.97	2:19.39	2:25.07	2:29.47	2:18.01	2:23.63	2:27.99
100m Breast	1:13.81	1:16.81	1:19.15	1:13.08	1:16.05	1:18.36	1:12.35	1:15.30	1:17.58
200m Breast	2:40.70	2:47.24	2:52.32	2:39.10	2:45.58	2:50.61	2:37.52	2:43.93	2:48.91
100m Fly	1:03.02	1:05.59	1:07.58	1:02.40	1:04.94	1:06.91	1:01.78	1:04.29	1:06.24
200m Fly	2:21.02	2:26.76	2:31.22	2:19.62	2:25.31	2:29.72	2:18.24	2:23.86	2:28.23
200m IM	2:24.30	2:30.18	2:34.74	2:22.87	2:28.69	2:33.20	2:21.45	2:27.21	2:31.68
400m IM	5:07.28	5:19.79	5:29.50	5:04.23	5:16.62	5:26.23	5:01.21	5:13.47	5:23.00

16 Years

17-18 Years

Event	Flippers	Bronze	JDS	Flippers	Bronze
50m Free	26.30	27.37	28.20	26.30	227.37
100m Free	56.82	59.13	1:00.92	56.82	59.13
200m Free	2:04.59	2:09.67	2:13.60	2:04.59	2:09.67
400m Free	4:22.88	4:33.58	4:41.89	4:22.88	4:33.58
800m Free	8:54.01	9:15.75	9:32.63	8:54.01	9:15.75
1500m Free	17:02.80	17:44.44	18:16.77	17:02.80	17:44.44
100m Back	1:02.55	1:05.10	1:07.08	1:02.55	1:05.10
200m Back	2:16.64	2:22.20	2:26.52	2:16.64	2:22.20
100m Breast	1:11.63	1:14.55	1:16.81	1:11.63	1:14.55
200m Breast	2:35.96	2:42.31	2:47.24	2:35.96	2:42.31
100m Fly	1:01.16	1:03.65	1:05.59	1:01.16	1:03.65
200m Fly	2:16.87	2:22.44	2:26.76	2:16.87	2:22.44
200m IM	2:20.05	2:25.75	2:30.18	2:20.05	2:25.75
400m IM	4:58.22	5:10.36	5:19.79	4:58.22	5:10.36



SQ Squad Qualification Times (Flippers, Bronze and JDS) are calculated from the 2017 World Junior Championships. The SQ Development squad for 2018-19 season will recognise performances from 1 May 2017 – 30 April 2018. These squad qualification times will carry over for the period of May 2018 – April 2019.

SQUAD QUALIFICATION TIMES

MALE

13 Years

14 Years

15 Years

Event	Flippers	Bronze	JDS	Flippers	Bronze	JDS	Flippers	Bronze	JDS
50m Free	25.61	26.65	27.46	24.61	25.61	26.39	23.88	24.85	25.61
100m Free	56.19	58.48	1:00.25	53.99	56.19	57.90	52.40	54.53	56.19
200m Free	2:03.20	2:08.21	2:12.11	1:58.38	2:03.20	2:06.94	1:54.89	1:59.57	2:03.20
400m Free	4:22.83	4:33.53	4:41.84	4:12.55	4:22.83	4:30.82	4:05.10	4:15.08	4:22.83
800m Free	9:04.16	9:26.31	9:43.51	8:42.87	9:04.16	9:20.69	8:27.46	8:48.12	9:04.16
1500m Free	17:15.23	17:57.37	18:30.10	16:34.74	17:15.23	17:46.68	16:05.41	16:44.71	17:15.23
100m Back	1:02.53	1:05.08	1:07.06	1:00.09	1:02.53	1:04.43	58.32	1:00.69	1:02.53
200m Back	2:17.02	2:22.60	2:26.93	2:11.66	2:17.02	2:21.18	2:07.78	2:12.98	2:17.02
100m Breast	1:09.31	1:12.13	1:14.32	1:06.60	1:09.31	1:11.41	1:04.63	1:07.27	1:09.31
200m Breast	2:30.30	2:36.41	2:41.17	2:24.42	2:30.30	2:34.86	2:20.16	2:25.86	2:30.30
100m Fly	59.83	1:02.27	1:04.16	57.49	59.83	1:01.65	55.79	58.07	59.83
200m Fly	2:15.37	2:20.88	2:25.16	2:10.08	2:15.37	2:19.48	2:06.24	2:11.38	2:15.37
200m IM	2:18.44	2:24.07	2:28.45	2:13.02	2:18.44	2:22.64	2:09.10	2:14.36	2:18.44
400m IM	4:56.47	5:08.53	5:17.91	4:44.87	4:56.47	5:05.47	4:36.47	4:47.73	4:56.47

