

2025/26 Selection Criteria - Performance Pathways Squad

Purpose

The purpose of the Performance Pathways Squad is to acknowledge and develop talented swimmers within South Australia. This program has been developed to give swimmers an opportunity to train alongside swimmers they wouldn't normally train with and develop their craft.

This selection policy looks toward the future of South Australian Swimming with the aim to have more SA representation on National teams. The criteria is based on the seasons results and a priority selection process.

This is the first step in the swimmers' journey to becoming a nationally categorised athlete and will run from May 2025 until April 2026.

Definitions and Interpretations

- a) This selection criteria will be followed under the current framework set out by Swimming Australia
- b) All terms used within this criterion will have the same terms as Guidelines for selection.

Squad Composition

The squad will have a maximum number of 50 athletes and Swimming SA reserve the right to select swimmers under the P1-4 basis. There is no guarantee that all swimmers who have achieved the set criteria will be selected in the squad. Final selection remains at the discretion of selection panel.

Eligibility Criteria

To be considered in the 2025/26 Performance Pathways Squad the athlete must be.

- Be a SwimmingSA member in good financial standing who holds the membership category of National Swimmer for 2024/25.
- A resident of South Australia
- Male aged 13-19 or Female aged 12-18.
- Multi-Class Male aged 12-18 or Female aged 12-18.
- Open Water swimmer aged 14 -19.
- Be recognised under the priority 1-4 selection
- Not be a Swimming Australia nationally categorised (Category 1-3) athlete who is currently being supported by SASI

The selection of athletes will be based off their age as at one of the following dates.

- 31st December 2025 for Australian Open Water Championships
- 10th April 2025 for all recognised selection meets in the Long Course Season prior to Australian Trials
- 16th June 2025 for Australian Trials

Selection Criteria and Process

The squad will be formed based off Olympic and Multi-Class Events (Pool) and the 5km, 7.5km and 10km for Open Water and will be selected by the selection panel. ****Please note results from relay events at Open Water are not eligible for selection****

Athletes will be selected based on their highest-ranking event to the maximum squad compacity and will be further ranked according to the priority selection below.

Priority 1 (P1) – Priority 1 selections will encompass the swimmers who achieve the times set in Appendix A, B and C (Paralympic events) at the 2025 Australian Age and MC/Open Championships or any other National Selection meet (long course).

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Priority 2 (P2) – Priority 2 selection captures the swimmers who have achieved a selection time - see appendix A, B and C (Paralympic Events) at the 2025 South Australian Age or Open Championship (LC) and shown continual improvement throughout the season.

Priority 3 (P3) – Priority 3 captures swimmers who have achieved the time at a recognised Long Course Meet inside the quota (October 1 – April 25) and have shown continual improvement throughout the season, see Appendix D for a list of recognised meets.

Priority 4 (P4) – Priority 4 selection applies to those swimmers who have achieved a Multi-Class qualifying time under Priority 1 through 3 in a non-Paralympic Event.

The selection panel will comprise the following.

- Pathways and Community Development Coordinator (Chair)
- SwimmingSA CEO
- Swimming Australia Representative
- Selected Coach from the South Australian swimming community

Team Expectations

When selected as a Swimming SA Performance Pathways Athlete must.

- Abide by the Swimming SA terms and conditions
- Financially contribute to the activities when applicable.
- Participate in all activities set by SwimmingSA.

Withdrawal or rejection of place in Squad

If a swimmer's place has been rejected or a swimmer has been withdrawn from the program, SwimmingSA reserves the right to fill the position or leave this vacant under selectors discretion. The selection panel will meet and discuss each situation as they arise. A withdrawal will take place if the position is offered, and then declined, or if there is no response from the swimmer's parent / guardian by the set date.

Feedback


Due to the large volume of questions and responses relating to selection, we will not be able to provide individual feedback relating to why a swimmer has or hasn't been selected in the squad.


Training and Opportunities

Throughout the year, there will be several skills sessions / activities that are run in accordance with the program. From time to time, there may be additional swimmers identified to participate in testing or other squad related activities. This does not mean that the swimmer has been selected in the Performance Pathways Squad.

