

A black and white photograph of a swimmer's head and arms breaking the water surface, creating a large splash. The swimmer is wearing goggles and a swim cap. The water is splashing upwards and outwards, creating a dynamic and energetic scene. The swimmer's arms are extended forward, and their head is above the water. The background is a soft, out-of-focus view of the pool.

# **SWIMMING QUEENSLAND**

## **Development Program**

### **2015 - 2016**

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- **Squad Qualification Times**
  - **Development Activity Summary**
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# 2015 - 2017 SQ SQUAD QUALIFICATION TIMES

Male							Female				
Target 1	Target 2	Target 3	Gold	Silver (20&O)	Silver (U20)	EVENT	Target 1	Target 2	Target 3	Gold	Silver
22.02	22.24	22.35	22.92	23.38	23.61	50m Free	24.52	24.77	24.89	25.52	26.03
48.49	48.98	49.22	50.46	51.48	52.00	100m Free	53.92	54.46	54.73	56.11	57.25
1:46.45	1:47.52	1:48.05	1:50.78	1:53.02	1:54.15	200m Free	1:56.95	1:58.12	1:58.71	2:01.71	2:04.16
3:47.19	3:49.38	3:50.52	3:56.34	4:01.11	4:03.52	400m Free	4:07.58	4:10.06	4:11.31	4:17.66	4:22.85
						800m Free	8:26.96	8:32.04	8:34.60	8:47.60	8:58.23
14:57.82	15:06.82	15:11.35	15:34.37	15:53.23	16:02.75	1500m Free					
53.39	53.93	54.19	55.56	56.68	57.25	100m Back	59.71	1:00.31	1:00.61	1:02.14	1:03.39
1:57.12	1:58.29	1:58.89	2:01.89	2:04.34	2:05.59	200m Back	2:09.16	2:10.45	2:11.11	2:14.42	2:17.13
59.75	1:00.35	1:00.65	1:02.18	1:03.44	1:04.07	100m Breast	1:07.11	1:07.78	1:08.12	1:09.84	1:11.25
2:09.64	2:10.94	2:11.59	2:14.92	2:17.64	2:19.02	200m Breast	2:23.06	2:24.49	2:25.22	2:31.85	2:34.91
51.51	52.03	52.29	53.61	54.69	55.24	100m Fly	58.05	58.63	58.93	1:00.41	1:01.63
1:55.75	1:56.91	1:57.49	2:00.46	2:02.98	2:04.12	200m Fly	2:07.69	2:08.97	2:09.61	2:12.89	2:15.57
1:58.54	1:59.73	2:00.33	2:03.37	2:05.85	2:07.11	200m IM	2:11.39	2:12.71	2:13.37	2:16.74	2:19.49
4:15.47	4:18.03	4:19.32	4:25.87	4:31.23	4:33.95	400m IM	4:38.20	4:40.99	4:42.39	4:49.52	4:55.36
WC Final	1.0%	1.5%	4.0%	6.0%	7.0%		WC Final	1.0%	1.5%	4.0%	6.0%

## SQ Squad Qualification Times are calculated from the swimmers 8th place time into the final at the 2015 World Championships

- Swimmers are notified of their Squad selection at the beginning of each season. SQ will notify Swimmers (and their coach) if they achieve a higher squad level throughout the season
- SQ will recognise performances from 1 April 2015 – 31 December 2016
- Swimmers who have already been notified of their SQ squad selection for the 2015-16 season will not move down (can move up) from the squad even if their time does not meet the 2015-2017 Squad Qualification Times. You are still in the squad for 1 year from the date you had achieved the previous time
- 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
- Target 1, 2, & 3 will determine the level of service available

