



SISA DEVELOPMENT PROGRAM 2022

Southern Inland Swimming Association



Squads

Squad	Swimmer Age	Swimmer Level	Squad Aims
SISA National Age Representative Squad (SISA NARS)	Females 13-18 years Males 14-19 years	National Age, MC or Open Water	National Age Final SNSW State Squad Selection
SISA Senior Age Representative Squad (SISA SARS)	13-18 years	Senior NSW State Age, Country, MC or Open Water	National Age QT SISA NARS Selection
SISA Junior Age Representative Squad (SISA JARS)	10-12 years	Junior NSW State Age, Country or MC	Future National Age QT Future SISA SARS/NARS Selection
SISA Blue Squad	8-12 years (Jnr) 13-18 years (Snr)	Regional (progressing towards Country and/or State Age)	Country/State QT SISA SARS/JARS Selection
SISA Green Squad	8-12 years (Jnr) 13-18 years (Snr)	Regional	SISA Blue Squad Selection
SISA Yellow Squad	15 & Over	Any	Long-Term Participation in Swimming

Squad Selection Criteria

SISA National Age Representative Squad (SISA NARS)

To be invited into SISA NARS, you must*...

- be a financial member of a SISA affiliated club
- have competed** in one or more SISA qualifying meets during the 2021-22 LC season
- have competed** in at least one (1) individual event at
 - o the 2022 Australian National Age/MC Championships (females 13–18 years of age, males 14–19 years of age) *OR*;
 - o the 2022 Australian Open Water Championships (swimmers 14–18 years of age)

**Note that swimmers who are invited to Swimming NSW Performance Squads are ineligible for SISA Squads*

***Swimmers who qualified for the required meets but were unable to compete due extenuating circumstances may be eligible for special consideration, at the discretion of SISA. Please email southern.inland@hotmail.com for further information.*

SISA Senior Age Representative Squad (SISA SARS)

To be invited into SISA SARS, you must...

- be a financial member of a SISA affiliated club
- have competed** in one or more SISA qualifying meets during the 2021-22 LC season
- have competed** in at least one (1) individual event at
 - o the 2021/22 LC NSW Senior State Age Championships (swimmers 13-18 years of age) *OR*;
 - o the 2022 LC NSW Country Championships^^ (swimmers 13-18 years of age) *OR*;
 - o the 2021 NSW State Open Water Championships (swimmers 13-18 years of age) *OR*;
 - o the 2021 LC NSW Multi-Class Championships (swimmers 13-18 years of age)

*** Swimmers who qualified for the required meets but were unable to compete due extenuating circumstances may be eligible for special consideration, at the discretion of SISA. Please email southern.inland@hotmail.com for further information.*

*^^ Due to the cancellation of Sunday afternoon events at the 2022 NSW Country Championships, swimmers ENTERED in those events (on the **FINAL START LIST**) who did not have the chance to compete will still be eligible for these squads*

SISA Junior Age Representative Squad (SISA JARS)

To be invited into SISA JARS, you must...

- be a financial member of a SISA affiliated club
- have competed** in one or more SISA qualifying meets during the 2021-22 LC season
- have competed** in at least one (1) individual event at
 - o the 2022 LC NSW Junior State Age Championships (swimmers 10-12 years of age) *OR*;
 - o the 2022 LC NSW Country Championships^^ (swimmers 10-12 years of age) *OR*;
 - o the 2021 LC NSW Multi-Class Championships (swimmers 10-12 years of age)

*** Swimmers who qualified for the required meets but were unable to compete due extenuating circumstances may be eligible for special consideration, at the discretion of SISA. Please email southern.inland@hotmail.com for further information.*

*^^ Due to the cancellation of Sunday afternoon events at the 2022 NSW Country Championships, swimmers ENTERED in those events (on the **FINAL START LIST**) who did not have the chance to compete will still be eligible for these squads*

SISA Blue Squad

To be invited into SISA Blue Squad, you must...

- be a financial member of a SISA affiliated club
- be 8-18 years of age
- have competed^ in at least two (2) SISA qualifying meets during the 2021-22 LC season
- be within specified qualifying times (attached) in at least one (1) event

^ It is expected that swimmers accepted into the 2022 SISA Development Program have supported the area through attendance of regional meets. If swimmers have been unable to compete in at least two SISA meets over the 2021-22 LC season due extenuating circumstances, special consideration may be available at the discretion of SISA. Please email southern.inland@hotmail.com for further information.