2025/26 Selection Criteria - Performance Pathways Squad

Appendix A

 2025 Performance Pathways Qualifying Standards (LC)							
Male							
SELECTION EVENTS	State Flipper 18/19yrs	State Flipper 17yrs/U	Development Squad 18yrs	Development Squad 17yrs	Development Squad 16yrs	Development Squad 15yrs	Development Squad 13-14yrs
50m Freestyle	00:23.37	00:23.59	00:23.80	00:24.02	00:24.24	00:24.45	00:24.67
100m Freestyle	00:51.78	00:52.25	00:52.73	00:53.21	00:53.69	00:54.17	00:54.65
200m Freestyle	01:54.35	01:55.41	01:56.47	01:57.53	01:58.59	01:59.64	02:00.70
400m Freestyle	04:03.81	04:06.07	04:08.33	04:10.58	04:12.84	04:15.10	04:17.35
800m Freestyle	08:21.76	08:26.40	08:31.05	08:35.69	08:40.34	08:44.99	08:49.63
1500m Freestyle	15:56.44	16:05.29	16:14.15	16:23.00	16:31.86	16:40.72	16:49.57
100m Backstroke	00:57.19	00:57.72	00:58.25	00:58.77	00:59.30	00:59.83	01:00.36
200m Backstroke	02:05.84	02:07.01	02:08.17	02:09.34	02:10.50	02:11.67	02:12.83
100m Breaststroke	01:04.13	01:04.72	01:05.32	01:05.91	01:06.51	01:07.10	01:07.69
200m Breaststroke	02:20.28	02:21.58	02:22.88	02:24.18	02:25.48	02:26.78	02:28.07
100m Butterfly	00:55.17	00:55.68	00:56.19	00:56.70	00:57.21	00:57.72	00:58.23
200m Butterfly	02:03.79	02:04.94	02:06.08	02:07.23	02:08.37	02:09.52	02:10.67
200 IM	02:07.18	02:08.36	02:09.54	02:10.71	02:11.89	02:13.07	02:14.25
400 IM	04:31.64	04:34.16	04:36.67	04:39.19	04:41.70	04:44.22	04:46.73

 2025 Performance Pathways Qualifying Standards (LC)							
Female							
SELECTION EVENTS	State Flipper 17/18yrs	State Flipper 16 Yrs/U	Development Squad 17/18 Yrs	Development Squad 16yrs	Development Squad 15yrs	Development Squad 14yrs	Development Squad 12-13yrs
50m Freestyle	00:26.35	00:26.60	00:26.84	00:27.08	00:27.33	00:27.57	00:27.82
100m Freestyle	00:57.43	00:57.97	00:58.50	00:59.03	00:59.56	01:00.09	01:00.63
200m Freestyle	02:05.68	02:06.84	02:08.01	02:09.17	02:10.33	02:11.50	02:12.66
400m Freestyle	04:23.34	04:25.77	04:28.21	04:30.65	04:33.09	04:35.53	04:37.97
800m Freestyle	09:03.23	09:08.26	09:13.29	09:18.32	09:23.35	09:28.38	09:33.41
1500m Freestyle	17:26.19	17:35.87	17:45.56	17:55.25	18:04.93	18:14.62	18:24.31
100m Backstroke	01:04.26	01:04.85	01:05.45	01:06.04	01:06.64	01:07.23	01:07.83
200m Backstroke	02:19.09	02:20.38	02:21.67	02:22.96	02:24.24	02:25.53	02:26.82
100m Breaststroke	01:11.53	01:12.19	01:12.85	01:13.52	01:14.18	01:14.84	01:15.50
200m Breaststroke	02:35.02	02:36.46	02:37.89	02:39.33	02:40.76	02:42.20	02:43.64
100m Butterfly	01:01.48	01:02.05	01:02.62	01:03.19	01:03.76	01:04.33	01:04.90
200m Butterfly	02:17.73	02:19.01	02:20.28	02:21.56	02:22.83	02:24.11	02:25.38
200 IM	02:20.57	02:21.87	02:23.18	02:24.48	02:25.78	02:27.08	02:28.38
400 IM	05:02.83	05:05.64	05:08.44	05:11.24	05:14.05	05:16.85	05:19.66

2025/26 Selection Criteria - Performance Pathways Squad

Appendix B – Open Water Selection Times

		Flippers Performance Standard (P1)	Development Squad Standard (P2)
Race Distance	Category	Requirement	Requirement
10km	Age (18-19yrs & Open)	Top 3 & finishes within 5min of 1st	Top 10 & finishes within 5min of 1st
7.5km	Age (16-17yrs)	Top 3 & finishes within 4min of 1st	Top 10 & finishes within 4min of 1st
5km	Age (16-19yrs & Open)	Top 3 & finishes within 3min of 1st	Top 10 & finishes within 3min of 1st
5km	Age (14-15yrs)	Top 3 & finishes within 5min of 1st	Top 10 & finishes within 5min of 1st

