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2018-19 Training Squad Promotion Standards & Race Targets

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www.jasi.swimming.org.nz

www.facebook.com/JasiSwimTeam

<u>Gold - Squad assessments</u>	<u>J - Squad assessments</u>	<u>C - Squad assessments</u>
100 Free, good dive, technique & tumble turns in 1min 40sec or better	100m Free from a dive in under 1min 25sec	100m Free in under 1min 15sec
100 Back, show good technique & tumble turns in 1min 50sec or better	100m Back in under 1min 35sec	100m Back in under 1min 25sec
100 Breast, good dive technique & turns with pullouts in 2.10min or better	100m Breast from a dive in under 1min 50sec	100m Breast in under 1min 40sec
50 Fly, good dive, technique and turn breathing every 2.	50m Fly from a dive in under 50sec	100m Fly in under 1min 40sec
100 IM, good dive, technique in all 4 strokes and correct turns.	200 IM, dive with correct turns under 3min 30sec	50m Free in under 34sec
200 Kick continuous (100 Free with kick board / 100 Back streamlined)	400m Free Kick Max, no tumble turns	200 IM in under 3min 15sec
200 Pull with good technique (100 Free / 100 Back) using pull bouy	400 Free pull good technique with tumble turns	400m Free in under 6min 15sec
3x25 Free from a good dive with good technique average time under 20sec	4x25m Free from a dive, average time under 18sec	800m Free in under 13min 30sec
800m or 1500m Free, show good technique & tumble turns throughout.	400m Free from a dive in under 7.00 min	

<u>Squad</u>	<u>Squad goals</u>	<u>Meet Targets</u>
Gold	Pass all 9 assessments	All squads race in the Jasi Splash nights Junior Carnivals & Inter Club Meets
J	Pass all 9 assessments	Junior Festival, Country & Town Meet, Canterbury Jnrs & Inter club meets
C	Complete all 8 assessments passing 7	
JAG	Score a 5 point ave from 3 NZ events <u>which must include a medley swim</u> plus the 400 TT	NZ Junior Festival, NZ Div 2 Meet, Canterbury & South Islands Champs
A	Score a 3 point ave from 3 NZ events <u>which must include a medley swim</u> plus the 400 TT	NZ Age Groups LC & SC Champs, Canterbury & South Island Champs
Youth	Score a 1 point ave from 3 NZ events plus the 400 TT	NZ Age Groups LC & SC Champs, Canterbury & South Island Champs, Qualify for Opens
National	Open Finals, NZ Squad/team selection	NZ Open & SC Champs, International meets.

400 Free short course Training Targets Better Than		
Female		Male
4:40	TT	4:20
4:50	TT1	4:30
5:00	TT2	4:40
5:10	TT3	4:50
5:20	TT4	5:05
5:35	TT5	5:20
5:50	TT6	5:45

Training Targets (TT) and Race Targets (NZ). Based on National qualifying times excluding 50m events.

	NZ6	NZ5	NZ4	NZ3	NZ2	NZ1	NZ	F	M	NZ	NZ1	NZ2	NZ3	NZ4	NZ5	NZ6
S	1:11.60	1:08.20	1:05.50	1:02.80	1:01.08	1:00.18		100 Free			0:55.17	0:56.98	0:58.80	1:01.85	1:04.90	1:09.95
	2:35.72	2:29.00	2:23.05	2:17.10	2:14.27	2:11.44		200 Free			2:00.97	2:04.78	2:08.60	2:15.80	2:23.00	2:32.72
H	5:45.00	5:15.00	5:01.10	4:47.20	4:42.31	4:37.41		400 Free			4:16.64	4:24.92	4:33.20	4:46.77	5:00.35	5:37.68
O	12:12.50	10:55.00	10:23.20	9:51.40	9:42.69	9:33.97		800 Free			9:04.61	9:16.94	9:29.28	9:58.14	10:26.99	11:58.50
R	23:28.04	20:59.13	19:58.03	18:56.93	18:40.19	18:23.44		1500 Free			17:20.39	17:43.94	18:07.50	19:02.60	19:57.70	22:52.43
T	1:21.54	1:18.07	1:14.83	1:11.60	1:10.02	1:08.43		100 Back			1:03.16	1:05.17	1:07.17	1:10.76	1:14.34	1:19.67
	2:57.04	2:48.84	2:40.72	2:32.60	2:30.03	2:27.47		200 Back			2:18.23	2:21.92	2:25.60	2:33.47	2:41.33	2:53.29
C	1:34.37	1:28.75	1:25.24	1:21.73	1:20.37	1:19.01		100 Breast			1:12.16	1:13.94	1:15.72	1:20.44	1:25.16	1:32.58
	3:24.56	3:12.69	3:03.72	2:54.76	2:53.46	2:52.17		200 Breast			2:38.75	2:42.06	2:45.38	2:55.20	3:05.03	3:20.73
U	1:29.70	1:19.39	1:15.43	1:11.46	1:09.57	1:07.68		100 Fly			1:01.41	1:03.63	1:05.85	1:11.74	1:17.64	1:28.82
R	3:19.91	2:56.47	2:48.05	2:39.63	2:37.90	2:36.16		200 Fly			2:20.23	2:25.42	2:30.61	2:41.19	2:51.78	3:17.56
S	1:26.57	1:24.00	1:18.27	1:12.85	1:11.29	1:09.72		100 IM			1:02.79	1:05.36	1:07.94	1:14.13	1:20.55	1:24.89
E	3:07.97	3:00.94	2:48.10	2:35.27	2:32.76	2:30.25		200 IM			2:17.41	2:22.34	2:27.27	2:40.78	2:54.30	3:04.65
	6:43.29	6:24.61	5:57.91	5:31.20	5:26.66	5:22.13		400 IM			4:57.49	5:05.35	5:13.20	5:43.29	6:13.38	6:37.68

