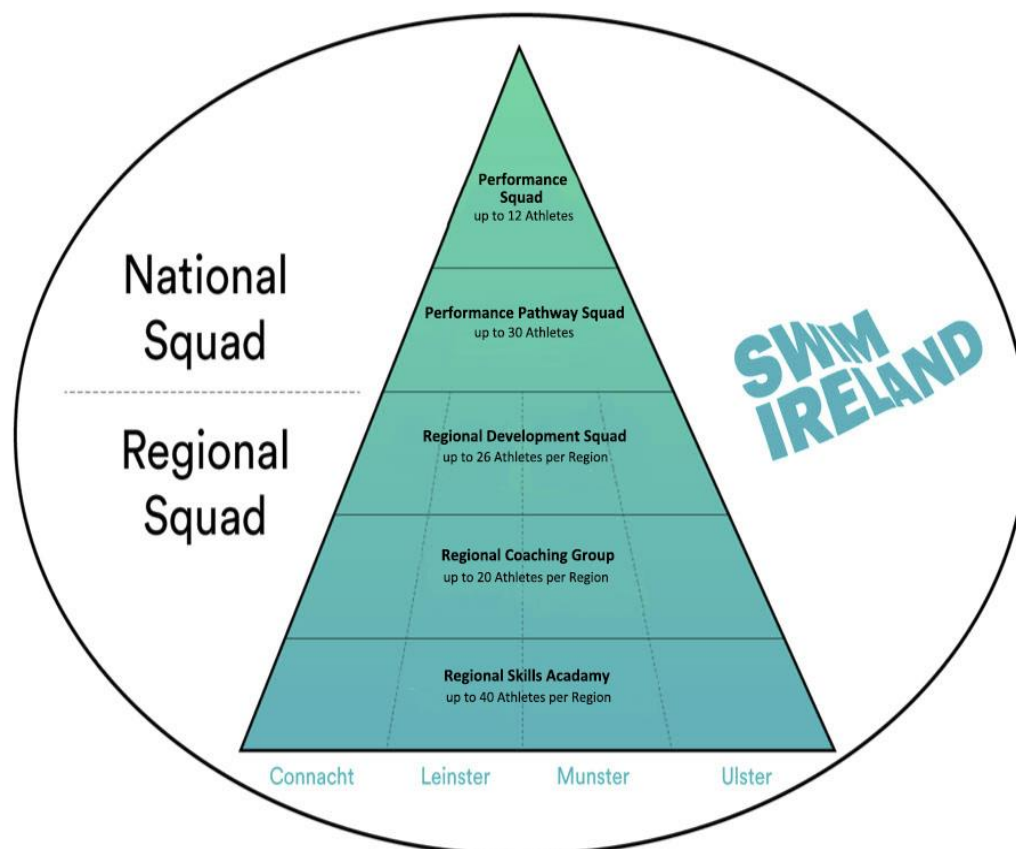


**Regional Squad Programme
(Swimming)
2019-2020**

**SWIM
IRELAND**

Regional Squad Programme (Swimming) 2019-2020



Background

The Swim Ireland Performance Team have identified within the Performance V-MOST that a progressive and targeted Regional Squad programme is a key tactic in achieving the Performance objectives for Tokyo 2020 and through to Paris 2024 and Los Angeles 2028. The programme will be aligned to the 'On Track' system and will evolve as such. The Regional Squad programme will sit directly below the National Programme and will display alignment to the National programme in terms of principles and content and will not operate as standalone programmes. For the Regional Squad programme, it is recognised that:

- Athletes should be a particular percentage outside of the 'On Track' system in regards to either the 2020 or the 2024 Olympic Games and should be differentiated as such
- Subject to individual athlete age, all Regional Squad members must be fully committed to an uncompromised and comprehensive training/coaching programme in preparation for peak performance in the relevant annual Swim Ireland International or National benchmark competition/s and the Irish Open Championships acting as the sole Trials for such events
- Through staff observation at previous Regional Squad, National Squad and/or National Team selections, athletes will have displayed behaviours and standards that are fully aligned with the Athlete Charter

