

WORLD CLASS SWIMMING PROGRAMME

SWIMMING TO PODIUM SUCCESS

"Supporting British Swimmers Committed To Olympic Podium Success"

1. INTRODUCTION

Winning medals on the International sporting stage is incredibly tough, and the margins between success and failure become smaller with each passing year. To ensure that the UK's most talented athletes have every chance of realising their potential, UK Sport established the World Class Performance Programme.

This UK Sport Programme covers all summer Olympic and Paralympic Sports together with high performing winter sports and operates at three distinct levels:

- Podium
- Development
- Talent

Aligned to the levels above are the 2 major components of the World Class Swimming programme. These are *Swimming To Podium Success* (UK Sport's Podium level) and *Development: London, Rio & Beyond* (UK Sport's Development level). The Home Counties (ASA, WASA, SASA), manage the Talent level programmes with links into the Development: London, Rio & Beyond.

2. BACKGROUND

This document outlines the British Swimming policy position on membership of *Swimming To Podium Success* (formally know as the World Class Swimming Podium Programme). Podium is defined by UK Sport as athletes possessing genuine and strong medal potential at the next Olympic Games. Being the best in Britain, qualifying for a world championship team, possessing a high world ranking or regularly repeating a 4-8th finish at world and Olympic level would not confer by right, inclusion of any athletes on a sports world class programme at the Podium level.

The membership criteria of *Swimming To Podium Success* is based on future realistic medal potential at the next Olympics with reference to robust performance profiling and international benchmarking in the specific Olympic event(s) relevant to that athlete. Athletes should clearly demonstrate that they are capable of bridging the gap to the podium or remain at podium level if already having achieved medal success in Olympic events at World Championships or the Games themselves.

Swimmers will be nominated to UK Sport by British Swimming for inclusion in Swimming to Podium Success. Successful athletes will be offered access to essential elements of support funded via UK Sport's programme award to British Swimming such as coaching, National Squad training camps, competition opportunities and sports science, in addition to an Athlete Personal Award.

3. SWIMMING TO PODIUM SUCCESS MEMBERSHIP PERIOD

Athletes meeting the criteria qualification guidelines set out in this document will be nominated to UK Sport for membership of Swimming to Podium Success for a 12 month period from 1st November to 31st October each year. However, the National Performance Director may recommend to UK Sport that an athlete is added or

withdrawn from Swimming to Podium Success at any time during this period subject to the guidelines outlined in this document.

Recommendations to withdraw athletes from the programme and to terminate membership of Swimming To Podium Success and the associated funding and programme benefits will be made if, in the opinion of the GB Head Coach/Open Water Performance Manager, in consultation with the National Performance Director, the athlete is no longer seen as a strong genuine medal prospect at Olympic level, and the gap to the podium is deemed to not be bridgeable looking forwards. Circumstances that warrant such action could be failure to make the required commitment to training.

4. SWIMMING TO PODIUM SUCCESS MEMBERSHIP ENTITLEMENTS

Athletes offered membership of the Swimming To Podium Success programme will benefit from the following funding and support services:

4.1. ATHLETE PERSONAL AWARDS (APAs)

Athlete Personal Awards (APAs) are a contribution from UK Sport to the living and sporting costs incurred whilst competing and training as an elite athlete and are offered for a maximum of 12 months.

Athletes will be considered for membership of the Swimming To Podium Success programme on either their Pool swimming performances in Olympic Events or Open Water 10km swimming performances but not both and therefore will not be eligible to receive 2 Athlete Personal Award (APAs).

Swimming to Podium Success APAs are offered to athletes on 3 clearly defined tiers referred to as A, B and C levels. The criteria and award levels associated with the APAs can be found in Sections 6-8 of this document.

Olympic and World Championship medallists who continue to be members of the Swimming To Podium Success programme on an "A level" award must by definition be striving to repeat this level of performance. 2008 Olympic medallists may in principle remain eligible for the A level award for up to 2-4 years if approved by UK Sport provided they attain annual performance targets agreed with the National Performance Director and GB Head Coach/Open Water Performance Manager.

Swimming to Podium Success APAs are administered by UK Sport who will liaise directly with the athlete to assess the level of financial support to be offered and administer payments. Means testing will be applied and award adjustments made if appropriate.

