

Selection Rules

- Time Trials will be done under competitive conditions
- Time Trials will be held during training times
- Swimmers missing a time trial for good reasons (coach told in advance) will be given a further opportunity
- Times gained at time trials are consideration times only
- Selection will be based on times achieved, attitude and conduct of the swimmer and recommendation of the lead coach
- The head coach will have the discretion to move swimmers between squads in the intervening months
- All swimmers must complete a 200m Individual Medley (IM) in order to demonstrate proficiency in all strokes
- Splits will be taken on each 50m of the 200m IM
- A minimum of One other 200m swim must be undertaken (200m free, 200m back, 200m breaststroke, 200m butterfly)
- With a maximum of 2 x 200m swims being swum