Regional Squad Programme (Swimming) 2019-2020

Programme 2019-2020

Swim Ireland Performance will operate a two tiered Regional Squad Programme encompassing a 'Skills Academy' cohort for Age Group athletes and a 'Development Squad' cohort for Youth athletes. An athlete can potentially be a member of the Skills Academy for three years before progressing to the Development Squad which provides support to athletes as they aim to achieve National Squad selection within a one to three year period. The Programme aims to support athletes as they aim to reach their full potential at senior national and/or international level. Athletes do not have to have been members of the one particular cohort in a previous season before achieving selection to another cohort.

The Regional Programme will also offer support via a 'Coaching Group', to athletes who have not achieved selection for the Development Squad but who, with some additional support, display the potential to make the step up in the following season.

In addition to the annual Regional Squad Programme, the Regional Pathway Development Coaches will work in partnership with home programme coaches to ensure identified athletes are supported in achieving 'Trainability' (a frequency of training based on their stage of development) on a weekly basis via a combination of increased appropriate pool and gym access.

Athletes selected for the National Squad programme will not be eligible for selection for their respective Regional Squad programme in that season. Athletes rejecting a position on the National Squad will, by implication, be also rejecting a position on their respective Regional Squad programme in that particular season.

Benchmark Meets 2019-2020

1. In all circumstances, the 2019 Irish Open Championships (Dublin) will be considered to be benchmark meet 'A'
 - For strokes/distances in which an athlete did not compete in an individual event, lead off legs in single gender relays will be considered
2. For athletes selected to compete in the 2019 World Championships (Gwangju), ONLY this meet will be considered to be benchmark meet 'B'
 - For strokes/distances in which an athlete did not compete in an individual event, lead off legs in single gender relays will be considered
3. For athletes selected to compete in the 2019 World University Games (Naples), ONLY this meet will be considered to be benchmark meet 'B'
 - For strokes/distances in which an athlete did not compete in an individual event, lead off legs in single gender relays will be considered
 - Where an athlete competes in a relay event only, the 2019 Irish Summer National Championships (Dublin) will be considered as an additional benchmark meet 'B'
4. For athletes selected to compete in the 2019 World Junior Championships (Budapest), ONLY this meet will be considered to be benchmark meet 'B'
 - For strokes/distances in which an athlete did not compete in an individual event, lead off legs in single gender relays will be considered
 - Where an athlete competes in a relay event only, the 2019 LEN European Junior Championships (Kazan) will be considered as an additional benchmark meet 'B'
5. For athletes selected to compete in the 2019 LEN European Junior Championships (Kazan), other than those selected to compete in the 2018 FINA World Junior Championships (Budapest) or the 2018 European Youth Olympic Festival (Baku), ONLY this meet will be considered to be benchmark meet 'B'

Regional Squad Programme (Swimming) 2019-2020

- For strokes/distances in which an athlete did not compete in an individual event, lead off legs in single gender relays will be considered
- 6. For athletes selected to compete in the 2019 European Youth Olympic Festival (Baku), ONLY this meet will be considered to be benchmark meet 'B'
 - For strokes/distances in which an athlete did not compete in an individual event, lead off legs in single gender relays will be considered
 - Where an athlete competes in a relay event only, the 2018 Irish Summer National Championships (Dublin) will be considered as an additional benchmark meet 'B'
- 7. For athletes not selected to compete in the 2019 FINA World Championships (Gwangju), the 2019 World University Games (Naples), the 2019 FINA World Junior Championships (Budapest), the 2019 LEN European Junior Championships (Kazan) and/or the 2019 European Youth Olympic Festival (Baku), ONLY the 2019 Irish Summer National Championships (Dublin) will be considered to be benchmark meet 'B'
 - For strokes/distances in which an athlete did not compete in an individual event, lead off legs in single gender relays will be considered
- 8. No other meets will be considered as a benchmark meet

