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ASA OF MALTA SELECTION POLICY FOR THE EUROPEAN SHORT COURSE CHAMPIONSHIPS (25M) 2025 - LUBLIN, POLAND

2ND – 7TH DECEMBER 2025

1. POLICY PURPOSE

1.1. This selection policy outlines the process for selecting swimmers to represent Malta at the 2025 European Aquatics Swimming (25m) Championships in Lublin, Poland between the 2nd and 7th December 2025 (EAS25mC2025)

2. PERFORMANCE OBJECTIVES

2.1. To provide International Championship race experience for athletes who have demonstrated that they are on a trajectory for selection for the Los Angeles 2028 Olympic Games in pool swimming (individual and relay events).

2.2 To provide valuable high-level race experience for athletes on a trajectory to win medals on the World senior stage (50m) in individual and relay events.

3. TEAM SIZE

3.1 Up to a maximum of 8 swimmers may be selected for the 2025 European Aquatics Swimming (25m) Championships. There is no obligation on the ASA of Malta to select athletes and the total team size will be determined by the achievement of the appropriate standard of prior performance that will allow these athletes to be competitive with other swimmers on the same level of racing outcomes.

3.2 Subject to available budget, The ASA of Malta at their complete discretion, shall have the final say on who will make it onto the team.

3.3 Up to 4 athletes per event can be selected.



4. SELECTION PROCESS

4.1 Top 24 finishers in individual events from the 2025 World Aquatics Championships, Singapore held between the 27th July – 3rd August 2025 will be invited for selection onto the team following discussions between the Performance Director, the athlete and his/her coach.

4.2 Remaining places, up to the maximum team size determined under clause 3.1, will be selected by achieving the performance level shown on the attached table (Appendix 1).

4.2.1 Achieving a selection time guarantees a place on the team.

4.2.2 When achieving a consideration time, if the ASA feels that the swimmer is able to be competitive in the event, he/she may be added to the team.

4.2.3 Further places may be filled at the discretion of the ASA, in consideration to the objectives listed in clause 2.

4.2.4 Performances at National and International meets between the period 1st April 2025 to 8th November 2025 will be considered. Long course times from this period may be converted to short course using an officially accepted conversion method.

4.2.5 The selection and consideration times will remain constant for the next 4 years (2025 to 2028).

5. SELECTION NOTIFICATIONS

5.1 All athletes selected will be notified by email on or before the 14th November 2025.

6. ELIGIBILITY REQUIREMENTS

6.1 Be a Maltese Citizen and eligible to represent Malta as per the appropriate World Aquatics (WA) and European Aquatics (EA) rules.

6.2 Have completed a Selection Acceptance Form to confirm they will be available to participate by the deadline to be imposed by the ASA of Malta. Failure to do so will be interpreted as non-available.

6.3 Be available to fulfil all team commitments from the time of selection through to the Championships.

6.4 Comply with any other WA or EA eligibility criteria from time to time, including in respect of nationality and/or anti-doping.

7. TEAM COMMITMENTS

All Team members will be required to:

7.1 Comply with the ASA of Malta Code of Conduct. A breach of the ASA of Malta Code of Conduct may result in de-selection from the team. If at the meet, the athlete will be repatriated to Malta.

7.2 Adhere to all prescribed travel arrangements which might involve different travel dates to other members of the team.

7.3 Abide by media protocols of the ASA of Malta Swimming Programme.

7.4 Swimmers and their Coaches must provide a detailed plan from the start of the season in September through to the European SC championships. This should be accompanied by records of how the swimmer has met this plan and their potential performance at the Championship in December.

7.5 Written approval to be excluded from any activities within the period from selection to the start of the championships may be given by the Performance Director.

7.6 Comply with the ASA of Malta, WA and EA swimwear regulations whilst competing at the 2025 European Aquatics Short Course Championships (25m).

8. WITHDRAWALS AND REPLACEMENTS

8.1 If for any reason a swimmer is unable or unwilling to fully comply with the Team Commitments (7.1 to 7.6) they may be withdrawn from the team.

8.2 Swimmers becoming unfit due to illness or injury (physical or mental) at any time following their selection must notify the ASA of Malta immediately and will be required to undertake a full medical examination that may result in the swimmer being de-selected from the team at the complete discretion of the PD. In the event of injury or illness athletes may be deselected if they pose a risk to themselves, other athletes or team staff as determined by the ASA of Malta appointed Medical Officer.

8.3 The ASA of Malta may amend the selection policies within reason, at its discretion.

8.4 The ASA of Malta will exercise its authority to ensure that the final selections for the 2025 European Aquatics Swimming (25m) Championships team are in line with this policy.

Appendix 1

All times are Short Course Times

Men		Event	Women	
Consideration Time	Selection Time		Selection Time	Consideration Time
00:22.61	00:22.20	50m Freestyle	00:24.84	00:25.26
00:49.38	00:48.48	100m Freestyle	00:53.36	00:54.26
01:48.63	01:46.65	200m Freestyle	01:56.33	01:58.29
03:50.70	03:46.70	400m Freestyle	04:02.70	04:06.63
08:06.51	07:58.60	800m Freestyle	08:21.30	08:29.22
15:19.70	15:04.90	1500m Freestyle	15:55.04	16:06.70
00:25.35	00:24.66	50m Backstroke	00:27.69	00:28.38
00:55.37	00:53.87	100m Backstroke	00:59.47	01:00.97
01:59.59	01:56.35	200m Backstroke	02:06.07	02:08.03
00:28.08	00:27.16	50m Breaststroke	00:31.14	00:32.07
01:01.32	00:59.32	100m Breaststroke	01:06.88	01:08.88
02:12.44	02:08.12	200m Breaststroke	02:22.46	02:28.78
00:24.24	00:23.50	50m Butterfly	00:26.37	00:27.10
00:52.93	00:51.33	100m Butterfly	00:57.59	00:59.19
01:57.50	01:54.98	200m Butterfly	02:07.84	02:11.40
02:01.50	01:58.50	200m Ind. Medley	02:12.58	02:13.65
04:17.50	04:11.00	400m Ind Medley	04:35.87	04:41.84



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ASA OF MALTA SELECTION POLICY FOR THE SWISS OPEN SHORT COURSE MEET (25M) - AT THE SPORTARENA CAMPUS SURSEE, SWITZERLAND

19th to 21st DECEMBER 2025

1. POLICY PURPOSE

1.1. This selection policy outlines the process for selecting swimmers to represent Malta at the 2025 Swiss Open (25m) Meet in Sursee, Switzerland between the 19th and 21st December 2025 (SWOS25m2025)

2. PERFORMANCE OBJECTIVES

2.1. To provide experience to athletes who have demonstrated that they are working to improve performance over a number of events, towards improving National Open records in pool swimming (individual and relay events).

2.2 To provide higher-level race experience for athletes to understand what the next level of performance they can achieve is. Also to allow the development of a competitive understanding that will take them toward a higher level of performance.

3. TEAM SIZE

3.1 There is no obligation on the ASA of Malta to select athletes and the total team size will be determined by the achievement of the appropriate standard of prior performance that will allow these athletes to be competitive with other swimmers on the same level of racing outcomes.

3.2 Up to 4 athletes per event can be selected.

3.3 For each club having 2 or more swimmers, a club coach must be sent to the competition at the club's expense, otherwise, the club swimmers will not be included in the squad.



3.4 Depending on the number of selected swimmers and amount of funding available at the end of the year, the ASA will do its utmost to provide partial funding for the selected swimmers and the coaches accompanying the squad. Funding information will be made available when the selection notification is made.

4. SELECTION PROCESS

4.1. The initial places for this meet shall be selected from the list of swimmers who have fully achieved either a Silver, Bronze or Merit qualification up to 1st July 2025 according to the requirements indicated in Appendix 1 at the end of this document.

4.2. The Merit to Gold criteria which has been published to all clubs is being included in this document as Appendix 2.

4.2 Swimmers achieving the level indicated in 4.1 above according to their age group, ***between September 1st and November 16th 2025*** will also be considered.

4.2.3 The selection and consideration times will remain constant for the next 4 years (2025 to 2028).

5. SELECTION NOTIFICATIONS

5.1 All initially selected athletes selected will be notified by email on or before the 31st September 2025.

5.2 Additionally qualifying athletes shall be notified by the 23rd November 2025.

6. ELIGIBILITY REQUIREMENTS

6.1 Be a Maltese Citizen and eligible to represent Malta as per the appropriate World Aquatics (WA) and European Aquatics (EA) rules.

6.2 Have completed a Selection Acceptance Form to confirm they will be available to participate by the deadline to be imposed by the ASA of Malta. Failure to do so will be interpreted as non-available.

6.3 Be available to fulfil all team commitments from the time of selection through to the Championships.

6.4 Comply with any other WA or EA eligibility criteria from time to time, including in respect of nationality and/or anti-doping.

7. TEAM COMMITMENTS

All Team members will be required to:

7.1 Comply with the ASA of Malta Code of Conduct. A breach of the ASA of Malta Code of Conduct may result in de-selection from the team. If at the meet, the athlete will be repatriated to Malta.

7.2 Adhere to all prescribed travel arrangements which might involve different travel dates to other members of the team.

7.3 Abide by media protocols of the ASA of Malta Swimming Programme.

7.4 Swimmers and their Coaches must provide a detailed plan from the start of the season in September through to the Competition. This should be accompanied by records of how the swimmer has met this plan and their potential performance at this Competition.

7.5 Written approval to be excluded from any activities within the period from selection to the start of the championships may be given by the Performance Director (PD).

7.6 Comply with the ASA of Malta, WA and EA swimwear regulations whilst competing at the SWOS25m2025.

8. WITHDRAWALS AND REPLACEMENTS

8.1 If for any reason a swimmer is unable or unwilling to fully comply with the Team Commitments (7.1 to 7.6) they may be withdrawn from the team.

8.2 Swimmers becoming unfit due to illness or injury (physical or mental) at any time following their selection must notify the ASA of Malta immediately and will be required to undertake a full medical examination that may result in the swimmer being de-selected from the team at the complete discretion of the PD. In the event of injury or illness athletes may be deselected if they pose a risk to themselves, other athletes or team staff as determined by the ASA of Malta appointed Medical Officer.

8.3 The ASA of Malta may amend the selection policies within reason, at its discretion.

8.4 The ASA of Malta will exercise its authority to ensure that the final selections for the 2025 Swiss Open Swimming (25m) Meet team are in line with this policy.

