

# PERFORMANCE PATHWAYS

*Inspire  
Engage  
Achieve*



SNT Flippers Program



SNT Youth Performance Program



Emerging Talent Program



Junior Development Program



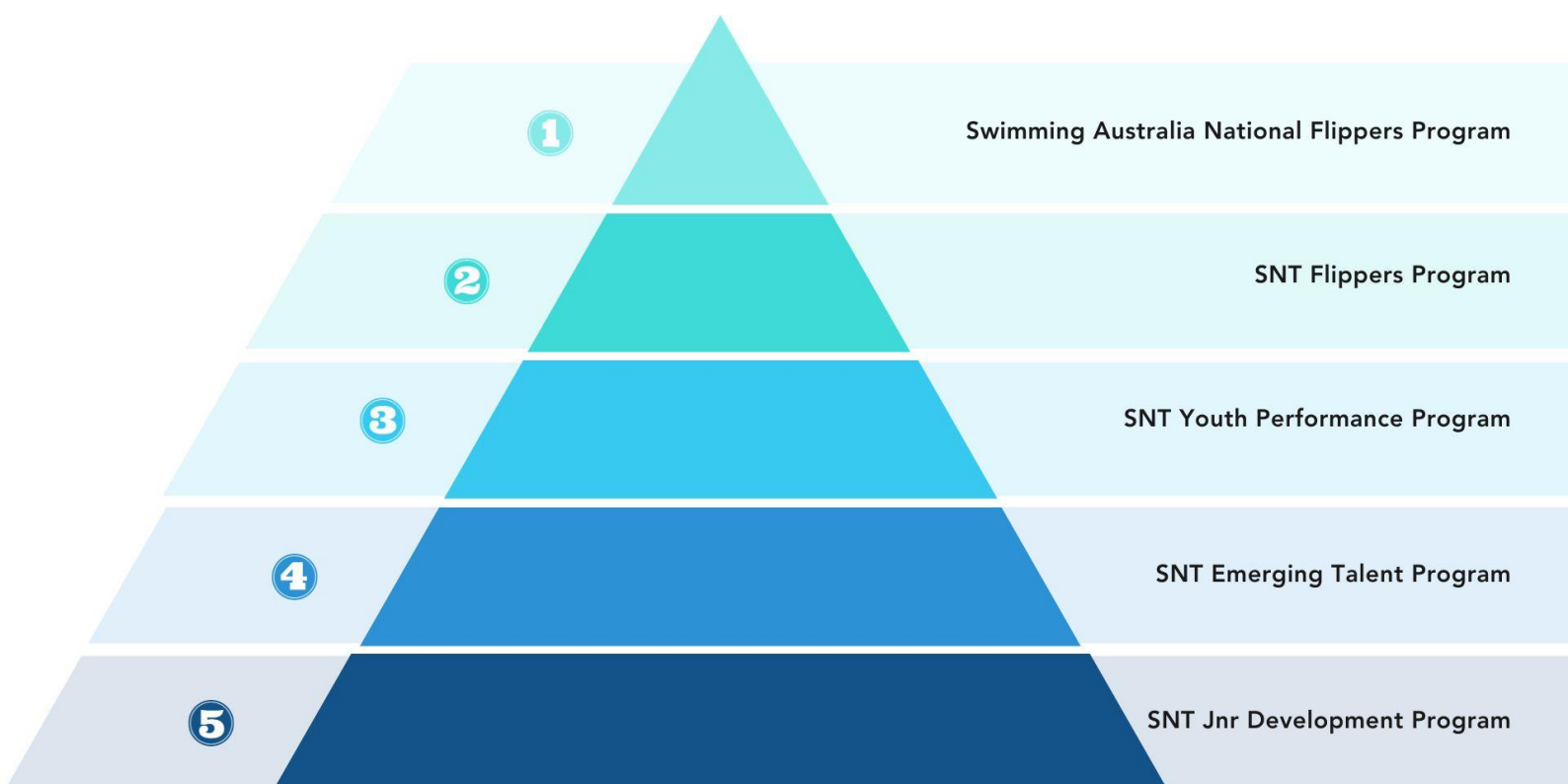


# Swimming Northern Territory Performance Pathway Programs

Swimming Northern Territory has developed the SNT Performance Pathway Programs to identify and develop SNT swimmers and coaches with the determination of providing the tools and knowledge to achieve their goals and fulfil their potential, both in and out of the pool. The purpose of this performance pathway program is to ultimately prepare swimmers to be future Australian Dolphins through the provision of a variety of activities that add value to their daily training environment.

Working within Swimming Australia's '[Australian Swimmer Framework](#)', developed in conjunction with the Australian Institute of Sport, the goal of the SNT Performance Pathway Programs is to provide swimmers and coaches with a clearly structured pathway of progression towards fulfilling their ultimate potential through the creation, management and provision of innovative and exciting educational and enhancement opportunities in swimming and life. Through the establishment of talent identification and baseline testing activities, seminar and workshop activities from our Premium Partners, exceptional coach mentoring and development and superior skills clinics for both para and able-bodied swimmers, these programs are designed to ensure every opportunity available is provided to empower the experiences of each participant on the journey towards Brisbane 2032.

## Swimming Northern Territory Performance Pathway







## **PERFORMANCE PATHWAYS PROGRAM ELIGIBILITY AND GENERAL SELECTION CRITERIA**

To be eligible for the SNT Performance Pathway Programs, a swimmer must:

- Be a current financial member of SNT and have a primary membership with a SNT Full member affiliate club and remain so throughout the duration of involvement in the program.
- Be a permanent resident of the Northern Territory at the date of selection and remain so throughout the duration of involvement in the program.
- Upon selection, agree and adhere to the relevant terms and conditions outlined in the Athlete Agreement and Team Code of Conduct documents.
- Contribute financially to the activities outlined in the program that they are a member of (details outlined in the Athlete Agreement).
- Individual eligibility criteria for each program will be outlined in the program descriptions below.

To be eligible for the SNT Performance Pathway Programs, a coach must:

- Be a current financial member of SNT and have a primary membership with a SNT Full member affiliate club and remain so throughout the duration of involvement in the program.
- Be a permanent resident of the Northern Territory at the date of selection and remain so throughout the duration of involvement in the program.
- Upon selection, agree and adhere to the relevant terms and conditions outlined in the Athlete Agreement and Team Code of Conduct documents.
- Be committed to help NT swimmers reach their fullest potential, irrespective of current club membership.

Other constraints pertaining to the SNT Performance Pathway Programs that will determine selection and eligibility include:

- The number of swimmers in each program will be at the absolute discretion of Swimming Northern Territory and be subject to applicable budget and availability of resources.
- Swimming Australia categorised athletes C1-C4 are ineligible for selection into a state-based program but may be invited to attend by SNT.
- SNT, at its absolute discretion, may consider the addition of athletes under special circumstances.

These criteria are correct at the time of publishing, but may be refined by SNT, at its absolute discretion, on a needs basis at any time.



## Swimming Australia National Flippers Program

### PROGRAM DESCRIPTION AND OBJECTIVES

The National Flippers Program is an integral part of the Swimming Australia (SA) Performance Pathway.

