

Swim England Regional Open Water Development Programme (ROWDP)

The ROWDP runs parallel to the RDP and includes an open water swimming experience, aiming to educate swimmers and workforce, whilst increasing the standard of swimmers participating in distance events. The ROWDP is implemented and delivered by each region with support from the Swim England Talent team.

Programme aims to support athletes and the workforce to:

- ◆ Gain a greater understanding and insight into training requirements and opportunities within distance swimming
- ◆ Experience practical elements of open water environments
- ◆ Develop technical and racing skills in 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

Key consideration criteria

- ◆ Up to 48 swimmers (24 male and 24 female) per region
- ◆ 12 – 14 years of age on 31st December 2025
- ◆ To reflect relative age, two selection bands will be implemented, with the aim of selecting equally between the two where possible.
 - Selection Band A – birthday between and including 1st January to 30th June
 - Selection Band B – birthday between and including 1st July to 31st December
- ◆ Additional selections, if required can be made, for either selection band from swimmers meeting the required minimum standard.
- ◆ The top 4 long course ranked swimmers per age and sex in **800m and 1500m Freestyle**
 - 4 male and 4 female 800m 12 years
 - 4 male and 4 female 1500m 12 years
 - 4 male and 4 female 800m 13 years
 - 4 male and 4 female 1500m 13 years
 - 4 male and 4 female 800m 14 years
 - 4 male and 4 female 1500m 14 years
- ◆ Times used for selection to the ROWDP must be taken from the Swim England national long course rankings, and be achieved between 1st November 2024 and 3rd August 2025
- ◆ Further selections can be made from fifth, sixth etc. ranked positions until maximum numbers are achieved. 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 ROWDP Programme Lead / Head Coach
- ◆ Swimmers will be selected for ROWDP based on the region their club is affiliated to
- ◆ Swimmers will be expected to commit fully to all aspects of the programme