Staff Structure

In collaboration with the Regional Pathway Advisory Groups and the Regional Pathway Development Coaches, the Swim Ireland National Performance Pathway Manager will oversee the implementation of the Regional Squad Programme. With Regional support, the National Performance Pathway Manager will nominate a Lead Coach for the Development Squad, and the Regional Pathway Development Coach will lead the Skills Academy and support the delivery of the Development Squad Programme.

All coaches with athletes on the squads will be asked to submit an Availability Form at the start of the season and coaches selected to lead or support the Programme will be entitled to CPD points in doing so and will have their expenses covered by the Region. Regional Squad Coaches must:

- i. Be a registered Swim Ireland member for the 2019-2020 season and in good standing
- ii. Be a full time resident within Ireland and be a practising coach within an Irish swimming programme
- iii. Hold a Swim Ireland Coaching Licence
- iv. Be aligned with the statements within the Swim Ireland 'On This Performance Team' booklet

Annual Membership Fee

Athletes will be asked for an annual membership fee that will contribute to the overall cost of the Core Programme and this fee will be agreed annually. The fee in the 2019-2020 season will be €150.00 for the Skills Academy, €100.00 for the 'Coaching Group' and €475.00 for the Development Squad (or the sterling equivalent at the time of payment). There may be other costs associated with athletes requiring additional services.

Regions may require an additional contribution towards any activities that are part of the Supplementary Programme and each Region will have licence to set their own financial requirements around this. In Regions where additional contributions for the Supplementary Programme are not required, it should be noted that both the Core Programme and the Supplementary Programme are mandatory requirements of the Regional Squad Programme within such Regions. In Regions where additional contributions for the Supplementary Programme are required, only the Core Programme is a mandatory requirement for the Regional Squad Programme within such Regions and the Supplementary Programme is optional on an athlete-by-athlete basis. Athlete's will be notified of any additional contributions required towards the Supplementary Programme at the time of selection and will be asked to commit to the Supplementary Programme when accepting their place on the Squad.

Enquires

All enquiries where coaches or athletes require clarity on any of the information within this document should direct these to the National Performance Pathway Manager via andrewreid@swimireland.ie

Regional Squad Programme (Swimming) 2019-2020

Regional Skills Academy

Age Groups: Male 11-13 years Female 11-12 years

Maximum Athlete Quota: Up to 40 per Region

Athlete Selection: National Performance Pathway Manager & Regional Pathway Development Coach/s

Selection Criteria:

1. Athletes ranked Top 6 in the 200m IM per age group in each Region (as of 28th July 2019)
2. Athletes ranked Top 3 per age group in each Region in a minimum of two Olympic events (as of 28th July 2019)
3. In the case where more than 40 athletes within a Region achieve the above criteria, selection will be based on the National Rankings in the Olympic events from which the athlete has been considered

Regional Skills Academy Programme Expectations:

- 100% attendance to the mandatory activities detailed within the Core Programme
- Participation in the respective 2019 Regional SC Championships (unless the athlete does not meet the Qualification Standards or international selection prevents this from occurring)
- Participation in the 2019 Irish National SC Championships (unless the athlete does not meet the Qualification Standards or the age requirements for the meet)
- Participation in the respective 2020 Regional Age Group LC Championships (unless international selection prevents this from occurring)
- Participation in the 2020 Irish Summer National Championships (unless the athlete does not meet the Qualification Standards or the age requirements for the meet)
- Participation in the 2020 Irish National Division 2 Competition (unless qualification for the 2020 Irish Summer National Championships prevents this from occurring)
- For athletes who have an illness or an injury which, (in the NPPM's opinion) justifies non-attendance at a particular Regional Squad activity, they may seek to be excused (at the NPPM's discretion) subject to the receipt of a satisfactory doctor's note/certificate (illness) or chartered physiotherapist's note/certificate (injury) prior to the request

