



Down Syndrome Swimming GB (DSS-GB) Criteria for Selection to Compete at the 5th European Swimming Championships

The 5th DSISO European Swimming Championships will take place in Sardinia, Italy from 15th - 22nd September 2019.

The competition will take place in a Long Course outdoor pool. It is an Open event with no Junior categories.

If you wish to be considered for selection to the DSS-GB team, you must make an initial "Available for Selection" application on the attached form and return the application to the Team Manager by 9pm on 1/1/2019.

The following Criteria will be used to determine the content and makeup of the DSS-GB Team, with the objective of having the best possible team to represent DSS-GB.





Initial Requirements

1. Swimmers must be a minimum of 13 years of age on the first day of competition in Sardinia (17/9/2019).
2. Swimmers must have provided a completed "Available for Selection" application form by 1/1/2019. Swimmers who wish to apply for selection after this date must make a written application to the Team Manager; this will be discussed by the selection committee.
3. Swimmers must provide an initial spreadsheet (pro-formas available from the Team Manager) of their best times since 15/9/2018 with their initial "Available for Selection" application form. At this stage proof of times is not required.
4. As would be expected of any swimmer wishing to represent their country, we would expect swimmers to be attending at least 4 pool sessions a week, as well as a minimum of 2 land/gym sessions a week. If you have any concerns on this matter, please contact the interim Head Coach Keith Hall or the Team Manager for assistance.
5. Swimmers should be attending regular meets and competitions. Results should be passed on to the Team Manager to ensure standards are continually being met.
6. The selection committee is made up of the Interim Head Coach, Team Managers and DSS-GB Board members.
7. For those not selected an explanation will be given. However, if this is not agreeable an independent appeals procedure is in place and details will be provided at the time.

Performance Criteria for selection

The times provided by DSISO ARE NOT THE TIMES that DSS-GB will use for their selection criteria.

1. Attached are the qualifying times for DSS-GB swimmers wishing to attend Sardinia.
2. Swimmers must have a minimum of four qualifying times from the attached list.
3. Swimmers can compete in up to eight individual events. Any additional events, over and above the required four QTs, must as a minimum, be quicker than the 'B' time advertised by DSISO (<http://www.dsiso.org/event/5th-down-syndrome-open-european-championships/>). These 'B' times are considerably slower than DSS-GB's expected QTs and so will need to be signed off by the selection team as an appropriate event for you to enter.
4. Fines will be imposed by DSISO for times swum slower than the advertised 'B' time in Sardinia.





For team inclusion the following points must be adhered to:

1. All swimmers must be registered with DSISO International and have a registration number. During registration you will have provided proof of either T21 or Mosaic Down Syndrome.
2. You must hold a valid passport which allows you to enter Sardinia, with at least six months validity after September 2019.
3. Swimmers must be a registered member of DSS-GB.
4. All medical forms and declarations must have been completed and returned to DSS-GB Membership. Proof of your status concerning AAI must be provided to the Team Doctor.
5. Any illnesses or injuries that are affecting training or the ability to compete should be notified to the Team Manager, so allowance can be made for recovery and within the selection process.
6. Swimmers will need to complete a self-declaration form prior to leaving for the competition in Sardinia, to state that they are both fit to travel and compete in Sardinia. Any concerns with completing this form can be discussed confidentially with the Team Doctor.
7. Swimmers must maintain or improve their level of performance for the basis on which they have been selected and the Team Manager should be kept updated on performances.
8. Swimmers and parents must abide by the medical decisions made by the Team Doctor. If an incident occurs during the competition where the swimmer is advised not to swim, then the DSS-GB Team Doctor's decision will be final.
9. DSISO and DSS-GB code of conduct and commitment forms must be completed by both the swimmer and any parent/carer that will attend the competition with the swimmer.
10. Swimmers must agree to and show the ability to display appropriate behaviour and sportsmanship expected of an athlete representing their country. This includes being able to act independently on poolside in a competition environment and follow instructions from the coaching and poolside team.
11. Swimmers must not use any prohibited substance or commit any doping offence under the current anti-doping policy adopted by FINA. If in any doubt about any medication please consult the Team Doctor.
12. Swimmers should be able to pay the costs of the trip and also be committed to helping with fundraising if required. It is hoped that some of the costs will be subsidised by current fundraising efforts. Costs will be given by the travel team in the very near future but swimmers must adhere to all payment deadline dates set.





Please note that submission of an application showing you are available for selection does not guarantee selection for the team. Each application will be assessed on its own standing against the selection criteria.

**DSS-GB Qualifying Times for the European Championships in Sardinia
15th – 22nd September 2019**

Distance	Event	Men QT	Women QT
50 Metres	Freestyle	42.00	49.55
50 Metres	Backstroke	48.00	59.00
50 Metres	Breaststroke	53.00	1.05.00
50 Metres	Butterfly	44.00	56.44
100 Metres	Freestyle	1.29.07	1.46.00
100 Metres	Backstroke	1.42.00	2.07.00
100 Metres	Breaststroke	1.58.00	2.13.00
100 Metres	Butterfly	1.45.00	2.10.30
200 Metres	Freestyle	3.30.00	3.48.00
200 Metres	Backstroke	3.36.00	4.07.00
200 Metres	Breaststroke	4.25.00	4.43.54
200 Metres	Butterfly	4.00.00	4.35.00
200 Metres	Ind. Medley	3.45.00	4.25.09
400 Metres	Freestyle	7.00.00	8.00.00
400 Metres	Ind. Medley	8.00.00	9.05.00
800 Metres	Freestyle	15.10.00	16.06.00
1500 Metres	Freestyle	28.10.00	29.03.00

The above times are DSS-GB qualifying times for the European Championships in Sardinia in September 2019. The qualification times are the standard we expect you to achieve as a DSS-GB squad member wishing to attend. These are harder times than the event published times.

The Championships take place over a four day competition. We require you to have at least four QTs from the above list in order to be considered for selection. You can compete in up to eight individual





events. However, any additional events, over and above the required four QTs, must as a minimum, be quicker than the 'B' time advertised by DSISO (<http://www.dsiso.org/event/5th-down-syndrome-open-european-championships/>). These 'B' times are considerably slower than DSS-GB's expected QTs and so will need to be signed off by the selection team as an appropriate event for you to enter.

Remember, Sardinia is a Long Course event. DSISO will accept the above times as short course times but fines will be imposed by DSISO if you were to swim slower than their advertised 'B' standard.

The qualification period (times need to be achieved within these dates) initially is 15/09/2018 until 15/4/2019, due to the event organisers wanting accommodation details by 15/4/2019. We are currently working on getting this date extended, hopefully to after May 2019.

If you are in any way confused or want help please contact either Neil, Keith or Andrea.





“Available for Selection” Application

I confirm that I am available for selection to the DSS-GB team to compete at the 5th European Swimming Championships 2019 in Sardinia, Italy between 15th – 22nd September 2019.

I have read the document detailing the DSS-GB criteria to compete at the European Championships in 2019 and agree to abide by the terms and conditions of selection. I also understand that completing this initial form does not guarantee me a place on the team.

Name of Swimmer

Date of Birth

Swimmer Signature

Parent/Carer(s) Signature