Appendix 1

11 to 14 Year Olds

- *A 100m and 200m time in any 2 or more strokes*
- *1 Medley time in either 200m or 400m IM*
- *Any 1 distance time in 400m free, 800m free or 1500m free*

15 & 16 Year Olds

- *Any 2 standard distance time (100m or 200m) in 2 different strokes.*
- *1 Medley time in either 200m or 400m IM*
- *Any 1 distance time in 400m free, 800m free or 1500m free*
- *16 Year Olds ONLY can use a 50m on any stroke as 1 of the standard distance swims*

17 Years Olds

- *Any 2 event times in the same standard (Merit, Bronze, Silver or Gold)*

18 Years and Older

- *Any event time in Merit, Bronze, Silver or Gold*

FEMALES MERIT TO GOLD TIMES

FEMALES GOLD										
Age	11	12	13	14	15	16	17	18	19	20
50 free						26.47	25.91	24.95	24.84	24.57
100 free	68.62	65.82	63.12	60.54	58.07	56.85	55.66	54.50	53.36	52.78
200 free	149.60	143.48	137.61	131.98	126.58	123.94	121.35	118.81	116.33	115.06
400 free	05:09.2	04:57.0	04:45.2	04:34.0	04:23.2	04:17.9	04:12.7	04:07.6	04:02.7	04:00.1
800 free	10:34.4	10:09.9	09:46.4	09:23.9	09:02.3	08:51.8	08:41.4	08:31.2	08:21.3	08:16.2
1500 free	20:04.5	19:18.6	18:34.6	17:52.4	17:11.9	16:52.0	16:32.6	16:13.6	15:55.0	15:45.5
50 back						29.50	28.88	27.81	27.69	27.38
100 back	76.48	73.35	70.35	67.47	64.71	63.36	62.03	60.74	59.47	58.82
200 back	160.60	154.03	147.73	141.69	135.89	133.05	130.27	127.55	126.07	124.70
50 breast						33.86	32.81	31.28	31.14	30.80
100 breast	79.03	75.79	72.69	69.72	75.83	72.73	70.48	68.31	66.88	66.15
200 breast	170.69	163.71	157.02	150.60	163.80	157.10	152.25	147.54	144.46	142.88
50 fly						28.09	27.51	26.93	26.37	26.08
100 fly	75.60	72.51	69.54	66.70	63.97	61.35	60.07	58.82	57.59	56.96
200 fly	167.83	160.97	154.39	148.07	142.02	136.21	133.36	130.57	127.84	126.45
200 IM	163.86	157.73	151.85	146.22	143.20	139.150	136.13	133.18	132.58	129.36
400 IM	05:35.7	05:23.5	05:11.7	05:00.4	05:01.1	04:52.8	04:46.8	04:40.9	04:35.8	04:33.2

FEMALES SILVER										
Age	11	12	13	14	15	16	17	18	19	20
50 free						26.89	26.33	25.79	25.26	24.99
100 free	71.82	69.02	66.32	63.74	58.97	57.75	56.56	55.40	54.26	53.68
200 free	156.57	150.45	144.59	138.96	128.55	125.90	123.31	120.77	118.29	117.02
400 free	05:23.1	05:10.9	04:59.2	04:47.9	04:27.1	04:21.8	04:16.6	04:11.5	04:06.6	04:04.0
800 free	11:02.3	10:37.8	10:14.3	09:51.8	09:10.2	08:59.6	08:49.2	08:39.1	08:29.2	08:24.1
1500 free	20:56.8	20:10.9	19:26.9	18:44.7	17:26.6	17:06.8	16:47.3	16:28.3	16:09.7	16:00.2
50 back						30.20	29.58	28.98	28.38	28.08
100 back	79.68	76.55	73.55	70.67	66.21	64.86	63.53	62.24	60.97	60.32
200 back	167.32	160.75	154.45	148.41	139.04	136.20	133.42	130.70	128.03	126.67
50 breast						34.79	33.75	32.73	32.07	31.73
100 breast	82.23	78.99	75.89	72.92	77.83	74.73	72.48	70.31	68.88	68.15
200 breast	177.61	170.63	163.93	157.51	168.12	161.42	156.57	151.86	148.78	147.20
50 fly						28.83	28.24	27.66	27.10	26.81
100 fly	78.80	75.71	72.74	69.90	65.57	62.95	61.67	60.42	59.19	58.56
200 fly	174.94	168.07	161.49	155.18	145.57	139.76	136.91	134.13	131.40	130.00
200 IM	170.26	164.13	158.25	152.62	146.29	142.32	139.13	135.87	133.65	131.73
400 IM	05:48.5	05:36.3	05:24.5	05:13.2	05:07.1	04:58.8	04:52.8	04:46.9	04:41.8	04:39.2

FEMALES BRONZE										
Age	11	12	13	14	15	16	17	18	19	20
50 free						27.31	26.75	26.21	25.68	25.41
100 free	75.02	72.22	69.52	66.94	59.87	58.65	57.46	56.30	55.16	54.58
200 free	163.55	157.43	151.56	145.93	130.51	127.86	125.27	122.74	120.25	118.98
400 free	05:37.1	05:24.9	05:13.1	05:01.9	04:31.0	04:25.7	04:20.5	04:15.5	04:10.5	04:08.0
800 free	11:30.2	11:05.7	10:42.2	10:19.7	09:18.0	09:07.4	08:57.1	08:46.9	08:37.0	08:31.9
1500 free	21:49.1	21:03.2	20:19.2	19:37.0	17:41.3	17:21.5	17:02.0	16:43.0	16:24.4	16:14.9
50 back						30.89	30.28	29.67	29.08	28.78
100 back	82.88	79.75	76.75	73.87	67.71	66.36	65.03	63.74	62.47	61.82
200 back	174.04	167.47	161.17	155.13	142.19	139.35	136.57	133.85	131.18	129.82
50 breast						35.72	34.68	33.66	33.00	32.66
100 breast	85.43	82.19	79.09	76.12	79.83	76.73	74.48	72.31	70.88	70.15
200 breast	184.52	177.54	170.84	164.42	172.44	165.74	160.89	156.18	153.10	151.52
50 fly						29.56	28.97	28.40	27.83	27.55
100 fly	82.00	78.91	75.94	73.10	67.17	64.55	63.27	62.02	60.79	60.16
200 fly	182.04	175.18	168.59	162.28	149.12	143.31	140.46	137.68	134.95	133.56
200 IM	176.66	170.53	165.04	159.02	149.57	145.15	141.80	138.61	136.65	135.36
400 IM	06:01.3	05:49.1	05:37.3	05:26.0	05:13.1	05:02.3	04:56.3	04:50.4	04:45.3	04:42.7

FEMALES MERIT										
Age	11	12	13	14	15	16	17	18	19	20
50 free						28.42	27.64	27.10	26.61	26.34
100 free	78.22	75.42	72.72	70.14	62.27	61.05	59.36	58.20	57.16	56.58
200 free	172.09	165.91	159.99	154.31	136.98	134.32	130.60	128.04	125.76	124.48
400 free	05:55.6	05:43.2	05:31.4	05:20.0	04:47.4	04:40.0	04:34.6	04:29.5	04:24.9	04:22.4
800 free	12:20.4	11:55.7	11:32.0	11:09.3	09:59.9	09:49.3	09:34.4	09:24.2	09:15.0	09:09.9
1500 free	23:15.7	22:29.4	21:44.9	21:02.3	18:52.4	18:32.4	18:04.5	17:45.3	17:28.2	17:18.6
50 back						32.01	31.39	30.79	30.20	29.90
100 back	86.08	82.95	79.95	77.07	70.11	68.76	67.43	66.14	64.87	64.22
200 back	185.92	179.17	172.69	166.47	151.44	148.52	145.66	142.86	140.12	138.72
50 breast						37.07	36.03	35.01	34.35	34.01
100 breast	88.63	85.39	82.29	79.32	82.73	79.63	77.38	75.21	73.78	73.05
200 breast	191.43	184.45	177.75	171.33	178.70	169.93	167.15	162.45	159.36	157.79
50 fly						30.70	30.12	29.54	28.98	28.69
100 fly	85.20	82.11	79.14	76.30	69.67	67.05	65.77	64.52	63.29	62.66
200 fly	189.15	182.28	175.70	169.38	154.67	148.86	146.01	143.23	140.50	139.11
200 IM	183.06	176.93	173.53	167.37	156.45	151.41	148.36	145.14	142.43	141.02
400 IM	06:14.1	06:01.9	05:50.1	05:38.8	05:20.8	05:12.5	05:08.5	05:02.6	04:57.6	04:55.0

MALES MERIT TO GOLD TIMES

MALES GOLD										
Age	11	12	13	14	15	16	17	18	19	20
50 free						23.65	23.15	22.67	22.20	21.96
100 free	62.34	59.79	57.35	55.00	52.75	51.65	50.57	49.51	48.48	47.95
200 free	137.15	131.54	126.16	121.00	116.05	113.63	111.25	108.93	106.65	105.49
400 free	04:45.7	04:34.5	04:23.7	04:13.4	04:05.5	04:00.7	03:55.9	03:51.3	03:46.7	03:44.4
800 free	10:00.6	09:38.2	09:16.7	08:56.0	08:36.2	08:26.5	08:17.0	08:07.7	07:58.6	07:54.0
1500 free	18:53.7	18:11.6	17:31.2	16:52.5	16:15.4	15:57.2	15:39.4	15:22.0	15:04.9	14:56.2
50 back						26.28	25.73	25.19	24.66	24.40
100 back	69.27	66.44	63.72	61.12	58.62	57.39	56.19	55.02	53.87	53.28
200 back	149.63	143.51	137.64	132.01	126.61	123.96	121.37	118.84	116.35	115.08
50 breast						29.54	28.62	27.74	27.16	26.86
100 breast	79.03	75.79	72.69	69.72	67.26	64.51	62.51	60.58	59.32	58.67
200 breast	170.69	163.71	157.02	150.60	145.28	139.34	135.03	130.86	128.12	126.73
50 fly						25.04	24.52	24.00	23.50	23.25
100 fly	67.39	64.63	61.99	59.45	57.02	54.69	53.54	52.43	51.33	50.77
200 fly	149.60	143.48	137.61	131.98	126.58	121.41	118.87	116.38	114.98	113.72
200 IM	153.77	147.33	141.87	136.64	129.82	125.58	122.63	120.77	118.50	117.34
400 IM	05:14.0	05:02.7	04:51.7	04:41.3	04:31.6	04:26.7	04:21.3	04:16.0	04:11.0	04:08.7

MALES SILVER										
Age	11	12	13	14	15	16	17	18	19	20
50 free						24.06	23.57	23.08	22.61	22.37
100 free	65.54	62.99	60.55	58.20	55.65	52.55	51.47	50.41	49.38	48.85
200 free	144.19	138.58	133.20	128.04	118.03	115.61	113.23	110.91	108.63	107.47
400 free	04:59.8	04:48.6	04:37.8	04:27.5	04:09.5	04:04.6	03:59.9	03:55.2	03:50.7	03:48.3
800 free	10:28.8	10:06.3	09:44.8	09:24.2	08:44.1	08:34.4	08:24.9	08:15.6	08:06.5	08:01.9
1500 free	19:46.5	19:04.4	18:24.0	17:45.3	16:30.3	16:12.1	15:54.3	15:36.8	15:19.7	15:11.0
50 back						26.96	26.42	25.88	25.35	25.08
100 back	72.47	69.64	66.92	64.32	60.12	58.89	57.69	56.52	55.37	54.78
200 back	156.54	150.42	144.55	138.92	129.85	127.20	124.61	122.08	119.59	118.32
50 breast						30.45	29.45	28.66	28.08	27.78
100 breast	82.23	78.99	75.89	72.92	69.26	66.51	64.31	62.58	61.32	60.67
200 breast	177.61	170.63	163.93	157.51	149.60	143.66	138.92	135.18	132.44	131.05
50 fly						25.77	25.25	24.74	24.24	23.98
100 fly	70.59	67.83	65.19	62.65	58.62	56.29	55.14	54.03	52.93	52.37
200 fly	156.70	150.58	144.71	139.08	130.13	124.96	122.42	119.94	117.50	116.26
200 IM	159.41	154.55	148.60	143.04	132.82	129.12	126.31	123.77	121.50	119.28
400 IM	05:26.8	05:15.5	05:04.5	04:54.1	04:37.6	04:32.7	04:27.1	04:22.0	04:17.5	04:15.2