# 2015 - 2017 SQ SQUAD QUALIFICATION TIMES

GIRLS															
		13 Years			14 Years			15 Years			16 Years			17-18 Years	
		Flippers	Bronze	JDS	Flippers	Bronze	JDS	Flippers	Bronze	JDS	Flippers	Bronze	JDS	Flippers	Bronze
50	Free	27.43	28.55	29.42	27.16	28.27	29.13	26.89	27.99	28.84	26.62	27.71	28.55	26.36	27.43
100	Free	58.90	1:01.30	1:03.16	58.32	1:00.69	1:02.53	57.74	1:00.09	1:01.91	57.17	59.49	1:01.30	56.60	58.90
200	Free	2:09.22	2:14.48	2:18.56	2:07.93	2:13.14	2:17.19	2:06.66	2:11.82	2:15.82	2:05.41	2:10.51	2:14.48	2:04.16	2:09.22
400	Free	4:30.84	4:41.87	4:50.43	4:28.16	4:39.07	4:47.55	4:25.49	4:36.30	4:44.70	4:22.86	4:33.56	4:41.87	4:20.25	4:30.84
800	Free	9:11.79	9:34.25	9:51.69	9:06.31	9:28.55	9:45.82	9:00.89	9:22.90	9:40.00	8:55.52	9:17.32	9:34.25	8:50.20	9:11.79
100	Back	1:05.21	1:07.86	1:09.92	1:04.56	1:07.19	1:09.23	1:03.92	1:06.52	1:08.54	1:03.29	1:05.86	1:07.86	1:02.66	1:05.21
200	Back	2:21.15	2:26.90	2:31.36	2:19.75	2:25.44	2:29.86	2:18.36	2:23.99	2:28.37	2:16.99	2:22.57	2:26.90	2:15.63	2:21.15
100	Breast	1:13.54	1:16.54	1:18.86	1:12.81	1:15.78	1:18.08	1:12.09	1:15.02	1:17.30	1:11.37	1:14.28	1:16.54	1:10.67	1:13.54
200	Breast	2:39.67	2:46.17	2:51.21	2:38.08	2:44.52	2:49.51	2:36.51	2:42.88	2:47.83	2:34.96	2:41.27	2:46.17	2:33.42	2:39.67
100	Butterfly	1:03.56	1:06.15	1:08.16	1:02.93	1:05.49	1:07.48	1:02.31	1:04.84	1:06.81	1:01.69	1:04.20	1:06.15	1:01.08	1:03.56
200	Butterfly	2:20.90	2:26.63	2:31.08	2:19.50	2:25.18	2:29.59	2:18.11	2:23.73	2:28.10	2:16.74	2:22.31	2:26.63	2:15.38	2:20.90
200	Medley	2:23.43	2:29.27	2:33.81	2:22.01	2:27.79	2:32.28	2:20.60	2:26.32	2:30.77	2:19.20	2:24.87	2:29.27	2:17.82	2:23.43
400	Medley	5:04.71	5:17.12	5:26.75	5:01.69	5:13.97	5:23.51	4:58.69	5:10.85	5:20.30	4:55.73	5:07.77	5:17.12	4:52.79	5:04.71
BOYS															
		13 Years			14 Years			15 Years			16 Years			17-18 Years	
		Flippers	Bronze	JDS	Flippers	Bronze	JDS	Flippers	Bronze	JDS	Flippers	Bronze	JDS	Flippers	Bronze
50	Free	25.65	26.70	27.65	24.65	25.65	26.43	23.92	24.90	25.65	23.69	24.65	25.40	23.45	24.41
100	Free	56.32	58.62	1:00.70	54.12	56.32	58.04	52.53	54.66	56.32	52.00	54.12	55.77	51.49	53.58
200	Free	2:04.60	2:09.67	2:14.28	1:59.72	2:04.60	2:08.38	1:56.19	2:00.92	2:04.60	1:55.04	1:59.72	2:03.36	1:53.90	1:58.53
400	Free	4:24.19	4:34.95	4:44.72	4:13.86	4:24.19	4:32.22	4:06.38	4:16.41	4:24.19	4:03.93	4:13.86	4:21.57	4:01.51	4:11.34
800	Free	9:06.19	9:28.42	9:48.62	8:44.82	9:06.19	9:22.78	8:29.35	8:50.09	9:06.19					
1500	Free	17:24.00	18:06.50	18:45.10	16:43.16	17:24.00	17:55.71	16:13.59	16:53.22	17:24.00	16:03.92	16:43.16	17:13.64	15:54.36	16:33.21
100	Back	1:02.26	1:04.80	1:07.10	59.83	1:02.26	1:04.16	58.06	1:00.43	1:02.26	57.49	59.83	1:01.65	56.92	59.24
200	Back	2:17.07	2:22.65	2:27.72	2:11.71	2:17.07	2:21.24	2:07.83	2:13.03	2:17.07	2:06.56	2:11.71	2:15.71	2:05.30	2:10.40
100	Breast	1:09.87	1:12.72	1:15.30	1:07.14	1:09.87	1:12.00	1:05.16	1:07.81	1:09.87	1:04.51	1:07.14	1:09.18	1:03.87	1:06.47
200	Breast	2:32.55	2:38.76	2:44.40	2:26.58	2:32.55	2:37.18	2:22.26	2:28.05	2:32.55	2:20.85	2:26.58	2:31.04	2:19.45	2:25.13
100	Butterfly	1:00.51	1:02.97	1:05.21	58.14	1:00.51	1:02.34	56.43	58.72	1:00.51	55.87	58.14	59.91	55.31	57.56
200	Butterfly	2:15.72	2:21.25	2:26.26	2:10.41	2:15.72	2:19.84	2:06.57	2:11.72	2:15.72	2:05.31	2:10.41	2:14.37	2:04.07	2:09.12
200	Medley	2:18.27	2:23.90	2:29.01	2:12.86	2:18.27	2:22.47	2:08.94	2:14.19	2:18.27	2:07.66	2:12.86	2:16.90	2:06.40	2:11.54
400	Medley	4:58.96	5:11.13	5:22.18	4:47.26	4:58.96	5:08.04	4:38.79	4:50.14	4:58.96	4:36.03	4:47.26	4:55.99	4:33.29	4:44.41



