

Leeds City Council Training Scheme

Squad Membership Performance Standards

2010-2011 Season

NATIONAL SENIOR SQUAD

1. **Chronological Age** Female 14 +
Male 16 +
2. **Training Attendance** Requirement 09-10 Workouts

Squad members at this level of the STS are expected to attend ALL workouts prescribed by the coaching staff.

3. **Performance Standards** **2010-2011 Season**

Swimmers must achieve a minimum of two performance standards in one or more of the following four groups:

- 1) 200m IM / 400m IM
- 2) 400m / 800m / 1500m Freestyle
- 3) Sprint Free (50m-100m)
- 4) 100m and 200m Form Strokes

MALE

Event	15 yrs	16 yrs	17 yrs	18 yrs	18+ yrs
200 IM	2.18.83	2.16.11	2.14.24	2.11.61	2.08.04
400 IM	4.54.06	4.48.30	4.46.19	4.40.58	4.36.61
050 Fr	0.26.10	0.25.64	0.25.09	0.24.60	0.23.68
100 Fr	0.56.01	0.54.92	0.54.01	0.52.96	0.51.60
200 Fr	2.01.48	1.59.40	1.57.54	1.55.24	1.53.49
400 Fr	4.19.53	4.14.45	4.10.37	4.05.47	4.01.55
1500 Fr	17.11.81	16.51.58	16.32.74	16.13.28	16.11.72
100 Bk	1.04.15	1.02.90	1.01.33	1.00.13	0.58.96
200 Bk	2.18.16	2.15.46	2.12.58	2.09.99	2.08.14
100 Br	1.12.16	1.10.75	1.09.48	1.08.12	1.05.40
200 Br	2.34.80	2.31.77	2.31.66	2.28.69	2.23.30
100 Fly	1.01.81	1.00.60	0.59.07	0.57.92	0.56.40
200 Fly	2.16.29	2.13.62	2.12.43	2.09.84	2.06.27

FEMALE

Event	14 yrs	15 yrs	16 yrs	17 yrs	17+ yrs
200 IM	2.30.16	2.27.35	2.25.70	2.22.35	2.22.35
400 IM	5.13.27	5.09.39	5.06.33	5.02.72	5.02.72
050 Fr	0.29.09	0.28.40	0.27.85	0.27.07	0.27.07
100 Fr	1.01.31	1.00.74	0.59.55	0.58.09	0.58.09
200 Fr	2.11.83	2.09.85	2.07.31	2.03.80	2.03.80
400 Fr	4.37.52	4.33.73	4.28.37	4.21.78	4.21.78
800 Fr	9.26.09	9.20.77	9.09.78	9.03.48	9.03.48
100 Bk	1.09.27	1.08.24	1.06.91	1.05.88	1.05.88
200 Bk	2.26.95	2.26.44	2.23.57	2.20.05	2.20.05
100 Br	1.18.48	1.17.39	1.15.88	1.14.29	1.14.29
200 Br	2.49.06	2.46.63	2.42.98	2.39.64	2.39.64
100 Fly	1.07.92	1.06.60	1.05.30	1.03.41	1.03.41
200 Fly	2.28.64	2.25.64	2.22.79	2.19.59	2.19.59

NATIONAL YOUTH SQUAD

1. **Chronological Age** Female 11-17
Male 12-18
2. **Training Attendance Requirement** 08-09 Workouts (including 2-3 AM workouts)

Squad members expected to attend ALL workouts prescribed by the coaching staff

3. Performance Standards 2010-2011 Season

Swimmers must achieve three performance standards including one from each of the following groups:

- 1) 200 IM or 400 IM
- 2) 400m Free or 800m Free (Girls) or 1500m Free (Boys)
- 3) 100m or 200m Free or Form Stroke

Male

Event/Age	12 yrs	13 yrs	14 yrs	15 yrs	16 yrs	17 yrs	18 yrs
200 IM	2.39.44	2.30.51	2.24.14	2.19.39	2.16.70	2.15.23	2.15.23
400 IM	5.58.07	5.33.71	5.19.08	4.55.75	4.50.87	4.49.14	4.49.14
100 Fr	1.04.25	1.00.73	0.58.54	0.56.71	0.55.65	0.55.16	0.55.16
200 Fr	2.19.78	2.12.61	2.07.19	2.02.94	2.00.89	1.59.56	1.59.56
400 Fr	4.53.53	4.39.34	4.27.98	4.21.27	4.16.35	4.14.72	4.14.72
1500 Fr	19.24.25	18.28.05	17.43.82	17.13.43	16.57.85	16.57.49	16.57.49
100 Bk	1.13.93	1.09.45	1.05.91	1.03.78	1.02.74	1.02.32	1.02.32
200 Bk	2.38.44	2.29.05	2.22.68	2.17.78	2.14.88	2.13.50	2.13.50
100 Br	1.24.52	1.18.96	1.14.39	1.11.93	1.10.55	1.09.13	1.09.13
200 Br	3.00.48	2.51.43	2.40.47	2.35.00	2.35.00	2.30.13	2.30.13
100 Fly	1.11.78	1.07.41	1.04.01	1.01.71	1.00.52	0.59.82	0.59.82
200 Fly	2.39.94	2.28.97	2.21.47	2.16.42	2.14.13	2.12.66	2.12.66