MALES BRONZE										
Age	11	12	13	14	15	16	17	18	19	20
50 free						24.47	23.98	23.50	23.02	22.78
100 free	68.74	66.19	63.75	61.40	54.55	53.45	52.37	51.31	50.28	49.75
200 free	151.23	145.62	140.24	135.08	120.01	117.59	115.21	112.89	110.61	109.45
400 free	05:13.9	05:02.6	04:51.9	04:41.6	04:13.4	04:08.6	04:03.8	03:59.2	03:54.6	03:52.3
800 free	10:56.9	10:34.5	10:13.0	09:52.3	08:52.1	08:42.4	08:32.9	08:23.6	08:14.5	08:09.8
1500 free	20:39.3	19:57.2	19:16.8	18:38.1	16:45.1	16:26.9	16:09.1	15:51.7	15:34.6	15:25.9
50 back						27.65	27.10	26.56	26.04	25.77
100 back	75.67	72.84	70.12	67.52	61.62	60.39	59.19	58.02	56.87	56.28
200 back	163.45	157.33	151.46	145.83	133.09	130.44	127.85	125.32	122.83	121.56
50 breast						31.37	30.27	29.57	28.99	28.70
100 breast	85.43	82.19	79.09	76.12	71.26	68.51	66.11	64.58	63.32	62.67
200 breast	184.52	177.54	170.84	164.42	153.92	147.98	142.81	139.50	136.76	135.37
50 fly						26.51	25.98	25.47	24.97	24.71
100 fly	73.79	71.03	68.39	65.85	60.22	57.89	56.74	55.63	54.53	53.97
200 fly	163.80	157.69	151.82	146.19	133.69	128.51	125.97	123.49	121.06	119.81
200 IM	165.81	160.13	155.59	149.44	135.82	132.12	129.21	126.77	124.50	122.55
400 IM	05:39.6	05:28.3	05:17.3	05:06.9	04:43.6	04:38.7	04:32.9	04:28.0	04:23.5	04:21.2

MALES MERIT										
Age	11	12	13	14	15	16	17	18	19	20
50 free						25.57	24.85	24.37	23.94	23.70
100 free	71.94	69.39	66.95	64.60	56.95	55.85	54.27	53.21	52.28	51.75
200 free	158.27	152.66	147.28	142.12	125.29	122.87	119.39	117.07	115.01	113.85
400 free	05:27.9	05:16.7	05:06.0	04:55.6	04:24.0	04:19.1	04:12.2	04:07.5	04:03.4	04:01.1
800 free	11:25.1	11:02.7	10:41.1	10:20.5	09:13.2	09:03.5	08:49.6	08:40.3	08:32.1	08:27.4
1500 free	21:32.1	20:50.0	20:09.6	19:30.9	17:24.7	17:06.5	16:40.5	16:23.0	16:07.6	15:58.9
50 back						28.75	28.02	27.66	27.14	26.87
100 back	78.87	76.04	73.32	70.72	64.02	62.79	61.19	60.42	59.27	58.68
200 back	170.36	164.24	158.38	152.75	138.27	135.63	131.93	130.50	128.02	126.75
50 breast						32.70	30.91	30.90	30.32	30.02
100 breast	88.63	85.39	82.29	79.32	74.16	71.41	67.51	67.48	66.22	65.57
200 breast	191.43	184.45	177.75	171.33	160.18	151.96	145.83	145.76	143.03	141.63
50 fly						27.65	26.99	26.61	26.11	25.86
100 fly	76.99	74.23	71.59	69.05	62.72	60.39	58.94	58.13	57.03	56.47
200 fly	170.91	164.79	158.92	153.29	139.24	134.06	130.86	129.04	126.61	125.36
200 IM	172.21	166.53	161.07	155.84	141.75	137.22	132.96	131.62	129.40	127.90
400 IM	05:52.4	05:41.1	05:30.1	05:19.7	04:53.8	04:46.4	04:40.4	04:37.7	04:33.3	04:31.0



“Our Home Is Water”

**EUROPEAN
AQUATICS.**



ASA OF MALTA SELECTION POLICY FOR THE SPEEDO AQUATICS GB NEXT GEN CHAMPIONSHIPS 2026 (50M) - PONDS FORGE INTERNATIONAL SPORTS CENTRE, SHEFFIELD, ENGLAND

18TH – 24TH JULY 2026

1. POLICY PURPOSE

1.1 This selection policy outlines the process for selecting swimmers to represent Malta at the 2026 Aquatics GB Next Generation Championships, Ponds Forge International Sports Centre, Sheffield, England July 18th to 24th 2026.

1.2 This is an age group meet for 13/14s, 15s, 16s & 17/18s age groups.

2. PERFORMANCE OBJECTIVES

2.1 For athletes to compete against a good depth of swimmers of like and better quality.

2.2 To demonstrate that the athletes have learned and are capable of implementing their performance ability under testing and intense competition conditions.

2.3 To provide higher-level race experience for athletes to attain what the next level of performance they are capable of achieving.

2.4 Allow the development of a competitive confidence that will take them toward a higher level of performance.

3. TEAM SIZE

3.1 There is no obligation on the ASA of Malta to select athletes and the total team size will be determined by the achievement of the appropriate standard of prior performance that will allow these athletes to be competitive with other swimmers on the same level of racing outcomes.

3.2 Depending on the number of swimmers who make the selection, the amount of funding which the ASA will be assisting with will be announced when the final selections will be made.

3.3 Up to a maximum of 4 athletes per event can be selected.



4. SELECTION PROCESS

4.1 The initial places for this meet shall be selected from the list of swimmers who have fully achieved either a Silver qualification in their age group by the end of the COOP Services 33rd Easter International Meet scheduled between April 8th to 11th 2026.

4.2 Any additional places on the team can be considered from swimmers who have achieved the Bronze level of their Age Group by the end of Malta National Championships, 30th June 2026.

4.3 The criteria for each age level of attainment is listed in Appendix 1.

5. SELECTION NOTIFICATIONS

5.1 All initially selected athletes will be notified by email on or before the 6th July 2026.

6. ELIGIBILITY REQUIREMENTS

6.1 Be a Maltese Citizen and eligible to represent Malta as per the appropriate World Aquatics (WA) and European Aquatics (EA) rules.

6.2 Have completed a Selection Acceptance Form to confirm they will be available to participate by the deadline to be imposed by the ASA of Malta. Failure to do so will be interpreted as non-available.

6.3 Be available to fulfil all team commitments from the time of selection through to the meet.

6.4 Comply with any other WA or EA eligibility criteria from time to time, including in respect of nationality and/or anti-doping.

7. TEAM COMMITMENTS

All Team members will be required to:

7.1 Comply with the ASA of Malta Code of Conduct. A breach of the ASA of Malta Code of Conduct may result in de-selection from the team. If at the meet, the athlete will be repatriated to Malta.

7.2 Adhere to all prescribed travel arrangements which might involve different travel dates to other members of the team.

7.3 Abide by media protocols of the ASA of Malta Swimming Programme.

7.4 Swimmers and their Coaches must provide a detailed plan from the start of the season in September through to the GB Next Gen Championships. This should be accompanied by records of how the swimmer has met this plan and their potential performance at the Championship in July.

7.5 Written approval to be excluded from any activities within the period from selection to the start of the championships may be given by the Swimming Technical Director.

7.6 Comply with the ASA of Malta, WA and EA swimwear regulations whilst competing at the GB Next Gen Championships.

8. WITHDRAWALS AND REPLACEMENTS

8.1 If for any reason a swimmer is unable or unwilling to fully comply with the Team Commitments (7.1 to 7.6) they may be withdrawn from the team.

8.2 Swimmers becoming unfit due to illness or injury (physical or mental) at any time following their selection must notify the ASA of Malta immediately and will be required to undertake a full medical examination that may result in the swimmer being de-selected from the team at the complete discretion of the Swimming Technical Director. In the event of injury or illness athletes may be deselected if they pose a risk to themselves, other athletes or team staff as determined by the ASA of Malta appointed Medical Officer.

8.3 The ASA of Malta may amend the selection policies within reason, at its discretion.

Appendix 1

11 to 14 Year Olds

- *A 100m and 200m time in any 2 or more strokes*
- *1 Medley time (either 200m or 400m IM)*
- *Any 1 distance time (400m free, 800m free or 1500m free)*

15 & 16 Year Olds

- Any 2 standard distance time (100m or 200m) on 2 different strokes.
- A medley, either 200m or 400m.
- 1 distance 400m, 800m or 1500m
- 16 years ONLY can use a 50m on any stroke as 1 of the standard distance swims

17 Years olds

- any event times in the same standard (Merit, Bronze, Silver or Gold)

18 Years and Older

- *Any 1 event time*

FEMALES MERIT TO GOLD TIMES

Long Course - Sep 2025

FEMALES GOLD										
Age	11	12	13	14	15	16	17	18	19	20
50 free						26.47	25.91	24.95	24.84	24.57
100 free	68.62	65.82	63.12	60.54	58.07	56.85	55.66	54.50	53.36	52.78
200 free	149.60	143.48	137.61	131.98	126.58	123.94	121.35	118.81	116.33	115.06
400 free	05:09.2	04:57.0	04:45.2	04:34.0	04:23.2	04:17.9	04:12.7	04:07.6	04:02.7	04:00.1
800 free	10:34.4	10:09.9	09:46.4	09:23.9	09:02.3	08:51.8	08:41.4	08:31.2	08:21.3	08:16.2
1500 free	20:04.5	19:18.6	18:34.6	17:52.4	17:11.9	16:52.0	16:32.6	16:13.6	15:55.0	15:45.5
50 back						29.50	28.88	27.81	27.69	27.38
100 back	76.48	73.35	70.35	67.47	64.71	63.36	62.03	60.74	59.47	58.82
200 back	160.60	154.03	147.73	141.69	135.89	133.05	130.27	127.55	126.07	124.70
50 breast						33.86	32.81	31.28	31.14	30.80
100 breast	79.03	75.79	72.69	69.72	75.83	72.73	70.48	68.31	66.88	66.15
200 breast	170.69	163.71	157.02	150.60	163.80	157.10	152.25	147.54	144.46	142.88
50 fly						28.09	27.51	26.93	26.37	26.08
100 fly	75.60	72.51	69.54	66.70	63.97	61.35	60.07	58.82	57.59	56.96
200 fly	167.83	160.97	154.39	148.07	142.02	136.21	133.36	130.57	127.84	126.45
200 IM	163.86	157.73	151.85	146.22	143.20	139.150	136.13	133.18	132.58	129.36
400 IM	05:35.7	05:23.5	05:11.7	05:00.4	05:01.1	04:52.8	04:46.8	04:40.9	04:35.8	04:33.2