It is highly recommended that swimmers receiving a Swimming to Podium Success funding, review the information on the UK Sport website http://www.ukssport.gov.uk/pages/athlete_personal_awards/ regarding the associated terms and conditions of athlete personal award and personal tax, NI and pension matters.

4.2. DAILY TRAINING ENVIRONMENT

Additional support is available to Swimming To Podium Success athletes as part of British Swimming's strategic plan to enhance the daily training environment as follows:

4.2.1. INTENSIVE TRAINING CENTRES (ITCs)

The ITCs are a network of training centres that have been established by British Swimming to provide the best possible training environment for elite swimmers. There are 5 ITCs located across Great Britain in Bath, Swansea, Loughborough, Stockport and Stirling, The 50m pool centres offer a fully

integrated training programme providing excellent facilities, coaching and support services in one location.

Swimming To Podium Success athletes wishing to be considered for membership of an ITC will be given priority consideration.

4.2.2. PODIUM & DEVELOPMENT CLUBS

British clubs performing at a high elite level have been identified by British Swimming for investment to further enhance the daily training environment of their athletes.

Podium Clubs are identified every 2 years from performances at the major benchmark competitions i.e. Olympics, Worlds and European Junior Championships. Development Club are identified annually in April each year from performances of athletes European Junior age and younger at the British LC Championships.

The extra investment enables clubs to support a number of performance areas such as extra services, equipment, access to 50m training facilities etc.

4.2.3. INDIVIDUAL ATHLETE SUPPORT SCHEME

The Individual Athlete Support Scheme (IASS) is targeted at Swimming to Podium Success swimmers who are not training at a British Swimming Intensive Training Centre or Podium/Development Club, and offers an enhanced award package to support their daily training environment.

The IASS funding assistance is supplementary to a swimmer's Athlete Personal Award and amounts are based on a swimmer's APA level.

The combination of these three initiatives will ensure that there is a broad reaching approach to supporting World Class swimmers and coaches in multiple locations around the country. More information on all 3 daily training initiatives can be found on the British Swimming website.

4.3 NATIONAL SQUAD PROGRAMME

All Swimming To Podium Success athletes will become automatic members of the National Squad Programme. The programme provides squad swimmers and their coaches with experiences and opportunities to fully realise their Olympic potential.

More information on the National Squad programme can be found on the British Swimming website.

4.4 SPORTS SCIENCE SPORTS MEDICINE SUPPORT (SSSM)

Swimming To Podium Success athletes will have access to a number of SSSM services, the extent of which will be determined by their APA level and the demands placed on the service. These will include; performance science support, physiotherapy, strength & conditioning, biomechanics, soft tissue therapy, performance nutrition, performance psychology, medical health checks and asthma diagnosis & management.

SSSM services are coordinated through the British Swimming SSSM Manager and delivered by British Swimming and Home Country Institute practitioners. A tiered level of services will be applied and these are set out in the SSSM entitlements document that can be found on the British Swimming website.

In addition to the support provided centrally via British Swimming SSSM engaged staff, WCP swimmers are encouraged to also use their sport portion of APA and / or IASS funds to resource local service providers to access services such as physiotherapy, soft-tissue and strength and conditioning where needed.

4.5 ATHLETE MEDICAL SCHEME

The Athlete Medical Scheme (AMS) is funded by UK Sport and administered by the British Olympic Association (BOA). The AMS provides medical insurance through BUPA to athletes on the Swimming To Podium Success programme to ensure that they have speedy and effective access to medical consultations and treatment to minimise disruption to their training.

4.6 BOA PASSPORT SCHEME

Swimming To Podium Success athletes will be nominated onto the BOA Passport Scheme which entitles athletes to a number of benefits such as free access to national & local sports centres and special offers available from BOA Sponsors and Partners. More information can be found on the BOA website <http://www.olympics.org.uk/contentpage.aspx?page=11>

4.7 PERFORMANCE LIFESTYLE PROGRAMME

The Performance Lifestyle programme provides Swimming To Podium Success athletes with access to services relevant to their individual development. This may include the following:

- Educational / training advice (including educational choices, flexible study options, exam / coursework flexibility, institution liaison)
- Career development, assisting athletes to prepare for secondary careers after swimming. CV development, work experience and interview preparation
- Financial advice, taxation and sponsorship opportunities
- Lifestyle support, conflict management, communication and time management
- Access to UK Sports education award (up to £1000 each year)

5. SWIMMING TO PODIUM SUCCESS QUALIFICATION GUIDELINES

5.1. The nomination to UK Sport of a swimmer's membership onto Swimming To Podium Success is a 4 step process as follows:

- 5.1.1. A review of performance results in Olympic events to determine eligibility according to the established criteria set out in this policy document.
- 5.1.2. The National Performance Director forwarding nominations for membership to Swimming to Podium Success with associated individual level funding to UK Sport.
- 5.1.3. UK Sport sending successful athletes a formal application (or review form for existing members) for completion by the athlete.
- 5.1.4. UK Sport sending an offer letter to the athletes that must be formally accepted by the athlete to confirm their placement on Swimming To Podium Success.

