

Programme 2024-2025

The Regional Programme is currently undergoing review and the full programme will be published in June 2024.

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

This document outlines the minimum criteria that athletes must achieve to be considered for selection to the 2024-2025 Regional Programme.

Athlete Eligibility

At the time of selection, athletes must meet all of the following criteria to be considered to be eligible for selection:

- i. At the time of selection, be a full-time resident on the Island of Ireland for a minimum of 12 months for athletes under 18 years of age or 36 months for athletes 18 years or older
- ii. Be a registered Swim Ireland member for the 2023-2024 and the 2024-2025 season;
- iii. Be in good standing with Swim Ireland;
- iv. Be available to fulfil all of the Regional Programme obligations;
- v. Comply with the statements and expectations of the Swim Ireland 'On Our Performance Team' booklet;
- vi. Met the expectations and requirements of the Regional or National Programme in the 2023-2024 season if a member at that time;
- vii. Not be the subject of a current anti-doping ban, a doping violation and/or a pending doping violation
- viii. Have not acted in such a manner so as to bring himself/herself, Swim Ireland and/or the sport into current disrepute. For the avoidance of doubt: the evaluation of this requirement is at the sole discretion of the Swim Ireland Performance Senior Leadership Team (SLT) for the purposes of selection: the public disrepute referred to within this clause includes potential and/or actual disrepute

Expected Athlete Attributes

- Selection of a satisfactory Daily Performance Environment (DPE)
- Exemplary training attendance and commitment in the home programme
- Regional and/or National competition attendance
- Positive engagement with staff
- Attitude, positivity and performance behaviours displayed on National Teams, previous National/Regional Programme periods and National Centre 'In-Touch' sessions. For further information relating to Swim Ireland National Centres, please complete the Enquiry Form [HERE](#)
- Resilience and a first class work ethic
- An openness to learning
- Personal accountability

Confirmation Timeline

Athletes who meet the Consideration Criteria and are invited to the Regional Programme will be advised on or before 9th August 2024.

Selection Criteria

In the first instance, athletes who were members of the 2023-2024 Regional or National Programme must have satisfactorily fulfilled all obligations of the programme (including their participation at the required meets within the 2023-2024 season) to be considered for the 2024-2025 programme.

Regional Skills Academy (athletes born 2011 and 2012)

Results from the all Level 3 (or higher) meets held between 1st January and 14th July 2024 will be combined and converted to long course using Hytek. Clubs are responsible for submitting results of any Level 3 (or higher) offshore meets that their club attends before 14th July 2024. Results from the Future Challenger Series will not be included. Athletes will be ranked as follows for selection purposes:

- a. Athletes ranked Top 6 in the 200m IM per age group in each Region
- b. Athletes ranked Top 3 per age group in each Region in a minimum of two of the following eligible events:
 - i. Born 2012 – 50m Freestyle, and 100m and 200m in all four strokes
 - ii. Born 2011 – 50m Freestyle, 100m and 200m all four strokes, 400m Freestyle, 400m IM

In the case where more than 36 athletes within a Region achieve the above criteria, selection will be based on the National Rankings in the events from which the athlete has been considered

Regional Development Programme Stage 1 (athletes born 2009 and 2010)

Female athletes born 2009 will have produced a performance in an Olympic event which meets one of the Considerations Standards listed on pages 3 and 4 from one of the Identification Meets named below

Male athletes born 2009 or 2010 and Female athletes born 2010 will have produced either:

- a. Performances in two or more Olympic events which meet the Consideration Standards listed on pages 3 and 4 from one of the Identification Meets named below, or
- b. A performance in one Olympic 200m, 400m, 800m or 1500m event which meets the Consideration Standard listed on pages 4 and 5 from one of the Identification Meets named below

A Regional Pathway Development Coach can recommend additional athletes to the Regional Programme at his/her professional discretion. Such recommendations require an endorsement from the Head of Performance Pathways & Operations before the athlete can be confirmed. There is no obligation to recommend such additional athletes

In the case where more athletes achieve the Consideration Criteria than the maximum quota of the programme, the athletes will be ranked as a percentage inside the Consideration Standard, to the maximum programme size

Regional Development Programme Stage 2 (athletes born 2007 and 2008)

Athletes will have produced a performance in an Olympic event which meets one of the Considerations Standards listed on pages 4 and 5 from one of the Identification Meets named below

A Regional Pathway Development Coach can recommend additional athletes to the Regional Programme at his/her professional discretion. Such recommendations require an endorsement from the Head of Performance Pathways & Operations before the athlete can be confirmed. There is no obligation to recommend such additional athletes

In the case where more athletes achieve the Consideration Criteria than the maximum quota of the programme, the athletes will be ranked as a percentage inside the Consideration Standard, to the maximum programme size

Regional Pathway Programme (Male athletes born 2004 to 2006, Female athletes born 2005 and 2006)

Athletes will have produced a performance in an Olympic event which meets one of the Considerations Standards listed on pages 4 and 5 from one of the Identification Meets named below and be showing an improved performance profile in their main event since 2021

