



CAYMAN ISLANDS AQUATIC SPORTS ASSOCIATION

National Development and National Junior Teams Selection Supplement to the CIASA Strategic Plan APPENDIX I



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INTRODUCTION

In late 2012 Cayman Islands Aquatic Sports Association (CIASA) developed a Strategic Plan designed to move swimming forward through 2020. The purpose and objective of the CIASA Strategic Plan was to set out the most advantageous and positive direction for Cayman Islands Aquatic Sports, with clear and identified objectives for swimming at all levels.

NATIONAL DEVELOPMENT AND NATIONAL JUNIOR TEAMS SELECTION

See additional Appendices:

Appendix I-1: The National Development Team Selection Process

Appendix I-2: The National Junior Team Selection Process

Appendix I-3: National Development and Junior Team Time Standards

APPENDIX I-1: THE NATIONAL DEVELOPMENT TEAM SELECTION PROCESS

CAYMAN ISLANDS SWIMMING

Development Team – 2017 Selection Process

1. To be eligible for membership on the Development Team an athlete must be a current member of CIASA and a CIASA Affiliate club. The athlete must be in good standing with both organizations.
2. Current team members must sign the 2017-18 RTC agreement by the 30th of Sept. 2017 to remain in good standing. Team members not in good standing may be dismissed at any time at the discretion of the CIASA Board and/or the CIASA Technical director.
3. Selection for the 2017 Development Team will be made on or after the 1st of June, 2017 Swimmers will retain membership until a date to be determined in the 2018 Selection Process.
4. Swimmers who are not current members of the Development Team may obtain Development Time Standards and will have the opportunity to join the Development Team at any time. A current RTC agreement must be on file prior to participation.
5. Athletes who are members of the Development Team are expected to participate in all CIASA Sea Swim events. That includes the Flowers Sea Swim each year.
6. The selection criteria for the 2017 Development Team:
 - a) Achieve one or more of the times out-lined in the table below based on the swimmers age.
 - b) Be at least 9 years old and no older than 17 years old. Age is determined by the swimmers age on 31st of December, 2017.
 - c) Times achieved must be done between the 1st of May, 2016 and the 1st of June, 2017.
 - d) Times must be achieved in a sanctioned meet with automatic timing and FINA or USA Swimming certified officials.
 - e) Times must be achieved during competition either as an individual swim or a relay leadoff.
 - f) Time trials may NOT be used for Development Team selection.

Planning for the future: The Development Team

One of the primary functions of the Development Programs is to encourage the proper and consistent development of CIASA Development Team members. To this end we encourage each team member to work with their personal coach to:

- a) Beginning 1st of September, 2014, compete in the 200 Free and 200 IM in 90% of the meets where they have the cut off times to do so! (We believe that the 200 Free and the 200 IM are foundational events.)
- b) For swimmers 9 years of age or older, in each of the swimmer's best 2 strokes, to have an even balance between the number of 50s, 100s and 200s swam over the course of the season. Athlete's whose goals are to make the Junior team should pay close attention to this recommendation. (For 11 years of age or older swimmers we believe that the 200 distance is again the foundational distance for learning and developing race technique in each of the competitive strokes)
- c) For swimmers who are 11years of age or older we recommend that each swimmer compete in the 400 FR and 400 IM at least once per winter season and once during the summer season (after CARIFTA).