5.2. Nomination is contingent upon each athlete agreeing to:

- 5.2.1. An uncompromised commitment to a comprehensive training programme designed for peak performance in the 2012 Olympic Games.
- 5.2.2. Establish Performance Targets with their coach for endorsement by the GB Head Coach/Open Water Performance Manager and National Performance Director.
- 5.2.3. Attend all National Squad and Team activities unless excused by the GB Head Coach/Open Water Performance Manager.

The qualification guidelines set out in this document do not guarantee an individual a nomination to UK Sport for a place on the Swimming To Podium Success (i.e. achievement of certain criteria such as world ranking). Nominations will be made subject to the above being satisfied in the views of the GB Head Coach/Open Water Manager and National Performance Director.

6. INDIVIDUAL EVENT NOMINATION CRITERIA – POOL SWIMMING

Swimming To Podium Success has a 3 tiered award system based on athlete performances in individual Olympic events. At the A and B level the qualification criterion is defined by UK Sport and relates to Olympic and World Championships performances in Olympic events. At C level the qualification guidelines are determined by British Swimming where athletes world ranked top 16 (2 per nation) in Olympic events at designated meets will be considered.

TABLE 1: UK Sport Award Levels 2009/2010 Financial Year Applied From The 1st May 2009

Age	Pool Swimming	Level	Living Costs	Sporting Costs	Total Award
Senior Funding	World/Olympic Medallist	A	£14,125	£12,017	£26,142
	World/Olympic Finalist	B	£10,595	£9,013	£19,608
	World Ranked Top 16 (2 per nation)	C	£7,062	£6,008	£13,070
Under 18 Funding <i>Note: UK Sport Guidelines Are Under 21</i>	World/Olympic Medallist	A	£4,237	£12,017	£16,254
	World/Olympic Finalist	B	£4,237	£9,013	£13,250
	World Ranked Top 16 (2 per nation)	C	£4,237	£6,008	£10,245

Please note that the above funding levels are reviewed on an annual basis by UK Sport

1.1 INDIVIDUAL EVENT NOMINATION CRITERIA 2010

As 2010 does not present pool athletes with an opportunity to compete at a World Benchmark event i.e. Olympic Games or World Championships, the funding criteria and model above has been adapted to utilise performances at the Commonwealth Games (the World Class Programmes designated benchmark event for 2010) as follows:

- Level A: World Ranked Top 3 (2 per nation)* time achieved in an Individual Olympic event final at the Commonwealth Games 2010
- Level B: World Ranked Top 4-8 (2 per nation)* time achieved in an Individual Olympic event final at the Commonwealth Games 2010
- Level C: World Ranked Top 16 (2 per nation)* time achieved in an Individual Olympic event at designated benchmark events listed in Appendix 1

**World Rankings published October 2010 (post CWG)*

Based on the above criteria, award levels will be applied as outlined in Table 2 below:

TABLE 2: UK Sport Award Levels 2009/2010 Financial Year Applied From The 1st May 2009

Age	Pool Swimming	Level	Living Costs	Sporting Costs	Total Award
Senior Funding	CWG Final World Ranked Top 3 Time	A	£14,125	£12,017	£26,142
	CWG Final World Ranked Top 4-8 Time	B	£10,595	£9,013	£19,608
	World Ranked Top 16	C	£7,062	£6,008	£13,070
Under 18 Funding <i>Note: UK Sport Guidelines Are Under 21</i>	CWG Final World Ranked Top 3 Time	A	£4,237	£12,017	£16,254
	CWG Final World Ranked Top 4-8 Time	B	£4,237	£9,013	£13,250
	World Ranked Top 16 (2 per nation)	C	£4,237	£6,008	£10,245

Please note that the above funding levels are reviewed on an annual basis by UK Sport