Regional Skills Academy Annual Programme:

1. Two 'Skill Testing' Days
2. Four coaching days – a focus on one stroke and associated race skills per day, plus an introduction to Performance swimming expectations through educational workshops

Core Programme Key Dates:

- 1) Orientation & Skills Testing - 14th September 2019 Limerick
- 2) Coaching Day 1 – 24th November 2019 Cork
- 3) Coaching Day 2 - 12th January 2020 Limerick
- 4) Skills Re-Test – 8th March 2020 Limerick
- 5) Coaching Day 3 - 10th May 2020 Mallow (location TBC)
- 6) Coaching Day 4 - 6th June 2020 Limerick

(All dates are subject to ratification and change as necessary)

Regional Squad Programme (Swimming) 2019-2020

Regional Development Squad

Age Groups: Male 14-18 years Female 13-18 years

Maximum Athlete Quota: Up to 26 per Region

Athlete Selection: National Performance Pathway Manager & Regional Pathway Development Coach/s

Selection Criteria:

1. Other than in exceptional circumstances, it is Swim Ireland Performance Programme policy to not select full time National Centre (Dublin) PE & PP athletes and National Centre (Limerick) PP athletes for their respective Regional Squad Programme. Athletes or parents (if such an athlete is under 18 years of age) may make written representation to the National Performance Pathway Manager if they wish to be considered for the Regional Development Squad, following consultation with the Head Coach of the National Centre in question
2. Athletes are limited to a maximum of three consecutive years membership of the Regional Development Squad. This term commences from September 2019
3. Male athletes aged 14 & 15 years and female athletes aged 13 & 14 years must have achieved two or more of the published Individual Event Consideration Standards (see pages 9 & 10)
4. Male athletes aged 16 to 18 years and Female athletes aged 15 to 18 years must have achieved one or more of the published Individual Event Consideration Standards (see pages 9 & 10)
5. Consideration Standards are to be achieved in the period 27th March 2019 – 31st August 2019 and from Benchmark Meets 'A' and/or 'B' only
6. In the case where more than 26 athletes within a Region achieve the criteria outlined in Selection Criteria 3 & 4, athletes will be ranked as a percentage inside of the Consideration Standard in the event which gives them the highest percentage inside the Standard to meet the maximum quota of 26 athletes. This will be a ranking across both genders, all ages and all Olympic events
7. In the case where less than 26 athletes within a Region achieve the criteria outlined in Selection Criteria 3 & 4, additional athletes from the Region will normally be added at the discretion of the selectors, ranked as a percentage outside of the Consideration Standard in the event which gives them the lowest percentage outside of the Standard to meet a minimum quota of 20 athletes and a maximum quota of 26 athletes. This will be a ranking across both genders, all ages and all Olympic events

Development Squad Annual Core Programme:

1. Orientation & Testing Day
2. Event Camp (2.5 - 3 days, 5 - 6 sessions)
3. 2 x Coaching Days (1 day, 2 sessions)

Development Squad Annual Supplementary Programme:

4. Athletic, Technical and Skills Development Sessions – Appendix 1
5. International Competition Exposure

Regional Squad Programme (Swimming) 2019-2020

Core Programme Key Dates:

1. Orientation & Skills Testing - 22nd September 2019
2. Event Camp - 28th to 30th December 2019
3. Coaching Day 1 including Re-Test - 9th February 2020
4. Coaching Day 2 - 18th April 2020

All of the core programme events and supplementary programme events will be held in Limerick.

Supplementary Programme Key Dates:

Each Region will consider if an additional financial contribution towards the Supplementary Programme is required and each Region will have licence to set their own requirements around this.