APPENDIX I-2: THE NATIONAL JUNIOR TEAM SELECTION PROCESS

CAYMAN ISLANDS SWIMMING

Junior Team – 2017 Selection Process

1. To be eligible for membership on the Junior Team an athlete must be a current member of CIASA and a CIASA Affiliate club. The athlete must be in good standing with both organizations.
2. Current team members must sign the 2017-18 RTC agreement by the 30th of Sept. 2017 to remain in good standing. Team members not in good standing may be dismissed at any time at the discretion of the CIASA Board and/or the CIASA Technical director.
3. Selection for the 2017 Junior Team will be made on or after the 1st of June 2017. Swimmers will retain membership until a date to be determined in the 2018 Selection Process.
4. Swimmers who are current members in good standing of the Development Team and obtain Junior Time Standards may move up to the Junior Team at any time. A current RTC agreement must be on file.
5. Athletes who are members of the Junior Team are expected to participate in all CIASA Sea Swim events. That includes the Flowers Sea Swim each year.
6. The selection criteria for the 2017 Junior Team:
 - a) Achieve one or more of the times out-lined in the table below based on the swimmers age.
 - b) Be at least 11 years old and no older than 18 years old. Age is determined by the swimmers age on 31st of December, 2017.
 - c) Times achieved must be done between the 1st of May, 2016 and the 1st of June, 2017.
 - d) Times must be achieved in a sanctioned meet with automatic timing and FINA or USA Swimming certified officials.
 - e) Times must be achieved during competition either as an individual swim or a relay lead off.
 - f) Time trials may NOT be used for Junior Team selection.

Planning for the future: The Junior Team

One of the primary functions of the Junior Programs is to encourage the proper and consistent development of CIASA Junior Team members. To this end we encourage each team member to work with their personal coach to:

- a) Compete in the 200 Free and 200 IM in 90% of the meets where they have the cut off times to do so! (We believe that the 200 Free and the 200 IM are foundational events.)
- b) In each of the swimmer's best 2 strokes, to have an even balance between the number of 50s, 100s and 200s swam over the course of the season.

An athlete's whose goals are to make a National Team Meet or National Representative Team Meet such as CARIFTA, should pay close attention to this recommendation. (For 11 year old or older swimmers we believe that the 200 distance is again the foundational distance for learning and developing race technique in each of the competitive strokes)

- c) We recommend that each swimmer compete in the 400 FR and 400 IM at least once per winter season and once during the summer season (after CARIFTA). We also recommend that each swimmer compete in either the 800 (Women) or 1500 (Men) at least once per year.

APPENDIX I-3: NATIONAL DEVELOPMENT AND NATIONAL JUNIOR TEAM TIME STANDARDS



**2017 / 2018 TIME STANDARDS
JUNIOR & DEVELOPMENT SWIMMERS**

GIRLS 9-10						
EVENT	JUNIOR STANDARDS			DEVELOPMENT STANDARDS		
	LCM	SCM	SCY	LCM	SCM	SCY
50 Free	N/A	N/A	N/A	37.29	36.19	32.89
100 Free	N/A	N/A	N/A	1:23.19	1:20.89	1:13.39
200 Free	N/A	N/A	N/A	3:02.39	2:56.79	2:40.39
400 Free	N/A	N/A	N/A	6:13.89	6:05.39	6:56.39
800/1000	N/A	N/A	N/A	N/A	N/A	N/A
50 Back	N/A	N/A	N/A	0:44.49	0:42.99	0:38.99
100 Back	N/A	N/A	N/A	1:36.79	1:32.39	1:23.79
200 Back	N/A	N/A	N/A	N/A	N/A	N/A
50 Brst	N/A	N/A	N/A	50.09	47.49	42.99
100 Brst	N/A	N/A	N/A	1:48.49	1:44.09	1:34.39
200 Brst	N/A	N/A	N/A	N/A	N/A	N/A
50 Fly	N/A	N/A	N/A	0:42.49	0:41.49	0:37.69
100 Fly	N/A	N/A	N/A	1:38.79	1:36.19	1:27.29
200 Fly	N/A	N/A	N/A	N/A	N/A	N/A
200 IM	N/A	N/A	N/A	3:21.59	3:16.39	2:58.19
400 IM	N/A	N/A	N/A	N/A	N/A	N/A