	NZ6	NZ5	NZ4	NZ3	NZ2	NZ1	NZ	F	M	NZ	NZ1	NZ2	NZ3	NZ4	NZ5	NZ6
L	1:13.30	1:09.90	1:07.20	1:04.50	1:02.78	1:01.88	1:01.80	100 Free		0:55.50	0:56.87	0:58.68	1:00.50	1:03.55	1:06.60	1:11.65
	2:39.12	2:32.40	2:26.45	2:20.50	2:17.67	2:14.84	2:13.00	200 Free		2:00.00	2:04.37	2:08.18	2:12.00	2:19.20	2:26.40	2:36.12
O	5:51.80	5:21.80	5:07.90	4:54.00	4:49.11	4:44.21	4:40.00	400 Free		4:19.00	4:23.44	4:31.72	4:40.00	4:53.57	5:07.15	5:44.48
N	12:26.10	11:08.60	10:36.80	10:05.00	9:56.29	9:47.57	9:40.00	800 Free		9:04.65	9:18.21	9:30.54	9:42.88	10:11.74	10:40.59	12:12.10
G	23:53.54	21:24.63	20:23.53	19:22.43	19:05.69	18:48.94	18:34.40	1500 Free		17:20.00	17:45.89	18:09.44	18:33.00	19:28.10	20:23.20	23:17.93
C	1:23.24	1:19.77	1:16.53	1:13.30	1:11.72	1:10.13	1:10.00	100 Back		1:02.83	1:04.86	1:06.87	1:08.87	1:12.46	1:16.04	1:21.37
	3:00.44	2:52.24	2:44.12	2:36.00	2:33.44	2:30.87	2:30.55	200 Back		2:16.71	2:21.63	2:25.32	2:29.00	2:36.87	2:44.73	2:56.69
O	1:36.38	1:30.75	1:27.24	1:23.73	1:22.37	1:21.01	1:18.71	100 Breast		1:10.68	1:14.16	1:15.94	1:17.72	1:22.44	1:27.16	1:34.58
U	3:28.56	3:16.69	3:07.72	2:58.76	2:57.46	2:56.17	2:49.28	200 Breast		2:32.75	2:42.75	2:46.06	2:49.38	2:59.20	3:09.03	3:24.73
R	1:31.09	1:20.79	1:16.83	1:12.86	1:10.97	1:09.08	1:07.84	100 Fly		1:00.51	1:02.81	1:05.03	1:07.25	1:13.15	1:19.04	1:30.22
S	3:22.71	2:59.27	2:50.85	2:42.43	2:40.69	2:38.96	2:29.00	200 Fly		2:14.95	2:23.03	2:28.22	2:33.41	2:43.99	2:54.58	3:20.36
E	3:11.37	3:04.34	2:51.50	2:38.67	2:36.16	2:33.65	2:33.00	200 IM		2:16.50	2:20.81	2:25.74	2:30.67	2:44.18	2:57.70	3:08.05
	6:50.09	6:31.41	6:04.71	5:38.00	5:33.47	5:28.93	5:23.75	400 IM		4:55.00	5:04.29	5:12.14	5:20.00	5:50.09	6:20.18	6:44.48

On achieving promotion targets, swimmer will be invited to move up a squad by the Head Coach at the appropriate time, and if it is in the swimmers best interest.

Swimmers who turn 16 at NAGS and have competed at Div 2 previously can be promoted to Youth Squad.

Swimmers in JAG who turn 15 at Div 2 and have Div 2 times can be promoted to A Squad.