# Development Activity Summary

	ascta QLD Coaches	Target	Gold	Silver	Flippers	Bronze	Junior Development	Clubs	Parents
Testing Camps	✓	✓	✓	✓	✓				
State Teams Championships	✓	✓	✓	✓	✓	✓	✓		
Coach & Athlete Development Clinics	✓				✓	✓	✓		
NSW Open Water Championships	✓		✓	✓	✓	✓			
Open Water Funding Support			✓	✓	✓				
QLD S/C Funding Support			✓	✓	✓	✓			
SWD Workshop	✓		✓	✓	✓	✓	✓		
CCDO Support	✓	✓	✓	✓	✓	✓	✓	✓	✓

# Development Activity Details

<b>Testing Camps</b>	LTAD curve, TID
29 - 31 May 2015	Female: 14 - 18 yrs, Male: 15 - 18yrs
4 - 6 September 2015	Swimmers selected from Qld Championships and Australian Age Championships
20 - 22 November 2015	Swimmers' results were compared to a reference time for their age and event using the Long Term Athlete Development Curve
29 - 31 January 2016	Swimmers' physical, technical and skill characteristics, and their training and physical maturity, were assessed at the above meets
	Swimmers were identified at the 2015 Australian Age Championships as part of the SAL TID program
	Swimmers selected on an Australian youth team for 2015
	Program Coaches invited
<b>State Teams Championships</b>	State Teams Championships: 25 - 27 September - AIS
25 - 27 September 2015	Male: 14/15 & 16/17yrs, Female: 13/14 & 15/16yrs (age as of 25 September 2015)
	Qld Team selected based on performances between 1 April and 31 August 2015
<b>Coach &amp; Athlete Development Clinics</b>	YPS Blue, SQ McDonalds Junior development, Bronze & Flippers squad swimmers invited to attend swim clinic and personal development workshop
	ascta Qld coaches invited to attend Coach workshops and a swim clinic in each region
	Include open water and SWD
<b>QLD S/C Funding Support</b>	SQ McDonald's Bronze, Flippers, Silver and Gold squad swimmers in FNQ, NQ, CQ, Northern WB (regional) & DD offered cash support to attend the 2015 Qld Short Course Championships
28 - 30 August 2015	



# Development Activity Details

<b>NSW Open Water Championships</b>	NSW Open Water Championships: <i>19 – 20 December 2015</i>
<i>19 – 20 December 2015</i>	
<b>OW Funding Support</b>	SQ McDonald's Flippers, Silver and Gold squad swimmers will be offered cash support to attend an interstate or international open water event
	(This does not include National Championships)
<b>SWD Workshop</b>	SQ McDonald's SWD squad swimmers invited to attend a development workshop
<i>17 - 18 October 2015</i>	
<b>Coach and Club Development Officers</b>	Swimming Queensland's CCDO's will work with coaches and clubs throughout Queensland as we as deliver development activities in each region