



SISA Development 2019



SQUADS

- ▶ **SISA National Age Representative Squad:** *National Age Swimmers Aspiring for Finals/Open Nationals*
- ▶ **SISA Senior Representative Squad:** *State and Country Swimmers Aspiring for National Age*
- ▶ **SISA Junior Representative Squad:** *State and Country Swimmers Gaining Experience for Future Success*
- ▶ **SISA Blue Squad:** *Area Swimmers Nearing Country Qualification*
- ▶ **SISA Green Squad:** *Area Swimmers Developing Skills for Future Success*

SELECTION CRITERIA

NOTE: *It is a requirement for swimmers to be eligible for any SISA Development Squad to have competed at the SISA LC Championships (held at Junee on the 3rd of Feb 2019).*

- ▶ **SISA National Age Representative Squad:**
 - Able-bodied swimmers aged 13-16yrs (Female) and 14-17yrs (Male) who competed in at least one (1) individual event at the 2019 Australian Age Championships but *did not swim in a final*
OR
 - Open Water swimmers aged 13-18yrs who competed in at least one (1) individual event at the 2019 Australian Age Open Water Championships but *are not selected in a SNSW State Squad*
OR
 - Multi-class swimmers aged 13-18yrs who competed in at least one (1) individual event at the 2019 Australian Age Championships but *are not selected in a SNSW State Squad*
AND
 - Competed in at least one (1) event at the 2019 SISA LC Championships

► **SISA Senior Representative Squad:**

- Able-bodied swimmers aged 13-18yrs who competed in at least one (1) individual event at the 2018/19 SNSW State Age Championships (Long Course) **OR** the 2019 SNSW Country Championships (Long Course)

OR

- Open Water swimmers aged 13-18yrs who competed in at least one (1) individual event at the 2018 SNSW State Open Water Championships

OR

- Multi-class swimmers aged 13-18yrs who competed in at least one (1) individual event at the 2019 SNSW Country Championships (Long Course)

AND

- Competed in at least one (1) event at the 2019 SISA LC Championships

► **SISA Junior Representative Squad:**

- Able-bodied swimmers aged 10-12yrs who competed in at least one (1) individual event at the 2018/19 SNSW State Age Championships (Long Course) **OR** the 2019 SNSW Country Championships (Long Course)

OR

- Multi-class swimmers aged 10-12yrs who competed in at least one (1) individual event at the 2019 SNSW Country Championships (Long Course)

AND

- Competed in at least one (1) event at the 2019 SISA LC Championships

► **SISA Blue Squad:**

- Able-bodied swimmers aged 9-18yrs who are (for simple reference, see following pages):
 - within 3 seconds of a SNSW Country Championships (Long Course 2019) qualifying time in a 50m event or;
 - within 5 seconds of a SNSW Country Championships (Long Course 2019) qualifying time in a 100m event or;
 - within 10 seconds of a SNSW Country Championships (Long Course 2019) qualifying time in a 200m event or;
 - within 15 seconds of a SNSW Country Championships (Long Course 2019) qualifying time in a 400m+ event

AND

- Competed in at least one (1) event at the 2019 SISA LC Championships

► **SISA Green Squad:**

- Able-bodied swimmers aged 9-18yrs who are (for simple reference, see following pages):
 - within 10 seconds of a SNSW Country Championships (Long Course 2019) qualifying time in a 50m event or;
 - within 15 seconds of a SNSW Country Championships (Long Course 2019) qualifying time in a 100m event or;
 - within 30 seconds of a SNSW Country Championships (Long Course 2019) qualifying time in a 200m event or;
 - within 60 seconds of a SNSW Country Championships (Long Course 2019) qualifying time in a 400m+ event

AND

- Competed in at least one (1) event at the 2019 SISA LC Championships

COACHES

- ▶ All SISA Coaches are invited to the local development days. This is a chance for regional coaches to build a network with other regional coaches and also to share ideas amongst themselves and with the guest coach.
- ▶ Select coaches will be invited to attend development trip(s), which will depend on which clubs the swimmers attending are from.
- ▶ SISA will be hosting a **Regional Coaches Forum**, which will be held prior to the 2019/20 LC Season beginning. More information will be available closer to the date.