The SA Performance Pathway is designed to prepare swimmers, coaches and support staff for a seamless transition into our Senior National Teams and achieve high performance success in and out of the pool.

The program includes camps, activities and tours for improving athletic performance, learning about the team's values and behaviours and providing education around a range of areas. It also includes practical and educational opportunities for coaches and support staff. The program has activities for athletes, coaches and support staff in Olympic pool and open water events and Paralympic events.

The athletes selected in the squad are deemed to be in the window to become members of the Australian Senior Teams in future years.

The Swimming Australia National Flippers Squad is selected each year based on performances at key National Championships. The athletes selected in the squad are deemed to be in the window to become members of the Australian Senior Teams in future years.

The National Flippers Squad supports swimmers who are four to six years from a Senior Podium performance and at the T2 to T4 levels of the [Australian Swimming Framework](#) (ASF).

### ELIGIBILITY AND SELECTION CRITERIA

To be eligible for the National Flipper's Squad, an athlete must be:

- Be an Australian citizen.
- Be a current financial member of SA.

#### National Flippers Squad – Pool

The selection criteria for the 2023/24 National Flippers Squad – Pool is selected based on times swum in the finals at the Australian Age, Open & Trials Championship events as follows:

8<sup>th</sup> placed time into 2023 World Championships (pool) finals:

- plus 2% for females and males up to the age of 23 years.
- plus 3% for females aged 19 years and males aged 20 years.
- plus 4% for females aged 18 years and males aged 19 years.
- plus 5% for females aged 17/u and males aged 18/under.

#### National Flippers Squad – Open Water

The 2023/24 National Flippers Squad for Open Water swimming shall consist of 16 athletes selected from the 2023 Australian Open Water Championships held in January 2023, as follows.

- Top 4 male 18-19yrs 10km
- Top 4 male 16-17yrs 7.5km
- Top 4 female 18-19yrs 10km
- Top 4 female 16-17yrs 7.5km



### **National Flippers Squad – Additional Swimmers**

Additional swimmers may also be subjectively selected to join the squad based on:

- ✚ Potential to successfully represent Australia at major international events.
- ✚ Positioning within Australian Rankings
- ✚ Meeting identified parameters around technique including distance per stroke, stroke count, stroke rates, pacing, starts, turns, finish skills, competition progression, relative maturation age and training age.
- ✚ Results from the SA assessment protocols undertaken at the State Flippers camps.
- ✚ Feedback from the program visits of the Performance Pathways Lead Coach and Technical Leads.
- ✚ Any additional selections will be agreed by the Performance Pathway Technical Lead (Pool) or Pathways OWS Technical Lead, if it is in their opinion the recognised swimmers' performance indicates accelerated progress and an improved trainability benchmarks and profile.
- ✚ Athletes selected on 2023 Australian Senior teams shall not be considered for the 2023/24 National Flippers Squad.
- ✚ Selections for International competition experience will be decided using a pre-advertised selection criteria approved by the High-Performance Committee.

### **PROGRAM ACTIVITIES**

Selection into the National Flippers Squad enables athletes to be considered for specific Swimming Australia Pathway activities with the aim of preparing identified athletes to successfully transition to the Australian Dolphins Swim Team.

These may include:

- Targeted Talent Program (TTP) activities including stroke and/or event specific camps
- National Flippers Camps \ Activities – Pool and OWS
- Program Visits by SA Technical Leads
- Involvement in educational opportunities

### **Targeted Talent Program**

The objective of the program is to target talented athletes who are on the trajectory for international representation for Australia, be it individually or as relay contributors at the Olympics – Paris 2024 and Los Angeles 2028. The coaches of these athletes will be also targeted for development alongside their athlete(s).

Fundamental to this program is the need to reinforce our performance in the events we are strong and specifically address the need for improvement in the events in which we need more depth.

The target group will include many athletes in the National Flippers Squad and their coaches. Both parties will be provided with exposure to education and development experiences which will serve to accelerate their development, which will advance the athlete's capability to perform when it matters. Multiple targeted camps will be conducted as a part of this program.





### **National Flipper Camps / Activities**

A series of National Flipper camps and activities will be held around the country this year. The camps and activities will provide many athletes in the National Flipper squad with the opportunity to develop specific learnings through exposure to training and/or competition felt necessary to help fast track their development.

The design of the camps / activities and swimmer selection will be led by the Swimming Australia Technical Lead in partnership with the State's Pathway Manager or equivalent. The activities may include a training camp, competition experience or a combination of both. Swimming Australia together with the State may choose to work together for an activity or do it as a standalone.

### **National OWS Development Camp**

The OWS Development Camp brings together our best junior athletes to create opportunities for collaboration, challenges, and innovation. It provides all participants with the opportunity to further develop their training and performance experiences. Part of the camp is also workshops focused on nutrition, tactical preparation, and physio preparation.

### **Program and Competition Visits**

Swimming Australia has a number of Technical Leads working across the country. These experienced coaches will visit many programs of athletes in the National Flippers Squad throughout the year and attend key competitions around the country. The Technical Leads will primarily work with the coach and athlete together on their visits.

### **Education Opportunities**

Members of the National Flippers Squad will be exposed to a number of education opportunities throughout the year as part of their development towards their future in swimming and life. Topics will include sports integrity, psychology, values and behaviours, technique and skills, and much more.

**Swimming Australia Flippers Program Qualifying Times are found [HERE](#).**

**Swimming Australia Flippers Program Selected Swimmers are found [HERE](#).**



## SNT Flippers Program – Flippers Squad

### PROGRAM DESCRIPTION AND OBJECTIVES

The SNT Flippers Program is new to Swimming Northern Territory and gives athletes a target to aim for on their progression along the pathway to achieving their individual goals. Moving forward, the SNT Flippers Program will be the pinnacle component of the SNT Performance Pathway Programs, prior to achieving National Flipper selection and beyond.

The SNT Flippers Program is designed to prepare swimmers and coaches to achieve high performance success in and out of the pool. Partnering with new local specialist partners that will be available throughout the programs and individually outside the program will enable swimmers and coaches with the tools necessary to achieve everything they desire out of this great sport.

The SNT Flippers Program will include camps, activities and tours with the objective of improving athletic performance, learning about individual and team values, behaviours and actions, while providing education around a range of specialist areas, such as performance mindset, nutrition, strength and conditioning and much more. It also includes practical and educational opportunities for coaches and support staff. The program has activities for athletes, coaches and support staff in Olympic pool and open water events and Paralympic events.

The athletes selected in the squad are deemed to be at the top tier of swimming in the Northern Territory and SNT believe that they are within reach of becoming members of either, or both Australian Junior and Senior Teams into the future.

The SNT Flippers Squad supports swimmers who are ready for advancement to Australian Age / Open final appearances, with a Senior Podium performance within reach. Swimmers are determined to be at the T1 to T2 levels of the [Australian Swimming Framework](#) (ASF).

