

Programme 2024-2025

The National Programme will undergo an extensive review following the conclusion of the Olympic Games in 2024 and full details of the annual programme will be published in October.

Athletes selected for the National Programme will not be eligible for selection for their respective Regional Programme in that season. Athletes rejecting a position on the National Programme will, by implication, be also rejecting a position on their respective Regional Programme in that same season.

This document outlines the minimum criteria that athletes must achieve to be considered for selection to the 2024-2025 National Programme.

Athlete Eligibility

At the time of selection, athletes must meet all of the following criteria to be considered to be eligible for selection:

- i. Be an Irish citizen;
- ii. Be eligible to represent Ireland as per 'World Aquatics Competition Regulation No.3 - Sport Nationality';
- iii. Be a registered Swim Ireland member for the 2023-2024 and the 2024-2025 season;
- iv. Be in good standing with Swim Ireland;
- v. Be available to fulfil all of the National Programme obligations;
- vi. Comply with the statements and expectations of the Swim Ireland 'On Our Performance Team' booklet;
- vii. Met the expectations and requirements of the National Programme in the 2023-2024 season if a member at that time;
- viii. Not be the subject of a current anti-doping ban, a doping violation and/or a pending doping violation
- ix. Have not acted in such a manner so as to bring himself/herself, Swim Ireland and/or the sport into current disrepute. For the avoidance of doubt: the evaluation of this requirement is at the sole discretion of the Swim Ireland Performance Senior Leadership Team (SLT) for the purposes of selection: the public disrepute referred to within this clause includes potential and/or actual disrepute

Expected Athlete Attributes

- Selection of a satisfactory Daily Performance Environment (DPE)
- Exemplary training attendance and commitment in the home programme
- Regional and/or National competition attendance
- Positive engagement with staff
- Attitude, positivity and performance behaviours displayed on National Teams, previous National/Regional Programme periods and National Centre 'In-Touch' sessions. For further information relating to Swim Ireland National Centres, please complete the Enquiry Form [HERE](#)
- Resilience and a first class work ethic
- An openness to learning
- Personal accountability

Confirmation Timeline

Athletes who meet the Consideration Criteria and are invited to the National Programme will be advised on or before 13th September 2024.

Selection Criteria:

1. In the first instance, athletes who were members of the 2023-2024 National Programme must have satisfactorily fulfilled all obligations of the programme (including their participation at the required meets within the 2023-2024 season) to be considered for the 2024-2025 programme
2. For athletes to be considered for the 2024-2025 National Programme:
 - a. Male athletes born 2008 or earlier and Female athletes born 2009 or earlier will have produced a performance in an Olympic event which meets one of the Considerations Standards listed on pages 3 and 4 from one of the Identification Meets named below
 - b. Male athletes born 2009 or later and Female athletes born 2010 or later will have produced either:
 - i. Performances in two or more Olympic events which meet the Consideration Standards listed on pages 3 and 4 from one of the Identification Meets named below, or
 - ii. A performance in one Olympic 200m, 400m, 800m or 1500m event which meets the Consideration Standard listed on pages 3 and 4 from one of the Identification Meets named below
3. Athletes who finished in a Top-12 position at the 2024 LEN European Junior Open Water Championships can be considered for the National Junior Pathway Programme (athletes born 2006-2010)
4. The National Performance Director can recommend additional athletes to the National Performance Programme at his professional discretion. Such recommendations require an endorsement from the Performance SLT before the athlete can be confirmed. There is no obligation on the National Performance Director to recommend such additional athletes
5. In the case where more athletes achieve the Consideration Criteria than the maximum quota size of each stage of the programme, the athletes will be ranked as a percentage against the respective On Track standard, to the maximum programme size

Identification Meets 2024

- 2024 World Aquatics Championships (50m) (including single gender relay lead off legs)
- 2024 McCullagh International Meet (for athletes born 2006 and later)
- 2024 Irish Open Championships
- 2024 European Aquatics Championships (50m) (including single gender relay lead off legs)
- 2024 European Aquatics Junior Championships (including single gender relay lead off legs)
- 2024 Irish Summer National Age Group Championships
- 2024 Irish Summer National Youth & Senior Championships
- 2024 Olympic Games (including single gender relay lead off legs)

MALE CONSIDERATION STANDARDS (LONG COURSE) 2024-2025

EVENT	Performance (PE)	Senior Pathway (SP)						Junior Pathway (JP)		
	Any Age	Born 2001	Born 2002	Born 2003	Born 2004	Born 2005	Born 2006	Born 2007	Born 2008	Born 2009 or Later
50m Freestyle	00:22.34	00:22.44	00:22.64	00:23.01	00:23.51	00:23.88	00:23.88	00:23.88	00:23.88	00:23.88
100m Freestyle	00:49.00	-	-	00:49.44	00:50.25	00:50.74	00:51.64	00:52.77	00:54.76	00:57.04
200m Freestyle	01:47.83	-	-	01:49.15	01:50.63	01:52.79	01:53.02	01:56.50	02:00.87	02:03.64
400m Freestyle	03:50.07	-	-	03:53.02	03:56.95	04:00.89	04:03.84	04:10.28	04:19.61	04:19.61
800m Freestyle	08:01.06	-	-	08:02.41	08:06.19	08:14.91	08:20.39	08:32.50	08:49.11	09:06.32
1500m Freestyle	15:15.42	-	-	15:23.91	15:29.16	15:36.77	15:48.52	16:15.28	16:38.64	17:08.21
100m Backstroke	00:54.51	-	00:55.06	00:55.09	00:55.38	00:55.72	00:56.67	00:58.19	00:59.78	01:02.21
200m Backstroke	01:59.57	-	-	02:00.07	02:00.75	02:01.75	02:04.76	02:06.77	02:10.00	02:15.54
100m Breaststroke	01:00.57	01:01.16	01:01.89	01:01.93	01:02.81	01:03.84	01:05.65	01:07.17	01:09.21	01:09.21
200m Breaststroke	02:11.28	-	02:12.55	02:13.91	02:15.00	02:17.70	02:22.18	02:24.56	02:31.15	02:31.15
100m Butterfly	00:52.65	-	-	00:52.96	00:53.81	00:54.83	00:55.43	00:56.80	00:58.06	01:02.29
200m Butterfly	02:00.71	-	-	-	02:01.46	02:03.19	02:04.75	02:06.69	02:10.61	02:16.74
200m I.M.	01:59.45	-	02:00.28	02:01.31	02:03.46	02:05.96	02:06.00	02:09.13	02:14.06	02:19.47
400m I.M.	04:17.23	-	-	04:19.59	04:23.51	04:26.78	04:30.47	04:38.00	04:44.93	04:52.57