FEMALES SILVER										
Age	11	12	13	14	15	16	17	18	19	20
50 free						26.89	26.33	25.79	25.26	24.99
100 free	71.82	69.02	66.32	63.74	58.97	57.75	56.56	55.40	54.26	53.68
200 free	156.57	150.45	144.59	138.96	128.55	125.90	123.31	120.77	118.29	117.02
400 free	05:23.1	05:10.9	04:59.2	04:47.9	04:27.1	04:21.8	04:16.6	04:11.5	04:06.6	04:04.0
800 free	11:02.3	10:37.8	10:14.3	09:51.8	09:10.2	08:59.6	08:49.2	08:39.1	08:29.2	08:24.1
1500 free	20:56.8	20:10.9	19:26.9	18:44.7	17:26.6	17:06.8	16:47.3	16:28.3	16:09.7	16:00.2
50 back						30.20	29.58	28.98	28.38	28.08
100 back	79.68	76.55	73.55	70.67	66.21	64.86	63.53	62.24	60.97	60.32
200 back	167.32	160.75	154.45	148.41	139.04	136.20	133.42	130.70	128.03	126.67
50 breast						34.79	33.75	32.73	32.07	31.73
100 breast	82.23	78.99	75.89	72.92	77.83	74.73	72.48	70.31	68.88	68.15
200 breast	177.61	170.63	163.93	157.51	168.12	161.42	156.57	151.86	148.78	147.20
50 fly						28.83	28.24	27.66	27.10	26.81
100 fly	78.80	75.71	72.74	69.90	65.57	62.95	61.67	60.42	59.19	58.56
200 fly	174.94	168.07	161.49	155.18	145.57	139.76	136.91	134.13	131.40	130.00
200 IM	170.26	164.13	158.25	152.62	146.29	142.32	139.13	135.87	133.65	131.73
400 IM	05:48.5	05:36.3	05:24.5	05:13.2	05:07.1	04:58.8	04:52.8	04:46.9	04:41.8	04:39.2

FEMALES BRONZE										
Age	11	12	13	14	15	16	17	18	19	20
50 free						27.31	26.75	26.21	25.68	25.41
100 free	75.02	72.22	69.52	66.94	59.87	58.65	57.46	56.30	55.16	54.58
200 free	163.55	157.43	151.56	145.93	130.51	127.86	125.27	122.74	120.25	118.98
400 free	05:37.1	05:24.9	05:13.1	05:01.9	04:31.0	04:25.7	04:20.5	04:15.5	04:10.5	04:08.0
800 free	11:30.2	11:05.7	10:42.2	10:19.7	09:18.0	09:07.4	08:57.1	08:46.9	08:37.0	08:31.9
1500 free	21:49.1	21:03.2	20:19.2	19:37.0	17:41.3	17:21.5	17:02.0	16:43.0	16:24.4	16:14.9
50 back						30.89	30.28	29.67	29.08	28.78
100 back	82.88	79.75	76.75	73.87	67.71	66.36	65.03	63.74	62.47	61.82
200 back	174.04	167.47	161.17	155.13	142.19	139.35	136.57	133.85	131.18	129.82
50 breast						35.72	34.68	33.66	33.00	32.66
100 breast	85.43	82.19	79.09	76.12	79.83	76.73	74.48	72.31	70.88	70.15
200 breast	184.52	177.54	170.84	164.42	172.44	165.74	160.89	156.18	153.10	151.52
50 fly						29.56	28.97	28.40	27.83	27.55
100 fly	82.00	78.91	75.94	73.10	67.17	64.55	63.27	62.02	60.79	60.16
200 fly	182.04	175.18	168.59	162.28	149.12	143.31	140.46	137.68	134.95	133.56
200 IM	176.66	170.53	165.04	159.02	149.57	145.15	141.80	138.61	136.65	135.36
400 IM	06:01.3	05:49.1	05:37.3	05:26.0	05:13.1	05:02.3	04:56.3	04:50.4	04:45.3	04:42.7

FEMALES MERIT										
Age	11	12	13	14	15	16	17	18	19	20
50 free						28.42	27.64	27.10	26.61	26.34
100 free	78.22	75.42	72.72	70.14	62.27	61.05	59.36	58.20	57.16	56.58
200 free	172.09	165.91	159.99	154.31	136.98	134.32	130.60	128.04	125.76	124.48
400 free	05:55.6	05:43.2	05:31.4	05:20.0	04:47.4	04:40.0	04:34.6	04:29.5	04:24.9	04:22.4
800 free	12:20.4	11:55.7	11:32.0	11:09.3	09:59.9	09:49.3	09:34.4	09:24.2	09:15.0	09:09.9
1500 free	23:15.7	22:29.4	21:44.9	21:02.3	18:52.4	18:32.4	18:04.5	17:45.3	17:28.2	17:18.6
50 back						32.01	31.39	30.79	30.20	29.90
100 back	86.08	82.95	79.95	77.07	70.11	68.76	67.43	66.14	64.87	64.22
200 back	185.92	179.17	172.69	166.47	151.44	148.52	145.66	142.86	140.12	138.72
50 breast						37.07	36.03	35.01	34.35	34.01
100 breast	88.63	85.39	82.29	79.32	82.73	79.63	77.38	75.21	73.78	73.05
200 breast	191.43	184.45	177.75	171.33	178.70	169.93	167.15	162.45	159.36	157.79
50 fly						30.70	30.12	29.54	28.98	28.69
100 fly	85.20	82.11	79.14	76.30	69.67	67.05	65.77	64.52	63.29	62.66
200 fly	189.15	182.28	175.70	169.38	154.67	148.86	146.01	143.23	140.50	139.11
200 IM	183.06	176.93	173.53	167.37	156.45	151.41	148.36	145.14	142.43	141.02
400 IM	06:14.1	06:01.9	05:50.1	05:38.8	05:20.8	05:12.5	05:08.5	05:02.6	04:57.6	04:55.0

MALES MERIT TO GOLD TIMES

Long Course - Sep 2025

MALES GOLD										
Age	11	12	13	14	15	16	17	18	19	20
50 free						23.65	23.15	22.67	22.20	21.96
100 free	62.34	59.79	57.35	55.00	52.75	51.65	50.57	49.51	48.48	47.95
200 free	137.15	131.54	126.16	121.00	116.05	113.63	111.25	108.93	106.65	105.49
400 free	04:45.7	04:34.5	04:23.7	04:13.4	04:05.5	04:00.7	03:55.9	03:51.3	03:46.7	03:44.4
800 free	10:00.6	09:38.2	09:16.7	08:56.0	08:36.2	08:26.5	08:17.0	08:07.7	07:58.6	07:54.0
1500 free	18:53.7	18:11.6	17:31.2	16:52.5	16:15.4	15:57.2	15:39.4	15:22.0	15:04.9	14:56.2
50 back						26.28	25.73	25.19	24.66	24.40
100 back	69.27	66.44	63.72	61.12	58.62	57.39	56.19	55.02	53.87	53.28
200 back	149.63	143.51	137.64	132.01	126.61	123.96	121.37	118.84	116.35	115.08
50 breast						29.54	28.62	27.74	27.16	26.86
100 breast	79.03	75.79	72.69	69.72	67.26	64.51	62.51	60.58	59.32	58.67
200 breast	170.69	163.71	157.02	150.60	145.28	139.34	135.03	130.86	128.12	126.73
50 fly						25.04	24.52	24.00	23.50	23.25
100 fly	67.39	64.63	61.99	59.45	57.02	54.69	53.54	52.43	51.33	50.77
200 fly	149.60	143.48	137.61	131.98	126.58	121.41	118.87	116.38	114.98	113.72
200 IM	153.77	147.33	141.87	136.64	129.82	125.58	122.63	120.77	118.50	117.34
400 IM	05:14.0	05:02.7	04:51.7	04:41.3	04:31.6	04:26.7	04:21.3	04:16.0	04:11.0	04:08.7

MALES SILVER										
Age	11	12	13	14	15	16	17	18	19	20
50 free						24.06	23.57	23.08	22.61	22.37
100 free	65.54	62.99	60.55	58.20	53.65	52.55	51.47	50.41	49.38	48.85
200 free	144.19	138.58	133.20	128.04	118.03	115.61	113.23	110.91	108.63	107.47
400 free	04:59.8	04:48.6	04:37.8	04:27.5	04:09.5	04:04.6	03:59.9	03:55.2	03:50.7	03:48.3
800 free	10:28.8	10:06.3	09:44.8	09:24.2	08:44.1	08:34.4	08:24.9	08:15.6	08:06.5	08:01.9
1500 free	19:46.5	19:04.4	18:24.0	17:45.3	16:30.3	16:12.1	15:54.3	15:36.8	15:19.7	15:11.0
50 back						26.96	26.42	25.88	25.35	25.08
100 back	72.47	69.64	66.92	64.32	60.12	58.89	57.69	56.52	55.37	54.78
200 back	156.54	150.42	144.55	138.92	129.85	127.20	124.61	122.08	119.59	118.32
50 breast						30.45	29.45	28.66	28.08	27.78
100 breast	82.23	78.99	75.89	72.92	69.26	66.51	64.31	62.58	61.32	60.67
200 breast	177.61	170.63	163.93	157.51	149.60	143.66	138.92	135.18	132.44	131.05
50 fly						25.77	25.25	24.74	24.24	23.98
100 fly	70.59	67.83	65.19	62.65	58.62	56.29	55.14	54.03	52.93	52.37
200 fly	156.70	150.58	144.71	139.08	130.13	124.96	122.42	119.94	117.50	116.26
200 IM	159.41	154.55	148.60	143.04	132.82	129.12	126.31	123.77	121.50	119.28
400 IM	05:26.8	05:15.5	05:04.5	04:54.1	04:37.6	04:32.7	04:27.1	04:22.0	04:17.5	04:15.2

MALES BRONZE										
Age	11	12	13	14	15	16	17	18	19	20
50 free						24.47	23.98	23.50	23.02	22.78
100 free	68.74	66.19	63.75	61.40	54.55	53.45	52.37	51.31	50.28	49.75
200 free	151.23	145.62	140.24	135.08	120.01	117.59	115.21	112.89	110.61	109.45
400 free	05:13.9	05:02.6	04:51.9	04:41.6	04:13.4	04:08.6	04:03.8	03:59.2	03:54.6	03:52.3
800 free	10:56.9	10:34.5	10:13.0	09:52.3	08:52.1	08:42.4	08:32.9	08:23.6	08:14.5	08:09.8
1500 free	20:39.3	19:57.2	19:16.8	18:38.1	16:45.1	16:26.9	16:09.1	15:51.7	15:34.6	15:25.9
50 back						27.65	27.10	26.56	26.04	25.77
100 back	75.67	72.84	70.12	67.52	61.62	60.39	59.19	58.02	56.87	56.28
200 back	163.45	157.33	151.46	145.83	133.09	130.44	127.85	125.32	122.83	121.56
50 breast						31.37	30.27	29.57	28.99	28.70
100 breast	85.43	82.19	79.09	76.12	71.26	68.51	66.11	64.58	63.32	62.67
200 breast	184.52	177.54	170.84	164.42	153.92	147.98	142.81	139.50	136.76	135.37
50 fly						26.51	25.98	25.47	24.97	24.71
100 fly	73.79	71.03	68.39	65.85	60.22	57.89	56.74	55.63	54.53	53.97
200 fly	163.80	157.69	151.82	146.19	133.69	128.51	125.97	123.49	121.06	119.81
200 IM	165.81	160.13	155.59	149.44	135.82	132.12	129.21	126.77	124.50	122.55
400 IM	05:39.6	05:28.3	05:17.3	05:06.9	04:43.6	04:38.7	04:32.9	04:28.0	04:23.5	04:21.2