A Regional Pathway Development Coach can recommend additional athletes to the Regional Programme at his/her professional discretion. Such recommendations require an endorsement from the Head of Performance Pathways & Operations before the athlete can be confirmed. There is no obligation to recommend such additional athletes

In the case where more athletes achieve the Consideration Criteria than the maximum quota size of the programme, the athletes will be ranked as a percentage against the respective On Track standard, to the maximum programme size

Identification Meets 2024

- 2024 World Aquatics Championships (50m) (including single gender relay lead off legs)
- 2024 McCullagh International Meet
- 2024 Regional Age Group & Senior Championships (50m)
- 2024 Irish Open Championships (50m)
- 2024 European Aquatics Championships (50m) (including single gender relay lead off legs)
- 2024 European Aquatics Junior Championships (including single gender relay lead off legs)
- 2024 Irish Summer National Age Group Championships (50m)
- 2024 Irish Summer National Youth & Senior Championships (50m)
- 2024 Olympic Games (including single gender relay lead off legs)

Regional Programme (Swimming)
2024-2025 Season



Performance

REGIONAL PROGRAMME - MALE CONSIDERATION TIMES (LONG COURSE) 2024-2025							
Event	PATHWAY PROGRAMME			DEVELOPMENT PROGRAMME STAGE 2		DEVELOPMENT PROGRAMME STAGE 1	
	2004	2005	2006	2007	2008	2009	2010
50m Freestyle	00:23.98	00:24.36	00:24.60	00:24.60	00:24.60	00:24.84	00:24.84
100m Freestyle	00:51.25	00:51.75	00:53.19	00:54.35	00:56.40	00:59.32	01:01.10
200m Freestyle	01:52.84	01:55.05	01:56.41	02:00.00	02:04.50	02:08.59	02:12.44
400m Freestyle	04:01.69	04:05.71	04:11.16	04:17.79	04:27.40	04:29.99	04:38.09
800m Freestyle	08:15.91	08:24.81	08:35.40	08:47.88	09:04.98	09:28.17	09:45.22
1500m Freestyle	15:47.74	15:55.51	16:16.98	16:44.54	17:08.60	17:49.34	18:21.42
100m Backstroke	00:56.49	00:56.83	00:58.37	00:59.94	01:01.57	01:04.70	01:06.64
200m Backstroke	02:03.17	02:04.19	02:08.50	02:10.57	02:13.90	02:20.96	02:25.19
100m Breaststroke	01:04.07	01:05.12	01:07.62	01:09.19	01:11.29	01:11.98	01:14.14
200m Breaststroke	02:17.70	02:20.45	02:26.45	02:28.90	02:35.68	02:37.20	02:41.91
100m Butterfly	00:54.89	00:55.93	00:57.09	00:58.50	00:59.80	01:04.78	01:06.73
200m Butterfly	02:03.89	02:05.65	02:08.49	02:10.49	02:14.53	02:22.21	02:26.48
200m I.M.	02:05.93	02:08.48	02:09.78	02:13.00	02:18.08	02:25.05	02:29.40
400m I.M.	04:28.78	04:32.12	04:38.58	04:46.34	04:53.48	05:04.27	05:13.40

A progressive system which nurtures and supports identified Irish athletes via best in class coaches and practitioners in a unified endeavour to win World and Olympic medals

REGIONAL PROGRAMME - FEMALE CONSIDERATION TIMES (LONG COURSE) 2024-2025						
Event	PATHWAY PROGRAMME		DEVELOPMENT PROGRAMME STAGE 2		DEVELOPMENT PROGRAMME STAGE 1	
	2005	2006	2007	2008	2009	2010
50m Freestyle	00:27.37	00:27.98	00:27.98	00:27.98	00:28.25	00:28.25
100m Freestyle	00:58.46	00:59.49	01:00.54	01:00.84	01:03.76	01:05.38
200m Freestyle	02:06.12	02:08.66	02:10.05	02:12.17	02:16.94	02:22.43
400m Freestyle	04:25.95	04:30.03	04:33.99	04:39.28	04:50.40	04:57.51
800m Freestyle	09:09.15	09:19.46	09:25.89	09:41.11	09:57.51	10:13.06
1500m Freestyle	17:31.76	17:42.05	18:01.33	18:08.87	18:19.24	18:19.24
100m Backstroke	01:05.93	01:07.28	01:08.00	01:08.31	01:11.38	01:13.91
200m Backstroke	02:21.32	02:25.04	02:26.71	02:28.91	02:33.63	02:37.93
100m Breaststroke	01:14.07	01:14.85	01:16.41	01:17.97	01:20.53	01:23.53
200m Breaststroke	02:38.82	02:40.69	02:45.28	02:47.19	02:51.76	02:59.68
100m Butterfly	01:03.18	01:04.68	01:05.68	01:07.18	01:09.70	01:09.70
200m Butterfly	02:18.80	02:20.56	02:22.03	02:25.33	02:27.75	02:34.30
200m I.M.	02:22.56	02:25.67	02:25.72	02:27.29	02:31.63	02:34.91
400m I.M.	04:57.85	05:01.99	05:07.39	05:14.60	05:26.80	05:30.97