Female

Event/Age	11 yrs	12 yrs	13 yrs	14 yrs	15 yrs	16 yrs	17 yrs
200 IM	2.49.58	2.40.08	2.34.78	2.31.08	2.29.22	2.28.20	2.27.58
400 IM	5.55.29	5.36.05	5.24.39	5.17.50	5.14.10	5.12.96	5.11.34
100 Fr	1.09.16	1.05.63	1.03.56	1.01.92	1.01.52	1.01.13	1.00.74
200 Fr	2.29.30	2.21.81	2.16.54	2.13.23	2.11.62	2.11.00	2.09.79
400 Fr	5.10.04	4.55.21	4.44.98	4.38.26	4.36.07	4.34.35	4.32.66
800 Fr	10.44.35	10.09.49	9.46.26	9.34.24	9.29.99	9.24.64	9.24.64
100 Bk	1.19.00	1.14.25	1.11.98	1.10.15	1.09.22	1.08.84	1.08.40
200 Bk	2.47.78	2.38.69	2.33.32	2.29.53	2.27.17	2.26.22	2.25.76
100 Br	1.29.41	1.23.71	1.19.93	1.17.96	1.17.70	1.17.24	1.17.24
200 Br	3.10.39	3.00.15	2.52.11	2.46.83	2.45.83	2.45.83	2.45.83
100 Fly	1.17.44	1.12.68	1.09.70	1.08.03	1.07.16	1.06.79	1.06.32
200 Fly	2.53.82	2.40.27	2.32.80	2.27.98	2.27.25	2.26.74	2.26.74

NATIONAL AGE GROUP SQUAD

1. **Chronological Age** Female 10-13 +
Male 11-14 +
2. **Training Attendance Requirement** 07-08 Workouts (Including 2 AM workouts)

Squad members expected to attend ALL workouts prescribed by the coaching staff.

2. Performance Standards 2010-2011 Season

Swimmers must achieve three performance standards including one from each of the following three groups:

- 1) 200 IM or 400 IM
- 2) 200m or 400m Free
- 3) 100m or 200m Form Stroke

Male

Event/Age	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs
200 IM	3.08.20	2.59.40	2.46.60	2.37.90	2.30.90
400 IM	6.37.70	6.18.30	5.52.70	5.34.70	5.20.00
100 Fr	1.13.40	1.10.40	1.07.20	1.03.80	1.01.50
200 Fr	2.47.50	2.35.80	2.26.60	2.19.30	2.13.70
400 Fr	5.52.20	5.23.20	5.06.60	4.51.00	4.39.40
100 Bk	1.27.00	1.20.50	1.16.80	1.12.60	1.08.90
200 Bk	3.07.90	2.54.70	2.44.90	2.35.90	2.28.90
100 Br	1.36.20	1.32.50	1.26.40	1.21.40	1.17.50
200 Br	3.37.10	3.19.70	3.07.40	2.56.40	2.47.40
100 Fly	1.24.00	1.20.00	1.14.50	1.10.40	1.06.70
200 Fly	3.14.40	2.54.60	2.44.30	2.35.50	2.27.80

Female

Event/Age	10 yrs	11 yrs	12 yrs	13 yrs	14 yrs
200 IM	3.11.50	2.57.50	2.47.90	2.41.90	NA
400 IM	6.37.70	6.19.00	5.53.30	5.39.80	NA
100 Fr	1.15.30	1.12.30	1.08.40	1.05.50	NA
200 Fr	2.48.40	2.36.50	2.29.10	2.22.30	NA
400 Fr	5.51.10	5.25.10	5.09.80	4.58.50	NA
100 Bk	1.26.20	1.22.20	1.17.60	1.15.10	NA
200 Bk	2.08.60	2.54.60	2.45.60	2.39.80	NA
100 Br	1.36.80	1.32.80	1.27.10	1.23.20	NA
200 Br	3.35.40	3.17.90	3.07.70	2.59.10	NA
100 Fly	1.24.40	1.20.40	1.15.90	1.12.60	NA
200 Fly	3.17.00	2.56.20	2.46.90	2.39.80	NA

REGIONAL YOUTH SQUAD

1. **Chronological Age Limits** Female 13-16
Male 14-17

2. **Training Attendance Requirement** 07-09 Workouts (including 2 AM workouts)

Squad members are expected to attend ALL workouts prescribed by the coaching staff.