MALES MERIT										
Age	11	12	13	14	15	16	17	18	19	20
50 free						25.57	24.85	24.37	23.94	23.70
100 free	71.94	69.39	66.95	64.60	56.95	55.85	54.27	53.21	52.28	51.75
200 free	158.27	152.66	147.28	142.12	125.29	122.87	119.39	117.07	115.01	113.85
400 free	05:27.9	05:16.7	05:06.0	04:55.6	04:24.0	04:19.1	04:12.2	04:07.5	04:03.4	04:01.1
800 free	11:25.1	11:02.7	10:41.1	10:20.5	09:13.2	09:03.5	08:49.6	08:40.3	08:32.1	08:27.4
1500 free	21:32.1	20:50.0	20:09.6	19:30.9	17:24.7	17:06.5	16:40.5	16:23.0	16:07.6	15:58.9
50 back						28.75	28.02	27.66	27.14	26.87
100 back	78.87	76.04	73.32	70.72	64.02	62.79	61.19	60.42	59.27	58.68
200 back	170.36	164.24	158.38	152.75	138.27	135.63	131.93	130.50	128.02	126.75
50 breast						32.70	30.91	30.90	30.32	30.02
100 breast	88.63	85.39	82.29	79.32	74.16	71.41	67.51	67.48	66.22	65.57
200 breast	191.43	184.45	177.75	171.33	160.18	151.96	145.83	145.76	143.03	141.63
50 fly						27.65	26.99	26.61	26.11	25.86
100 fly	76.99	74.23	71.59	69.05	62.72	60.39	58.94	58.13	57.03	56.47
200 fly	170.91	164.79	158.92	153.29	139.24	134.06	130.86	129.04	126.61	125.36
200 IM	172.21	166.53	161.07	155.84	141.75	137.22	132.96	131.62	129.40	127.90
400 IM	05:52.4	05:41.1	05:30.1	05:19.7	04:53.8	04:46.4	04:40.4	04:37.7	04:33.3	04:31.0



“Our Home Is Water”

EUROPEAN
AQUATICS.



ASA OF MALTA SELECTION POLICY FOR THE EUROPEAN JUNIOR CHAMPIONSHIPS 2026 - GERMANY

7TH – 12TH JULY 2026

1. POLICY PURPOSE

1.1 This selection policy outlines the process for selecting swimmers to represent Malta at the 2026 European Junior Swimming Championships in Germany between the 7th and 12th July 2026 (EJSC2026)

2. PERFORMANCE OBJECTIVES

2.1 The objective is to create a progressive step towards senior continental, international and Olympic success, in individual and relay events

3. SELECTION EVENT & SELECTION TIMES.

3.1 Selection times are set from the Merit to Gold Format, published September 2025. These are included at the end of this criteria in Appendix 2

3.2 The ASA selection times for these Championships shall remain the same for the next 4 (FOUR) years to allow for consistency.

3.3 The selection times may be altered by the ASA if deemed that they fall outside of the intended target of the selection process in the latter period of the 4 year time line.

3.4 The Selection Times are set at the 16 years Gold Times. The Consideration Times are set at the 16 years Silver Times. This is applicable for both Males and Females.

3.5 Only Swimmers aged 16 & Over can qualify in 50m events.

3.6 Initial selections will be made from performances at the COOP Services 33rd Easter International Swimming Meet 2026 which will be held between the 8th and 11th April 2026.

3.7 Secondary additional selections or, in the event that the COOP Services 33rd Easter Int Swim Meet is cancelled, selections will be considered from other official meets held between 1st Jan and 30th Apr 2026



4. TEAM SIZE

4.1 Team size for the 2026 European Junior Championships 2026 will be limited to 10 swimmers, subject to available funding.

4.2 Should more than 10 swimmers achieve selection and/or consideration times, the swimmers shall be ranked on the basis of highest European ranking and a maximum of 2 per event will be selected.

4.3 The total number of swimmers selected will be at the discretion of the ASA.

4.4 There is no obligation to use all places available.

4.5 The selection of Swimmers across events both by number and by gender will be at the discretion of the ASA in consideration of the performance objective outlined in clause 2.1.

4.6 Swimmers based overseas should take specific note of the General Conditions of this policy, with specific reference to clauses 6.1, 9.1, 9.2

5. AGE & OTHER ELIGIBILITY REQUIREMENTS

5.1 Athletes born 2008 / 2009 / 2010 / 2011 / 2012 Shall be eligible for the EJSC2026.

5.2 Be a Citizen of Malta and eligible to represent Malta as per appropriate World Aquatics (WA) and European Aquatics (EA) rules in place at the time of selection.

5.3 Have completed a Selection Acceptance Form to confirm they will be available to participate by the deadline to be imposed by ASA. Failure to do so will be considered as non-available

5.4 Be available to fulfil all team commitments from the time of selection through to the Championships.

5.5 Comply with any other WA and EA eligibility criteria from time to time, including in respect of nationality and/or anti-doping.

6. EVENT SELECTION

6.1 Swimmers recording a time that equals or betters the Selection times set out in Appendix 1 during the COOP Services 33rd Easter International Swimming Meet 2026, pursuant to clause 4.1, will be Automatically selected for the EJSC2026.

6.2 Swimmers recording a time that equals the consideration time or faster but not a selection time during the COOP Services 33rd Easter International Swimming Meet 2026 shall be considered for the team Pursuant to clauses 2.1 & 4.1, are not automatically selected for the EJSC2026, but can be added to the team at the discretion of the ASA.

6.3 Additional places up to the stated maximum total number in clause 4.1 who are deemed to be able to contribute to the objectives set out in Clauses 2.1 and 7.2 may be selected at the complete discretion of the ASA based on submitted times from Meets held between the 1st January 2026 through to 30th April 2026. The ASA is under no obligation to use these discretionary places.

6.4. All selected athletes for EJSC2026 will be deemed eligible for consideration to the World Aquatics Junior Swimming Championships 2027 always subject to Clauses 8, 9 and 10 below. Swimmers would still need to prove performance level but they would be eligible for additional financial support should this be available.

7. RELAY EVENT SELECTIONS

7.1 All team members selected under clauses 6.1, 6.2 and 6.3 or individual events will be considered to be eligible for relay team selection.

7.2 Additional swimmers may be selected for the relay events at the complete discretion of the Swimming Technical Director pursuant to clauses 6.1 to 6.3 where it is felt that a relay team has a potential to raise the standard of Maltese swimming at the Championship to a level that is in line with the pursuance of 2028 Olympic qualification.

8. EVENT ENTRIES

8.1 This policy selects the swimmers onto the EJSC2026, the Swimming Technical Director in consultation with the swimmer and his/her coach, shall determine individual and relay event entries, including those for non-Olympic events.

9. ORIENTATION AND PREPARATION

9.1 For the EJSC2026, there will be a mandatory team orientation event, held online, on Sunday 10th May 2026. Engagement in the orientation event is a mandatory condition of selection.

9.2 A compulsory programme of race preparation and simulation will be held regionally for selected swimmers and their coaches. Details to be confirmed with selection.

10. NOTIFICATION

10.1 Athletes selected for the EJSC2026 will be notified before 1st May 2026.

Appendix 1

All times are Long Course Times

Men		Event	Women	
Consideration Time	Selection Time		Selection Time	Consideration Time
00:24.06	00:23.65	50m Freestyle	00:26.47	00:26.89
00:52.55	00:51.65	100m Freestyle	00:56.85	00:57.75
01:55.61	01:53.63	200m Freestyle	02:03.94	02:05.90
04:04.60	04:00.70	400m Freestyle	04:17.90	04:21.80
08:34.40	08:26.50	800m Freestyle	08:51.80	08:59.60
16:12.10	15:57.20	1500m Freestyle	16:52.00	17:06.80
00:26.96	00:26.28	50m Backstroke	00:29.50	00:30.20
00:58.89	00:57.39	100m Backstroke	01:03.36	01:04.86
02:07.20	02:03.96	200m Backstroke	02:13.05	02:16.20
00:30.45	00:29.54	50m Breaststroke	00:33.86	00:34.79
01:06.51	01:04.61	100m Breaststroke	01:12.73	01:14.73
02:23.66	02:19.34	200m Breaststroke	02:37.10	02:41.42
00:25.77	00:25.04	50m Butterfly	00:28.09	00:28.83
00:56.29	00:54.69	100m Butterfly	01:01.35	01:02.95
02:04.96	02:01.41	200m Butterfly	02:16.21	02:19.76
02:09.12	02:06.12	200m Ind. Medley	02:19.15	02:22.32
04:32.70	04:26.70	400m Ind Medley	04:52.80	04:58.80

Selection Times are set at the 16 years Gold Times.

Consideration Times are set at the 16 years Silver Times

FEMALES MERIT TO GOLD TIMES

Long Course - Sep 2025

FEMALES GOLD										
Age	11	12	13	14	15	16	17	18	19	20
50 free						26.47	25.91	24.95	24.84	24.57
100 free	68.62	65.82	63.12	60.54	58.07	56.85	55.66	54.50	53.36	52.78
200 free	149.60	143.48	137.61	131.98	126.58	123.94	121.35	118.81	116.33	115.06
400 free	05:09.2	04:57.0	04:45.2	04:34.0	04:23.2	04:17.9	04:12.7	04:07.6	04:02.7	04:00.1
800 free	10:34.4	10:09.9	09:46.4	09:23.9	09:02.3	08:51.8	08:41.4	08:31.2	08:21.3	08:16.2
1500 free	20:04.5	19:18.6	18:34.6	17:52.4	17:11.9	16:52.0	16:32.6	16:13.6	15:55.0	15:45.5
50 back						29.50	28.88	27.81	27.69	27.38
100 back	76.48	73.35	70.35	67.47	64.71	63.36	62.03	60.74	59.47	58.82
200 back	160.60	154.03	147.73	141.69	135.89	133.05	130.27	127.55	126.07	124.70
50 breast						33.86	32.81	31.28	31.14	30.80
100 breast	79.03	75.79	72.69	69.72	75.83	72.73	70.48	68.31	66.88	66.15
200 breast	170.69	163.71	157.02	150.60	163.80	157.10	152.25	147.54	144.46	142.88
50 fly						28.09	27.51	26.93	26.37	26.08
100 fly	75.60	72.51	69.54	66.70	63.97	61.35	60.07	58.82	57.59	56.96
200 fly	167.83	160.97	154.39	148.07	142.02	136.21	133.36	130.57	127.84	126.45
200 IM	163.86	157.73	151.85	146.22	143.20	139.150	136.13	133.18	132.58	129.36
400 IM	05:35.7	05:23.5	05:11.7	05:00.4	05:01.1	04:52.8	04:46.8	04:40.9	04:35.8	04:33.2