1. Athletic, Technical and Skill Development Sessions – full details attached in Appendix I
 - i) 27th October
 - ii) 10th November
 - iii) 25th January
 - iv) 29th February
 - v) 18th April
 - vi) 9th May
 - vii) 20th June
2. Scottish National Championships 25th to 28th June 2020 (Dates & Venue TBC)

Development Squad Expectations:

- 100% attendance to the mandatory activities as outlined at the time of selection
- Participation in the respective 2019 Regional SC Championships (unless the athlete does not meet the Qualification Standards or international selection prevents this from occurring)
- Participation in the 2019 Irish National SC Championships (unless the athlete does not meet the Qualification Standards or the age requirements for the meet)
- Participation in the 2020 Irish Open Championships (unless the athlete does not meet the Qualification Standards or the age requirements for the meet)
- Participation in the respective 2020 Regional LC Championships (unless international selection prevents this from occurring)
- Participation in the 2020 Irish Summer National Championships (unless the athlete does not meet the Qualification Standards or the age requirements for the meet)
- Participation in the 2020 Irish National Division 2 Competition (unless qualification for the 2020 Irish Summer National Championships prevents this from occurring)
- Submission of test set results three times per year: September 2019 – December 2019 ; January 2020 – April 2020 ; May 2020 – July 2020
- Athletes accepting their place on the Regional Squad Programme should not take extended (7 days or more) holidays in the periods 2nd September 2019 - 22nd December 2019 and 1st January 2020 – 24th July 2020 - and certainly not within a six week period before a Benchmark Meet. Athletes found to be taking extended holidays during the season put their position on the Regional Squad Programme in the following season in jeopardy
- Considerations will be made in relation to key academic/examination periods and selected athletes wishing to be excused from part of the Programme must write to the National Performance Pathway Manager via andrewreid@swimireland.ie no less than three full calendar months in advance of such a request around a particular date/s
- For athletes who have an illness or an injury which, (in the NPPM's opinion) justifies non-attendance at a particular National Squad activity, they may seek to be excused (at the NPPM's discretion) subject to the receipt of a satisfactory doctor's note/certificate (illness) or chartered physiotherapist's note/certificate (injury) prior to the request

Regional Coaching Group

Regional Squad Programme (Swimming) 2019-2020

Age Groups: Male 14-17 years Female 13-17 years

Maximum Athlete Quota: Up to 20 per Region

Athlete Selection: National Performance Pathway Manager & Regional Pathway Development Coach/s

Selection Criteria:

1. Athletes who are members of or selected for the National Squad, Regional Development Squads or Regional Skills Academy are not eligible for selection
2. Other than in exceptional circumstances, it is Swim Ireland Performance Programme policy to not select full time National Centre (Dublin) PE & PP athletes and National Centre (Limerick) PP athletes for their respective Regional Squad Programme. Athletes or parents (if such an athlete is under 18 years of age) may make written representation to the National Performance Pathway Manager if they wish to be considered for the Regional Development Squad, following consultation with the Head Coach of the National Centre in question
3. Consideration Standards are to be achieved in the period 27th March 2019 – 31st August 2019 and from Benchmark Meets 'A' and/or 'B' only
4. Athletes to achieve one or more of the published Consideration Standards (see page 11 & 12)
8. In the case where more than 20 athletes within a Region achieve one of the published Consideration Standards, the athletes will be ranked as a percentage inside of the Consideration Standard to meet the maximum quota of 20 athletes. This will be a ranking across both genders, all ages and all Olympic events
9. In the case where less than 20 athletes within a Region achieve one of the published Consideration Standards, additional athletes from the Region may be added at the discretion of the selectors, ranked as a percentage outside of the Consideration Standard to meet a minimum quota of 15 athletes and a maximum quota of 20 athletes. This will be a ranking across both genders, all ages and all Olympic events

Coaching Group Programme:

Four Coaching Days (0.5 days, 1 session)

Key Dates:

All dates are subject to ratification and change as necessary

1. Coaching Day 1 to include video capture - 21st September 2019
2. Coaching Day 2 - 5th January 2020
3. Coaching Day 3 to include video capture - 17th April 2020
4. Coaching Day 4 - 20th June 2020

All sessions will be held in Limerick.