SISA Green Squad

To be invited into SISA Green Squad, you must...

- be a financial member of a SISA affiliated club
- be 8-18 years of age
- have competed^ in at least two (2) SISA qualifying meets during the 2021-22 LC season
- be within specified qualifying times (attached) in at least one (1) event

^ It is expected that swimmers accepted into the 2022 SISA Development Program have supported the area through attendance of regional meets. If swimmers have been unable to compete in at least two SISA meets over the 2021-22 LC season due extenuating circumstances, special consideration may be available at the discretion of SISA. Please email southern.inland@hotmail.com for further information.

SISA Yellow Squad

SISA Yellow Squad is an open-invite to all senior swimmers, provided that they...

- are a financial member of a SISA affiliated club
- are a minimum of 15 years of age
- have competed[^] in at least two (2) SISA qualifying meets during the 2021-22 LC season

[^] It is expected that swimmers accepted into the 2022 SISA Development Program have supported the area through attendance of regional meets. If swimmers have been unable to compete in at least two SISA meets over the 2021-22 LC season due extenuating circumstances, special consideration may be available at the discretion of SISA. Please email southern.inland@hotmail.com for further information.

Note that swimmer ages will be taken from the 11th April 2022. This date has been selected as it is the start date for the Australian National Age Championships (the last applicable LC meet of the 2021-22 season).

Proposed Squad Activities

SISA National Age Representative Squad (SISA NARS)

- *Weekend camp at the AIS with other areas (TBC)*
- *Comprehensive athlete wellbeing education*
- *Time management education (i.e., swimming when doing HSC)*
- *Event specific training & testing*
- *Team building & fun*

SISA Senior Age Representative Squad (SISA SARS)

- *Weekend clinic in the SISA area*
- *Skills focused training*
- *Comprehensive injury prevention & recovery education*
- *Time management education (i.e., swimming when doing HSC)*
- *Team building & fun*

SISA Junior Age Representative Squad (SISA JARS)

- *Weekend clinic in the SISA area*
- *Skills focused training*
- *Basic injury prevention & recovery education*
- *Team building & fun*

SISA Blue Squad

- *Various single day clinics in SISA area leading into the LC Season*
- *Skills/tech focused training*
- *Goal setting & training habits*
- *Team building & fun*
- *Please note squad activities for this squad will be split into senior (13-18yrs) and junior (8-12yrs)*

SISA Green Squad

- *Various single day clinics in SISA area leading into the LC Season*
- *Skills/tech focused training*
- *Team building & fun*
- *Please note squad activities for this squad will be split into senior (13-18yrs) and junior (8-12yrs)*

SISA Yellow Squad

- *An area day based away from the pool (more than one day depending on interest)*
- *Connecting with fellow senior swimmers*
- *Understanding benefits of swimming for overall health & wellness*
- *Discussion of opportunities in the sport of swimming, such as officiating & coaching*

Squad Qualifying Times: Blue Squad

MALE		17/18yrs	15/16yrs	13/14yrs	12yrs	11yrs	9/10yrs	8yrs
Freestyle	50m	28.50	29.00	31.00	34.00	35.50	37.50	40.00
	100m	1:02.00	1:03.00	1:08.00	1:14.50	1:17.00	1:23.00	1:28.00
	200m	2:23.50	2:25.00	2:32.50	2:48.00	2:58.00	3:08.00	
Backstroke	50m	33.50	34.50	37.00	40.00	41.00	43.00	46.50
	100m	1:15.50	1:16.50	1:20.00	1:26.50	1:30.00	1:33.00	1:45.00
	200m	2:46.00	2:48.00	2:58.00				
Breaststroke	50m	36.50	37.50	40.00	43.00	44.00	46.00	49.50
	100m	1:23.50	1:24.50	1:31.50	1:41.00	1:43.00	1:49.00	2:05.00
	200m	3:05.00	3:07.50	3:17.00				
Butterfly	50m	31.00	32.00	34.50	37.50	38.50	40.50	43.00
	100m	1:11.00	1:12.50	1:18.00	1:27.00	1:32.00	1:40.00	1:55.00
	200m	2:46.00	2:48.00	3:00.00				
IM	200m	2:43.00	2:45.00	2:52.00	3:10.00	3:20.00	3:30.00	3:45.00