### SELECTION AND ELIGIBILITY CRITERIA

To be eligible for the SNT Flipper's Squad, an athlete must:

- Meet the requirements outlined in the eligibility and general selection criteria.
- Be aged 14yrs or above prior to selection.
- Selected based on times swum in the finals at the Australian Age, Open & Trials Championship events, SNT or other Member Organisation state championship events or the Country Swimming Championships as follows:
  - 8<sup>th</sup> placed time into 2023 World Championships (pool) finals:
    - plus 8% for females 20yrs & over and males 21yrs & over.
    - plus 12% for females aged 18-19 years and males aged 19-20 years.
    - plus 17% for females aged 17year & under and males aged 18 years & under.
- Short course times will be converted by adding 2% to be eligible for use.
- Times will be taken from 1<sup>st</sup> May – 30<sup>th</sup> April the year proceeding the program, except from the initial intake, which will be from 1<sup>st</sup> January 2023 – 31<sup>st</sup> December 2023.
- Have attended at least two of the following SNT hosted events:
  - 🏊 2024 NT Swimming Championships.
  - 🏊 2023 SNT SC Championships.
  - 🏊 2023 Country Swimming Championships.
- Agree to the SNT Athlete Development Agreement





Swimmers may be recommended for inclusion into the SNT Flippers Program through discretionary qualification. At the discretion of Swimming Northern Territory these swimmers may be included into the program based on, but not limited to, the following factors:

- Proximity to automatic qualification standards.
- Date of Birth.
- Positioning within Australian Rankings
- Feedback from the program visits of the Performance Pathways Lead Coach and Technical Leads.
- Any additional selections will be agreed by the Performance Pathway Technical Lead or SNT management, if it is in their opinion the recognised swimmers' performance indicates accelerated progress and an improved trainability benchmarks and profile.

### **PROGRAM ACTIVITIES**

Selection into the SNT Flippers Squad enables swimmers to be considered for specific Swimming Northern Territory activities with the aim of preparing identified athletes to successfully compete on the national and international stage.

These may include:

- Talent Development Training (TDT) including stroke and/or event specific camps/clinics.
- Invitation to National Flippers Camps / Activities – Pool and OWS.
- Joint Flipper Program Activities with other State Flipper Programs.
- Program Visits by SA Technical Leads.
- Involvement in educational opportunities.
- Involvement in Intranational and International event experiences.

### **Talent Development Training**

The objective of the program is to identify and assist talented swimmers who are preparing for success on a national level, with the ultimate aim of international representation for Australia, on the journey to Brisbane 2032.

Activities will be provided to identify, test and develop NT swimmers with the aim of evolving their skills and arming them with a set of tools that will develop their mind, their strength, their ability to recover and their knowledge to enhance their overall swimming ability and performance. Each swimmer has different goals for themselves; this development training will provide exposure to education and experiences that will serve to accelerate their development, advancing their capability to perform when it matters and achieving their individual goals.

### **National Flippers Camp / Activities**

National Flipper activities will be held around the country providing many athletes with the opportunity to develop specific learnings through exposure to training and/or competition felt necessary to help fast track their development.

The design of these activities and swimmer selection will be led by the Swimming Australia Technical Lead in partnership with the SNT's Performance Pathway Manager or equivalent. The activities may include a training camp, competition experience or a combination of both. Swimming Australia together with SNT may choose to work together for an activity or do it as a standalone. This opportunity may be available to those swimmers that excel in the SNT Flipper Program environment and excel at National level competitions.







### **Coordinated activities with other State Flippers Programs.**

Now SNT has the resources available to develop and manage the SNT Flippers Program, the opportunity exists to have joint camps with similar State-Based Flippers Programs from around the country, either in the NT, or interstate. These experiences will lead to beneficial interaction with high-level coaching and swimmers from across Australia, enhancing the enrichment that the swimmers will get from the sport.

These collaboration events may include various activities, such as a training camp, competition experience or a combination of both. The potential is there to run these remotely, however, with a cooperative use of resources.

### **Program visits by SA Technical Leads**

Swimming Australia has several Technical Leads working across the country. These experienced coaches will visit to lead two (2) SNT Flipper Program activities throughout the year and attend key competitions around the country. The Technical Leads will primarily work with the coach and athlete together on their visits. This presents a great opportunity to work with these technical leads and your coach throughout the year.

### **Educational Opportunities**

Members of the SNT Flippers Squad will be exposed to a number of education opportunities throughout the year as part of their development towards their future in swimming and life. Topics will include sports integrity, psychology, values and behaviours, technique and skills, and much more.

### **Interstate and International event experiences**

As part of the SNT Flippers Program, SNT will endeavour to coordinate team tours to relevant state, national or international competitions designed to provide valuable experience to program participants including, but not limited to:

- ✚ Valued high-level competition designed to improve swimmer capabilities.
- ✚ Enhanced team-building and bonding experiences that enable swimmers to travel along this journey with supportive team-mates.
- ✚ Compete against and build potentially life-long friends with like-minded people from around Australia and potentially throughout the world.
- ✚ Provide unique experiences, to enable sufficient exposure to team situations that will empower increased adaptation at higher levels of Australian Junior and Senior Teams.
- ✚ Building life-long skills such as independence, resilience, self-belief and self-confidence, teamwork, dedication, commitment, etc.

Swimmers will need to meet the event selection criteria in order to be considered for each touring team.

**SNT Flippers Program Qualifying Times will appear in Appendix 1.**

**SNT Flippers Program Selected Swimmers will appear in Appendix 2.**





## SNT Youth Performance Program – Bull Shark Squad

### PROGRAM DESCRIPTION AND OBJECTIVES

The Swimming Northern Territory Youth Performance Program is the third tier of the pathway program that will assist those swimmers looking to advance to the top layer of the sport within the NT. This program seeks to develop swimmers to achieve Australian Age qualification over the short/medium term, before moving into the SNT Flippers Program and achieving higher levels within swimming.

The SNT Youth Performance Program is designed to propel swimmers and coaches to achieve a higher level of capacity in and out of the pool, extending their talents and abilities to the next level of achievement – from State/Territory accomplishment to Australian Age qualification. SNT have partnered with local subject matter experts (SME) that will be available throughout the program and individually outside the program to provide swimmers and coaches with the tools necessary to achieve everything they desire out of this great sport.

The SNT Youth Performance Program will include clinics, activities and tours with the objective of improving athletic performance, learning about individual and team values, behaviours and actions, while providing education in specialist areas, such as performance mindset, nutrition, strength and conditioning and much more. It also includes practical and educational opportunities for coaches and support staff. The program has activities catering for all forms of competitive swimming disciplines.

The SNT Youth Performance Program supports swimmers who are ready for advancement to Australian Age appearances, with a podium performance within reach. Swimmers are determined to be at the F3 to T1 levels of the [Australian Swimming Framework](#) (ASF).