Retention

Retention in the programme will be based on the following criteria:

- Suitability of the Daily Performance Environment (DPE) and/or willingness to participate in a 'top-up' programme to achieve Trainability
- Training attendance and commitment in the home programme
- Regional and National competition attendance

Regional Squad Programme (Swimming) 2019-2020

- Submission of online monitoring and submission of test set results
- Positive engagement with staff
- Attitude, positivity and performance behaviours displayed on National Teams and previous National/Regional Squad periods
- Technical assessment and improvement
- Resilience
- Work ethic
- Openness to learning
- Personal Accountability
- Athlete Charter and 'sham-R-O-C-K' buy in

Coach Development Programme

- Ensure that coaches have access to the National Centres to develop and refine their performance knowledge
- Targeted coaches to be invited to Swim Ireland education events
- A home programme coach to be offered attendance and observation opportunity at all onshore Regional Squad activities
- Breakaway identified coach development opportunities during certain Regional Squad activities

Parent Support Programme (athletes under 18 years)

Regular communication with parents/families to cover:

- General updates
- Long Term Athlete Development
- 'sham-R-O-C-K'
- Anti-Doping
- Lifestyle (nutrition, education, social)
- Scenario's Workshop
- Parents Eye View of the Programmes
- Performance and Performance Pathway parenting

Regional Squad Programme (Swimming) 2019-2020

| REGIONAL DEVELOPMENT SQUAD - MALE CONSIDERATION TIMES (LONG COURSE) 2019-2020 | | | | | |
|---|----------|----------|----------|----------|----------|
| Event | 2001 | 2002 | 2003 | 2004 | 2005 |
| 50m Freestyle | 00:24.22 | 00:24.80 | 00:25.14 | 00:26.14 | 00:27.40 |
| 100m Freestyle | 00:53.58 | 00:54.92 | 00:55.75 | 00:57.68 | 01:00.46 |
| 200m Freestyle | 01:55.56 | 01:58.09 | 01:59.92 | 02:05.50 | 02:11.55 |
| 400m Freestyle | 03:59.80 | 04:06.12 | 04:11.19 | 04:22.89 | 04:35.56 |
| 800m Freestyle | 08:18.89 | 08:31.84 | 08:40.63 | 09:04.88 | 09:31.14 |
| 1500m Freestyle | 16:04.85 | 16:29.90 | 16:46.90 | 17:33.79 | 18:24.58 |
| 100m Backstroke | 00:56.19 | 00:57.68 | 00:58.86 | 01:01.60 | 01:04.57 |
| 200m Backstroke | 02:03.47 | 02:06.73 | 02:09.34 | 02:15.36 | 02:21.88 |
| 100m Breaststroke | 01:03.40 | 01:04.97 | 01:06.31 | 01:09.40 | 01:12.74 |
| 200m Breaststroke | 02:24.17 | 02:27.77 | 02:29.98 | 02:33.71 | 02:40.98 |
| 100m Butterfly | 00:58.71 | 01:00.18 | 01:01.08 | 01:02.60 | 01:04.77 |
| 200m Butterfly | 02:05.12 | 02:07.96 | 02:10.59 | 02:16.67 | 02:23.26 |
| 200m I.M. | 02:11.65 | 02:14.67 | 02:16.42 | 02:21.35 | 02:28.17 |
| 400m I.M. | 04:37.25 | 04:44.17 | 04:48.43 | 05:01.07 | 05:15.59 |