FEMALE		17/18yrs	15/16yrs	13/14yrs	12yrs	11yrs	9/10yrs	8yrs
Freestyle	50m	32.10	32.10	32.50	34.50	36.00	37.50	40.00
	100m	1:08.00	1:09.00	1:11.50	1:14.00	1:18.50	1:24.00	1:30.00
	200m	2:31.00	2:33.00	2:39.00	2:48.00	2:58.00	3:08.00	
Backstroke	50m	36.50	37.50	38.00	41.00	42.00	44.00	47.00
	100m	1:20.00	1:21.50	1:23.50	1:26.50	1:29.50	1:34.50	1:46.00
	200m	2:57.00	2:59.00	3:00.00				
Breaststroke	50m	40.00	42.50	45.00	47.00	48.50	50.00	52.50
	100m	1:30.00	1:31.00	1:34.50	1:37.50	1:42.00	1:50.00	2:07.50
	200m	3:19.50	3:20.50	3:24.00				
Butterfly	50m	34.00	35.50	36.50	39.00	41.00	43.00	46.00
	100m	1:18.00	1:19.50	1:22.50	1:27.00	1:33.50	1:40.00	1:57.50
	200m	2:57.00	3:00.50	3:05.00				
IM	200m	2:53.50	2:55.50	2:57.50	3:10.00	3:20.00	3:30.00	3:45.00

**Note that these times are based off the NSW Country Championship qualifying times, and therefore are subject to change in future development programs.*

Squad Qualifying Times: Green Squad

MALE		17/18yrs	15/16yrs	13/14yrs	12yrs	11yrs	9/10yrs	8yrs
Freestyle	50m	31.50	32.00	34.00	37.00	38.50	40.50	45.50
	100m	1:08.00	1:09.00	1:14.00	1:20.50	1:23.00	1:29.00	1:40.00
	200m	2:38.50	2:40.00	2:47.50	3:03.00	3:13.00	3:23.00	
Backstroke	50m	36.50	37.50	40.00	43.00	44.00	46.00	49.50
	100m	1:21.50	1:22.50	1:26.00	1:32.50	1:36.00	1:39.00	1:51.00
	200m	3:01.00	3:03.00	3:13.00				
Breaststroke	50m	39.50	40.50	43.00	46.00	47.00	49.00	52.50
	100m	1:29.50	1:30.50	1:37.50	1:47.00	1:49.00	1:55.00	2:11.00
	200m	3:20.00	3:22.50	3:32.00				
Butterfly	50m	34.00	35.00	37.50	40.50	41.50	43.50	46.00
	100m	1:17.00	1:18.50	1:24.00	1:33.00	1:38.00	1:46.00	2:01.00
	200m	3:01.00	3:04.00	3:15.00				
IM	200m	2:58.00	3:00.00	3:07.00	3:25.00	3:35.00	3:45.00	4:00.00

FEMALE		17/18yrs	15/16yrs	13/14yrs	12yrs	11yrs	9/10yrs	8yrs
Freestyle	50m	35.10	35.10	35.50	37.50	39.00	40.50	45.50
	100m	1:14.00	1:15.00	1:16.50	1:18.50	1:24.50	1:30.00	1:42.00
	200m	2:46.00	2:48.00	2:54.00	3:03.00	3:13.00	3:23.00	
Backstroke	50m	39.00	40.50	41.00	44.00	45.00	47.00	50.50
	100m	1:25.50	1:27.50	1:29.50	1:32.50	1:35.50	1:40.50	1:53.00
	200m	3:12.00	3:12.00	3:15.50				
Breaststroke	50m	43.00	45.50	48.00	50.00	51.50	53.00	55.50
	100m	1:36.00	1:38.00	1:41.00	1:43.00	1:48.00	1:56.00	2:13.50
	200m	3:34.50	3:35.50	3:40.00				
Butterfly	50m	37.00	38.50	39.00	41.00	43.50	45.00	48.50
	100m	1:24.00	1:25.50	1:28.00	1:33.00	1:39.50	1:46.00	2:02.50
	200m	3:12.00	3:15.50	3:20.00				
IM	200m	3:08.50	3:10.50	3:12.50	3:25.00	3:40.00	3:50.00	4:05.00

**Note that these times are based off the NSW Country Championship qualifying times, and therefore are subject to change in future development programs.*

For special exemption consideration, please submit this form to SISA Development
Convenor Billy Nicholson at southern.inland@hotmail.com.

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

Squad missed out on/could be eligible for:		
Reasoning/circumstance:		
Qualifying time(s) which are close/applicable to special exemption <i>(i.e., my child is only 0.5 secs off the blue squad QT)</i>		
Club Coaches' Name & Signature:		
Date:		