### SELECTION AND ELIGIBILITY CRITERIA

To be eligible for the SNT Youth Performance Program, an athlete must:

- Meet the requirements outlined in the eligibility and general selection criteria.
- Be aged between 13yrs and 20yrs prior to selection into the program.
- Achieved the YPS qualifying times in a minimum of 2 events (excluding the combination of the 50m and 100m freestyle).
- Selected based on times swum at the Australian Age, Open & Trials Championship events, SNT or other Member Organisation state championship events or the Country Swimming Championships as follows:

8<sup>th</sup> placed time into 2023 World Junior Championships (pool) finals:

- plus 20% for females and males aged 18-20 years.
- plus 22.5% for females and males aged 16-17 years.
- plus 25% for females and males aged 15 years.
- plus 27.5% for females and males aged 13-14 years.
- Short course times will be converted by adding 2% to be eligible for use.
- Times will be taken from 1<sup>st</sup> May – 30<sup>th</sup> April the year proceeding the program, except from the initial intake, which will be from 1<sup>st</sup> January 2023 – 31<sup>st</sup> December 2023.
- Have attended at least two of the following SNT hosted events:
  - 🏊 2024 NT Swimming Championships.
  - 🏊 2023 SNT SC Championships.
  - 🏊 2023 Country Swimming Championships.
- Agree to the SNT Athlete Development Agreement





Swimmers may be recommended, by coaches only, for inclusion into the SNT Youth Performance Program through discretionary qualification. At the discretion of Swimming Northern Territory these swimmers may be included into the program based on, but not limited to, the following factors:

- Proximity to automatic qualification standards.
- Date of Birth.
- Positioning within Swimming Northern Territory Rankings
- Feedback from the program visits of the Performance Pathways Lead Coach and Technical Leads.
- Any additional selections will be agreed by SNT management if the recognised swimmers' performance indicates accelerated progress and an improved trainability benchmarks and profile.

### **PROGRAM ACTIVITIES**

Selection into the SNT Flippers Squad enables swimmers to be considered for specific Swimming Northern Territory activities with the aim of preparing identified athletes to successfully compete on the national and international stage.

These may include:

- Talent Development Training (TDT) including stroke and/or skill specific clinics.
- Invitation to SNT Flippers Camps / Activities – Pool and OWS.
- Involvement in educational opportunities.
- Involvement in Interstate event experiences.

### **Talent Development Training**

The objective of the program is to identify and assist talented swimmers who are preparing for success on a Territory level, with the aim to improving to the National level. These swimmers are developing with a long-term aim of representation for Australia, towards Brisbane 2032.

Clinic-based activities will be provided to identify, test and develop NT swimmers with the aim of evolving their skills and arming them with a set of tools that will develop their mind, their strength, their ability to recover and their knowledge to enhance their overall swimming ability. This development training will provide exposure to education and clinics that will serve to accelerate their development, advancing their capability to perform when it matters and achieving their individual goals, while taking full advantage of all the journey along the pathway has to offer.

### **Possible Invitation to SNT Flippers Camp / Activities**

Those swimmers which excel within the SNT Youth Performance Program may be invited to attend specific SNT Flipper activities that will provide specific developmental learnings through exposure to training and/or competition felt necessary to help fast track their development.

The design of these activities and swimmer selection will be led by the SNT Performance Pathway Manager or equivalent. The activities may include a training camp, competition experience or a combination of both. Swimming Australia together with the State may choose to work together for an activity or do it as a standalone. This opportunity may be available to those swimmers that excel in the SNT Flipper Program environment and excel at National level competitions.

These opportunities will be provided to those swimmers that excel in all areas of the Youth Performance Program and enhance their swimming ability and general health knowledge throughout the development season.







### **Educational Opportunities**

Members of the SNT Youth Performance Squad will be provided with access to a number of education opportunities throughout the year as part of their development towards their future in swimming and life. These opportunities will be provided through SNT partnership agreements with Subject Matter Expert's in the areas of exercise physiology, sports psychology, sporting integrity, values and behaviours, strength and conditioning, and much more.

### **Interstate event experiences**

As part of the SNT Youth Performance Program, SNT will endeavour to coordinate team tours to relevant state or national competitions designed to provide valuable experience to program participants including, but not limited to:

- ✚ Valued higher-level competition designed to improve swimmer capabilities.
- ✚ Enhanced team-building and bonding experiences that enable swimmers to travel along this journey with supportive team-mates.
- ✚ Compete against and build potentially life-long friends with like-minded people from around Australia.
- ✚ Provide unique experiences, to enable sufficient exposure to team situations that will empower increased adaptation at higher levels of swimming.
- ✚ Building life-long skills such as independence, resilience, self-belief and self-confidence, teamwork, dedication, commitment, etc.

Swimmers will need to meet the event selection criteria in order to be considered for each touring team.

**SNT Youth Performance Program Qualifying Times will appear in Appendix 1.**

**SNT Youth Performance Program Selected Swimmers will appear in Appendix 2.**





## SNT Emerging Talent Program – Marlins Squad

### PROGRAM DESCRIPTION AND OBJECTIVES

The Swimming Northern Territory Emerging Talent Program is the fourth tier of the pathway program that will provide a pathway for those swimmers looking to advance their capability as a swimmer within the Northern Territory. This program seeks to develop swimmers to achieve SNT Championship podium over the short / medium term, before moving forward into the SNT Youth Performance Program and achieving higher levels within the sport of swimming and a life-long love of healthy activities and behaviours.

The SNT Emerging Talent Program is designed to provide those swimmers that are relatively new to swimming or looking to increase their involvement with the sport. SNT have partnered with local subject matter experts (SME) that will be available throughout the program and individually outside the program to provide swimmers and coaches with the tools necessary to achieve everything they desire out of this great sport.

The SNT Emerging Talent Program will include clinics, activities and potentially tours with the objective of improving athletic performance, learning about individual and team values, behaviours and actions, while providing access to education around a range of specialist areas, such as performance mindset, nutrition, strength and conditioning and much more. The foundation of the program will be around having fun in a swimming environment whilst gaining the knowledge to enhance your time in the sport and advance to greater levels of development, if you believe that is your individual goal.

The SNT Emerging Talent Program supports swimmers who are ready to develop themselves to progress to Championship finals or even podium level performances at SNT Championship events. Swimmers are determined to be at the F2 to F3 levels of the [Australian Swimming Framework](#) (ASF).

### SELECTION AND ELIGIBILITY CRITERIA

To be eligible for the SNT Emerging Talent Program, an athlete must:

- Meet the requirements outlined in the eligibility and general selection criteria.
- Be aged between 12yrs and 16yrs prior to selection into the program.
- Achieved the ETP qualifying times in a minimum of 2 events (excluding the combination of the 50m and 100m freestyle).
- Selected based on times swum at any SNT LC or SC Qualifying meet, including SNT Championship, or other Member Organisation state championship events as follows:

8<sup>th</sup> placed time into 2023 World Junior Championships (pool) finals:

- plus 30% for females and males aged 16 years.
- plus 32.5% for females and males aged 15 years.
- plus 35% for females and males aged 14 years.
- plus 37.5% for females aged 13 years and 42.5% for males aged 13 years.
- plus 40% for females aged 12 years and 47.5% for males aged 12 years.
- Short course times will be converted by adding 2% to be eligible for use.
- Times will be taken from 1<sup>st</sup> May – 30<sup>th</sup> April the year proceeding the program.
- Have attended at least one of the following SNT hosted events:
  - 🏊 2024 NT Swimming Championships.
  - 🏊 2023 SNT SC Championships.
  - 🏊 2023 Country Swimming Championships.
- Agree to the SNT Athlete Development Agreement.