OFFICIALS

- ▶ All SISA Officials are invited to the local official training days. These days are great for revising over the rules and discussing ideas/common DQs, etc with fellow officials.
- ▶ Local development days will also have the chance for officials to put their skills to practice, with swimmers participating in unofficial time trials.

More information on dates/squad activities coming soon.

All swimmers eligible under the above criteria will receive a formal invite to be a part of these squads.

SISA BLUE SQUAD QUALIFYING TIMES

Males

		Open	17/18yrs	15/16yrs	14yrs	13yrs	12yrs	11yrs	9/10yrs
Freestyle	50m		29.50	30.00	13/14yrs 32.00		11/12yrs 35.30		38.50
	100m		1:03.00	1:04.50	1:08.50	1:10.70	1:16.00	1:18.00	1:24.00
	200m		2:08.50	2:10.50	13/14yrs 2:28.50		9-12yrs 2:43.00		
	400m		4:46.00	4:50.00	13/14yrs 5:03.00		9-12yrs 5:20.00		
	800m	9:55.00							
	1500m	17:45.00							
Backstroke	50m	34.50						9-11yrs 42.00	
	100m		1:16.50	1:18.00	1:20.60	1:21.80	1:28.50	1:31.00	1:34.00
	200m		2:40.00	2:42.00	13/14yrs 2:52.40		9-12yrs 3:05.00		
Breaststroke	50m	37.50						9-11yrs 48.00	
	100m		1:24.50	1:26.50	1:31.50	1:32.50	1:43.00	1:44.00	1:50.00
	200m		2:59.00	3:03.50	13/14yrs 3:11.00		9-12yrs 3:35.00		
Butterfly	50m	32.00						9-11yrs 40.50	
	100m		1:12.50	1:14.00	1:18.00	1:21.00	1:28.00	1:33.00	1:41.00
	200m		2:40.00	2:42.00	13/14yrs 2:53.50		9-12yrs 3:07.00		
Individual Medley	200m		2:39.00	2:41.00	13/14yrs 2:49.00		9-12yrs 3:05.00		
	400m		5:30.00	5:33.10	9-14yrs 5:50.00				

Females

		Open	17/18yrs	15/16yrs	14yrs	13yrs	12yrs	11yrs	9/10yrs					
Freestyle	50m		33.10	33.10	13/14yrs 33.50		11/12yrs 36.00		38.50					
	100m		1:10.00	1:11.00	1:11.50	1:13.50	1:15.50	1:19.50	1:25.00					
	200m		2:29.00	2:29.00	13/14yrs 2:34.50		9-12yrs 2:45.00							
	400m		5:05.00	5:07.00	13/14yrs 5:19.00		9-12yrs 5:32.00							
	800m	10:15.00												
	1500m	18:45.00												
Backstroke	50m	38.00												9-11yrs 42.00
	100m		1:22.00	1:22.50	1:24.00	1:25.50	1:28.50	1:30.50						1:35.50
	200m		2:51.00	2:51.00	13/14yrs 2:53.90		9-12yrs 3:07.40							
Breaststroke	50m	42.00						9-11yrs 48.00						
	100m		1:31.50	1:32.50	1:35.00	1:36.00	1:40.50	1:43.00	1:51.00					
	200m		3:14.50	3:14.50	13/14yrs 3:18.00		9-12yrs 3:32.50							
Butterfly	50m	35.50						9-11yrs 40.00						
	100m	1:19.00						1:21.00	1:22.50	1:24.00	1:28.00	1:34.50	1:41.00	
	200m	2:52.00						2:53.50	13/14yrs 2:58.00		9-12yrs 3:15.00			
Individual Medley	200m		2:49.50	2:51.60	13/14yrs 2:53.50		9-12yrs 3:05.00							
	400m		5:47.00	5:50.60	9-14yrs 6:10.00									