GIRLS 11-12						
EVENT	JUNIOR STANDARDS			DEVELOPMENT STANDARDS		
	LCM	SCM	SCY	LCM	SCM	SCY
50 Free	31.30	30.23	27.23	32.62	31.81	28.66
100 Free	1:08.01	1:05.32	59.82	1:10.88	1:09.28	1:02.41
200 Free	2:29.11	2:25.91	2:11.45	2:35.40	2:32.20	2:17.11
400 Free	5:14.24	5:07.84	5:52.08	5:27.50	5:21.10	6:06.94
800/1000	N/A	N/A	N/A	N/A	N/A	N/A
50 Back	36.07	35.46	31.95	37.59	36.99	33.32
100 Back	1:19.75	1:18.54	1:10.76	1:23.12	1:21.92	1:13.80
200 Back	2:52.93	2:50.53	2:33.63	3:00.23	2:57.82	2:40.20
50 Brst	40.77	39.77	35.82	42.49	41.49	37.37
100 Brst	1:30.73	1:28.73	1:19.93	1:34.56	1:32.56	1:23.38
200 Brst	3:17.96	3:13.96	2:54.73	3:25.69	3:21.08	3:01.70
50 Fly	33.32	32.61	29.38	34.73	34.02	30.65
100 Fly	1:15.45	1:14.04	1:06.71	1:18.63	1:17.22	1:09.57
200 Fly	2:54.42	2:51.61	2:34.31	3:01.78	2:58.97	2:41.24
200 IM	2:49.43	2:46.23	2:29.75	2:56.58	2:53.38	2:36.19
400 IM	6:06.62	6:00.22	5:24.52	6:22.09	6:15.68	5:38.45



**2017 / 2018 TIME STANDARDS
JUNIOR & DEVELOPMENT SWIMMERS**

GIRLS 13-14						
EVENT	JUNIOR STANDARDS			DEVELOPMENT STANDARDS		
	LCM	SCM	SCY	LCM	SCM	SCY
50 Free	28.93	28.12	25.34	31.63	30.82	27.77
100 Free	1:03.36	1:01.75	55.63	1:09.28	1:07.68	1:00.97
200 Free	2:19.35	2:16.15	2:02.65	2:32.38	2:29.18	2:14.39
400 Free	4:54.39	4:47.99	5:29.84	5:21.92	5:15.52	6:00.69
800/1000	10:02.36	9:49.56	11:14.91	10:58.68	10:45.87	12:18.01
50 Back	33.41	32.80	29.55	N/A	N/A	N/A
100 Back	1:12.83	1:11.62	1:04.53	1:19.64	1:18.43	1:10.66
200 Back	2:37.18	2:34.78	2:19.44	2:51.88	2:49.47	2:32.68
50 Brst	37.13	36.13	32.54	N/A	N/A	N/A
100 Brst	1:21.03	1:19.03	1:11.19	1:28.60	1:26.59	1:18.01
200 Brst	2:57.66	2:53.65	2:36.45	3:14.27	3:10.27	2:51.41
50 Fly	30.99	30.28	27.28	N/A	N/A	N/A
100 Fly	1:09.65	1:08.25	1:01.48	1:16.17	1:14.76	1:07.36
200 Fly	2:37.02	2:34.21	2:18.93	2:51.70	2:48.89	2:32.16
200 IM	2:40.93	2:37.73	2:22.09	2:55.98	2:52.78	2:35.65
400 IM	5:39.07	5:32.67	4:59.70	6:10.77	6:04.37	5:28.26

