

NRS Standard Times																		
Mens	50 FREE	100FREE	200FREE	400FR	800FR	1500 FR	50 BK	100BK	200BK	50FLY	100FLY	200FLY	50BR	100BR	200BR	200IM	400IM	
NW RANKINGS	26.63	57.53	2:08.09	4:37.79	10:38.03	24:33.49	32.6	1:07.41	2:28.71	30.12	1:05.90	2:47.48	36.27	1:17.08	2:54.25	2:27.94	5:32.48	
Cheshire Rankings	27.48	58.39	2:09.77	4:43.96	12:36.38	TBE	35.31	1:08.47	2:29.58	32.18	1:07.80	3:00.07	38.64	1:20.35	3:03.10	2:30.51	5:41.65	
Womens	50 FREE	100FREE	200FREE	400FR	800FR	1500 FR	50 BK	100BK	200BK	50FLY	100FLY	200FLY	50BR	100BR	200BR	200IM	400IM	
NW RANKINGS	29.9	1:03.72	2:17.44	4:50.08	10:43.22	26:16.33	34.82	1:12.19	2:34.77	33.34	1:12.55	2:53.58	39.53	1:23.60	3:00.56	2:36.36	5:38.47	
Cheshire Rankings	30.78	1:04.87	2:19.09	4:58.24	11:10.83	TBE	35.98	1:13.52	2:36.05	34.63	1:15.00	3:15.00	41.47	1:25.81	3:05.71	2:37.81	5:44.27	
SCS Standard Times																		
Mens	50 FREE	100FREE	200FREE	400FR	800FR	1500 FR	50 BK	100BK	200BK	50FLY	100FLY	200FLY	50BR	100BR	200BR	200IM	400IM	
Cheshire Ranking	29.65	1:01.84	2:19.93	5:19.51	13:59.36		39.13	1:15.60	2:45.78	35.94	1:18.31	3:40.36	43.95	1:30.30	3:25.37	2:44.30	6:35.09	
Individual Age-Group	NWQ	NWQ	NWQ	NWQ	NWQ	NWQ	NWQ	NWQ	NWQ	NWQ	NWQ	NWQ	NWQ	NWQ	NWQ	NWQ	NWQ	NWQ
Womens	50 FREE	100FREE	200FREE	400FR	800FR	1500 FR	50 BK	100BK	200BK	50FLY	100FLY	200FLY	50BR	100BR	200BR	200IM	400IM	
Cheshire Ranking	32.1	1:07.49	2:26.85	5:19.61	13:59.36		38.49	1:17.92	3:46.98	37.05	1:20.74	4:00.56	44.63	1:30.73	3:19.02	2:47.27	6:49.20	
Individual Age-Group	NWQ	NWQ	NWQ	NWQ	NWQ	NWQ	NWQ	NWQ	NWQ	NWQ	NWQ	NWQ	NWQ	NWQ	NWQ	NWQ	NWQ	NWQ
TAG Standards																		
Boys	50 FREE	100FREE	200FREE	400FR	800FR	1500 FR	50 BK	100BK	200BK	50FLY	100FLY	200FLY	50BR	100BR	200BR	200IM	400IM	
NW Ranking	33.00	1:13.22	2:38.27	5:45.0	TBE	24:02.00	39.31	1:26.9	2:59.00	39.13	1:41.12	3:37.67	45.68	1:41.99	3:36.6	3:01.63	6:56.36	
Cheshire Ranking	34.60	1:15.50	2:43.00	6:06.00	12:36.00	TBE	41.18	1:29.00	3:12.00	42.12	1:46.00	TBE	48.36	1:45.00	3:56.00	3:21.00	TBE	
Individual Age-Group	CHESQT	CHESQT	CHESQT	CHESQT	CHESQT	CHESQT	CHESQT	CHESQT	CHESQT	CHESQT	CHESQT	CHESQT	CHESQT	CHESQT	CHESQT	CHESQT	CHESQT	CHESQT
Girls	50 FREE	100FREE	200FREE	400FR	800FR	1500 FR	50 BK	100BK	200BK	50FLY	100FLY	200FLY	50BR	100BR	200BR	200IM	400IM	
NW Ranking	33.45	1:11.00	2:34.80	5:32.20	13:47.61	TBA	42.00	1:22.30	2:53.70	38.45	1:29.57	3:15.00	44.38	1:35.26	3:26.09	2:55.00	7:07.00	
Cheshire Ranking	34.99	1:14.00	2:38.47	5:55.69	CHQT	CHQT	40.76	1:25.65	3:05.28	42.64	1:44.00	3:46.00	47.37	1:39.00	3:54.00	3:07.00	TBE	