16 Years

17-18 Years

Event	Flippers	Bronze	JDS	Flippers	Bronze
50m Free	23.64	24.61	25.35	23.64	24.61
100m Free	51.88	53.99	55.63	51.88	53.99
200m Free	1:53.75	1:58.38	2:01.98	1:53.75	1:58.38
400m Free	4:02.67	4:12.55	4:20.22	4:02.67	4:12.55
800m Free	8:22.42	8:42.87	8:58.76	8:22.42	8:42.87
1500m Free	15:55.83	16:34.74	17:04.95	15:55.83	16:34.74
100m Back	57.74	1:00.09	1:01.91	57.74	1:00.09
200m Back	2:06.51	2:11.66	2:15.66	2:06.51	2:11.66
100m Breast	1:03.99	1:06.60	1:08.62	1:03.99	1:06.60
200m Breast	2:18.77	2:24.42	2:28.80	2:18.77	2:24.42
100m Fly	55.24	57.49	59.24	55.24	57.49
200m Fly	2:04.99	2:10.08	2:14.03	2:04.99	2:10.08
200m IM	2:07.82	2:13.02	2:17.06	2:07.82	2:13.02
400m IM	4:33.73	4:44.87	4:53.52	4:33.73	4:44.87



SQ Squad Qualification Times (Flippers, Bronze and JDS) are calculated from the 2017 World Junior Championships. The SQ Development squad for 2018-19 season will recognise performances from 1 May 2017 – 30 April 2018. These squad qualification times will carry over for the period of May 2018 – April 2019.

DEVELOPMENT ACTIVITY SUMMARY

	asctaQLD Coaches	Target Squad	Gold Squad	Silver Squad	Flippers Squad	Bronze Squad	JDS Squad	Parents	JX
State Teams Championships - Qld Team	YES		YES	YES	YES	YES			
State Teams Championships Preparation Activities	YES		YES	YES	YES	YES			
Open Water World Cup - Qld Team	YES		YES	YES	YES				
Altitude Camp	YES	YES	YES	YES	YES				
Stroke Camp	YES	YES	YES	YES	YES				
Talent Identification Camps	YES		YES	YES	YES	YES			
Intra-Regional Development Clinics	YES		YES (up to 18yrs)	YES (up to 18yrs)	YES	YES	YES	YES	
SWD Camp	YES		YES	YES	YES	YES	YES	YES	
Global Games Preparation Clinic (\$14)	YES		YES	YES	YES	YES	YES		
Aquatic Body Alignment Clinics								YES	YES
Interstate State Open Water Funding Support			YES	YES	YES	YES			
QLD Short Course Funding Support			YES	YES	YES	YES			
Coach Workshops	YES								
SQ Performance Pathway Team	YES	YES	YES	YES	YES	YES	YES		

Squad selection does not guarantee inclusion in development activity. Activities will have capped numbers.