FEMALES SILVER										
Age	11	12	13	14	15	16	17	18	19	20
50 free						26.89	26.33	25.79	25.26	24.99
100 free	71.82	69.02	66.32	63.74	58.97	57.75	56.56	55.40	54.26	53.68
200 free	156.57	150.45	144.59	138.96	128.55	125.90	123.31	120.77	118.29	117.02
400 free	05:23.1	05:10.9	04:59.2	04:47.9	04:27.1	04:21.8	04:16.6	04:11.5	04:06.6	04:04.0
800 free	11:02.3	10:37.8	10:14.3	09:51.8	09:10.2	08:59.6	08:49.2	08:39.1	08:29.2	08:24.1
1500 free	20:56.8	20:10.9	19:26.9	18:44.7	17:26.6	17:06.8	16:47.3	16:28.3	16:09.7	16:00.2
50 back						30.20	29.58	28.98	28.38	28.08
100 back	79.68	76.55	73.55	70.67	66.21	64.86	63.53	62.24	60.97	60.32
200 back	167.32	160.75	154.45	148.41	139.04	136.20	133.42	130.70	128.03	126.67
50 breast						34.79	33.75	32.73	32.07	31.73
100 breast	82.23	78.99	75.89	72.92	77.83	74.73	72.48	70.31	68.88	68.15
200 breast	177.61	170.63	163.93	157.51	168.12	161.42	156.57	151.86	148.78	147.20
50 fly						28.83	28.24	27.66	27.10	26.81
100 fly	78.80	75.71	72.74	69.90	65.57	62.95	61.67	60.42	59.19	58.56
200 fly	174.94	168.07	161.49	155.18	145.57	139.76	136.91	134.13	131.40	130.00
200 IM	170.26	164.13	158.25	152.62	146.29	142.32	139.13	135.87	133.65	131.73
400 IM	05:48.5	05:36.3	05:24.5	05:13.2	05:07.1	04:58.8	04:52.8	04:46.9	04:41.8	04:39.2

FEMALES BRONZE										
Age	11	12	13	14	15	16	17	18	19	20
50 free						27.31	26.75	26.21	25.68	25.41
100 free	75.02	72.22	69.52	66.94	59.87	58.65	57.46	56.30	55.16	54.58
200 free	163.55	157.43	151.56	145.93	130.51	127.86	125.27	122.74	120.25	118.98
400 free	05:37.1	05:24.9	05:13.1	05:01.9	04:31.0	04:25.7	04:20.5	04:15.5	04:10.5	04:08.0
800 free	11:30.2	11:05.7	10:42.2	10:19.7	09:18.0	09:07.4	08:57.1	08:46.9	08:37.0	08:31.9
1500 free	21:49.1	21:03.2	20:19.2	19:37.0	17:41.3	17:21.5	17:02.0	16:43.0	16:24.4	16:14.9
50 back						30.89	30.28	29.67	29.08	28.78
100 back	82.88	79.75	76.75	73.87	67.71	66.36	65.03	63.74	62.47	61.82
200 back	174.04	167.47	161.17	155.13	142.19	139.35	136.57	133.85	131.18	129.82
50 breast						35.72	34.68	33.66	33.00	32.66
100 breast	85.43	82.19	79.09	76.12	79.83	76.73	74.48	72.31	70.88	70.15
200 breast	184.52	177.54	170.84	164.42	172.44	165.74	160.89	156.18	153.10	151.52
50 fly						29.56	28.97	28.40	27.83	27.55
100 fly	82.00	78.91	75.94	73.10	67.17	64.55	63.27	62.02	60.79	60.16
200 fly	182.04	175.18	168.59	162.28	149.12	143.31	140.46	137.68	134.95	133.56
200 IM	176.66	170.53	165.04	159.02	149.57	145.15	141.80	138.61	136.65	135.36
400 IM	06:01.3	05:49.1	05:37.3	05:26.0	05:13.1	05:02.3	04:56.3	04:50.4	04:45.3	04:42.7

FEMALES MERIT										
Age	11	12	13	14	15	16	17	18	19	20
50 free						28.42	27.64	27.10	26.61	26.34
100 free	78.22	75.42	72.72	70.14	62.27	61.05	59.36	58.20	57.16	56.58
200 free	172.09	165.91	159.99	154.31	136.98	134.32	130.60	128.04	125.76	124.48
400 free	05:55.6	05:43.2	05:31.4	05:20.0	04:47.4	04:40.0	04:34.6	04:29.5	04:24.9	04:22.4
800 free	12:20.4	11:55.7	11:32.0	11:09.3	09:59.9	09:49.3	09:34.4	09:24.2	09:15.0	09:09.9
1500 free	23:15.7	22:29.4	21:44.9	21:02.3	18:52.4	18:32.4	18:04.5	17:45.3	17:28.2	17:18.6
50 back						32.01	31.39	30.79	30.20	29.90
100 back	86.08	82.95	79.95	77.07	70.11	68.76	67.43	66.14	64.87	64.22
200 back	185.92	179.17	172.69	166.47	151.44	148.52	145.66	142.86	140.12	138.72
50 breast						37.07	36.03	35.01	34.35	34.01
100 breast	88.63	85.39	82.29	79.32	82.73	79.63	77.38	75.21	73.78	73.05
200 breast	191.43	184.45	177.75	171.33	178.70	169.93	167.15	162.45	159.36	157.79
50 fly						30.70	30.12	29.54	28.98	28.69
100 fly	85.20	82.11	79.14	76.30	69.67	67.05	65.77	64.52	63.29	62.66
200 fly	189.15	182.28	175.70	169.38	154.67	148.86	146.01	143.23	140.50	139.11
200 IM	183.06	176.93	173.53	167.37	156.45	151.41	148.36	145.14	142.43	141.02
400 IM	06:14.1	06:01.9	05:50.1	05:38.8	05:20.8	05:12.5	05:08.5	05:02.6	04:57.6	04:55.0

MALES MERIT TO GOLD TIMES

Long Course - Sep 2025

MALES GOLD										
Age	11	12	13	14	15	16	17	18	19	20
50 free						23.65	23.15	22.67	22.20	21.96
100 free	62.34	59.79	57.35	55.00	52.75	51.65	50.57	49.51	48.48	47.95
200 free	137.15	131.54	126.16	121.00	116.05	113.63	111.25	108.93	106.65	105.49
400 free	04:45.7	04:34.5	04:23.7	04:13.4	04:05.5	04:00.7	03:55.9	03:51.3	03:46.7	03:44.4
800 free	10:00.6	09:38.2	09:16.7	08:56.0	08:36.2	08:26.5	08:17.0	08:07.7	07:58.6	07:54.0
1500 free	18:53.7	18:11.6	17:31.2	16:52.5	16:15.4	15:57.2	15:39.4	15:22.0	15:04.9	14:56.2
50 back						26.28	25.73	25.19	24.66	24.40
100 back	69.27	66.44	63.72	61.12	58.62	57.39	56.19	55.02	53.87	53.28
200 back	149.63	143.51	137.64	132.01	126.61	123.96	121.37	118.84	116.35	115.08
50 breast						29.54	28.62	27.74	27.16	26.86
100 breast	79.03	75.79	72.69	69.72	67.26	64.51	62.51	60.58	59.32	58.67
200 breast	170.69	163.71	157.02	150.60	145.28	139.34	135.03	130.86	128.12	126.73
50 fly						25.04	24.52	24.00	23.50	23.25
100 fly	67.39	64.63	61.99	59.45	57.02	54.69	53.54	52.43	51.33	50.77
200 fly	149.60	143.48	137.61	131.98	126.58	121.41	118.87	116.38	114.98	113.72
200 IM	153.77	147.33	141.87	136.64	129.82	125.58	122.63	120.77	118.50	117.34
400 IM	05:14.0	05:02.7	04:51.7	04:41.3	04:31.6	04:26.7	04:21.3	04:16.0	04:11.0	04:08.7

MALES SILVER										
Age	11	12	13	14	15	16	17	18	19	20
50 free						24.06	23.57	23.08	22.61	22.37
100 free	65.54	62.99	60.55	58.20	53.65	52.55	51.47	50.41	49.38	48.85
200 free	144.19	138.58	133.20	128.04	118.03	115.61	113.23	110.91	108.63	107.47
400 free	04:59.8	04:48.6	04:37.8	04:27.5	04:09.5	04:04.6	03:59.9	03:55.2	03:50.7	03:48.3
800 free	10:28.8	10:06.3	09:44.8	09:24.2	08:44.1	08:34.4	08:24.9	08:15.6	08:06.5	08:01.9
1500 free	19:46.5	19:04.4	18:24.0	17:45.3	16:30.3	16:12.1	15:54.3	15:36.8	15:19.7	15:11.0
50 back						26.96	26.42	25.88	25.35	25.08
100 back	72.47	69.64	66.92	64.32	60.12	58.89	57.69	56.52	55.37	54.78
200 back	156.54	150.42	144.55	138.92	129.85	127.20	124.61	122.08	119.59	118.32
50 breast						30.45	29.45	28.66	28.08	27.78
100 breast	82.23	78.99	75.89	72.92	69.26	66.51	64.31	62.58	61.32	60.67
200 breast	177.61	170.63	163.93	157.51	149.60	143.66	138.92	135.18	132.44	131.05
50 fly						25.77	25.25	24.74	24.24	23.98
100 fly	70.59	67.83	65.19	62.65	58.62	56.29	55.14	54.03	52.93	52.37
200 fly	156.70	150.58	144.71	139.08	130.13	124.96	122.42	119.94	117.50	116.26
200 IM	159.41	154.55	148.60	143.04	132.82	129.12	126.31	123.77	121.50	119.28
400 IM	05:26.8	05:15.5	05:04.5	04:54.1	04:37.6	04:32.7	04:27.1	04:22.0	04:17.5	04:15.2

MALES BRONZE										
Age	11	12	13	14	15	16	17	18	19	20
50 free						24.47	23.98	23.50	23.02	22.78
100 free	68.74	66.19	63.75	61.40	54.55	53.45	52.37	51.31	50.28	49.75
200 free	151.23	145.62	140.24	135.08	120.01	117.59	115.21	112.89	110.61	109.45
400 free	05:13.9	05:02.6	04:51.9	04:41.6	04:13.4	04:08.6	04:03.8	03:59.2	03:54.6	03:52.3
800 free	10:56.9	10:34.5	10:13.0	09:52.3	08:52.1	08:42.4	08:32.9	08:23.6	08:14.5	08:09.8
1500 free	20:39.3	19:57.2	19:16.8	18:38.1	16:45.1	16:26.9	16:09.1	15:51.7	15:34.6	15:25.9
50 back						27.65	27.10	26.56	26.04	25.77
100 back	75.67	72.84	70.12	67.52	61.62	60.39	59.19	58.02	56.87	56.28
200 back	163.45	157.33	151.46	145.83	133.09	130.44	127.85	125.32	122.83	121.56
50 breast						31.37	30.27	29.57	28.99	28.70
100 breast	85.43	82.19	79.09	76.12	71.26	68.51	66.11	64.58	63.32	62.67
200 breast	184.52	177.54	170.84	164.42	153.92	147.98	142.81	139.50	136.76	135.37
50 fly						26.51	25.98	25.47	24.97	24.71
100 fly	73.79	71.03	68.39	65.85	60.22	57.89	56.74	55.63	54.53	53.97
200 fly	163.80	157.69	151.82	146.19	133.69	128.51	125.97	123.49	121.06	119.81
200 IM	165.81	160.13	155.59	149.44	135.82	132.12	129.21	126.77	124.50	122.55
400 IM	05:39.6	05:28.3	05:17.3	05:06.9	04:43.6	04:38.7	04:32.9	04:28.0	04:23.5	04:21.2

