

ASA Qualifying Times – Level 1 and 2



The Competitive Swimming Group have spent the last 4 months reviewing the ASA Level Competitions and as a result have re-set the qualifying times and age-groups for both Level 1 and Level 2.

The new times are based on FINA Points so as to achieve consistency and the new age-groups reflect the differences in male and female athlete development. These will now provide goals for swimmers and coaches, and also encourage the all-round development of techniques and skills across a range of distances and disciplines.

By using the FINA points system, qualifying times can be standardised as much as possible and provide parity between different strokes and distances. FINA is the governing body of World Swimming and their system is based on the average of the top 10 all-time best performances in the world over a 12-month period. This base time is assigned 1000 points and a formula is used to calculate the points for a swum time in comparison to the base time.

As from 01st January 2020 the following criteria for each Level will apply;

To reach Level 2, swimmers can qualify via either of the following:

- a) Achieve qualifying times in 1 x 100m stroke & the 100m I.M. or
- b) Achieve qualifying times in 3 x 100m stroke events

NB. The 100m Stroke events are **minimum distances**. Swimmers may also qualify in 200m + stroke events

This method ensures swimmers are proficient in a minimum of 3 of the 4 recognised strokes and/or can perform all I.M. turns correctly.

The Age Groups have also been restructured to reflect the different ability and maturity levels of male and female swimmers. The new Age Groups are;

Females: 11/U, 12-13, 14-15, 16/O
Males: 12/U, 13-14, 15-16, 17/O

To reach Level 1, swimmers must achieve one of the following criteria:

- a) Achieve qualifying times in a 100m stroke event & the 200m I.M. or
- b) Achieve qualifying times in 2 x 100m stroke events & 1 x 200m stroke event

NB. The 100m Stroke events are **minimum distances**. Swimmers may also qualify in 200m + stroke events

These criteria ensure swimmers are developing their skills and endurance up to a minimum of 200m race distances and are competitive across a range of strokes and distances with specific focus on development of the I.M.

The Age Groups have also been restructured to reflect the different maturity levels of male and female swimmers at this level. The new Age Groups are;

Females: 12/U, 13-14, 15/O
Males: 13/U, 14-15, 16/O

At both Level 1 and Level 2, swimmers must qualify each year against a progressive set of qualifying times which challenge swimmers and coaches to maintain or increase their rate of improvement.

The requalifying date is the 01st of July each year. This means that any swimmer that has moved into the next qualifying age bracket as of the 01st of July each year will need to achieve the qualifying criteria at the next available Level meet. This will potentially only happen once every two years.

For the sake of clarity, swimmers will remain in their current Level until 01st July 2020, unless they achieve the next Level criteria between 01st Jan and 30th June 2020, in which case they will progress to the next Level.