



SWIMMING QUEENSLAND

DEVELOPMENT PROGRAM 2019 - 2020



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DEVELOPMENT PROGRAM

2019 - 2020

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PROGRAM INTRODUCTION

Swimming Queensland (SQ) is pleased to present the 2019 - 2020 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: Time standard calculated from the 2017 and 2018 World Rankings for 2020 Paralympic events



Pool: 2017 World Championships Final + 4%

Open Water: Australian Open Water Championships 5km Open medallist

Disability: As per Mulit Class Point Scores on Pages 6 and 7



Pool: 2017 World Championships Final + 6% or + 7% (7% for male U20 only)

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

Disability: As per Mulit Class Point Scores on Pages 6 and 7



Pool: 2017 Junior World Championships Final + % per age group

Open Water: Australian Open Water 2nd and 3rd Age placegetters or Queensland Open Water Age Champion (5km, 7.5km or 10km)

Disability: As per Mulit Class Point Scores on Pages 6 and 7



Pool: 2017 Junior World Championships Final + % per age group

Open Water: Australian Open Water 4th-6th Age finishers, Queensland Open Water 2nd and 3rd Age placegetters or Brisbane Open Water Meet 1st Age placegetter (based on all Queensland competitors in 5km & 7.5km)

Disability: As per Mulit Class Point Scores on Pages 6 and 7



Pool: 2017 Junior World Championships Final + % per age group

Open Water: 16&U Queensland Open Water 4th-6th Age finishers or 16&U Brisbane Open Water Meet 2nd and 3rd Age placegetters (based on all Queensland competitors in 5km & 7.5km)

Disability: As per Mulit Class Point Scores on Pages 6 and 7

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 / Dolly Carr

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 recognise performances based on the above times through to 31 August 2019. In September 2019, qualification times will be recalculated based off the 8th place time into the final at the 2019 World Championships. The new times will be used to recognise performances between 1 September 2019 and 31 August 2021. SQ will notify swimmers (and their coach) if they achieve a higher squad level throughout the season. Swimmers will remain in the Target Squad for 1 year from the date the time was achieved.

QAS
SWIMMING

McDonald's
swimming queensland
McDONALD'S PROUDLY SUPPORTS

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					1:13.06	2:30.69		
S2			4:08.86		54.19	1:56.93		
S3	41.52		3:19.85		47.05			
S4	39.96	1:25.62	3:03.96		44.96			
S5	32.64	1:09.32	2:34.18		35.98		36.77	
S6		1:06.42		5:09.96		1:17.98	32.12	
S7	27.94			4:48.54		1:12.63	29.99	
S8		59.27		4:29.41		1:06.36		1:02.65
S9	25.54			4:16.92		1:04.52		1:00.76
S10	23.61	51.15		4:06.61		59.26		55.86
S11	26.91			4:50.51		1:10.96		1:02.87
S12		53.97				1:01.22		57.97
S13	23.53			4:01.63		59.28		56.05
S14			1:56.23			1:01.71		57.77

Classification	50 BREAST	100 BREAST	Classification	150 IM	200 IM
SB1			SM1		
SB2	57.45		SM2		
SB3	48.87		SM3	3:07.36	
SB4		1:38.83	SM4	2:38.44	
SB5		1:34.43	SM5		
SB6		1:21.23	SM6		2:47.88
SB7		1:18.02	SM7		2:36.46
SB8		1:11.22	SM8		2:22.98
SB9		1:06.90	SM9		2:18.07
SB10			SM10		2:12.65
SB11		1:14.44	SM11		2:29.05
SB12		1:08.62	SM12		
SB13		1:06.17	SM13		2:12.42
SB14		1:07.47	SM14		2:12.72

SQ Squad Qualification times (Para Target) are calculated from the 2017 and 2018 World Rankings for 2020 Paralympic events. SQ will recognise performances based on the above times through to 31 December 2019. In January 2020, qualification times will be recalculated based on the 2018 and 2019 World Rankings. The new times will be used to recognise performances between 1 January 2020 and 31 December 2021. Swimmers will remain in Target squad for 1 year from the date the time was achieved.