2025/26 Selection Criteria - Performance Pathways Squad

Appendix C – Multi-Class Squad Times



2025-26 Multi-Class Qualifying Standards 15yrs+

MEN																
Event	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15, S16, S18	S19
50m Free		00:57.56	00:57.56	00:48.24	00:41.39	00:37.43	00:35.50	00:34.45	00:32.08	00:29.75	00:33.38	00:30.18	00:30.18			
100m Free	03:38.62	02:49.56	01:45.70	01:45.70	01:31.54	01:22.33	01:16.56	01:15.13	01:09.31	01:06.13	01:13.96	01:07.50	01:06.66	01:06.51	01:06.51	00:59.85
200m Free	05:18.25	05:18.25	04:27.70	03:48.05	03:11.40	03:37.48	03:02.59	02:59.96	02:47.13	02:34.20	04:16.71	03:03.09	02:39.19	02:23.01	02:23.01	02:10.71
400m Free						06:24.84	05:53.89	05:41.71	05:17.56	05:12.35	05:50.81	05:09.47	05:09.47	05:27.23	05:27.23	04:54.51
50m Back	01:35.31	01:11.30	00:58.27	00:53.28	00:47.47	00:49.45	00:47.58	00:42.46	00:38.46	00:39.75	00:44.74	00:42.82	00:36.86			
100m Back	03:37.59	02:32.56	02:58.50	02:08.86	01:39.30	01:39.30	01:30.08	01:24.42	01:16.91	01:16.28	01:27.96	01:21.36	01:15.21	01:15.40	01:15.40	01:07.86
50m Fly				00:44.97	00:44.97	00:39.93	00:37.01	00:35.58	00:35.56	00:34.45	00:38.64	00:37.73	00:35.38			
100m Fly						02:32.22	01:32.70	01:19.28	01:16.57	01:11.91	01:18.87	01:14.11	01:10.43	01:11.29	01:11.29	01:04.16
	SB1	SB2	SB3	SB4	SB5	SB6	SB7	SB8	SB9		SB11	SB12	SB13	SB14	SB15, SB16, SB18	SB19
50m Breast	01:18.30	01:18.30	01:03.90	01:08.72	00:56.36	00:51.09	00:47.10	00:43.95	00:41.41		00:46.66	00:46.83	00:40.72			
100m Breast			02:33.87	02:11.65	01:59.69	01:43.95	01:41.09	01:30.56	01:28.80		01:34.96	01:25.77	01:22.14	01:21.28	01:21.28	01:13.15
	SM1	SM2	SM3	SM4	SM5	SM6	SM7	SM8	SM9	SM10	SM11	SM12	SM13	SM14	SM15, SM16, SM18	SM19
150/200m IM		03:53.64	03:53.64	03:25.85	04:03.76	03:28.44	03:10.13	03:05.43	02:56.24	02:47.35	03:05.21	02:45.47	02:45.47	02:45.98	02:45.98	02:29.38