MALES MERIT										
Age	11	12	13	14	15	16	17	18	19	20
50 free						25.57	24.85	24.37	23.94	23.70
100 free	71.94	69.39	66.95	64.60	56.95	55.85	54.27	53.21	52.28	51.75
200 free	158.27	152.66	147.28	142.12	125.29	122.87	119.39	117.07	115.01	113.85
400 free	05:27.9	05:16.7	05:06.0	04:55.6	04:24.0	04:19.1	04:12.2	04:07.5	04:03.4	04:01.1
800 free	11:25.1	11:02.7	10:41.1	10:20.5	09:13.2	09:03.5	08:49.6	08:40.3	08:32.1	08:27.4
1500 free	21:32.1	20:50.0	20:09.6	19:30.9	17:24.7	17:06.5	16:40.5	16:23.0	16:07.6	15:58.9
50 back						28.75	28.02	27.66	27.14	26.87
100 back	78.87	76.04	73.32	70.72	64.02	62.79	61.19	60.42	59.27	58.68
200 back	170.36	164.24	158.38	152.75	138.27	135.63	131.93	130.50	128.02	126.75
50 breast						32.70	30.91	30.90	30.32	30.02
100 breast	88.63	85.39	82.29	79.32	74.16	71.41	67.51	67.48	66.22	65.57
200 breast	191.43	184.45	177.75	171.33	160.18	151.96	145.83	145.76	143.03	141.63
50 fly						27.65	26.99	26.61	26.11	25.86
100 fly	76.99	74.23	71.59	69.05	62.72	60.39	58.94	58.13	57.03	56.47
200 fly	170.91	164.79	158.92	153.29	139.24	134.06	130.86	129.04	126.61	125.36
200 IM	172.21	166.53	161.07	155.84	141.75	137.22	132.96	131.62	129.40	127.90
400 IM	05:52.4	05:41.1	05:30.1	05:19.7	04:53.8	04:46.4	04:40.4	04:37.7	04:33.3	04:31.0



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COMMONWEALTH GAMES GLASGOW 2026

CONDITIONS OF SELECTION

TEAM MALTA

commonwealth
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MALTA

23RD JULY TO 2ND AUGUST 2026

CGA OF MALTA

CWG GLASGOW 2026

MINIMUM QUALIFICATION STANDARDS Conditions of Selection

Athletes, and their coaches, wishing to be considered for selection for this high-level competition are required to:

- 1) The qualification period will commence on 15 June 2025 and conclude on 14 June 2026, unless otherwise directed by the Local Organising Committee (LOC).
- 2) The medal programme can be found online: [Glasgow 2026 Commonwealth Games Medal Programme](#)
- 3) Athletes will be asked to fill in the MS Teams Forms in January 2026. This information will be used for the long list and logistics purposes. Each member of Team Malta is required to sign the code of conduct found on the website: <https://nocmalta.org/resources-for-athletes/documentation/> and send it by email with other documents as indicated in the Ms Teams Form in January 2026.
- 4) Coaches and athletes are obliged to discuss the yearly training program (with regular updates as required) starting from June 2025 up to August 2026 with the Association Technical Committee who in turn shall relay such information to the CGA technical commission. Overseas-based athletes will have their respective coaches send bi-monthly reports with possible virtual meetings with coaches as deemed necessary both with Association & CGA Technical Commission.
- 5) All athletes aspiring to participate in the Games will be subject to Diagnostic Fitness Tests at the Maltese Olympic Committee FDL Lab. These tests are obligatory and failure to attend without a valid reason and / or notification, will result in an automatic exclusion from the Games.
- 6) Athletes are required to attend training camps with the National Team, both locally and abroad as requested by Technical Committee of the Association. It is expected that athletes follow the direction / training of the national coach during such training camps / sessions.
- 7) Any member of the CGA and /or technical commission shall have the right to visit in person the training being carried out.
- 8) Any injury or sickness is to be reported **immediately** to the technical commission and Medical Commission of the CGA and also to the Medical Team of the Association. No athlete will be permitted to take part in the Games with any illness or injury which may hinder the athlete's performance and/or the team's performance. The CGA Medical Team reserves the right to certify each and every athlete for these games.

- 9) Athletes are to follow instructions by the medical team of the association and CGA for fast recovery from injury.
- 10) All athletes residing in Malta are to take compete in national competitions (and National Championships if CGA Malta and federation requests). Athletes based abroad are to keep CGA informed regularly of the results obtained. Athletes are required to compete in International Competitions and at those events for which the Technical Committee of the Association and CGA requests participation. This need to be approved by the CGA technical team and the federation/association. All results and technical report are to be communicated to the DoS and to the federation/association not later than 7 days from the date of competition.
- 11) The Technical Commission reserves the right to communicate and meet up with any athlete, coach and technical team per sport, and association/federation representative and the technical commission at any time from June 2025 till the end of the August 2026.
- 12) All athletes, coaches and appointed representatives of federation/association are required to accept, abide by the rules and regulations as well as sign a contract of code of Conduct of the CGA. Team Malta members are required to attend the press conferences, and any activities organised by CGA as regards CWG2026 and the CGA athletes' commission. Funded Athletes breaching these conditions could also be asked to refund any funds already approved and/or paid as per athlete's contract.
- 13) As part of the ongoing learning and safeguarding of our athletes and entourage, the following courses are a requirement for the selection (certificate issue date must be January 2025 or later):

Athletes:

- a) International-Level Athletes Education Program (English)
<https://adel.wada-ama.org/learn/learning-plans/1/international-level-athletes-education-program-english>
- b) Certification of Preventing Competition Manipulation:
<https://olympics.com/athlete365/learning>

Coaches:

- a) Coaches of High Performance Education Program (English) Certificate -
<https://adel.wada-ama.org/learn/learning-plans/7/coaches-of-high-performance-education-program-english>
- b) Certificate of Safeguarding Athletes from Harassment and Abuse -
<https://olympics.com/athlete365/learning>

Entourage:

- a) Certificate of Safeguarding Athletes from Harassment and Abuse -
<https://olympics.com/athlete365/learning>

- 14) According to the rules and regulations of the CWG, if any event does not have the required number of entries, the event will be removed from the programme. CGA will inform the national federation as soon as possible. The list of events in this document is not final yet.
- 15) The maximum number of athletes allowed to be selected does not mean that Team Malta will make use of all available spots.
- 16) **If the number of qualifying athletes exceeds the maximum quota allocated to Malta, the Malta Commonwealth Games Association (CGA Malta) will select athletes based on their current form, ranking, and potential to achieve the best results for Malta.**
- 17) All decisions taken by the technical commission and CGA pertaining to the CWG2026 will be deemed as final. **Reaching the MQS does not secure a place in the selected team.** Apart from reaching the MQS, international and national ranking, skill and fitness level, consistent results, a positive inclusion to the team and the need for Team Malta are taken in consideration.
- 18) Unless otherwise stated in the sports conditions below, the **final day** to be considered for selection to be part of Team Malta is **14th June 2026**. This means that any athlete competing abroad needs to send official result to their association and CGA director of sport by the said date.
- 19) No athlete, personal coaches or members of the federation are to post/publish the selected team before it is officially confirmed by the CGA of Malta

CGA Malta will publish the contingent of Team Malta in the following 2 weeks.

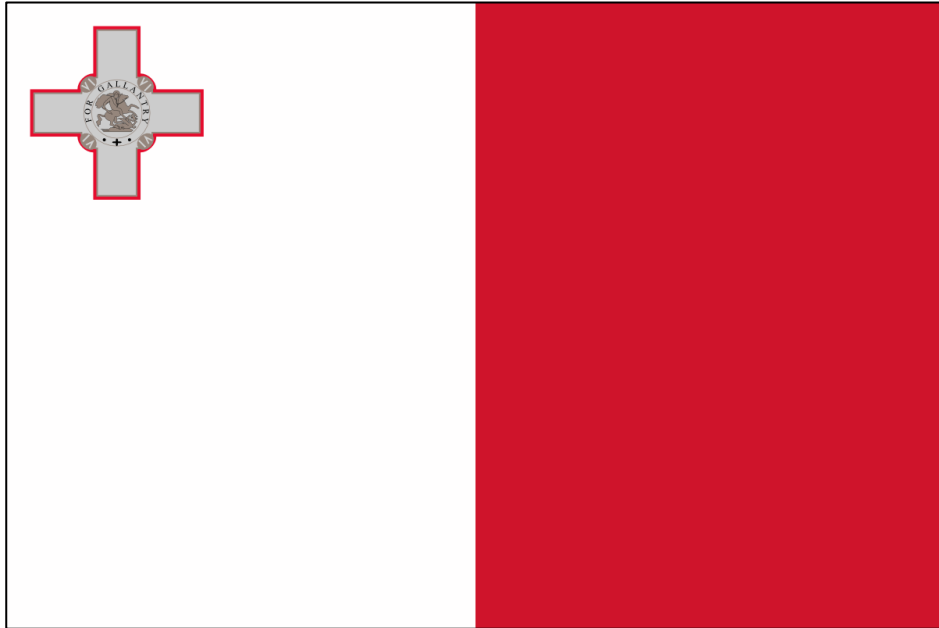


SWIMMING

Conditions:

- Swimmers are to achieve MQS A in the qualifying period **and** MQS B in 2026.
- If no athlete achieves the MQS as per condition A, CGA **may** opt to send a swimmer who achieves MQS B
- Maximum number of athletes selected in individual events is: 2 (Two)
- Achieving the MQS does not guarantee the selection. Athletes are to show consistent results during the season.
- All MQS times need to be achieved in a 50m Olympic size pool during an official competition meet.
- Proximity to the MQS could also be considered in exceptional cases at the sole discretion of the CGA. Only in exceptional cases, shall the CGA accept (and has the right) to deviate from the above, and this particularly if it is clear that such deviation could result in better performances at the Games.

MEN			WOMEN	
MQS A	MQS B	Event	MQS A	MQS B
		Freestyle		
23.00	23.46	50m	26.00	26.52
50.35	51.36	100m	56.50	57.63
1:48.45	1:50.60	200m	2:00.00	2:02.40
3:50.15	3:54.80	400m	4:15.00	4:20.10
8:15.00	8:24.90	800m	9:00.00	9:10.80
15:47.80	16:06.80	1500m	17:00.00	17:20.40
		Backstroke		
25.90	26.42	50m	30.05	30.65
56.10	57.22	100m	1:04.20	1:05.50
2:00.65	2:03.10	200m	2:18.00	2:20.80
		Breaststroke		
28.45	29.02	50m	33.20	33.87
1:03.00	1:04.3	100m	1:13.00	1:14.50
2:16.00	2:18.7	200m	2:30.00	2:33.00
		Butterfly		
24.20	24.69	50m	27.45	28.00
54.10	55.18	100m	1:00.40	1:01.60
1:58.90	2:01.3	200m	2:11.40	2:14.0
		Medley		
2:01.50	2:03.90	200m	2:15.00	2:17.70
4:21.50	4:26.70	400m	4:46.30	4:52.0



*Forming part of Team Malta is an **honour** for each one of us.*

*Competing at the best of our abilities is our **duty**.*

*Flying the Maltese flag high is our **responsibility** to make sure we live and promote the Olympic Values to our nation and to the next generation.*

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“Our Home Is Water”

**EUROPEAN
AQUATICS**



ASA OF MALTA SELECTION POLICY FOR THE EUROPEAN AQUATIC CHAMPIONSHIPS - PARIS, FRANCE

10th - 16th AUGUST 2026

1. POLICY PURPOSE

1.1. This selection policy outlines the process for selecting swimmers to represent Malta at the 2026 European Aquatics Swimming (50m) Championships in Paris, between the 31st July and 6th August 2026 (EAC26)

2. PERFORMANCE OBJECTIVES

2.1. To provide International Championship race experience for athletes who have demonstrated that they are on a trajectory for selection for the Los Angeles 2028 Olympic Games in pool swimming (individual and relay events).