7. RELAY NOMINATION CRITERIA – POOL SWIMMING

Inclusion of relay swimmers within Swimming To Podium Success will be determined on their Olympic Games and World LC Championships relay performances each year during the Quadrennial period and award levels applied as follows:

TABLE 3: UK Sport Award Levels 2009/2010 Financial Year Applied From The 1st May 2009

AGE	RELAY PODIUM LEVEL	ATHLETE'S INDIVIDUAL EVENT RANKING	RELAY FINAL SWIMMER	RELAY HEAT SWIMMER
Senior Funding	A Relay World/Olympic Relay Medal	9-25 World Ranked (2 per nation)	£26,142	£19,605
		26-35 World Ranked (2 per nation)	£26,142	£16,992
		36 & Lower World Ranked (2 per nation)	£26,142	£13,071
	B Relay World/Olympic Relay Final 4-6	9-25 World Ranked (2 per nation)	£15,686	£11,765
		26-35 World Ranked (2 per nation)	£12,745	£9,804
		36 & Lower World Ranked (2 per nation)	£9,804	£6,535
	C Relay World/Olympic Relay Final 7-8	17-25 World Ranked (2 per nation)	£9,804	£6,535
		26-35 World Ranked (2 per nation)	£7,842	£5,176
		36 & Lower World Ranked (2 per nation)	£6,535	£4,313
Under 18 Funding <i>Note: UK Sport Guidelines Are Under 21</i>	A Relay World/Olympic Relay Medal	9-25 World Ranked (2 per nation)	£16,254	£9,804
		26-35 World Ranked (2 per nation)	£16,254	£7,842
		36 & Lower World Ranked (2 per nation)	£16,254	£6,535
	B Relay World/Olympic Relay Final 4-6	9-25 World Ranked (2 per nation)	£9,804	£6,535
		26-35 World Ranked (2 per nation)	£7,842	£5,175
		36 & Lower World Ranked (2 per nation)	£6,535	£4,313
	C Relay World/Olympic Relay Final 7-8	9-25 World Ranked (2 per nation)	£6,535	£4,313
		26-35 World Ranked (2 per nation)	£5,176	£3,416
		36 & Lower World Ranked (2 per nation)	£4,313	£2,847

Please note that the above funding levels are reviewed on an annual basis by UK Sport

7.1 RELAY NOMINATION CRITERIA 2010

For the Commonwealth Games 2010, where British athletes are representing their home countries, the above model has been modified and the combined times of the fastest 4 British swimmers in the respective individual events at the Commonwealth Games will be considered instead as follows:

- The fastest 4 British swimmers in the 100m Freestyle event (4x100m Free relay)
- The fastest 4 British swimmers in the 200m Freestyle event (4x200m Freestyle relay)
- The fastest swimmer in the 100m Freestyle, 100m Fly, 100m Breaststroke, 100m Backstroke (Medley relay)

Using the combined times above (minus a total 1.5 sec takeover tolerance), a 3 tiered award system as outlined in Table 4 below will be applied as follows:

- Podium Level A Relay: combined time above = World Ranked Top 3 (absolute)*
- Podium Level B Relay: combined time above = World Ranked Top 4-6 (absolute)*
- Podium Level C Relay: combined time above = World Ranked Top 7-8 (absolute)*

**World Relay Rankings published October 2010 (post CWG)*

TABLE 4: UK Sport Award Levels 2009/2010 Financial Year Applied From The 1st May 2009

AGE	RELAY LEVEL	ATHLETE'S INDIVIDUAL EVENT RANKING	AWARD	
Senior Funding	Level A Relay Relay World Ranked Top 3 (absolute)	N/A	£26,142	
	Level B Relay Relay World Ranked Top 4-6 (absolute)	9-25 World Ranked (2 per nation)	£15,686	
		26-35 World Ranked (2 per nation)	£12,745	
		36 & Lower World Ranked (2 per nation)	£9,804	
	Level C Relay Relay World Ranked Top 7-8 (absolute)	17-25 World Ranked (2 per nation)	£9,804	
		26-35 World Ranked (2 per nation)	£7,842	
		36 & Lower World Ranked (2 per nation)	£6,535	
	Under 18 Funding <i>Note: UK Sport Guidelines Are Under 21</i>	Level A Relay Relay World Ranked Top 3 (absolute)	N/A	£16,254
		Level B Relay Relay World Ranked Top 4-6 (absolute)	9-25 World Ranked (2 per nation)	£9,804
26-35 World Ranked (2 per nation)			£7,842	
36 & Lower World Ranked (2 per nation)			£6,535	
Level C Relay Relay World Ranked Top 7-8 (absolute)		9-25 World Ranked (2 per nation)	£6,535	
		26-35 World Ranked (2 per nation)	£5,176	
		36 & Lower World Ranked (2 per nation)	£4,313	