SISA GREEN SQUAD QUALIFYING TIMES

Males

		Open	17/18yrs	15/16yrs	14yrs	13yrs	12yrs	11yrs	9/10yrs
Freestyle	50m		36.50	37.00	13/14yrs 39.00		11/12yrs 42.30		45.50
	100m		1:13.00	1:14.50	1:18.50	1:20.70	1:26.00	1:28.00	1:34.00
	200m		2:38.50	2:40.50	13/14yrs 2:48.50		9-12yrs 3:03.00		
	400m		5:31.00	5:35.00	13/14yrs 5:48.00		9-12yrs 6:05.00		
	800m	10:40.00							
	1500m	18:30.00							
Backstroke	50m	41.50							9-11yrs 49.00
	100m		1:26.50	1:28.00	1:30.60	1:31.80	1:38.50	1:41.00	1:44.00
	200m		3:00.00	3:02.00	13/14yrs 3:12.40		9-12yrs 3:25.00		
Breaststroke	50m	44.50	9-11yrs 55.00						
	100m		1:34.50	1:36.50	1:41.50	1:42.50	1:53.00	1:54.00	2:00.00
	200m		3:19.00	3:23.50	13/14yrs 3:31.00		9-12yrs 3:55.00		
Butterfly	50m	39.00					9-11yrs 47.50		
	100m		1:22.50	1:24.00	1:28.00	1:31.00	1:38.00	1:43.00	1:51.00
	200m		3:00.00	3:02.00	13/14yrs 3:13.50		9-12yrs 3:27.00		
Individual Medley	200m		2:59.00	3:01.00	13/14yrs 3:09.00		9-12yrs 3:25.00		
	400m		6:15.00	6:18.10	9-14yrs 6:35.00				

Females

		Open	17/18yrs	15/16yrs	14yrs	13yrs	12yrs	11yrs	9/10yrs							
Freestyle	50m		40.10	40.10	13/14yrs 40.50		11/12yrs 43.00		45.50							
	100m		1:20.00	1:21.00	1:21.50	1:23.50	1:25.50	1:29.50	1:35.00							
	200m		2:49.00	2:49.00	13/14yrs 2:54.50		9-12yrs 3:05.00									
	400m		5:50.00	5:52.00	13/14yrs 6:04.00		9-12yrs 6:17.00									
	800m	11:00.00														
	1500m	19:30.00														
Backstroke	50m	45.00														
	100m									1:32.00	1:32.50	1:34.00	1:35.50	1:38.50	1:40.50	1:45.50
	200m									3:11.00	3:11.00	13/14yrs 3:13.90		9-12yrs 3:27.40		
Breaststroke	50m	49.00						9-11yrs 48.00								
	100m		1:41.50	1:42.50	1:45.00	1:46.00	1:50.50	1:53.00	2:01.00							
	200m		3:34.50	3:34.50	13/14yrs 3:38.00		9-12yrs 3:52.50									
Butterfly	50m	42.50						9-11yrs 47.00								
	100m		1:29.00	1:31.00	1:32.50	1:34.00	1:38.00	1:44.50	1:51.00							
	200m		3:12.00	3:13.50	13/14yrs 3:18.00		9-12yrs 3:35.00									
Individual Medley	200m		3:09.50	3:11.60	13/14yrs 3:13.50		9-12yrs 3:25.00									
	400m		6:32.00	6:35.60	9-14yrs 6:55.00											

SPECIAL EXEMPTION FORM

Special exemptions will be considered for issues such as being unable to attend certain meets due to unforeseen circumstances (illness/injury). Please see form below, which can be filled out for these circumstances. Submit this form back to Billy Nicholson at southern.inland@hotmail.com.

Swimmers Name:	
Club:	
Parent(s) Name:	
Contact Email:	
Contact Phone:	

Squad missed out on:		
Reasoning/circumstance:		
Club Coaches' Name & Signature:		
Date:		

ENQUIRIES

All enquiries regarding SISA Development 2019 should be directed to:

Billy Nicholson

SISA Development Convenor

southern.inland@hotmail.com

Erica Beggs

SISA Development Officer (Swimming NSW)

erica.beggs@nsw.swimming.org.au