Regional Squad Programme (Swimming) 2019-2020

| REGIONAL DEVELOPMENT SQUAD - FEMALE CONSIDERATION TIMES (LONG COURSE) 2019-2020 | | | | | | |
|---|----------|----------|----------|----------|----------|----------|
| Event | 2001 | 2002 | 2003 | 2004 | 2005 | 2006 |
| 50m Freestyle | 00:26.31 | 00:26.57 | 00:27.10 | 00:27.37 | 00:28.43 | 00:29.67 |
| 100m Freestyle | 00:58.59 | 00:59.41 | 01:00.84 | 01:01.69 | 01:03.16 | 01:05.58 |
| 200m Freestyle | 02:03.49 | 02:05.22 | 02:08.22 | 02:10.01 | 02:15.05 | 02:20.94 |
| 400m Freestyle | 04:20.52 | 04:24.16 | 04:30.49 | 04:34.27 | 04:44.89 | 04:57.32 |
| 800m Freestyle | 08:50.46 | 08:56.82 | 09:08.86 | 09:19.89 | 09:42.63 | 10:08.03 |
| 1500m Freestyle | 17:03.99 | 17:16.28 | 17:39.52 | 18:00.82 | 18:44.70 | 19:33.74 |
| 100m Backstroke | 01:03.07 | 01:04.14 | 01:05.87 | 01:06.99 | 01:08.97 | 01:11.98 |
| 200m Backstroke | 02:19.08 | 02:21.03 | 02:24.40 | 02:26.43 | 02:30.72 | 02:37.29 |
| 100m Breaststroke | 01:09.82 | 01:10.80 | 01:12.50 | 01:13.51 | 01:16.36 | 01:19.69 |
| 200m Breaststroke | 02:34.36 | 02:36.37 | 02:39.96 | 02:42.04 | 02:47.44 | 02:54.74 |
| 100m Butterfly | 01:01.65 | 01:02.51 | 01:04.01 | 01:04.91 | 01:06.81 | 01:09.72 |
| 200m Butterfly | 02:16.86 | 02:18.77 | 02:22.09 | 02:24.08 | 02:28.30 | 02:34.77 |
| 200m I.M. | 02:20.17 | 02:21.99 | 02:25.25 | 02:27.14 | 02:32.04 | 02:38.67 |
| 400m I.M. | 04:53.46 | 04:57.28 | 05:04.09 | 05:08.40 | 05:20.92 | 05:34.91 |

Regional Squad Programme (Swimming) 2019-2020

| REGIONAL COACHING GROUP - MALE CONSIDERATION TIMES (LONG COURSE) 2019-2020 | | | | |
|--|----------|----------|----------|----------|
| Event | 2002 | 2003 | 2004 | 2005 |
| 50m Freestyle | 00:26.04 | 00:26.40 | 00:27.71 | 00:29.05 |
| 100m Freestyle | 00:57.67 | 00:58.53 | 01:01.14 | 01:04.09 |
| 200m Freestyle | 02:04.00 | 02:05.91 | 02:13.03 | 02:19.44 |
| 400m Freestyle | 04:18.43 | 04:23.75 | 04:38.66 | 04:52.09 |
| 800m Freestyle | 08:57.43 | 09:06.67 | 09:37.57 | 10:05.41 |
| 1500m Freestyle | 17:19.39 | 17:37.25 | 18:37.02 | 19:30.86 |
| 100m Backstroke | 01:00.56 | 01:01.81 | 01:05.30 | 01:08.45 |
| 200m Backstroke | 02:13.06 | 02:15.80 | 02:23.48 | 02:30.40 |
| 100m Breaststroke | 01:08.22 | 01:09.63 | 01:13.56 | 01:17.11 |
| 200m Breaststroke | 02:35.16 | 02:37.48 | 02:42.94 | 02:50.64 |
| 100m Butterfly | 01:03.19 | 01:04.14 | 01:06.36 | 01:08.66 |
| 200m Butterfly | 02:14.36 | 02:17.12 | 02:24.87 | 02:31.86 |
| 200m I.M. | 02:21.40 | 02:23.24 | 02:29.84 | 02:37.06 |
| 400m I.M. | 04:58.38 | 05:02.85 | 05:19.14 | 05:34.52 |

