

Guernsey



NatWest International  
Island Games XIX

## Cayman Islands Swimming

### Island Games Team – Guernsey; 8-14 July 2023 2022-23 Selection Process

- 1) Team members must sign the 2022-23 RTC agreement. 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.
- 2) Swimmers must meet the following selection criteria to be eligible for the 2023 Island Games Team:
  - A. Achieve two or more of the time standards in the table below. No converted times will be used for team selection.
  - B. Times achieved must be done between the February 1<sup>st</sup> 2022 and the final date of May 20<sup>th</sup> 2023.
  - C. Times must be achieved in a sanctioned meet with automatic timing and FINA or USA, CANADA, UK Swimming certified officials.
  - D. Times must be achieved during competition either as an individual swim or a relay lead off.
  - E. Time trials may NOT be used for any event other than the 100 IM.
  - F. Swimmers must be eligible to represent the Cayman Islands based on residency requirements outlined by the Cayman Islands Island Games executive committee.
- 3) Final selection will be based on the available funding at the time of selection. Final team selection will be done from eligible swimmers on or before June 1<sup>st</sup>, 2023.
- 4) In the event more swimmers are eligible for selection than there is funding available the Cayman Islands FINA System will be used for team selection. The following are the FINA Selection System Criteria for the 2023 Island Games Team:
  - A. Any short course meter time swam during the qualifying period may be used for the FINA point system.
  - B. The FINA point system will be used.
  - C. The two highest scoring events will be used for selection.

- D. Swimmers will be ranked and selected based on the highest two event total regardless of the sex of the swimmer.
- 5) Each athlete must agree to the “meet preparation agreement” at the time of selection. The preparation agreement will eliminate time off or vacation time after any spring championships or “rest” meet the swimmer may attend. Eligible swimmers should expect to be training on their regular training schedule immediately following any and every spring competition the swimmer may have attended or would plan to attend.
  - 6) Eligible Cayman resident swimmers may be asked to attend regular “Island Games Team” training/practice sessions and are expected to attend.
  - 7) The 2023 Islands Games is a full rest / taper competition for any swimmer selected for the team. Any swimmer selected for the team is expected to comply with the expectation to taper/rest fully for the 2023 Islands Games.

MEN				WOMEN		
SCY	SCM	LCM		LCM	SCM	SCY
00:21.62	00:24.00	00:24.80	50 Free	00:28.14	00:27.34	00:24.63
00:46.42	00:51.53	00:53.13	100 Free	01:01.03	00:59.43	00:53.54
01:43.53	01:54.92	01:58.12	200 Free	02:10.60	02:07.41	01:54.78
04:37.50	04:02.82	04:09.21	400/500 Free	04:38.81	04:32.41	05:11.32
09:43.58	08:30.64	08:43.43	800/1000 Free	09:41.65	09:28.86	10:50.12
16:01.34	16:07.11	16:31.11	1500/1650 Free	19:04.43	18:40.43	18:33.74
00:24.52	00:27.22	00:27.82	50 Back	00:30.91	00:30.31	00:27.30
00:52.27	00:58.20	00:59.40	100 Back	01:06.29	01:05.10	00:58.64
01:57.15	02:10.04	02:12.43	200 Back	02:24.31	02:21.91	02:07.84
00:27.40	00:30.42	00:31.42	50 Breast	00:34.17	00:33.17	00:29.88
00:59.09	01:05.60	01:07.59	100 Breast	01:14.31	01:12.32	01:05.15
02:07.33	02:21.34	02:25.34	200 Breast	02:44.96	02:40.96	02:25.00
00:22.83	00:25.35	00:26.05	50 Fly	00:29.73	00:29.04	00:26.16
00:49.73	00:55.21	00:56.60	100 Fly	01:06.04	01:04.64	00:58.23
01:55.26	02:07.94	02:10.74	200 Fly	02:25.63	02:22.83	02:08.67
x	00:58.33	x	100 IM	x	01:07.62	x
01:56.26	02:09.05	02:12.25	200 IM	02:26.13	02:22.94	02:08.77
04:10.81	04:38.41	04:44.81	400 IM	05:19.98	05:13.59	04:42.51

For the 100m IM only the short-course times are applicable.

**Events order:**

DAY 1	DAY 2	DAY 3	DAY 4
July,10	July,11	July,12	July,13
M 1500m Free.	W 1500m Free.	M 100m I.Med	W 100m I.Med
W 400m I.Med	M 400m I.Med	W 400m Free.	M 400m Free.
M 200m Fly	W 200m Breast.	M 200m Back.	W 200m Fly
W 100m Fly	M 100m Fly	W 100m Breast.	M 100m Back.
M 100m Breast.	W 100m Back.	M 100m Free.	W 100m Free.
W 50m Breast.	M 50m Breast.	W 50m Free.	M 50m Free.
M 50m Back.	W 50m Fly	M 50m Fly	W 50m Back.
W 200m Free.	M 200m Free.	W 200m Back.	M 200m Breast.
M 200m I.Med	W 200m I.Med	M 800m Free.	W 800m Free.
W 4 x 50m Free. Relay	M 4 x 50m Free. Relay	M 4 x 100m Med Relay	W 4 x 100m Med Relay
M 4 x 50m Med Relay	W 4 x 50m Med Relay	W 4 x 100m Free. Relay	M 4 x 100m Free. Relay
			Mix 4 x 50m Free. Relay