2025-26 Multi-Class Qualifying Standards 15yrs+

WOMEN																
Event	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15, S16, S18	S19
50m Free		02:32.24	01:12.86	00:49.80	00:46.74	00:41.91	00:42.00	00:39.20	00:36.13	00:35.46	00:38.88	00:34.81	00:34.81			
100m Free			02:34.94	01:45.01	01:45.01	01:32.55	01:32.11	01:24.82	01:18.80	01:16.49	01:30.75	01:16.56	01:15.66	01:16.06	01:16.06	01:08.45
200m Free		07:30.56	06:01.66	03:57.69	03:57.69	04:08.24	03:58.19	03:27.99	03:05.29	03:04.05	04:50.69	02:58.37	03:12.34	02:40.70	02:40.70	02:24.63
400m Free						06:54.65	06:42.64	06:21.75	05:57.11	06:03.41	06:49.17	05:49.31	05:49.31	06:39.30	06:39.30	05:59.37
50m Back	01:30.49	01:30.49	01:12.40	01:04.55	00:57.84	00:55.50	00:54.80	00:51.29	00:44.16	00:43.06	01:00.79	00:44.55	00:45.13			
100m Back	03:15.58	03:15.58	04:00.10	02:56.01	03:02.14	01:44.33	01:45.53	01:37.39	01:28.39	01:27.80	01:44.37	01:32.06	01:24.81	01:25.56	01:25.56	01:17.00
50m Fly			01:31.97	00:58.85	00:58.85	00:46.48	00:44.25	00:46.06	00:39.53	00:39.00	01:02.75	00:42.09	00:43.50			
100m Fly						01:48.20	01:36.27	01:36.27	01:25.51	01:25.62	02:09.60	01:23.64	01:23.64	01:22.72	01:22.72	01:14.45
	SB1	SB2	SB3	SB4	SB5	SB6	SB7	SB8	SB9		SB11	SB12	SB13	SB14	SB15, SB16, SB18	SB19
50m Breast		01:14.56	01:14.56	01:41.89	01:04.11	01:01.94	01:01.47	00:52.58	00:47.40		00:53.68	01:07.21	00:45.59			
100m Breast			02:43.95	02:43.95	02:27.22	02:06.46	02:00.55	01:43.65	01:35.94		01:52.90	01:47.36	01:35.56	01:36.56	01:36.56	01:26.90
	SM1	SM2	SM3	SM4	SM5	SM6	SM7	SM8	SM9	SM10	SM11	SM12	SM13	SM14	SM15, SM16, SM18	SM19
150/200m IM			03:53.68	03:53.68	04:42.59	03:47.99	03:47.84	03:34.43	03:16.94	03:10.97	03:50.91	03:09.57	03:09.57	03:07.74	03:07.74	02:48.97

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2025-26 Multi-Class Qualifying Standards 12-14yrs

MEN																	
Event	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15, S16, S18	S19	
50m Free		00:59.87	00:59.87	00:50.17	00:43.04	00:38.92	00:36.92	00:35.83	00:33.36	00:30.94	00:34.71	00:31.38	00:31.38				
100m Free	03:47.37	02:56.34	01:49.93	01:49.93	01:35.20	01:25.62	01:19.62	01:18.13	01:12.09	01:08.77	01:16.92	01:10.20	01:09.33	01:09.17	01:09.17	01:05.71	
200m Free	05:30.98	05:30.98	04:38.41	03:57.17	03:19.06	03:46.17	03:09.89	03:07.16	02:53.81	02:40.37	04:26.98	03:10.41	02:45.56	02:28.73	02:28.73	02:21.29	
400m Free						06:40.23	06:08.04	05:55.38	05:30.27	05:24.84	06:04.85	05:21.85	05:21.85	05:40.31	05:40.31	05:23.30	
50m Back	01:39.12	01:14.15	01:00.61	00:55.41	00:49.37	00:51.43	00:49.48	00:44.16	00:40.00	00:41.34	00:46.53	00:44.54	00:38.34				
100m Back	03:46.29	02:38.66	03:05.64	02:14.02	01:43.27	01:43.27	01:33.68	01:27.80	01:19.99	01:19.33	01:31.48	01:24.62	01:18.22	01:18.42	01:18.42	01:14.50	
50m Fly				00:46.77	00:46.77	00:41.52	00:38.49	00:37.00	00:36.98	00:35.83	00:40.18	00:39.23	00:36.79				
100m Fly						02:38.31	01:36.41	01:22.45	01:19.64	01:14.79	01:22.03	01:17.08	01:13.24	01:14.14	01:14.14	01:10.43	
	SB1	SB2	SB3	SB4	SB5	SB6	SB7	SB8	SB9		SB11	SB12	SB13	SB14	SB15, SB16, SB18	SB19	
50m Breast	01:21.43	01:21.43	01:06.46	01:11.47	00:58.62	00:53.13	00:48.98	00:45.71	00:43.07		00:48.53	00:48.70	00:42.35				
100m Breast			02:40.03	02:16.92	02:04.47	01:48.11	01:45.13	01:34.19	01:32.35		01:38.76	01:29.21	01:25.42	01:24.53	01:24.53	01:20.30	
	SM1	SM2	SM3	SM4	SM5	SM6	SM7	SM8	SM9	SM10	SM11	SM12	SM13	SM14	SM15, SM16, SM18	SM19	
150/200m IM		04:02.98	04:02.98	03:34.08	04:13.51	03:36.78	03:17.73	03:12.84	03:03.29	02:54.04	03:12.62	02:52.09	02:52.09	02:52.61	02:52.61	02:43.98	