Please note that the above funding levels are reviewed on an annual basis by UK Sport

7.1.1 RELAY HEAT SWIMMERS 2010

Given that British swimmers will be competing for their home countries at the Commonwealth Games 2010, it is not possible to apply the equivalent relay heat swimmer awards as outlined in Table 3.

However, in order to acknowledge the Commonwealth Games performances of swimmers who have demonstrated their British relay Olympic potential then the following will apply in 2010:

- For the freestyle relays, the 5th fastest athlete in the 100m and 200m Freestyle events at the Commonwealth Games will be considered if their time plus the combined time of the 2-4 fastest swimmers in the relevant event, meets the World Relay ranking qualification criteria set out in 7.1 (a total 1.5 sec takeover tolerance will be applied).
- For the medley relays, the 2nd fastest athlete in the 100m Freestyle, 100m Fly, 100m Breaststroke and 100m Backstroke will be considered if their time plus the combined time of the fastest 3 swimmers in the other relevant events, meets the World Relay ranking qualification criteria set out in 7.1 (a 1.5 sec takeover tolerance will be applied).

The award levels offered (see Table 4) to the 5th/2nd placed will be based on the relay world ranking of their time combined with the time of the 3 other swimmers in the relevant events (as outlined above) and not the combined time of the fastest 4 swimmers.

8. OPEN WATER EVENT NOMINATION CRITERIA

There is a 3 tiered award system for membership to the Open Water component of Swimming to Podium Success. At the A and B level the qualification criteria is defined by UK Sport and is based on Olympic and World Championships performances in the 10km event. At C level the qualification guidelines are determined by British Swimming as outlined below.

TABLE 5: UK Sport Award Levels 2009/2010 Financial Year Applied From The 1st May 2009

Age	Open Water Marathon Swimming	Level	Living costs	Sporting costs	Total award
Senior Funding	Olympic Or FINA OW World Championship Medallist in the 10km event	A	£14,125	£12,017	£26,142
	Top 4-8 place in the 10km OW At Olympics or FINA World Championships	B	£10,595	£9,013	£19,608
	Determined by NGB (see below)	C	£7,062	£6,008	£13,070
Under 18 Funding <i>Note: UK Sport Guidelines Are Under 21</i>	Olympic Or FINA OW World Championship Medallist in the 10km event	A	£14,125	£12,017	£16,254
	Top 4-8 place in the 10km OW At Olympics or FINA World Championships	B	£10,595	£9,013	£13,250
	Determined by NGB (see below)	C	£7,062	£6,008	£10,245

Please note that the above funding levels are reviewed on an annual basis by UK Sport

8.1 Open Water APA Nomination Criteria 2010

For 2010, nominations to the Swimming To Podium Success programme will be considered as follows:

- Podium Level A: Medallist in the 10km at the 2010 FINA World Championships, Canada
- Podium Level B: 4th to 8th place in the 10km at the 2010 FINA World Championships, Canada
- Podium Level C: 9th to 16th place in the 10km event at the 2010 FINA World Championships Canada

The National Performance Director and GB Head Coach/Open Water Performance Manager will exercise their authority to ensure that the final Individual Pool, Open Water and Relay Swimming To Podium Success membership nominations to UK Sport are in line with the above guidelines and will result in the best possible achievements at the 2012 Olympic Games.

9. TRANSITIONAL NOMINATIONS

Subject to available places, additional Swimming to Podium Success nominations may be made to UK Sport to provide transitional funding to eligible athletes who fall into one of the categories below:

- Retirement Transition Funding
- Major Injury /Illness Transition Support
- Fast Track to Swimming to Podium Success
- Development To Podium Bridging Support

The eligibility criteria for these 4 categories of transitional support are:

9.1 RETIREMENT TRANSITION FUNDING

Swimming to Podium Success athletes who are retiring from the sport may be offered transitional funding at their current Award level for a period following the announcement of their retirement. Athletes on the programme for 3 years or more will receive 3 months transitional funding and athletes with 2 years membership will receive 2 months transitional funding.

