

Qualifying times for selection to the Regional Development Squad and Academy

BRONZE	Swim Male	Swim Female	Run Male	Run Female
Up to 12 200m (s) 1500m (r)	02:43.5	02:50.8	05:55.8	06:13.8
13 200m (s) 1500m(r)	02:37.9	02:44.7	05:42.4	05:58.9
14 200m (s) 1500m(r)	02:34.0	02:43.0	05:22.0	05:52.5
15 200m(s) 1500m(r)	02:30.8	02:39.5	05:16.7	05:49.1
16 200m(s) 1500m(r)	02:28.6	02:39.5	05:08.3	05:40.6
17 400m(s) 3000m(r)	05:06.7	05:29.1	10:53.8	12:10.8
Junior 400m(s) 3000m(r)	05:04.7	05:27.3	10:20.5	11:43.6

SILVER	Swim Male	Swim Female	Run Male	Run Female
Up to 12 200m (s) 1500m (r)	02:31.2	02:37.9	05:29.0	05:45.6
13 200m (s) 1500m(r)	02:26.0	02:32.3	05:16.5	05:31.8
14 200m (s) 1500m(r)	02:22.4	02:30.7	04:57.7	05:25.9
15 200m(s) 1500m(r)	02:19.4	02:27.4	04:52.8	05:27.7
16 200m(s) 1500m(r)	02:17.3	02:27.4	04:45.3	05:14.9
17 400m(s) 3000m(r)	04:43.6	05:04.3	10:04.4	11:57.7
Junior 400m(s) 3000m(r)	04:41.7	05:02.6	09:33.6	10:50.0

GOLD	Swim Male	Swim Female	Run Male	Run Female
Up to 12 200m (s) 1500m (r)	02:21.9	02:28.3	05:08.7	05:24.5
13 200m (s) 1500m(r)	02:17.1	02:22.9	04:57.2	05:11.5
14 200m (s) 1500m(r)	02:13.7	02:21.5	04:39.4	05:06.0
15 200m(s) 1500m(r)	02:10.9	02:18.4	04:34.8	05:03.0
16 200m(s) 1500m(r)	02:08.9	02:18.4	04:27.6	04:55.6
17 400m(s) 3000m(r)	04:26.2	04:45.7	09:27.4	10:34.3
Junior 400m(s) 3000m(r)	04:24.5	04:44.0	08:58.5	10:10.6

Development Squad - Ages 10-15 (Minimum entry at least one Bronze time or a Bronze/Bronze

Contact : Ian Simon (Performance Co ordinator) – ian.simon@mail.com

Academy - Ages 14-19 (Anticipated Gold/Gold standard within an agreed timescale)

Contact : Colin Gardener (Head Coach) - colin.gardener7@outlook.com