MALE PARA JDS - GOLD SQUADS

Age	JDS	BRONZE	YDS	SILVER	GOLD
12	180	230	280		
13	220	270	320	360	
14	260	330	390	440	
15	300	390	460	520	
16	340	450	530	600	
17		510	600	680	760
18		570	660	740	820
19&O			720	800	880

SQ SWD Squad recognition for Gold, Silver, Youth Development, Bronze and Junior Development Squads will be determined using the National Multi Class Point Score (MCPS) system.

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					1:09.67	2:47.22		
S3		1:37.09			55.52			
S4	38.62				52.10			
S5		1:23.29	2:52.22		45.27		46.68	
S6	33.72			5:24.88		1:25.06	36.75	
S7		1:11.62		5:19.84		1:23.50	36.39	
S8	30.34			4:48.19		1:17.87		1:12.81
S9		1:03.07		4:46.65		1:09.79		1:09.18
S10	28.03	1:00.19		4:34.08		1:09.18		1:06.29
S11	30.74	1:08.78		5:17.23		1:21.07		
S12		1:00.45				1:10.12		
S13	26.90			4:35.31		1:07.66		1:04.04
S14			2:05.41			1:07.38		1:04.62

Classification	50 BREAST	100 BREAST	Classification	150 IM	200 IM
SB1			SM1		
SB2			SM2		
SB3	57.62		SM3		
SB4		1:53.04	SM4	3:00.98	
SB5		1:41.24	SM5		3:36.99
SB6		1:38.89	SM6		3:03.40
SB7		1:32.51	SM7		3:02.53
SB8		1:23.35	SM8		2:42.93
SB9		1:14.43	SM9		2:36.80
SB10			SM10		2:28.93
SB11		1:26.14	SM11		2:52.26
SB12		1:18.01	SM12		
SB13		1:15.56	SM13		2:23.62
SB14		1:15.08	SM14		2:25.01

SQ Squad Qualification times (Para Target) are calculated from the 2017 and 2018 World Rankings for 2020 Paralympic events. SQ will recognise performances based on the above times through to 31 December 2019. In January 2020, qualification times will be recalculated based on the 2018 and 2019 World Rankings. The new times will be used to recognise performances between 1 January 2020 and 31 December 2021. Swimmers will remain in Target squad for 1 year from the date the time was achieved.

FEMALE PARA JDS - GOLD SQUADS

Age	JDS	BRONZE	YDS	SILVER	GOLD
12	180	230	280		
13	220	270	320	360	
14	260	330	390	440	
15	300	390	460	520	
16	340	450	530	600	
17		510	600	680	760
18		570	660	740	820
19&O			720	800	880

SQ SWD Squad recognition for Gold, Silver, Youth Development, Bronze and Junior Development Squads will be determined using the National Multi Class Point Score (MCPS) system.

SQUAD QUALIFICATION TIMES

FEMALE

13 Years

14 Years

15 Years

Event	YDS	Bronze	JDS	YDS	Bronze	JDS	YDS	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	YDS	Bronze	JDS	YDS	Bronze
50m Free	26.30	27.37	28.20	26.30	27.37
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 squads for the 2019-20 season will recognise performances from 1 May 2018 – 30 April 2019. In September 2019, qualification times will be recalculated based off the 2019 World Junior Championships. These times will be used for the 2020-21 Development squads and will recognise performances from 1 May 2019 to 30 April 2020.

SQUAD QUALIFICATION TIMES

MALE

13 Years

14 Years

15 Years

Event	YDS	Bronze	JDS	YDS	Bronze	JDS	YDS	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	YDS	Bronze	JDS	YDS	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 squads for the 2019-20 season will recognise performances from 1 May 2018 – 30 April 2019. In September 2019, qualification times will be recalculated based off the 2019 World Junior Championships. These times will be used for the 2020-21 Development squads and will recognise performances from 1 May 2019 to 30 April 2020.