Funding for all other athletes will be ceased immediately following notification of their retirement.

9.2 MAJOR INJURY /ILLNESS TRANSITION SUPPORT

There are 2 scenarios to be considered in the event that an athlete on the Swimming To Podium Success programme becomes ill or injured as follows:

9.2.1 A member swimmer becomes sick or injured before the benchmark competition and is unable to compete in the benchmark trials/competition, or whose performance is adversely affected in the benchmark trials/competition.

In this scenario, the NPD and GB Head Coach/Open Water Performance Manager, would consider the medical prognosis provided by British Swimming's Chief Medical Officer (CMO) and previous performances to determine whether or not the swimmer is likely to return to the podium pathway and desired level of performance in the following season. Performance Targets and timelines related to rehabilitation/ recovery and performances in the pool or open water will need to be established and agreed to between the athlete, their home coach, the NPD and GB Head Coach/Open Water Performance Manager.

9.2.2 A member swimmer becomes sick or injured after being awarded membership of Swimming to Podium Success and is unable to "make an uncompromised commitment to a comprehensive training programme designed for peak performance" in the benchmark event.

In this scenario, the NPD and GB Head Coach/Open Water Performance Manager will consider the medical prognosis provided by British Swimming's Chief Medical Officer to determine whether or not the swimmer is likely to return to the podium pathway and the desired level of performance prior to the following benchmark trials. Performance Targets related to rehabilitation/ recovery and performances in the pool or open water will need to be established and agreed to between the athlete, their home coach, the NPD and GB Head Coach/Open Water Performance Manager.

In both situations above, the rehabilitation/ recovery targets will be monitored every 1-2 months by the CMO with a report provided to the NPD and Head Coach/Open Water Performance Manager on the progress being made. Failure by the athlete to adhere to the agreed performance targets and associated timelines related to rehabilitation/recovery and performances in the pool, may lead to an early termination of an athlete's membership of the Swimming To Podium Success programme. In this instance, where the prognosis is determined to be unfavourable, 3 months transitional funding will be offered to the athlete following notification of their withdrawal from the programme. Access to services such as medical, physiotherapy and performance lifestyle support may be considered for an extended period beyond the 3 months on a case by case basis if approved by the NPD.

9.3 FAST TRACK TO *SWIMMING TO PODIUM SUCCESS*

Fast Track to Swimming To Podium Success aims to support the transition of highly talented swimmers from the Development: London, Rio & Beyond programme to membership of the Swimming to Podium Success programme.

To be considered for the Fast Track Programme swimmers must be training in an environment that in the view of the National Performance Director, GB Head Coach/Open Water Performance Manager will support the aims of Fast Track to Swimming to Podium Success. In addition the swimmer must have met one of the following criteria:

9.3.1 Pool Swimming

- An individual Olympic event podium performance at the European Junior Championships 2010 in a world ranked top 25 (2 per nation) time.
- A female swimmer 21 years of age and under achieving a time which is faster than the World Class Development D band 'automatic' performance standards in the 50m or 100m freestyle event and achieving a world ranked top 25 (2 per nation) performance at a Benchmark event listed in Appendix 1.
- A female swimmer 19 years of age and under achieving a time which is faster than the World Class Development D band 'automatic' performance standards in an Olympic event other than the 50m and 100m freestyle events and achieving a world ranked top 25 (2 per nation) performance at a Benchmark event listed in Appendix 1.
- A male swimmer 22 years of age and under achieving a time which is faster than the World Class Development D band 'automatic' performance standard in the 50m or 100m freestyle event freestyle event, and achieving a world ranked top 25 (2 per nation) performance at a Benchmark event listed in Appendix 1.
- A male swimmer 20 years of age and under achieving a time which is faster than the World Class Development D band 'automatic' performance standards in an Olympic event other than the 50m and 100m freestyle events, and achieving a world ranked top 25 (2 per nation) performance at a Benchmark event listed in Appendix 1.

9.3.2 Open Water Swimming

- World ranked Top 25 (2 per nation) in the 800 (W) or 1500 (M) freestyle events and a Top 8 place at the British OW 10km Trials Len Cup Israel 2010.

Funding and support offered under Fast Track to Swimming to Podium Success is only available for a 12 month period on an Individual C level award (see Table 2 for Pool or Table 5 for Open Water). At the

conclusion of this period the athlete's continued membership of the programme will be subject to the achievement of the required nomination criteria for the 2011 funding period.