2025 Multi-Class Qualifying Standards 12-14yrs

WOMEN																
Event	S1	S2	S3	S4	S5	S6	S7	S8	S9	S10	S11	S12	S13	S14	S15, S16, S18	S19
50m Free		02:38.33	01:15.78	00:51.79	00:48.61	00:43.59	00:43.68	00:40.77	00:37.57	00:36.88	00:40.43	00:36.20	00:36.20			
100m Free			02:41.13	01:49.21	01:49.21	01:36.25	01:35.80	01:28.22	01:21.95	01:19.55	01:34.38	01:19.62	01:18.69	01:19.10	01:19.10	01:15.15
200m Free		07:48.59	06:16.13	04:07.19	04:07.19	04:18.17	04:07.72	03:36.31	03:12.70	03:11.41	05:02.31	03:05.51	03:20.03	02:47.13	02:47.13	02:38.77
400m Free						07:11.24	06:58.74	06:37.02	06:11.40	06:17.95	07:05.54	06:03.28	06:03.28	06:55.27	06:55.27	06:44.51
50m Back	01:34.11	01:34.11	01:15.30	01:07.13	01:00.15	00:57.72	00:56.99	00:53.34	00:45.93	00:44.79	01:03.22	00:46.33	00:46.93			
100m Back	03:23.40	03:23.40	04:09.70	03:03.05	03:09.42	01:48.50	01:49.75	01:41.28	01:31.92	01:31.31	01:48.55	01:35.74	01:28.20	01:28.98	01:28.98	01:24.53
50m Fly			01:35.65	01:01.20	01:01.20	00:48.33	00:46.02	00:47.90	00:41.11	00:40.56	01:05.26	00:43.77	00:45.24			
100m Fly						01:52.53	01:40.13	01:40.13	01:28.93	01:29.05	02:14.78	01:26.98	01:26.98	01:26.03	01:26.03	01:21.73
	SB1	SB2	SB3	SB4	SB5	SB6	SB7	SB8	SB9		SB11	SB12	SB13	SB14	SB15, SB16, SB18	SB19
50m Breast		01:17.54	01:17.54	01:45.96	01:06.68	01:04.41	01:03.93	00:54.68	00:49.30		00:55.82	01:09.90	00:47.41			
100m Breast			02:50.51	02:50.51	02:33.11	02:11.52	02:05.37	01:47.80	01:39.78		01:57.42	01:51.66	01:39.39	01:40.43	01:40.43	01:35.41
	SM1	SM2	SM3	SM4	SM5	SM6	SM7	SM8	SM9	SM10	SM11	SM12	SM13	SM14	SM15, SM16, SM18	SM19
150/200m IM			04:03.02	04:03.02	04:53.89	03:57.11	03:56.95	03:43.00	03:24.81	03:18.61	04:00.15	03:17.16	03:17.16	03:15.25	03:15.25	03:05.49

Note, Athletes who qualify in Paralympic will be given priority selection, athletes who qualify in non-paralympic events will be considered if squad if squad composition enables selection.

Athletes will only be considered for the development squad if their qualifying time is achieved in a non-paralympic event.

2025/26 Selection Criteria - Performance Pathways Squad

Appendix D – Recognised Long Course Meets

<u>What</u>	<u>Where</u>	<u>When</u>
2024/25 Speedo NSW Senior State Age Championship	Sydney Olympic Park Aquatic Centre	6 th – 12 th December
2024 Hancock Prospecting WA Swimming Championships	HBF Stadium	13 th – 17 th December
2024 Hancock Prospecting Queensland Championships	Brisbane Aquatic Centre	14 th – 20 th December
Mattioli Victorian Age LC Championships	Melbourne Sports Centre	14 th – 18 th December
Mattioli Victorian Open LC Championships	Melbourne Sports Centre	14 th – 16 th February
2025 Dooleys NSW Senior Metropolitan Championships	Sydney Olympic Park Aquatic Centre	21 st – 23 rd February
2025 SNT Swimming Championships	Parap Swimming Pool	14 th – 16 th March

*** Other meets may be added when deemed by Swimming SA***

Version

Version	Date of Publication	Published by	Approved by
1.0	23/10/2024	Pathways and Community Development Coordinator	CEO
2.0 <i>Refinement of 200IM times</i>	05/11/2024	Pathways and Community Development Coordinator	CEO
3.0 <i>Refinement of Female times Flipper & Development Squad and Female 12-14 MC 100m Backstroke and Breaststroke Time</i>	14/11/2024	Pathways and Community Development Coordinator	CEO