DEVELOPMENT ACTIVITY SUMMARY

	asctaQLD Coaches	Target Squad	Gold Squad	Silver Squad	Youth Dev Squad	Bronze Squad	Jnr Dev Squad	JX (SAL)	Parents
State Teams Championships - Qld Team	YES	YES	YES	YES	YES	YES	YES		
State Teams Championships Preparation Activities	YES	YES	YES	YES	YES	YES	YES		
Talent Identification Camps	YES	YES	YES	YES	YES	YES			
Regional Development Clinics	YES				YES	YES	YES		YES
Para Potential Clinic	YES		YES	YES	YES	YES	YES		YES
Aquatic Body Alignment Clinics	YES							YES	
Interstate Open Water Funding Support			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	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 3-6 October 2019</p>	<p>Male: 14/15 & 16/17yrs, Female: 13/14 & 15/16yrs, Para: 13-17yrs S6-S14 (age as of 4 October 2019) Swimmers selected based on performances between 1 December 2018 and 18 August 2019. Swimmers are ineligible if they are selected on a 2019 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. 27 July 2019 2. 14 September 2019</p>	<p>Male: 14/15 & 16/17yrs, Female: 13/14 & 15/16yrs, Para: 13-17yrs S6-S14 (age as of 4 October 2019) 1. Possibles and Probables Training Session Eligible (South East Qld) swimmers invited based on performances at the 2018 Queensland Championships, 2019 Australian Championships and 2019 Australian Age Championships. 2. Queensland Team Training and Relay Session Selected Qld team members to attend a compulsory training and skills session. Session is only compulsory for South East Qld team members.</p>
<p>Talent Identification Camps 21-23 June 2019 1-3 November 2019</p>	<p>Male: 13 - 18yrs, Female: 13 - 18yrs Swimmers selected based on performances at the 2018 Queensland Championships, 2019 Australian Championships and 2019 Australian Age Championships. Swimmers' physical, technical and skill characteristics, and their training and physical maturity, were assessed at the above meets.</p>
<p>Regional Development Clinics 2019</p>	<p>SQ McDonald's Squad swimmers (Youth Development, Bronze and Junior Development - Pool, OW and MC) invited to attend. All asctaQLD coaches invited to attend. All Parents of swimmers attending are invited and encouraged to attend the parent workshop.</p>
<p>Para Potential Clinic 20 October 2019</p>	<p>Selected Swimmers with Disability. Swimmers selected based on performances at the 2018 Queensland Championships, 2019 Australian Championships and 2019 Australian Age Championships.</p>
<p>Aquatic Body Alignment Clinics 2019-2020</p>	<p>Eligible JX swimmers will be invited to attend an Aquatic Body Alignment clinic. The clinics will focus on improving body position, core stability and strength, body awareness and alignment, feel and hold of the water through development of Fundamental Aquatic Skills using ONCORE.</p>
<p>Interstate Open Water Funding Support</p>	<p>SQ McDonald's Gold, Silver and Youth Development Squad swimmers will be offered cash support to attend an interstate or international open water event (This does not include Australian Open Water Championships and will be paid after the event results have been submitted). <i>Swimmers must compete at the 2019 Queensland Open Water Championships to be eligible for funding.</i></p>

DEVELOPMENT ACTIVITY DETAILS

QLD Short Course Funding Support

SQ McDonald's Gold, Silver, Youth Development and Bronze squad swimmers who are a member of a Club in FNQ, NQ, CQ, Northern WB (regional) & DD will be offered cash support to attend the 2019 Qld Short Course Championships (will be paid after the event).

Coach Workshops

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

Coach Development Director

Drew McGregor

Performance and Pathways Team

Coach and Club Development Officers

Barry Prime (Brisbane, Central Qld, Darling Downs, North Qld)
Brant Best (Brisbane, Far North Qld, Gold Coast, Wide Bay)

Athletic Development Officer

Grant Jenkins (Part Time)

Para Development Officer

Andrew (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 shirt 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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