Swimmers may be recommended, by coaches only, for inclusion into the SNT Emerging Talent Program through discretionary qualification. At the discretion of Swimming Northern Territory these swimmers may be included into the program based on, but not limited to, the following factors:

- Proximity to automatic qualification standards.
- Date of Birth.
- Positioning within Swimming Northern Territory Rankings
- Apparent need for further development of the individual swimmer.

Any additional selections will be agreed by SNT management if the recognised swimmers' performance indicates accelerated progress and an improved trainability benchmarks and profile.

### **PROGRAM ACTIVITIES**

Selection into the SNT Emerging Talent Program enables swimmers to be considered for specific Swimming Northern Territory activities with the aim of preparing identified athletes to successfully compete on the competitively at Northern Territory Championship events.

These may include:

- Swimmer Enhancement Training (SET) including stroke and/or skill specific clinics and training sessions.
- Invitation to SNT Youth Performance Activities.
- Access to JX Clinic Programs for swimmers meeting age criteria for JX.
- Involvement in educational opportunities.
- Involvement in Interstate event experiences – specifically through School Swimming.

### **Swimmer Enhancement Training (SET)**

The objective of the program is to identify and assist swimmers who are preparing for success at a Territory level, with the aim to improving to the SNT Championship final and podium level. These swimmers are being carefully developed with a long-term aim of the Brisbane 2032 Olympics.

Fun, clinic-based activities will be provided to progress and evolve each swimmers' core skills and stroke development, arming them with a set of tools that will enhance their overall swimming ability. This development training will provide exposure to education and clinics that will serve to accelerate their development, their skills and achieve their individual goals, in a less intense environment.

### **Invitation to Youth Performance Activities**

Those swimmers who excel within the SNT Emerging Talent Program may be invited to attend specific SNT Youth Performance Program activities, throughout the season that will provide specific developmental learnings through exposure to training, clinics, educational opportunities and/or competition that will assist to help fast track each swimmers' development. This invitation will be at the discretion of SNT management and the applicable coaches. Swimmers must display exemplary behavioural standards and dedication to the sport to warrant any invitation.

The design of these activities and swimmer selection will be led by the SNT Performance Pathway Manager or equivalent. The activities may include training camps, competition experience, educational exposure, or a combination of all.







### **JX Clinic Programs**

Members of the Emerging Talent Program are eligible to be a part of the Swimming Australia / Phoenix Foundation Junior Excellence (JX) Programs. This includes receiving notifications from Swimming Australia regarding progression through the different standards, as well as receipt of the supplied JX merchandise at the end of the season.

Swimming Northern Territory will also be conducting two JX clinics throughout the year, the first in March 2024, with the second during the 2024 Country Swimming Championships in September 2024. All Emerging Talent Program Members will receive access to one JX clinic free of charge.

### **Educational Opportunities**

Members of the SNT Emerging Talent Squad will be provided with access to several educational materials provided by our program partners that are of a generic nature, but agreements with our suppliers will give discounted access to any specific engagements or opportunities throughout the year with these partners. These materials and opportunities will be through SNT partnership agreements with Subject Matter Expert's in the areas of exercise physiology, sports psychology, sporting integrity, values and behaviours, strength and conditioning, and much more.

### **Interstate Event Experiences**

As part of the SNT Emerging Talent Program, SNT may engage in the possibility of squad members partaking in an invitation only team tours designed to provide valuable experience, including:

- ✚ Valued higher-level competition designed to improve swimmer capabilities.
- ✚ Enhanced team-building and bonding experiences that enable swimmers to travel along this journey with supportive team-mates.
- ✚ Compete against and build potentially life-long friends with like-minded people.
- ✚ Provide unique experiences, to enable sufficient exposure to team situations that will empower increased adaptation at higher levels of swimming.
- ✚ Building life-long skills such as independence, resilience, self-belief and self-confidence, teamwork, dedication, commitment, etc.

Swimmers will need to meet the event selection criteria in order to be considered for each touring team.

**SNT Emerging Talent Program Qualifying Times will appear in Appendix 1.**

**SNT Emerging Talent Program Selected Swimmers will appear in Appendix 2.**





## SNT Junior Development Program – Freshies Squad

### PROGRAM DESCRIPTION AND OBJECTIVES

The Swimming Northern Territory Junior Development Program is the final tier of the pathway program that will provide a pathway for those swimmers looking to advance their capability as a swimmer within the Northern Territory and advance their swimming journey. This program seeks to enhance swimmers' enjoyment of swimming and lay the foundations to enable them to achieve improved results throughout the year with an aim to make SNT Championship finals in the short to medium term, whilst achieving a life-long love of healthy activities and behaviours.

The SNT Junior Development Program is designed to provide those swimmers that are relatively new to swimming and looking to increase their comfort with the sport. The program will include fun clinics and activities with the objective of having enjoyable experiences, solidifying the basics of swimming, learning about individual and team values, gaining life-long friendships, as well as life-saving skills.

The SNT Junior Development Program supports swimmers who are ready enhance their skills and potentially qualify for SNT Championship events. Swimmers are determined to be at the F1 to F2 levels of the [Australian Swimming Framework](#) (ASF).

### SELECTION AND ELIGIBILITY CRITERIA

To be eligible for the SNT Junior Development Program, an athlete must:

- Meet the requirements outlined in the eligibility and general selection criteria.
- Be aged between 10yrs and 13yrs prior to selection into the program.
- Achieved the JDP qualifying times in a minimum of 1 event.
- Selected based on times swum at any SNT LC or SC Qualifying meet, including SNT Championship, or other Member Organisation state championship events as follows:

8<sup>th</sup> placed time into 2023 World Junior Championships (pool) finals:

- plus 45% for females aged 13 years and 55% for males aged 13 years.
- plus 50% for females aged 12 year and 60% for males aged 12 years.
- plus 55% for females aged 11 years and 65% for males aged 11 years.
- plus 60% for females aged 10 years and 75% for males aged 10 years.
- Short course times will be converted by adding 2% to be eligible for use.
- Times will be taken from 1<sup>st</sup> May – 30<sup>th</sup> April the year proceeding the program.
- Have attended at least one of the following SNT hosted events:
  - 🏊 2024 NT Swimming Championships.
  - 🏊 2023 SNT SC Championships.
  - 🏊 2023 Country Swimming Championships.





## **PROGRAM ACTIVITIES**

Selection into the SNT Junior Development Program enables swimmers to be considered for specific Swimming Northern Territory activities with the aim of generating a love for swimming, an enjoyment of being in the water and the potential to make life-long friends from the sport.

These may include:

- Monthly training clinics (Virtual or Live).
- Invitation to SNT Emerging Talent Activities.
- Access to JX Clinic Programs for swimmers meeting age criteria for JX.
- Access to generic swimming educational resources.

### **Monthly Training Clinics**

In conjunction with the swim coaches from around the Northern Territory and the SNT Coaching mentor, SNT will be conducting joint training sessions on a monthly basis, run and developed by those SNT coaches. For those in the Darwin / Palmerston area, this means a monthly joint training session on a Saturday morning at Parap Pool, while those in remote areas will have access to the exact same program, that will be run by our local coach to enhance swimmer and coach benefits.

Hopefully, this clinic will enable swimmers to test their limits and train the same sets as all other swimmers within the SNT Junior Development Program. Sets will include test sets to gauge swimmer levels and improvements throughout the season.