FEMALE CONSIDERATION STANDARDS (LONG COURSE) 2024-2025											
EVENT	Performance (PE)	Senior Pathway (SP)						Junior Pathway (JP)			
	Any Age	Born 2001	Born 2002	Born 2003	Born 2004	Born 2005	Born 2006	Born 2007	Born 2008	Born 2009	Born 2010 or Later
50m Freestyle	00:25.28	00:25.39	00:25.73	00:25.99	00:26.02	00:26.32	00:26.65	00:26.65	00:26.65	00:26.65	00:26.65
100m Freestyle	00:54.38	-	-	00:55.02	00:55.14	00:56.21	00:56.66	00:57.66	00:57.94	01:00.15	01:01.68
200m Freestyle	01:59.64	-	-	-	02:00.46	02:01.27	02:02.53	02:03.86	02:05.88	02:09.19	02:14.37
400m Freestyle	04:12.36	-	-	-	04:14.99	04:15.72	04:17.17	04:20.94	04:25.98	04:33.96	04:40.67
800m Freestyle	08:37.13	-	-	-	08:40.03	08:48.03	08:52.82	08:58.94	09:13.44	09:23.69	09:38.36
1500m Freestyle	16:27.61	-	-	16:37.44	16:45.07	16:51.31	16:51.48	17:09.84	17:17.02	17:17.02	17:17.02
100m Backstroke	01:01.05	-	-	01:01.60	01:02.33	01:03.39	01:04.08	01:04.76	01:05.06	01:07.34	01:09.73
200m Backstroke	02:13.16	-	-	-	02:13.70	02:15.88	02:18.13	02:19.72	02:21.82	02:24.93	02:28.99
100m Breaststroke	01:08.15	-	01:08.69	01:09.24	01:10.27	01:11.22	01:11.29	01:12.77	01:14.26	01:15.97	01:18.80
200m Breaststroke	02:26.50	-	-	02:29.04	02:30.84	02:32.71	02:33.04	02:37.41	02:39.23	02:42.04	02:49.51
100m Butterfly	00:59.07	-	-	00:59.73	01:00.53	01:00.75	01:01.60	01:02.55	01:03.98	01:05.75	01:05.75
200m Butterfly	02:10.61	-	-	-	02:13.46	02:13.46	02:13.87	02:15.27	02:18.41	02:19.39	02:25.57
200m I.M.	02:13.32	-	-	02:15.26	02:16.53	02:17.08	02:18.73	02:18.78	02:20.28	02:23.05	02:26.14
400m I.M.	04:45.19	-	-	-	-	04:46.39	04:47.61	04:52.75	04:59.62	05:08.30	05:12.24

RELAY CONSIDERATION CRITERIA 2024-2025

RELAY CONSIDERATION CRITERIA 2024-2025	
	Performance (PE)
General	Where an Irish National Team Relay is considered by the National Performance Director to have the potential to compete in the 2028 Olympic Games (via an identified talent pool of athletes that have an age and improvement profile relevant to the 2028 Olympic Games), the Performance SLT may select additional athletes to the National Programme as below to support relay-specific preparations for the 2028 Olympic Games
Male 4 x 100m Freestyle Relay	In the case of the above, Performance SLT may select additional male athletes to the National Programme to bring the total number of athletes on the Performance Programme via the Male 100m Freestyle to no less than four
Male 4 x 200m Freestyle Relay	In the case of the above, Performance SLT may select additional male athletes to the National Programme to bring the total number of athletes on the Performance Programme via the Male 200m Freestyle to no less than four
Male 4 x 100m Medley Relay	In the case of the above, the Performance SLT may select additional male athletes to the National Programme to increase the number of athletes on the Performance Programme via the Male 100m events to ensure that a minimum of one male athlete is identified per 100m event
Female 4 x 100m Freestyle Relay	In the case of the above, Performance SLT may select additional female athletes to the National Programme to bring the total number of athletes on the Performance Programme via the Female 100m Freestyle to no less than four
Female 4 x 200m Freestyle Relay	In the case of the above, Performance SLT may select additional female athletes to the National Programme to bring the total number of athletes on the Performance Programme via the Female 200m Freestyle to no less than four
Female 4 x 100m Medley Relay	In the case of the above, the Performance SLT may select additional female athletes to the National Programme to increase the number of athletes on the Performance Programme via the Female 100m events to ensure that a minimum of one female athlete is identified per 100m event
Mixed 4 x 100m Medley Relay	In the case of the above, the Performance SLT may select additional athletes to the National Programme to increase the number of athletes on the Performance Programme via the Male and/or Female 100m events to ensure that a minimum of one athlete is identified per 100m event