GIRLS 15-17						
EVENT	JUNIOR STANDARDS			DEVELOPMENT STANDARDS		
	LCM	SCM	SCY	LCM	SCM	SCY
50 Free	28.59	27.78	25.03	31.30	30.23	27.23
100 Free	1:02.71	1:01.10	55.05	1:08.69	1:07.09	1:00.97
200 Free	2:15.71	2:12.51	1:59.37	2:28.59	2:25.39	2:10.98
400 Free	4:46.61	4:40.21	5:21.13	5:13.81	5:07.41	5:51.60
800/1000	9:47.06	9:34.25	10:57.77	10:42.77	10:29.97	12:00.19
50 Back	32.15	31.54	28.42	N/A	N/A	N/A
100 Back	1:11.42	1:10.21	1:03.26	1:18.20	1:17.00	1:09.36
200 Back	2:34.34	2:31.93	2:16.88	2:48.99	2:46.59	2:30.08
50 Brst	36.03	35.03	31.55	N/A	N/A	N/A
100 Brst	1:21.03	1:19.03	1:11.19	1:28.60	1:26.59	1:18.01
200 Brst	2:54.43	2:50.43	2:33.54	3:10.98	3:06.97	2:48.45
50 Fly	30.65	29.94	26.98	N/A	N/A	N/A
100 Fly	1:09.33	1:07.92	1:01.19	1:15.91	1:14.50	1:07.12
200 Fly	2:32.77	2:29.96	2:15.10	2:47.27	2:44.46	2:28.17
200 IM	2:33.63	2:30.43	2:15.52	2:48.20	2:45.00	2:28.48
400 IM	5:29.77	5:23.37	4:51.32	6:01.07	5:54.67	5:19.52



**2017 / 2018 TIME STANDARDS
JUNIOR & DEVELOPMENT SWIMMERS**

BOYS 9-10						
EVENT	JUNIOR STANDARDS			DEVELOPMENT STANDARDS		
	LCM	SCM	SCY	LCM	SCM	SCY
50 Free	N/A	N/A	N/A	36.69	35.69	32.39
100 Free	N/A	N/A	N/A	1:22.39	1:19.59	1:12.19
200 Free	N/A	N/A	N/A	2:55.89	2:51.19	2:35.29
400 Free	N/A	N/A	N/A	6:07.59	6:00.09	6:50.29
1500/1650	N/A	N/A	N/A	N/A	N/A	N/A
50 Back	N/A	N/A	N/A	0:44.29	0:42.79	0:38.79
100 Back	N/A	N/A	N/A	1:33.69	1:30.59	1:22.09
200 Back	N/A	N/A	N/A	N/A	N/A	N/A
50 Brst	N/A	N/A	N/A	49.19	47.29	42.89
100 Brst	N/A	N/A	N/A	1:46.69	1:41.69	1:32.19
200 Brst	N/A	N/A	N/A	N/A	N/A	N/A
50 Fly	N/A	N/A	N/A	0:41.89	0:40.99	0:37.19
100 Fly	N/A	N/A	N/A	1:38.09	1:35.69	1:26.79
200 Fly	N/A	N/A	N/A	N/A	N/A	N/A
200 IM	N/A	N/A	N/A	3:20.89	3:17.68	2:58.09
400 IM	N/A	N/A	N/A	N/A	N/A	N/A

BOYS 11-12						
EVENT	JUNIOR STANDARDS			DEVELOPMENT STANDARDS		
	LCM	SCM	SCY	LCM	SCM	SCY
50 Free	29.84	28.27	26.16	31.01	30.21	27.21
100 Free	1:05.40	1:04.02	57.47	1:07.95	1:06.35	0:59.77
200 Free	2:24.31	2:21.11	2:07.12	2:29.94	2:26.74	2:12.19
400 Free	5:06.33	4:59.93	5:43.22	5:18.27	5:11.87	5:56.60
1500/1650	N/A	N/A	N/A	N/A	N/A	N/A
50 Back	35.26	34.65	31.22	36.63	36.03	32.45
100 Back	1:17.13	1:15.92	1:08.40	1:20.14	1:18.93	1:11.11
200 Back	2:48.94	2:46.53	2:30.03	2:55.53	2:53.12	2:35.97
50 Brst	38.23	37.22	33.54	39.72	38.71	34.88
100 Brst	1:22.74	1:20.73	1:12.73	1:25.97	1:23.96	1:15.64
200 Brst	2:56.21	2:52.21	2:35.14	3:03.08	2:59.08	2:41.33
50 Fly	31.71	31.01	27.93	32.95	32.25	29.05
100 Fly	1:13.17	1:11.76	1:04.65	1:16.03	1:14.62	1:07.23
200 Fly	2:46.94	2:44.13	2:27.87	2:53.45	2:50.64	2:33.73
200 IM	2:45.10	2:41.90	2:25.77	2:51.54	2:48.34	2:31.65
400 IM	5:52.51	5:46.11	5:11.81	6:06.25	5:59.85	5:24.18



