

NATIONAL GROUP SWIMMERS REVIEW

Wigan BEST Swim Squad has continually developed and strengthened at all levels over several years now, making the squad one of the most successful in the North West. Our aim is to continue this year on year progress, by ensuring that every swimmer is aspiring to achieve the highest level their ability will allow.

At the commencement of the 2019/20 season a new minimum standard for the group will be introduced. The new consideration times set out below are based on the Average Time that has qualified for the Summer British National from 2015 to 2018, to arrive at the consideration time a further 5% has been added to each time (with the exception of 17-year-old males where this % is 7% to allow for the double age band and the difference in development between male and female)

As you will see some of the older age times are highlighted in RED this is where the time has come out slower than the younger age. Where this is the case the “Faster Time” from the younger age band has been used to ensure that we have development.

The first review will be after the conclusion of the 2020 County Championships where swimmers will have been expected to have achieved at least 1 of the consideration times. For this first review only, the swimmers ages will be considered from their age group as of 31 December 2019. The next review will be at the end of the 2020 qualifying window, where swimmers age will be as 31st December 2020 in line with Regional and National competition. Only long course times will be considered within the long course season.

Swimmers who do not achieve at least one of the consideration times will be encouraged to revert back to community swimming club. To ensure swimmers achieve the groups expectations monthly attendance and training performance reviews will take place, which will include a review on swimmer’s pool sessions and land-training commitments. These monthly reviews will highlight swimmers’ short falls and give an opportunity to address any issues and give swimmers a better chance of achieving the goals. However, where swimmers are consistently falling short the chances of achieving excellence becomes less likely we will have to consider freeing the space to allow other swimmers an opportunity.

