

CONNACHT REGIONAL SQUAD (CRS) TIMES 2015-2016.

		LC	SC	LC	SC	LC	SC	LC	SC	LC	SC
MEN	FINA A TIMES	SENIOR +12%		17 years +16%		16 years +19%		15 years +22%		14/12yrs +25%	
50 FREE	22.27	24.94	24.14	25.83	25.02						
100 FREE	48.99	54.87	53.26	56.83	55.22	58.30	56.69	59.77	58.17	1.01.24	59.46
200 FREE	1.47.97	2.00.93	1.57.73	2.05.24	2.02.03	2.08.48	2.05.27	2.11.72	2.08.52	2.14.96	2.11.76
400 FREE	3.50.44	4.18.09	4.11.68	4.27.31	4.20.91	4.34.22	4.27.82	4.41.14	4.34.74	4.48.05	4.41.65
1500 FREE	15.14.77	17.24.54	17.00.53	17.41.13	17.17.13	18.08.57	17.44.56	18.36.02	18.12.01	19.03.46	18.39.46
100 BACK	54.36	1.00.88	59.67	1.03.05	1.01.84	1.04.69	1.03.84	1.06.31	1.05.10	1.07.95	1.05.89
200 BACK	1.58.22	2.12.16	2.09.75	2.17.13	2.14.72	2.20.68	2.18.28	2.24.23	2.21.82	2.27.77	2.25.37
100 BREAST	1.00.57	1.07.84	1.05.84	1.10.26	1.08.26	1.12.08	1.10.07	1.13.89	1.11.89	1.15.71	1.13.70
200 BREAST	2.11.66	2.27.45	2.23.44	2.32.72	2.28.71	2.36.67	2.32.66	2.40.62	2.36.62	2.44.57	2.40.56
100 FLY	52.36	58.64	57.64	1.00.74	59.34	1.02.31	1.00.91	1.03.88	1.02.48	1.05.45	1.04.04
200 FLY	1.56.97	2.11.00	2.08.19	2.15.68	2.12.87	2.19.19	2.16.38	2.22.70	2.19.89	2.26.21	2.23.40
200IM	2.00.28	2.14.71	2.11.51	2.19.52	2.16.32	2.23.13	2.19.93	2.26.74	2.23.54	2.30.85	2.27.65
400 IM	4.16.71	4.47.51	4.41.11	4.57.78	4.51.37	5.05.48	4.59.08	5.13.19	5.06.79	5.20.89	5.14.49
WOMEN	FINA A TIMES	SENIOR +12%		16 years +14%		15 years +16%		14 yrs +18%		13/11 years +21%	
50 FREE	25.28	28.31	27.6	28.82	28.12						
100 FREE	54.43	1.00.96	59.35	1.02.05	1.00.44	1.03.14	1.01.53	1.04.23	1.02.63	1.05.86	1.04.26
200 FREE	1.58.96	2.13.23	2.11.76	2.15.61	2.12.41	2.17.99	2.14.79	2.20.37	2.17.17	2.23.94	2.20.74
400 FREE	4.09.08	4.38.97	4.32.57	4.43.95	4.37.55	4.48.93	4.42.53	4.53.91	4.47.51	5.01.39	4.54.99
800 FREE	8.33.97	9.35.65	9.22.85	9.45.92	9.33.12	9.56.20	9.43.40	10.06.48	9.53.68	10.21.90	10.09.10
100 BACK	1.00.25	1.07.48	1.06.28	1.08.68	1.07.48	1.09.89	1.08.68	1.11.09	1.09.89	1.12.90	1.11.70
200 BACK	2.10.60	2.26.27	2.23.87	2.28.88	2.26.47	2.31.50	2.29.09	2.34.11	2.31.71	2.38.03	2.35.62
100 BREAST	1.07.85	1.15.99	1.13.98	1.17.35	1.15.34	1.18.71	1.16.70	1.20.06	1.18.06	1.22.10	1.20.09
200 BREAST	2.26.94	2.44.57	2.40.56	2.47.12	2.43.12	2.50.45	2.46.44	2.53.39	2.49.38	2.57.80	2.53.80
100 FLY	58.7	1.05.44	1.04.03	1.06.92	1.05.51	1.08.09	1.06.68	1.09.27	1.07.86	1.11.03	1.09.62
200 FLY	2.09.33	2.24.85	2.22.04	2.27.44	2.24.63	2.30.02	2.27.21	2.32.61	2.29.81	2.36.49	2.33.68
200IM	2.14.26	2.30.37	2.27.27	2.33.06	2.29.86	2.35.74	2.32.54	2.38.43	2.35.23	2.42.45	2.39.25
400 IM	4.43.46	5.17.47	5.11.07	5.23.14	5.16.74	5.28.81	5.22.41	5.34.48	5.28.08	5.42.99	5.36.95

PROPOSALS:

THE NEW TIMES ARE IN LINE WITH THE FINA TIMES USED BY THE NATIONAL SQUADS & ALL THE TIMES FOR THE NEW SEASON ARE SLIGHTLY SLOWER IN SOME EVENTS & QUICKER IN OTHER EVENTS.

SWIMMERS ON THE SENIOR SQUAD MUST BE AGED 14 IN GIRLS & 15 IN BOYS.

NEW AGE GRADE INCLUDED WITH 16YR OLD GIRLS & 17YR BOYS TO BRIDGE GAP TO SENIOR SQUAD

SQUAD CRITERIA:

ONE BAND QUALIFICATION PERIOD. ie SWIMMERS CAN GET THEIR PLACE FROM THE 1ST JUNE & ONCE YOU QUALIFY YOUR ON FOR THE YEAR.

QUALIFICATION WOULD REMAIN AS AN 'AGE-ON-DAY' POLICY. FOR EXAMPLE,IF SWIMMERS CHANGE AGE DURING THE QUALIFICATION BAND THEY WILL STAY ON THE CONNACHT SQUAD UNTIL THE END OF THE QUALIFICATION PERIOD. (31ST MAY 2016)

PROPOSED CONNACHT SQUAD PROGRAM 2015-2016

SIX 1 DAY LONG COURSE TRAINING DAYS IN UL DURING THE SEASON (2 PER CYCLE)

A RESIDENTIAL CAMP AT CHRISTMAS HAS BEEN BOOKED FOR 3 DAYS.

COMPETITIONS :

DUE TO THE CHANGE IN THE IRISH AGE-GROUP DATES(20-24TH JULY 2016), APPROPRIATE MEETS FOR THE CONACHT SQUAD IN THE SPRING/SUMMER ARE YET TO BE CONFIRMED.

CONNACHT TECHNICAL COMMITTEE (CTC)

OCTOBER,2015