### **Potential Invitation to Emerging Talent Activities**

Those swimmers who excel within the SNT Junior Development Program may be invited to attend specific SNT Emerging Talent Program activities, throughout the season that will provide specific developmental learnings through exposure to training, clinics, educational opportunities and/or competition that will assist to help fast track each swimmers' development.

The design of these activities and swimmer selection will be led by the SNT Performance Pathway Manager or equivalent. The activities may include training camps, competition experience, educational exposure, or a combination of all.

These opportunities will be provided to those swimmers that excel in all areas of the Junior Development Program and enhance their swimming ability and general health knowledge throughout the development season.

### **JX Clinic Programs**

Members of the Emerging Talent Program are eligible to be a part of the Swimming Australia / Phoenix Foundation Junior Excellence (JX) Programs. This includes receiving notifications from Swimming Australia regarding progression through the different standards, as well as receipt of the supplied JX merchandise at the end of the season.

Swimming Northern Territory will also be conducting two JX clinics throughout the year, the first in March 2024, with the second during the 2024 Country Swimming Championships in September 2024. All Junior Development Program Members will receive access to one JX clinic free of charge.







### **Educational Opportunities**

Members of the SNT Junior Development Squad will be provided with access to educational materials provided by our program partners that are of a generic nature. However, agreements with our suppliers will allow discounted access to any specific engagements or opportunities throughout the year with these partners. These generic materials and opportunities will be through SNT partnership agreements with Subject Matter Expert's in the areas of exercise physiology, sports psychology, sporting integrity, values and behaviours, strength and conditioning, and much more. SNT will promote these opportunities as they become available.

**SNT Junior Development Program Qualifying Times will appear in Appendix 1.**

**SNT Junior Development Program Selected Swimmers will appear in Appendix 2.**



## Appendix 1 - SNT Performance Pathway Program - QT's

### SNT FLIPPERS PROGRAM QUALIFYING TIMES – 2023-2024

20yrs & over	18Yrs - 19Yrs	17yrs & under	Event	18Yrs & under	19-20Yrs	21Yrs & over
8%	12%	17%		17%	12%	8%
26.65	27.64	28.88	50m Freestyle	25.63	24.54	23.66
57.96	1:00.11	1:02.79	100m Freestyle	56.23	53.83	51.90
2:05.81	2:10.47	2:16.29	200m Freestyle	2:03.98	1:58.69	1:54.45
4:24.58	4:34.38	4:46.63	400m Freestyle	4:23.75	4:12.48	4:03.46
9:02.38	9:22.46	9:47.57	800m Freestyle	9:04.99	8:41.70	8:23.06
17:18.91	17:57.38	18:45.48	1500m Freestyle	17:26.32	16:41.60	16:05.83
29.96	31.07	32.46	50m Backstroke	29.03	27.79	26.79
1:04.39	1:06.77	1:09.76	100m Backstroke	1:02.26	59.60	57.47
2:20.12	2:25.31	2:31.80	200m Backstroke	2:17.22	2:11.35	2:06.66
32.76	33.97	35.49	50m Breaststroke	31.68	30.33	29.25
1:11.61	1:14.27	1:17.58	100m Breaststroke	1:09.62	1:06.64	1:04.26
2:35.69	2:41.46	2:48.67	200m Breaststroke	2:31.52	2:25.04	2:19.86
27.83	28.86	30.15	50m Butterfly	26.70	25.82	24.89
1:01.74	1:04.03	1:06.89	100m Butterfly	1:00.57	57.98	55.91
2:17.94	2:23.05	2:29.43	200m Butterfly	2:14.51	2:08.77	2:04.17
2:21.07	2:26.29	2:32.83	200m IM	2:17.16	2:11.30	2:06.61
5:01.82	5:13.00	5:26.97	400m IM	4:55.83	4:43.19	4:33.08



## SNT FLIPPERS PROGRAM PARA QUALIFYING TIMES – 2023-2024

### MALE

Event	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S16	S17	S18	S19
50m Freestyle	1:52.01	1:34.58	1:14.32	1:02.38	54.10	40.42	38.34	37.21	34.64	32.13	36.40	32.83	32.17	33.25	31.97	35.21	32.13	35.53	33.25
100m Freestyle	3:59.12	3:37.04	2:44.30	2:15.30	2:00.19	1:28.91	1:22.69	1:21.14	1:14.86	1:11.41	1:19.88	1:12.90	1:12.01	1:11.83	1:10.31	1:14.68	1:11.41	1:20.65	1:11.83
200m Freestyle	8:12.11	7:08.34	5:42.66	4:51.90	4:45.50	4:03.57	3:24.50	3:21.56	3:07.18	2:52.70	4:47.52	3:25.06	2:58.29	2:40.17	2:45.13	3:06.18	2:52.70	3:00.93	2:40.17
400m Freestyle						7:11.02	6:36.35	6:22.72	5:55.67	5:49.83	6:32.91	6:56.82	6:03.02	6:06.49	5:46.20	7:04.10	5:49.83	6:27.56	6:06.49
50m Backstroke	2:02.00	1:31.26	1:14.59	1:09.78	1:00.77	53.41	52.35	45.86	41.54	42.93	48.32	46.25	39.81	39.68	36.73	41.86	42.93	42.92	39.68
100m Backstroke	4:38.51	3:15.28	3:48.48	2:44.94	3:42.00	1:47.81	1:37.28	1:31.57	1:23.07	1:22.38	1:35.00	1:29.64	1:22.28	1:21.43	1:18.67	1:29.80	1:22.38	1:32.95	1:21.43
50m Breaststroke	2:33.12	1:40.22	1:21.79	1:27.97	1:12.14	55.17	50.87	47.47	44.73		50.40	50.57	43.98	40.66	38.26	42.67	44.73	47.57	40.66
100m Breaststroke			3:16.96	2:49.02	2:33.20	1:52.27	1:49.17	1:37.81	1:35.90		1:42.56	1:38.79	1:28.71	1:27.78	1:21.52	1:35.61	1:35.90	1:46.79	1:27.78
50m Butterfly				1:19.28	57.68	43.12	39.97	38.42	38.41	37.21	41.73	40.74	38.20	35.78	33.68	36.95	37.21	38.36	35.78
100m Butterfly							1:40.12	1:25.62	1:22.70	1:17.67	1:25.91	1:21.80	1:16.87	1:16.99	1:13.23	1:23.14	1:17.67	1:28.24	1:16.99
150/200m IM		9:21.94	4:59.06	4:25.04	5:12.02	3:45.11	3:25.34	3:20.26	3:10.34	3:00.74	3:20.03	3:35.39	2:59.60	2:59.25	2:46.74	3:19.67	3:00.74	3:26.36	2:59.25