DEVELOPMENT ACTIVITY DETAILS

<p>State Teams Championships - Qld Team 2-5 October 2018</p>	<p>Male: 14/15 & 16/17yrs, Female: 13/14 & 15/16yrs (age as of 3 October 2018) Swimmers selected based on performances between 28 February and 19 August 2018. Swimmers are ineligible if they are selected on a 2018 Australian team unless further age group swimming is deemed appropriate for that swimmer by the SQ Coach Development Director.</p>
<p>State Teams Championships Preparation Activities 1. 28 July 2018 2. 15 September 2018</p>	<p>Male: 14/15 & 16/17yrs, Female: 13/14 & 15/16yrs (age as of 3 October 2018) 1. Possibles and Probables Training Session Eligible (South East Qld) swimmers invited based on performances at the 2018 Age Nationals, 2017 Qld Championships and 2017 State Teams Championships. 2. Queensland Team Training and Relay Session Selected Qld team members (South East Qld) to attend a compulsory training and skills session.</p>
<p>Open Water World Cup - Qld Team 12-23 September 2018</p>	<p>Swimmers selected based on 2017/2018 Pool (400/800/1500) and Open Water progression and results. Swimmers are ineligible if they are selected on a 2018 Australian Open Water team or have represented Australia on a previous Australian Open Water team.</p>
<p>Altitude Camp 22 September - 2 October 2018</p>	<p>17-23yrs as of 22 September 2018 Swimmers will be considered for selection from their performances recorded in Olympic events if they achieve a minimum of 800 FINA points. Swimmers selected based on performances at the 2018 Age Nationals and Australian Open Championships (Commonwealth Games Trials and Pan Pacific Championship trials). 2018 State Teams Championships team members are ineligible.</p>
<p>Stroke Camp 28 April - 9 May 2019</p>	<p>16-24yrs as of 28 April 2019 Swimmers selected based on performances at the 2018 Australian Championships (Pan Pac trials) and the 2018 Qld Championships.</p>
<p>Talent Identification Camps 6-8 July 2018 11-13 January 2019</p>	<p>Male: 14 - 18yrs, Female: 13 - 18yrs Swimmers selected based on performances at the 2018 Age Nationals, Australian Championships (Commonwealth Games trials) and 2017 Qld Championships. Swimmers' physical, technical and skill characteristics, and their training and physical maturity, were assessed at the above meets. Swimmers identified at the 2018 Australian Age Championships as part of the SAL TID program.</p>
<p>Intraregional Development Clinics July - December 2018</p>	<p>SQ McDonald's Squad swimmers (Gold up to 18yrs, Silver up to 18yrs, Flippers, Bronze and JDS - Pool, OW and MC) invited to attend. The clinic topic will be Posture & Performance and Strength & Development and is open to asctaQLD and S&C coaches and parents of swimmers attending.</p>
<p>SWD Camp 20-21 October 2018</p>	<p>SQ McDonald's Gold, Silver, Flippers, Bronze and JDS squad swimmers.</p>
<p>Global Games Preparation Clinic (\$14) Dates TBC</p>	<p>SQ McDonald's Gold, Silver, Flippers, Bronze and JDS \$14 squad members (South East Qld).</p>

DEVELOPMENT ACTIVITY DETAILS

Aquatic Body Alignment Clinics 2018-2019

Eligible JX swimmers and their parents will be invited to attend this clinic focused on improving body position, core stability and strength, body awareness and alignment, feel and hold of the water through the development of Fundamental Aquatic Skills using ONCORE.

Interstate OW Funding Support

SQ McDonald's Gold, Silver and Flippers OW squad swimmers will be offered cash support to attend an interstate or international open water event (This does not include National Championships and will be paid after the event results have been submitted). Swimmers must compete at the QLD OW Championships to be eligible for this funding.

QLD SC Funding Support

SQ McDonald's Gold, Silver, Flippers and Bronze squad swimmers in FNQ, NQ, CQ, Northern WB (regional) & DD offered cash support to attend the 2018 Qld Short Course Championships (will be paid after the event).

Coach Workshops 2018-2019

asctaQld coaches invited to attend educational workshops which are conducted at the Qld Academy of Sport. Coach invitations are based on the topic of the workshop and level of the coach. Workshops will be filmed with a livefeed for regional coaches when possible.

Coach Development Director

Drew McGregor

Coach and Club Development Officers

Barry Prime (Brisbane, Central Qld, Darling Downs, Gold Coast)
Brant Best (Brisbane, Far North Queensland, North Queensland, Wide Bay)
Jade Edmestone (Club Development Officer - All Regions).

Performance and Pathways Team

Sport Scientist

Rebecca Pahl

Athletic Development Officer

Grant Jenkins (part time)

Para Development Officer

Herbie Howard (part time)



Please note, athletes that achieve the squad qualification standards will be recognised as achieving that squad level and will receive a squad cap if they complete the squad RSVP by the advised date. By completing the squad RSVP that does not guarantee inclusion in development activities as there will be specific selection criteria's and capped numbers of available positions.



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