Les France
Head Coach

WIGAN BEST CONSIDERATION TIMES FOR NATIONAL DEVELOPMENT GROUP

			Freestyle					Backstroke			Breaststroke			Butterfly			IM		
			50	100	200	400	800	1500	50	100	200	50	100	200	50	100	200	200	400
14 YR & U	male	Slowest invited time	00:25.1	00:57.5	02:05.5	04:26.6	09:15.3	17:32.1	00:30.3	01:05.2	02:20.7	00:33.5	01:13.3	02:39.1	00:28.5	01:03.3	02:21.8	02:21.5	05:01.1
		Time For National Grp	00:26.3	01:00.3	02:11.8	04:40.0	09:43.1	18:24.7	00:31.8	01:08.4	02:27.8	00:35.2	01:17.0	02:47.1	00:29.9	01:06.5	02:28.9	02:28.5	05:16.2
	Female	Slowest invited time	00:28.0	01:00.6	02:11.2	04:36.1	09:27.0	18:16.9	00:31.9	01:08.0	02:26.2	00:35.3	01:17.2	02:45.8	00:29.9	01:06.5	02:27.7	02:28.4	05:14.0
		Time For National Grp	00:29.4	01:03.6	02:17.7	04:49.9	09:55.3	19:11.7	00:33.5	01:11.5	02:33.5	00:37.1	01:21.1	02:54.1	00:31.4	01:09.8	02:35.1	02:35.8	05:29.7
15 Years	male	Slowest invited time	00:25.7	00:55.9	02:02.0	04:19.6	09:00.1	17:10.3	00:29.4	01:03.1	02:17.0	00:32.4	01:11.7	02:35.4	00:27.6	01:01.1	02:17.5	02:18.1	04:55.5
		Time For National Grp	00:27.0	00:58.7	02:08.1	04:32.6	09:27.1	18:01.8	00:30.9	01:06.3	02:23.9	00:34.0	01:15.3	02:43.2	00:29.0	01:04.2	02:24.4	02:25.0	05:10.3
	Female	Slowest invited time	00:27.8	00:59.8	02:09.5	04:33.7	09:22.1	18:13.9	00:31.5	01:07.3	02:25.3	00:35.1	01:16.4	02:45.2	00:29.6	01:05.8	02:27.1	02:26.7	05:12.4
		Time For National Grp	00:29.2	01:02.8	02:16.0	04:47.4	09:50.2	19:08.6	00:33.1	01:10.7	02:32.6	00:36.9	01:20.2	02:53.5	00:31.1	01:09.1	02:34.5	02:34.0	05:28.0
16 Years	male	Slowest invited time	00:25.3	00:54.9	02:00.1	04:16.3	08:57.8	16:59.4	00:28.9	01:02.0	02:14.0	00:31.9	01:10.2	02:33.2	00:27.1	00:59.9	02:14.9	02:15.9	04:51.1
		Time For National Grp	00:26.5	00:57.6	02:06.1	04:29.1	09:24.7	17:50.4	00:30.3	01:05.1	02:20.7	00:33.5	01:13.7	02:40.9	00:28.5	01:02.9	02:21.6	02:22.7	05:05.7
	Female	Slowest invited time	00:27.6	00:59.4	02:08.5	04:32.0	09:20.1	18:03.2	00:31.3	01:06.8	02:23.9	00:34.8	01:16.1	02:44.5	00:29.4	01:05.1	02:25.5	02:25.8	05:11.3
		Time For National Grp	00:29.0	01:02.4	02:14.9	04:45.6	09:48.1	18:57.4	00:32.9	01:10.1	02:31.1	00:36.5	01:19.9	02:52.7	00:30.9	01:08.4	02:32.8	02:33.1	05:26.9
17/18 Years	male	Slowest invited time	00:24.3	00:52.7	01:55.8	04:08.0	08:40.5	16:34.9	00:27.8	00:59.4	02:09.6	00:30.5	01:06.8	02:25.7	00:26.1	00:57.4	02:08.9	02:11.1	04:42.3
		17yr National Grp = 7%	00:26.0	00:56.4	02:03.9	04:25.4	09:16.9	17:44.5	00:29.7	01:03.6	02:18.7	00:32.6	01:11.5	02:35.9	00:27.9	01:01.4	02:17.9	02:20.3	05:02.1
		18yr National Grp = 5%	00:25.5	00:55.3	02:01.6	04:20.4	09:06.5	17:24.6	00:29.2	01:02.4	02:16.1	00:32.0	01:10.1	02:33.0	00:27.4	01:00.3	02:15.3	02:17.7	04:56.4
	Female	Slowest invited time	00:27.1	00:58.5	02:06.3	04:26.8	09:13.7	18:13.0	00:30.7	01:05.3	02:21.1	00:34.2	01:14.4	02:41.6	00:28.7	01:03.6	02:21.9	02:23.3	05:05.4
Time For National Grp		00:28.5	01:01.4	02:12.6	04:40.1	09:41.4	18:57.4	00:32.2	01:08.6	02:28.2	00:35.9	01:18.1	02:49.7	00:30.1	01:06.8	02:29.0	02:30.5	05:20.7	
19 YR Over	male	Slowest invited time	00:23.7	00:51.7	01:53.9	04:05.7	09:02.5	16:39.7	00:27.4	00:58.4	02:10.0	00:29.7	01:04.8	02:22.3	00:25.4	00:55.8	02:06.7	02:09.1	04:42.2
		Time For National Grp	00:24.9	00:54.3	01:59.6	04:18.0	09:06.5	17:24.6	00:28.8	01:01.3	02:16.1	00:31.2	01:08.0	02:29.4	00:26.7	00:58.6	02:13.0	02:15.6	04:56.3
	Female	Slowest invited time	00:26.9	00:57.9	02:05.3	04:30.4	09:22.9	19:56.1	00:31.0	01:05.3	02:21.7	00:34.1	01:14.0	02:41.9	00:28.7	01:03.4	02:26.0	02:23.6	05:16.9
		Time For National Grp	00:28.2	01:00.8	02:11.6	04:40.1	09:41.4	18:57.4	00:32.2	01:08.6	02:28.2	00:35.8	01:17.7	02:49.7	00:30.1	01:06.6	02:29.0	02:30.5	05:20.7

TIMES TAKEN FROM SUMMER BRITISH NATIONAL CHAMPIONSHIPS AVERAGED OVER 4-YEAR PERIOD 2015 - 2018 ADDING 5%

WHERE AN OLDER AGE TIME IS SLOWER THAN A YOUNGER AGE GROUP THE YOUNGER AGE GROUP TIME WILL BECOME THE CONSIDERATION TIME

All NATIONAL SWIMMERS will be expected to have achieved at least one of the consideration times above by the conclusion of the 2020 County Champs. Ages for the first review will be as of 31st Dec 2019. The second review will be the after the conclusion the 2020 SUMMER ENGLISH NATIONAL CHAMPIONSHIPS, where ages will be as 31st Dec 2020.