**2017 / 2018 TIME STANDARDS
JUNIOR & DEVELOPMENT SWIMMERS**

BOYS 13-14						
EVENT	JUNIOR STANDARDS			DEVELOPMENT STANDARDS		
	LCM	SCM	SCY	LCM	SCM	SCY
50 Free	26.67	25.87	23.30	28.76	27.96	25.18
100 Free	59.03	57.42	51.73	1:03.68	1:02.07	55.92
200 Free	2:10.29	2:07.08	1:54.49	2:20.54	2:17.34	2:03.72
400 Free	4:41.48	4:35.08	5:15.38	5:03.63	4:57.23	5:40.20
1500/1650	18:25.54	18:01.53	18:03.86	19:52.55	19:28.54	19:29.61
50 Back	31.03	30.42	27.41	N/A	N/A	N/A
100 Back	1:08.61	1:07.40	1:00.72	1:14.01	1:12.81	1:05.59
200 Back	2:28.82	2:26.41	2:11.90	2:40.54	2:38.13	2:22.46
50 Brst	34.06	33.06	29.78	N/A	N/A	N/A
100 Brst	1:16.33	1:14.32	1:06.96	1:22.34	1:20.34	1:12.37
200 Brst	2:46.93	2:42.93	2:26.78	3:00.07	2:56.06	2:38.62
50 Fly	28.66	27.96	25.18	N/A	N/A	N/A
100 Fly	1:04.53	1:03.13	56.87	1:09.61	1:08.20	1:01.45
200 Fly	2:27.12	2:24.31	2:10.01	2:38.70	2:35.89	2:20.45
200 IM	2:31.79	2:28.59	2:13.86	2:43.74	2:40.54	2:24.63
400 IM	5:21.09	5:14.68	4:43.50	5:46.36	5:39.96	5:06.27

BOYS 15-17						
EVENT	JUNIOR STANDARDS			DEVELOPMENT STANDARDS		
	LCM	SCM	SCY	LCM	SCM	SCY
50 Free	25.42	24.62	22.18	27.48	26.67	24.03
100 Free	55.30	53.69	48.37	59.78	58.17	52.41
200 Free	2:01.71	1:58.50	1:46.76	2:11.55	2:08.35	1:55.63
400 Free	4:22.97	4:16.57	4:54.64	4:44.25	4:37.85	5:18.48
1500/1650	17:42.81	17:18.80	17:21.97	19:08.79	18:44.78	18:46.26
50 Back	29.31	28.70	25.86	N/A	N/A	N/A
100 Back	1:03.66	1:02.45	0:56.27	1:08.81	1:07.60	1:00.90
200 Back	2:19.94	2:17.53	2:03.90	2:31.27	2:28.87	2:14.11
50 Brst	31.83	30.82	27.77	N/A	N/A	N/A
100 Brst	1:11.26	1:09.26	1:02.39	1:17.03	1:15.03	1:07.59
200 Brst	2:34.94	2:30.93	2:15.98	2:47.47	2:43.46	2:27.27
50 Fly	26.97	26.26	23.66	N/A	N/A	N/A
100 Fly	59.43	58.03	52.27	1:04.24	1:02.83	0:56.61
200 Fly	2:20.70	2:17.89	2:04.23	2:32.08	2:29.28	2:14.48
200 IM	2:17.41	2:14.21	2:00.90	2:28.53	2:25.33	2:10.92
400 IM	4:54.41	4:48.01	4:19.46	5:18.23	5:11.83	4:40.92

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