### FEMALE

Event	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S16	S17	S18	S19
50m Freestyle	2:06.07	1:56.79	1:33.39	1:03.74	59.82	45.27	45.36	43.63	39.29	38.30	42.00	37.75	36.53	37.83	35.53	40.43	38.30	40.74	37.83
100m Freestyle	4:30.88	3:59.85	3:21.68	2:26.03	2:14.42	1:39.95	1:39.48	1:31.61	1:25.52	1:22.69	1:40.44	1:22.69	1:21.72	1:22.15	1:17.76	1:27.38	1:22.69	1:32.56	1:22.15
200m Freestyle	8:57.16	8:39.00	7:56.93	5:08.59	5:07.38	4:51.22	4:01.22	3:52.95	3:29.55	3:26.14	5:25.57	4:25.57	3:55.57	3:03.71	3:06.06	3:35.31	3:26.14	3:25.00	3:03.71
400m Freestyle						7:44.41	7:30.95	7:07.56	6:39.97	6:47.02	7:38.28	6:38.28	6:12.60	7:27.22	6:27.97	7:46.89	6:47.02	7:19.94	7:27.22
50m Backstroke	2:03.06	1:55.82	1:38.11	1:22.62	1:14.03	59.94	59.18	55.39	47.70	46.51	55.68	48.11	48.74	42.33	41.17	48.78	46.51	50.52	42.33
100m Backstroke	4:41.98	4:10.34	3:50.20	3:45.30	3:53.14	1:52.67	1:53.97	1:48.74	1:36.31	1:34.82	1:54.79	1:39.43	1:31.60	1:33.26	1:28.43	1:51.88	1:34.82	1:50.49	1:33.26
50m Breaststroke	3:54.66	2:44.66	1:35.44	2:10.42	1:22.06	1:06.89	1:06.69	56.78	51.19		57.97	1:12.59	49.23	47.17	44.40	50.56	51.19	55.39	47.17
100m Breaststroke			4:03.28	3:29.86	3:08.45	2:16.58	2:10.19	1:51.94	1:43.61		2:01.93	1:55.95	1:43.21	1:44.29	1:38.64	1:56.45	1:43.61	2:03.42	1:44.29
50m Butterfly				2:11.10	1:08.86	50.19	47.79	49.75	42.69	42.12	50.98	48.98	46.98	41.29	38.58	43.01	42.12	45.64	41.29
100m Butterfly							1:52.28	1:47.51	1:32.43	1:32.47	3:30.88	1:33.15	1:33.22	1:30.81	1:26.77	2:06.37	1:32.47	1:49.41	1:30.81
150/200m IM		10:33.11	6:13.49	4:59.10	6:03.36	4:06.23	4:06.06	3:51.58	3:32.69	3:26.25	4:10.70	3:39.42	3:19.49	3:25.34	3:12.65	3:51.06	3:26.25	4:03.99	3:25.34



## SNT YOUTH PERFORMANCE PROGRAM QUALIFYING TIMES – 2023-2024

18-20 Years	16-17 Years	15 Years	13-14 Years	Event	13-14 Years	15 Years	16-17 Years	18-20 Years
20%	22.5%	25%	27.5%		27.5%	25%	22.5%	20%
30.61	31.25	31.89	32.53	50m Freestyle	29.12	28.55	27.98	27.41
1:06.70	1:08.09	1:09.48	1:10.86	100m Freestyle	1:03.79	1:02.54	1:01.29	1:00.04
2:25.08	2:28.10	2:31.13	2:34.15	200m Freestyle	2:20.39	2:17.64	2:14.88	2:12.13
5:03.44	5:09.77	5:16.09	5:22.41	400m Freestyle	4:56.22	4:50.41	4:44.60	4:38.80
10:23.47	10:36.12	10:49.45	11:02.44	800m Freestyle	10:10.89	9:58.91	9:46.93	9:34.96
19:59.14	20:24.12	20:49.10	21:14.08	1500m Freestyle	19:37.46	19:14.38	18:51.29	18:28.20
34.60	35.32	36.04	36.76	50m Backstroke	32.56	31.93	31.29	30.65
1:14.03	1:15.57	1:17.11	1:18.65	100m Backstroke	1:10.34	1:08.96	1:07.58	1:06.20
2:40.99	2:44.35	2:47.70	2:51.05	200m Backstroke	2:35.93	2:32.88	2:29.82	2:26.76
37.90	38.69	39.48	40.26	50m Breaststroke	36.21	35.50	34.79	34.08
1:22.12	1:23.83	1:25.54	1:27.25	100m Breaststroke	1:19.37	1:17.81	1:16.26	1:14.70
3:01.24	3:05.01	3:08.79	3:12.56	200m Breaststroke	2:54.05	2:50.64	2:47.22	2:43.81
32.28	32.95	33.63	34.30	50m Butterfly	30.83	30.23	29.62	29.02
1:11.39	1:12.87	1:14.36	1:15.85	100m Butterfly	1:08.35	1:07.01	1:05.67	1:04.33
2:38.50	2:41.80	2:45.10	2:48.40	200m Butterfly	2:32.81	2:29.81	2:26.82	2:23.82
2:44.24	2:47.67	2:51.09	2:54.51	200m IM	2:35.81	2:32.75	2:29.70	2:26.64
5:48.88	5:56.14	6:03.41	6:10.68	400m IM	5:37.06	5:30.45	5:23.84	5:17.23



## SNT YOUTH PERFORMANCE PROGRAM PARA QUALIFYING TIMES – 2023-2024

### MALE

Event	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S16	S17	S18	S19
50m Freestyle	1:52.01	1:34.58	1:14.32	1:02.38	54.10	43.41	41.18	39.96	37.21	34.51	39.09	35.26	34.55	35.69	34.28	38.64	34.51	38.00	35.69
100m Freestyle	3:59.12	3:37.04	2:44.30	2:15.30	2:00.19	1:35.50	1:28.81	1:27.15	1:20.40	1:16.71	1:25.80	1:18.30	1:17.34	1:17.15	1:15.41	1:20.02	1:16.71	1:24.59	1:17.15
200m Freestyle	8:12.11	7:08.34	5:42.66	4:51.90	4:45.50	4:38.37	3:53.71	3:50.35	3:33.92	3:17.38	5:28.59	3:54.35	3:23.76	3:03.06	3:06.81	3:27.13	3:17.38	3:32.12	3:03.06
50m Backstroke	2:02.00	1:31.26	1:14.59	1:09.78	1:00.77	57.36	56.23	49.26	44.62	46.11	51.90	49.68	42.76	42.57	39.39	44.87	46.11	45.22	42.57
100m Backstroke	4:38.51	3:15.28	3:48.48	2:44.94	3:42.00	1:55.80	1:44.49	1:38.35	1:29.22	1:28.48	1:42.04	1:36.28	1:28.38	1:27.46	1:24.36	1:36.23	1:28.48	1:37.49	1:27.46
50m Breaststroke	2:33.12	1:40.22	1:21.79	1:27.97	1:12.14	59.26	54.64	50.98	48.04		54.13	54.32	47.24	43.63	41.03	45.72	48.04	49.90	43.63
100m Breaststroke			3:16.96	2:49.02	2:33.20	2:00.58	1:57.26	1:45.05	1:43.01		1:50.16	1:46.11	1:35.28	1:34.28	1:27.44	2:15.77	1:43.01	1:52.01	1:34.28
50m Butterfly				1:19.28	57.68	46.31	42.93	41.27	41.25	39.96	44.82	43.76	41.04	38.33	36.13	44.86	39.96	40.77	38.33
100m Butterfly							1:47.53	1:31.96	1:28.83	1:23.42	1:32.28	1:27.86	1:22.56	1:22.69	1:18.55	1:28.61	1:23.42	1:32.55	1:22.69
150/200m IM		9:21.94	4:59.06	4:25.04	5:12.02	4:01.79	3:40.55	3:35.09	3:24.44	3:14.13	3:34.85	3:51.35	3:12.91	3:12.53	2:58.87	3:33.81	3:14.13	3:36.43	3:12.53