Regional Squad Programme (Swimming) 2019-2020

| REGIONAL COACHING GROUP - FEMALE CONSIDERATION TIMES (LONG COURSE) 2019-2020 | | | | | |
|--|----------|----------|----------|----------|----------|
| Event | 2002 | 2003 | 2004 | 2005 | 2006 |
| 50m Freestyle | 00:27.63 | 00:28.45 | 00:28.74 | 00:30.14 | 00:31.45 |
| 100m Freestyle | 01:01.79 | 01:03.88 | 01:04.77 | 01:06.95 | 01:09.51 |
| 200m Freestyle | 02:10.23 | 02:14.63 | 02:16.52 | 02:23.15 | 02:29.39 |
| 400m Freestyle | 04:34.73 | 04:44.01 | 04:47.99 | 05:01.99 | 05:15.15 |
| 800m Freestyle | 09:18.29 | 09:36.30 | 09:47.89 | 10:17.58 | 10:44.51 |
| 1500m Freestyle | 17:57.73 | 18:32.49 | 18:54.86 | 19:52.18 | 20:44.16 |
| 100m Backstroke | 01:06.71 | 01:09.16 | 01:10.34 | 01:13.11 | 01:16.30 |
| 200m Backstroke | 02:26.67 | 02:31.62 | 02:33.75 | 02:39.76 | 02:46.72 |
| 100m Breaststroke | 01:13.63 | 01:16.12 | 01:17.19 | 01:20.94 | 01:24.47 |
| 200m Breaststroke | 02:42.63 | 02:47.95 | 02:50.14 | 02:57.49 | 03:05.23 |
| 100m Butterfly | 01:05.01 | 01:07.21 | 01:08.15 | 01:10.82 | 01:13.90 |
| 200m Butterfly | 02:24.32 | 02:29.20 | 02:31.29 | 02:37.20 | 02:44.06 |
| 200m I.M. | 02:27.67 | 02:32.51 | 02:34.49 | 02:41.17 | 02:48.19 |
| 400m I.M. | 05:09.17 | 05:19.30 | 05:23.82 | 05:40.18 | 05:55.01 |

Regional Squad Programme (Swimming) 2019-2020

Appendix 1 - Athletic, Technical & Skills Development Programme

Through numerous club visits and conversations at competitions, Swim Ireland Performance have identified a number of key areas for improvement at the Development Pathway and Performance Pathway stages of development:

1. Regular training at Regional level to develop a culture of excellence, raise standards and form swimming networks
2. CPD opportunities for coaches
3. SSSM upskilling and support

Objective:

To develop a culture of excellence, raise standards and form swimming networks at Regional and National level by providing a monthly athletic, technical and skill development session to support National Squad and Regional Development Squad athletes based in club programmes

Programme Outline:

Commencing in September 2019, a monthly session will be offered in each Region:

- Dublin (National Aquatics Centre)
- Limerick (University of Limerick)
- Bangor (Bangor Aurora)
- Castlebar (Aquatics Centre)

The programme targets athletes on the National Squad and Regional Development Squad based in **Irish** club programmes. Athletes accepting their place on the Swim Ireland F4-24 Project will not be invited

A bespoke long-term athletic development framework will be developed and implemented to guide practice within the Strength & Conditioning network

Home Programme Coaches who are currently working with athletes at this level are key to the success of this programme and coaches will be asked to commit to leading a number of sessions per season

Programme Leads:

Pool Programme: Andrew Reid (National Performance Pathway Manager) in conjunction with the Regional Pathway Development Coaches

S&C Programme: Marty Loughran (The Performance Lab)

Programme Dates:

1. 27th October
2. 10th November
3. 25th January
4. 29th February
5. 18th April
6. 9th May
7. 20th June