



# STOURBRIDGE SWIMMING CLUB

(Affiliated A.S.A. (West Midland Region and Worcester County S.A.)

## Premier Squad Entry Criteria.

### Skill Development

- Swimmers able to complete all 7 competitive turns, to a high degree of accuracy encompassing power zone skills.
- Swimmers able to select the diving style for them pool dependant.

### Stroke Development

- Effective technique on all four competitive strokes, which can be held over 800m IM.
- To hold pace and stroke counts over a range of sets (Test 20 x 100m)

### Speed Development

- Have achieved three of the premier squad consideration times.

### Endurance Development

- To be able to complete test set of 20 x 100m Freestyle on 1.30 (short course)
- To be able to complete test set of 10 x 100m No.1 on PB+ 15 (short course)
- 10 x 50m FC Kick TR 60
- 4 x 100m FC Kick TR 2.00
- 1400m achieved in a T20 target swim

## Premier Squad Entry Consideration times season 09/10.

Girls Consideration Times								Boys consideration Times						
12	13	14	15	16	17	Open	Event	12	13	14	15	16	17	Open
32.5	31.3	30.6	30.4	30.2	30.3	29.1	50m Freestyle	31.6	29.8	28.4	27.9	27.4	27.1	26.1
1:09.4	1:07.0	1:05.5	1:05.3	1:04.7	1:04.9	1:03.5	100m Freestyle	1:08.1	1:03.7	1:01.0	1:00.3	59.2	58.5	57.5
2:29.5	2:23.6	2:21.1	2:20.4	2:19.1	2:18.5	2:18.4	200m Freestyle	2:27.8	2:19.1	2:12.4	2:11.3	2:08.9	2:07.6	2:06.9
5:10.8	4:59.3	4:53.6	4:53.1	4:51.5	4:50.4	4:50.4	400m Freestyle	5:09.0	4:52.0	4:39.9	4:37.1	4:32.3	4:29.2	4:29.2
10:43.4	10:14.7	10:03.4	10:03.8	10:00.3	9:59.6	9:57.5	800m Freestyle	10:45.9	10:10.1	9:45.0	9:39.8	9:29.8	9:24.0	9:24.0
20:39.3	19:44.0	19:22.3	19:23.0	19:16.2	19:14.9	19:10.9	1500m Freestyle	20:24.3	19:16.1	18:29.4	18:20.3	18:02.1	17:51.7	17:51.7
41.3	39.4	38.5	38.1	38.0	37.9	36.4	50m Breaststroke	43.6	40.6	37.6	35.2	34.4	34.1	32.8
1:28.3	1:24.1	1:21.5	1:21.4	1:21.2	1:20.5	1:18.8	100m Breaststroke	1:27.1	1:20.8	1:17.0	1:15.7	1:14.0	1:13.2	1:11.5
3:09.4	3:00.3	2:55.8	2:55.7	2:55.0	2:54.4	2:48.9	200m Breaststroke	3:08.2	2:55.4	2:46.4	2:44.1	2:41.4	2:39.0	2:35.1
35.6	34.1	33.3	33.0	32.9	32.8	31.3	50m Butterfly	35.0	32.8	31.2	30.4	29.9	29.4	28.2
1:17.2	1:14.1	1:11.9	1:12.0	1:11.5	1:11.0	1:08.8	100m Butterfly	1:16.5	1:11.3	1:07.4	1:06.1	1:05.1	1:03.9	1:02.1
2:49.8	2:42.2	2:37.3	2:36.3	2:35.8	2:34.3	2:31.1	200m Butterfly	2:48.9	2:37.3	2:29.1	2:25.5	2:23.5	2:20.2	2:18.1
36.9	35.4	34.5	34.5	34.1	34.0	32.8	50m Backstroke	36.4	34.0	32.5	31.7	31.0	30.7	29.1
1:17.4	1:14.2	1:12.7	1:12.1	1:11.8	1:11.5	1:10.1	100m Backstroke	1:16.8	1:11.8	1:08.0	1:06.9	1:05.7	1:04.7	1:02.8
2:45.3	2:39.1	2:35.2	2:34.2	2:33.1	2:32.3	2:30.3	200m Backstroke	2:44.2	2:33.9	2:26.1	2:24.2	2:22.0	2:20.4	2:17.5
2:58.9	2:48.7	2:42.7	2:38.2	2:37.7	2:37.0	2:35.0	200m Individual Medley	2:47.6	2:37.8	2:29.6	2:27.4	2:25.3	2:23.5	2:21.5
5:55.2	5:41.1	5:33.5	5:32.5	5:31.1	5:29.0	5:26.5	400m Individual Medley	5:54.0	5:32.6	5:17.0	5:13.1	5:07.8	5:04.4	5:00.7
1:21.0	1:17.4	1:16.0	1:15.7	1:14.9	1:14.8	1:12.5	100m Individual Medley	1:20.3	1:14.8	1:11.0	1:09.9	1:08.2	1:07.3	1:05.5