

Swim England Distance Swimming Project (DSP)

Key consideration criteria

- 13+ years of age by 31 December 2023.
- Up to 60 swimmers will be identified at the absolute discretion of Swim England Head of Swimming Talent in agreement with British Swimming's Performance Pathway and Distance Lead.
- Times used for selection to the DSP will be taken from the Swim England long course national rankings and be achieved between 1 January 2023 to 16 August 2023.
- Long course performances in **400m Individual Medley, 400m, 800m and 1500m Freestyle** will be considered for selection.
- Swimmers and their home coaches will be expected to commit fully to all aspects of the project.
- Upon acceptance to the project, the swimmers home coach must provide evidence they have access to appropriate training hours per week in accordance with long term athlete development (LTAD) recommendations. This can be achieved within the swimmer's home club, or by working in collaboration with neighbouring clubs and networks.