

## East Region Distance Development Programme 2025

### Programme Aims and Selection Policy

This programme is delivered by the region and supported by the Swim England Talent team.

#### Programme Aims

This Programme aims to support athletes and the workforce to:

- Gain a greater understanding and insight of training requirements and opportunities within distance swimming
- Experience practical elements of open water environments
- Develop technical and racing skills in distance pool events and open water environments
- Understand the culture of Swim England and its associated talent programmes
- Develop the characteristics in-line with the swimmer's age and 'Development' stage of the (OADF)
- Increase opportunities for the workforce to gain knowledge, experience and understanding of effective distance swimming practices within different aquatic environments

#### Selection criteria

Swimmers will be selected using the provided criteria from the Swim England Talent Team. East Region will select up to 48 swimmers (24 male and 24 female) although if the region does not have the minimum number of swimmers for each gender that meet the criteria, we will reduce as required or increase swimmers of one particular gender.

Athletes must:

- 12 – 14 years of age on 31st December 2024.
- Their main club is affiliated to East Region
- Selection will be the top 4 long course ranked swimmers per age and sex in **800m and 1500m Freestyle**.

To reflect relative age, two selection bands will be implemented

- o 4 male and 4 female 800m 12 years
- o 4 male and 4 female 1500m 12 years
- o 4 male and 4 female 800m 13 years
- o 4 male and 4 female 1500m 13 years
- o 4 male and 4 female 800m 14 years
- o 4 male and 4 female 1500m 14 years

Times used for selection to the RDDP must be taken from the Swim England national long course rankings, and be achieved between 1st January 2024 and 4th August 2024. Where swimmers have an equal ranking, selections will be prioritised based upon the highest World Aquatics point score

Any exceptional short course performances in the 800m & 1500m events can be considered at the discretion of the Regional Manager.