Individual Age-Group	CHESQT	CHESQT	CHESQT	CHESQT	CHESQT	CHESQT	CHESQT	CHESQT	CHESQT	CHESQT	CHESQT	CHESQT	CHESQT	CHESQT	CHESQT	CHESQT	CHESQT	CHESQT
Gold Standards (NTPS 9-10)																		
Boys	50 FREE	100FREE	200FREE	400FR	800FR	1500 FR	50 BK	100BK	200BK	50FLY	100FLY	200FLY	50BR	100BR	200BR	200IM	400IM	
	41.60	1:25.00	3:10.00	6:25.00	NMQT	NMQT	46.60	1:40.00	3:20.00	49.00	1:40.00	3:40.00	52.00	1:49.00	3:59.00	3:28.00	NMQT	
Girls	50 FREE	100FREE	200FREE	400FR	800FR	1500 FR	50 BK	100BK	200BK	50FLY	100FLY	200FLY	50BR	100BR	200BR	200IM	400IM	
	43.00	1:27.00	3:15.00	6:35.00	NMQT	NMQT	49.00	1:40.00	3:25.00	51.00	1:41.00	4:00.00	54.00	1:53.00	4:05.00	3:40.00	NMQT	
Individual Age-Group	CHESQT	CHESQT	CHESQT	CHESQT	CHESQT	CHESQT	CHESQT	CHESQT	CHESQT	CHESQT	CHESQT	CHESQT	CHESQT	CHESQT	CHESQT	CHESQT	CHESQT	CHESQT
Silver Standards (NTPS 8-9)																		
Boys	50 FREE	100FREE	200FREE	400FR	800FR	1500 FR	50 BK	100BK	200BK	50FLY	100FLY	200FLY	50BR	100BR	200BR	200IM	400IM	
	43.50	NMQT	3:20.00	NMQT	NMQT	NMQT	49.60	NMQT	3:30.00	52.00	NMQT	4:00.00	54.00	NMQT	4:06.00	3:45.00	NMQT	
Girls	50 FREE	100FREE	200FREE	400FR	800FR	1500 FR	50 BK	100BK	200BK	50FLY	100FLY	200FLY	50BR	100BR	200BR	200IM	400IM	
	45.00	1:33.50	3:25.00	6:50.00	NMQT		51.00	1:45.00	3:40.00	53.50	1:45.00	4:10.00	55.00	1:58.00	4:10.00	3:50.00		
Individual Age-Group	CHESQT	CHESQT	CHESQT	CHESQT	CHESQT	CHESQT	CHESQT	CHESQT	CHESQT	CHESQT	CHESQT	CHESQT	CHESQT	CHESQT	CHESQT	CHESQT	CHESQT	CHESQT
Bronze Standards (NTPS 7-8)																		
In House meets	SSA	SSA	SSA	SSA	SSA	SSA	SSA	SSA	SSA	SSA	SSA	SSA	SSA	SSA	SSA	SSA	SSA	SSA

**Please find above time standards and goals for Squads for the season (2009-2010)**

**The coaching staff will also consider the following points regarding Squad structure:**

- Attendance of athlete at training specific to Squad ie including early morning, long course and dryland sessions.
- Performance and Attendance at meets designated by the coaching staff
- Athletes attitude to training, competition, dryland, teammates and Coaching Staff
- Number of Qualifying Times and Events achieved at North Mids / Cheshires / North West / Nationals
- Age of Athlete in relation to Squad
- Commitment to the Programme, Club, Sport and Lifestyle
- Willingness to improve in all areas to become the very best you can be!
- Number of Athletes in each Squad
- Time of Season in relation to seasonal planning, athlete motivation and/or group dynamic