2. **Performance Standards 2010-2011 Season**

Swimmers must achieve a minimum of two of the qualifying standards

Male

Event/Age	14 yrs	15 yrs	16 yrs	17 yrs
200 IM	2.35.60	2.31.40	2.31.40	2.31.40
400 IM	5.29.90	5.21.50	5.21.50	5.21.50
050 Fr	0.29.40	0.28.40	0.28.40	0.28.40
100 Fr	1.03.40	1.01.50	1.01.50	1.01.50
200 Fr	2.17.80	2.14.00	2.14.00	2.14.00
400 Fr	4.48.00	4.43.30	4.43.30	4.43.30
100 Bk	1.11.00	1.09.00	1.09.00	1.09.00
200 Bk	2.33.50	2.28.80	2.28.80	2.28.80
100 Br	1.19.90	1.17.80	1.17.80	1.17.80
200 Br	2.52.60	2.47.70	2.47.70	2.47.70
100 Fly	1.08.80	1.06.60	1.06.60	1.06.60
200 Fly	2.32.40	2.27.40	2.27.40	2.27.40

Female

Event/Age	13 yrs	14 yrs	15 yrs	16 yrs
200 IM	2.46.90	2.43.50	2.43.50	2.43.50
400 IM	5.50.30	5.43.80	5.43.80	5.43.80
050 Fr	0.30.40	0.31.40	0.31.40	0.31.40
100 Fr	1.07.50	1.06.40	1.06.40	1.06.40
200 Fr	2.26.70	2.23.00	2.23.00	2.23.00
400 Fr	5.07.70	5.01.90	5.01.90	5.01.90
100 Bk	1.17.40	1.15.90	1.15.90	1.15.90
200 Bk	2.44.70	2.41.30	2.41.30	2.41.30
100 Br	1.25.80	1.24.20	1.24.20	1.24.20
200 Br	3.04.60	3.00.20	3.00.20	3.00.20
100 Fly	1.14.80	1.13.50	1.13.50	1.13.50
200 Fly	2.44.70	2.40.00	2.40.00	2.40.00

REGIONAL SENIOR SQUAD

- 1. Chronological Age** Male 16+
Female 16+
- 2. Training Attendance Requirement** 05-07 Workouts (Including 1 AM workout)

Squad members are expected to attend ALL workouts prescribed by the coaching staff.
- 3. Performance Standards** Swimmers must achieve a minimum of two of the qualifying standards

Male

Event	16-17-18 Yrs	Over 18 Yrs
050 Fr	0.28.40	0.27.40
100 Fr	1.01.50	0.59.30
200 Fr	2.14.00	2.08.70
050 Bk	0.33.00	0.31.50
100 Bk	1.09.00	1.06.80
050 Br	0.36.00	0.34.50
100 Br	1.17.80	1.14.10
050 Fly	0.30.80	0.29.50
100 Fly	1.06.60	1.04.00
200 IM	2.31.40	2.25.50

Female

Event	15-16-17 Yrs	Over 17 Years
050 Fr	0.31.40	0.30.60
100 Fr	1.06.40	1.05.00
200 Fr	2.23.00	2.20.10
050 Bk	0.36.20	0.34.90
100 Bk	1.15.60	1.13.40
050 Br	0.39.40	0.38.30
100 Br	1.24.20	1.22.00
050 Fly	0.34.00	0.32.90
100 Fly	1.13.50	1.11.20
200 IM	2.43.50	2.39.10

COMPETITION SQUADS

1. **Chronological Age** Male 08-12 Yrs
Female 08-12 Yrs

2. **Training Attendance** Requirement 05-07 Workouts (Including 1 AM workout)

Squad members are expected to attend ALL workouts prescribed by the coaching staff.

2. **Performance Standards** **09-10 yrs**

Swimmers must achieve the 200 IM and 200 Free qualifying standard and at least one 50m standard in any of the four strokes.

11-12 yrs

Swimmers must achieve the 200 IM and 200 Free qualifying standard and at least one 100m standard in any of the four strokes.

Male

Event/Age	09 yrs	10 yrs	11 yrs	12 yrs
200 IM	3.53.60	3.32.00	3.13.70	2.59.70
200 Fr	3.26.50	3.05.30	2.50.70	2.38.20
050 Fly	0.50.30	0.43.90		
050 Bk	0.51.50	0.46.40		
050 Br	0.58.10	0.52.10		
050 Fr	0.43.70	0.39.50		
100 Fly			1.26.70	1.20.70
100 Bk			1.29.70	1.21.70
100 Br			1.42.90	1.33.90
100 Fr			1.18.50	1.12.50

Female

Event/Age	09 yrs	10 yrs	11 yrs	12 yrs
200 IM	3.51.60	3.27.30	3.10.10	2.58.20
200 Fr	3.25.50	3.02.50	2.47.70	2.38.20
050 Fly	0.49.10	0.43.60		
050 Bk	0.51.30	0.45.50		
050 Br	0.58.10	0.50.60		
050 Fr	0.43.50	0.39.40		
100 Fly			1.27.00	1.21.30
100 Bk			1.28.20	1.22.40
100 Br			1.40.50	1.22.40
100 Fr			1.17.50	1.13.20

DEVELOPMENT SQUADS

1. **Chronological Age** Male 07-11 Yrs
Female 07-11 Yrs

2. **Training Attendance** Requirement 03-05 Workouts (Including 1 AM workout)

Squad members are expected to attend ALL workouts prescribed by the coaching staff.

3. **Performance Standards**

There are no formal standards for swimmers to meet for membership of the Development Squads. Swimmers will normally be selected following a recommendation by the Entry Squad coaches and after a talent scouting visit by the Junior Development and Junior Age Group coaches.