9.4 DEVELOPMENT TO PODIUM BRIDGING SUPPORT

Development: London, Rio & Beyond and Swimming to Podium Success Pool programmes operate on 2 different cycles i.e Development 1 May-30 April and Swimming to Podium Success 1 November-31 October.

In order to bridge the 6 month gap, athletes on the Development programme at D level, who continue to be on an upward and progressive performance profile, but who have exceeded the age limit to remain on the Development: London, Rio & Beyond programme, will be considered in April for a place on Swimming To Podium Success if they meet the following criteria:

- 9.4.1 Achieve a world ranked top 16 (2 per nation)* time in an individual Olympic event at the British Long Course Championships 2010 (C level funding award pro rata for a six month period)
- 9.4.2 Achieve a world ranked top 25 (2 per nation)* time in an individual Olympic event at British Long Course Championships 2010 (D band equivalent funding award pro rata for a six month period).

**End of Year 2009 World Rankings*

Athletes selected above will be placed on the relevant programme for an initial 6 month period 1 May-31 October, following which they will be considered for membership of the Swimming to Podium Success programme from 1st November if the required performance standards are met.

10. PRIORITISING NOMINATIONS

UK Sport offers British Swimming 42 Swimming To Podium Success places. In the event that more athletes have met the qualification guidelines than available places, British Swimming will select the highest ranked athletes for nomination to the Swimming to Podium Success. Precedence will be given to non-transitional athletes identified in sections 6 and 7 of this policy document.

Rankings for pool swimmers will be based on the world ranking of swimmers' performances at the designated meets listed in Appendix 1 using the most recently published world rankings (2 per nation). Open Water swimmers will be ranked on their placing at either the World Championships 2010 or the 10km Open Water Trials Israel 2010 (fast tracked swimmers). If required, the NPD will exercise his authority in this prioritisation process.

11. SWIMMING TO PODIUM SUCCESS POLICY PERTAINING TO OFFSHORE SWIMMERS

Significant resources are being invested to provide a world-class daily training environment for swimmers based in Great Britain i.e. Intensive Training Centres, Podium and Development Clubs, and in the Individual Athlete Support Scheme.

Given the extensive investment in the daily training environment in Great Britain, a policy was introduced on the 1st November 2008, whereby athletes selecting to train overseas are no longer eligible to be offered membership of the Swimming to Podium Success Programme and associated Athlete Personal Award.

However, swimmers who have been training prior to September 2007 with a coach based off shore and who continue to train with this coach will be exempt from this policy and will be eligible for funding if the performance

and commitment criteria are achieved. Athletes who meet this criterion and who are visiting the UK, may also be provided with access to SSSM services following consultation with the SSSM manager and GB Head Coach/ Open Water Performance Manager. Within the national team training camps and national/international competition environment, all SSSM services are provided, whilst access to race analysis data and footage will be on a request basis. (Note: swimmers who are participating in the American NCAA programme are not eligible to receive APA funding as per NCAA rules.)

Overseas athletes not entitled to an APA will be offered financial assistance for National Team assembly and access to in-kind training support whilst in Britain preparing for major competitions.

The purpose of this policy is to ensure that British swimming maximises its investment of resources and services in the ITC network, Podium Clubs, Development Clubs and via the Individual Athlete Support Scheme.

12. ANNUAL POLICY REVIEW AND REVISIONS

The Swimming To Podium Success Policy for Podium Level athletes will be reviewed on an annual basis with the updated policy being posted on the website by British Swimming in advance of the British Championships each year.

The next APA Policy document review will be completed by the end of December 2010 and the revised policy posted on the World Class Swimming Programme section of the website three months prior to the staging of the British Long Course Championships 2011.

13. APPEALS

Any appeals against nomination recommendations in relation to this World Class Swimming Programme Policy must be made in accordance with the British Swimming Funding Appeals Review procedures. Please refer to the British Swimming website for further information.

APPENDIX 1

2010 Benchmark Events

- British Long Course Championships 29 March - 3 April 2010
- Scottish Nationals 22-27 June 2010
- Welsh Summer Nationals 3-8 August 2010
- European Junior Championships 14-18 July 2010
- European LC Championships 9-15 August 2010
- ASA Senior Nationals 18-21 August 2010
- Commonwealth Games 4-9 October 2010