### FEMALE

Event	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15	S16	S17	S18	S19
50m Freestyle	2:06.07	1:56.79	1:33.39	1:03.74	59.82	48.62	48.72	46.86	42.20	41.14	45.11	40.54	39.24	40.64	38.11	43.33	41.14	43.20	40.64
100m Freestyle	4:30.88	3:59.85	3:21.68	2:26.03	2:14.42	1:47.36	1:46.85	1:38.40	1:31.86	1:28.81	1:47.88	1:28.81	1:27.77	1:28.23	1:23.42	1:33.64	1:28.81	1:37.90	1:28.23
200m Freestyle	8:57.16	8:39.00	7:56.93	5:08.59	5:07.38	5:01.22	4:31.22	4:26.22	3:59.49	3:55.58	6:12.08	5:12.08	4:42.08	3:29.95	3:39.42	3:54.99	3:55.58	3:51.26	3:29.95
50m Backstroke	2:03.06	1:55.82	1:38.11	1:22.62	1:14.03	1:04.38	1:03.57	59.49	51.23	49.95	59.29	51.68	52.35	45.41	44.14	52.30	49.95	52.99	45.41
100m Backstroke	4:41.98	4:10.34	3:50.20	3:45.30	3:53.14	2:01.02	2:02.41	1:56.80	1:43.44	1:41.85	2:03.29	1:46.79	1:38.38	1:40.17	1:34.82	1:59.83	1:41.85	1:55.89	1:40.17
50m Breaststroke	3:54.66	2:44.66	1:35.44	2:10.42	1:22.06	1:11.85	1:11.63	1:00.99	54.98		1:02.26	1:17.97	52.88	50.61	47.62	54.19	54.98	58.09	50.61
100m Breaststroke			4:03.28	3:29.86	3:08.45	2:26.70	2:19.84	2:00.23	1:51.29		2:10.96	2:04.54	1:50.85	1:52.01	1:45.78	2:04.80	1:51.29	2:09.45	1:52.01
50m Butterfly				2:11.10	1:08.86	53.91	51.33	53.43	45.85	45.24	54.46	52.46	50.46	44.32	41.36	46.10	45.24	53.67	44.32
100m Butterfly							1:57.86	1:55.48	1:39.28	1:39.32	3:46.50	1:40.05	1:40.12	1:37.54	1:33.08	2:15.12	1:39.32	1:54.75	1:37.54
150/200m IM		10:33.49	6:13.49	4:59.10	6:03.36	4:24.47	4:24.29	4:08.73	3:48.45	3:41.53	4:29.27	3:55.67	3:34.27	3:40.55	3:26.63	4:07.52	3:41.53	4:15.91	3:40.55

## SNT EMERGING TALENT PROGRAM QUALIFYING TIMES – 2023-2024

16 Years	15 Years	14 Years	13 Years	12 Years	Event	12 Years	13Years	14 Years	15 Years	16 Years
30%	32.5%	35%	37.5%	40%		47.5%	42.5%	35%	32.5%	30%
33.16	33.80	34.44	35.08	35.71	50m Freestyle	33.69	32.55	30.83	30.26	29.69
1.12.25	1.13.64	1.15.03	1.16.42	1.17.81	100m Freestyle	1.13.79	1.11.29	1.07.54	1.06.29	1.05.04
2.37.17	2.40.19	2.43.22	2.46.24	2.49.26	200m Freestyle	2.42.41	2.36.91	2.28.65	2.25.90	2.23.14
5.28.73	5.35.05	5.41.37			400m Freestyle			5.13.65	5.07.49	5.02.03
11.15.43	11.28.42	11.41.41			800m Freestyle			10.46.83	10.34.85	10.22.87
					1500m Freestyle					
37.48	38.20	38.92	39.64	40.36	50m Backstroke	37.67	36.39	34.48	33.84	33.20
1.20.20	1.21.74	1.23.28	1.24.84	1.26.37	100m Backstroke	1.21.38	1.18.62	1.14.48	1.13.10	1.11.72
2.54.41	2.57.76	3.01.12			200m Backstroke			2.45.11	2.42.05	2.38.99
41.05	41.84	42.63	43.42	44.21	50m Breaststroke	41.89	40.47	38.34	37.63	36.92
1.28.96	1.30.67	1.32.38	1.34.09	1.35.80	100m Breaststroke	1.31.82	1.28.71	1.24.04	1.22.48	1.20.93
3.16.34	3.20.11	3.23.89			200m Breaststroke			3.04.29	3.00.88	2.57.46
34.97	35.64	36.32	36.99	37.66	50m Butterfly	35.67	34.46	32.64	32.04	31.43
1.17.34	1.18.82	1.20.31	1.21.80	1.23.29	100m Butterfly	1.19.07	1.16.39	1.12.37	1.11.03	1.09.69
2.51.70	2.55.01	2.58.31			200m Butterfly			2.41.80	2.38.80	2.35.81
2.57.93	3.01.35	3.04.77	3.08.20	3.11.62	200m IM	3.00.25	2.54.14	2.44.97	2.41.92	2.38.86
					400m IM					





## SNT JUNIOR DEVELOPMENT PROGRAM QUALIFYING TIMES – 2023-2024

13 Years	12 Years	11 Years	10 Years	Event	10 Years	11 Years	12 Years	13Years
45%	50%	55%	60%		75%	65%	60%	55%
36.99	38.27	39.54	40.82	50m Freestyle	39.97	37.69	36.54	35.40
1.20.59	1.23.37	1.26.15	1.28.93	100m Freestyle	1.27.55	1.22.55	1.20.05	1.17.55
2.55.31	3.01.35	3.07.40		200m Freestyle		3.01.68	2.56.18	2.50.67
				400m Freestyle				
				800m Freestyle				
				1500m Freestyle				
41.80	43.25	44.69	46.13	50m Backstroke	44.70	42.14	40.86	39.59
1.29.45	1.32.54	1.35.62	1.38.70	100m Backstroke	1.36.55	1.31.03	1.28.27	1.25.51
				200m Backstroke				
45.79	47.37	48.95	50.53	50m Breaststroke	49.70	46.86	45.44	44.02
1.39.22	1.42.65	1.46.07	1.49.49	100m Breaststroke	1.48.94	1.42.71	1.39.60	1.36.49
				200m Breaststroke				
39.01	40.35	41.70	43.04	50m Butterfly	42.32	39.90	38.69	37.48
1.26.26	1.29.24	1.32.21	1.35.18	100m Butterfly	1.33.82	1.28.46	1.25.78	1.23.10
				200m Butterfly				
3.18.46	3.25.31	3.32.15	3.38.99	200m IM	3.33.85	3.21.63	3.15.52	3.09.41
				400m IM				