2.2 To provide valuable high-level race experience for athletes on a trajectory to win medals on the European and World senior stage (50m) in individual and relay events.

3. TEAM SIZE

3.1 Up to a maximum of 8 swimmers may be selected for the 2026 European Aquatics Swimming (50m) Championships. There is no obligation on the ASA of Malta to select athletes and the total team size will be determined by the achievement of the appropriate standard of prior performance that will allow these athletes to be competitive with other swimmers on the same level of racing outcomes.

3.2 Subject to available budget, The ASA of Malta at their complete discretion, shall have the final say on who will make it onto the team.

3.3 Up to 4 athletes per event can be selected.



4. SELECTION PROCESS

4.1 Top 25 finishers in individual events from the 2025 World Aquatics Championships, Singapore held between the 27th July – 3rd August 2025 will be invited for selection onto the team. Following discussions between the Technical Director, the athlete and his/her coach, a meet in 2026 shall be agreed upon at which such swimmers selected this way can demonstrate their preparation for the European Championships is on target.

4.2 Remaining places, up to the maximum team size determined under clause 3.1, will be selected by achieving the performance level shown on the attached table (Appendix 1).

4.2.1 Achieving a selection time guarantees a place on the team.

4.2.2 When Achieving a consideration time, if the ASA feels that the swimmer is able to be competitive in the event, he/she may be added to the team.

4.2.3 Further places may be filled at the discretion of the ASA, in consideration to the objectives listed in clause 2.

4.2.4 Performances at National and International meets between the period 1st January 2026 to 30st June 2026 will be considered.

4.2.5 Selection times are based on the Merit to Gold times published in September 2025, using the 18 years Silver level of performance for both males and females for Selection and Bronze level for Consideration times. These Merit to Gold times are also included as Appendix 2.

4.2.6 The selection and consideration times will remain constant for the next 4 years (2026 to 2029).

5. SELECTION NOTIFICATIONS

5.1 All athletes selected will be notified by email on or before the 6th July 2026.

6. ELIGIBILITY REQUIREMENTS

6.1 Be a Maltese Citizen and eligible to represent Malta as per the appropriate World Aquatics (WA) and European Aquatics (EA) rules.

6.2 Have completed a Selection Acceptance Form to confirm they will be available to participate by the deadline to be imposed by the ASA of Malta. Failure to do so will be interpreted as non-available.

6.3 Be available to fulfil all team commitments from the time of selection through to the Championships.

6.4 Comply with any other WA or EA eligibility criteria from time to time, including in respect of nationality and/or anti-doping.

7. TEAM COMMITMENTS

All Team members will be required to:

7.1 Comply with the ASA of Malta Code of Conduct. A breach of the ASA of Malta Code of Conduct may result in de-selection from the team. If at the meet, the athlete will be repatriated to Malta.

7.2 Adhere to all prescribed travel arrangements which might involve different travel dates to other members of the team.

7.3 Abide by media protocols of the ASA of Malta Swimming Programme.

7.4 Swimmers and their Coaches must provide a detailed plan from the start of the season in September 2025 through to the European Championships 2026. This should be accompanied by records of how the swimmer has met this plan and their potential performance at the European Championships August 2026.

7.5 Written approval to be excluded from any activities within the period from selection to the start of the championships may be given by the Performance Director.

7.6 Comply with the ASA of Malta, WA and EA swimwear regulations whilst competing at the 2026 European Aquatics Championships (50m).

8. WITHDRAWALS AND REPLACEMENTS

8.1 If for any reason a swimmer is unable or unwilling to fully comply with the Team Commitments (7.1 to 7.6) they may be withdrawn from the team.

8.2 Swimmers becoming unfit due to illness or injury (physical or mental) at any time following their selection must notify the ASA of Malta immediately and will be required to undertake a full medical examination that may result in the swimmer being de-selected from the team at the complete discretion of the PD. In the event of injury or illness athletes may be deselected if they pose a risk to themselves, other athletes or team staff as determined by the ASA of Malta appointed Medical Officer.

8.3 The ASA of Malta may amend the selection policies within reason, at its discretion.

8.4 The ASA of Malta will exercise its authority to ensure that the final selections for the 2026 European Aquatics Championships (50m) team are in line with this policy.

Appendix 1

All times are Long Course Times:

Men		Event	Women	
Consideration Time	Selection Time		Selection Time	Consideration Time
00:23.50	00:23.08	50m Freestyle	00:25.79	00:26.21
00:51.31	00:50.41	100m Freestyle	00:55.40	00:56.30
01:52.89	01:50.90	200m Freestyle	02:00.77	02:02.74
03:59.20	03:55.23	400m Freestyle	04:11.50	04:15.50
08:23.60	08:15.67	800m Freestyle	08:39.10	08:48.90
15:51.70	15:36.82	1500m Freestyle	16:28.30	16:43.00
00:26.56	00:25.88	50m Backstroke	00:28.98	00:29.67
00:58.02	00:56.52	100m Backstroke	01:02.24	01:03.74
02:05.32	02:02.08	200m Backstroke	02:10.70	02:13.74
00:29.57	00:28.66	50m Breaststroke	00:32.73	00:33.66
01:04.58	01:02.58	100m Breaststroke	01:10.31	01:12.31
02:19.50	02:15.18	200m Breaststroke	02:31.86	02:46.18
00:25.10	00:24.55	50m Butterfly	00:27.66	00:28.40
00:54.83	00:53.63	100m Butterfly	01:00.42	01:02.02
02:01.71	01:59.05	200m Butterfly	02:14.13	02:17.68
02:06.37	02:03.57	200m Ind. Medley	02:15.87	02:18.19
04:27.23	04:21.60	400m Ind. Medley	04:46.90	04:50.40

Selection Times are set at the 18 years Silver Times.

Consideration Times are set at the 18 years Bronze Times

FEMALES MERIT TO GOLD TIMES

Long Course - Sep 2025

FEMALES GOLD										
Age	11	12	13	14	15	16	17	18	19	20
50 free						26.47	25.91	24.95	24.84	24.57
100 free	68.62	65.82	63.12	60.54	58.07	56.85	55.66	54.50	53.36	52.78
200 free	149.60	143.48	137.61	131.98	126.58	123.94	121.35	118.81	116.33	115.06
400 free	05:09.2	04:57.0	04:45.2	04:34.0	04:23.2	04:17.9	04:12.7	04:07.6	04:02.7	04:00.1
800 free	10:34.4	10:09.9	09:46.4	09:23.9	09:02.3	08:51.8	08:41.4	08:31.2	08:21.3	08:16.2
1500 free	20:04.5	19:18.6	18:34.6	17:52.4	17:11.9	16:52.0	16:32.6	16:13.6	15:55.0	15:45.5
50 back						29.50	28.88	27.81	27.69	27.38
100 back	76.48	73.35	70.35	67.47	64.71	63.36	62.03	60.74	59.47	58.82
200 back	160.60	154.03	147.73	141.69	135.89	133.05	130.27	127.55	126.07	124.70
50 breast						33.86	32.81	31.28	31.14	30.80
100 breast	79.03	75.79	72.69	69.72	75.83	72.73	70.48	68.31	66.88	66.15
200 breast	170.69	163.71	157.02	150.60	163.80	157.10	152.25	147.54	144.46	142.88
50 fly						28.09	27.51	26.93	26.37	26.08
100 fly	75.60	72.51	69.54	66.70	63.97	61.35	60.07	58.82	57.59	56.96
200 fly	167.83	160.97	154.39	148.07	142.02	136.21	133.36	130.57	127.84	126.45
200 IM	163.86	157.73	151.85	146.22	143.20	139.150	136.13	133.18	132.58	129.36
400 IM	05:35.7	05:23.5	05:11.7	05:00.4	05:01.1	04:52.8	04:46.8	04:40.9	04:35.8	04:33.2

FEMALES SILVER										
Age	11	12	13	14	15	16	17	18	19	20
50 free						26.89	26.33	25.79	25.26	24.99
100 free	71.82	69.02	66.32	63.74	58.97	57.75	56.56	55.40	54.26	53.68
200 free	156.57	150.45	144.59	138.96	128.55	125.90	123.31	120.77	118.29	117.02
400 free	05:23.1	05:10.9	04:59.2	04:47.9	04:27.1	04:21.8	04:16.6	04:11.5	04:06.6	04:04.0
800 free	11:02.3	10:37.8	10:14.3	09:51.8	09:10.2	08:59.6	08:49.2	08:39.1	08:29.2	08:24.1
1500 free	20:56.8	20:10.9	19:26.9	18:44.7	17:26.6	17:06.8	16:47.3	16:28.3	16:09.7	16:00.2
50 back						30.20	29.58	28.98	28.38	28.08
100 back	79.68	76.55	73.55	70.67	66.21	64.86	63.53	62.24	60.97	60.32
200 back	167.32	160.75	154.45	148.41	139.04	136.20	133.42	130.70	128.03	126.67
50 breast						34.79	33.75	32.73	32.07	31.73
100 breast	82.23	78.99	75.89	72.92	77.83	74.73	72.48	70.31	68.88	68.15
200 breast	177.61	170.63	163.93	157.51	168.12	161.42	156.57	151.86	148.78	147.20
50 fly						28.83	28.24	27.66	27.10	26.81
100 fly	78.80	75.71	72.74	69.90	65.57	62.95	61.67	60.42	59.19	58.56
200 fly	174.94	168.07	161.49	155.18	145.57	139.76	136.91	134.13	131.40	130.00
200 IM	170.26	164.13	158.25	152.62	146.29	142.32	139.13	135.87	133.65	131.73
400 IM	05:48.5	05:36.3	05:24.5	05:13.2	05:07.1	04:58.8	04:52.8	04:46.9	04:41.8	04:39.2

FEMALES BRONZE										
Age	11	12	13	14	15	16	17	18	19	20
50 free						27.31	26.75	26.21	25.68	25.41
100 free	75.02	72.22	69.52	66.94	59.87	58.65	57.46	56.30	55.16	54.58
200 free	163.55	157.43	151.56	145.93	130.51	127.86	125.27	122.74	120.25	118.98
400 free	05:37.1	05:24.9	05:13.1	05:01.9	04:31.0	04:25.7	04:20.5	04:15.5	04:10.5	04:08.0
800 free	11:30.2	11:05.7	10:42.2	10:19.7	09:18.0	09:07.4	08:57.1	08:46.9	08:37.0	08:31.9
1500 free	21:49.1	21:03.2	20:19.2	19:37.0	17:41.3	17:21.5	17:02.0	16:43.0	16:24.4	16:14.9
50 back						30.89	30.28	29.67	29.08	28.78
100 back	82.88	79.75	76.75	73.87	67.71	66.36	65.03	63.74	62.47	61.82
200 back	174.04	167.47	161.17	155.13	142.19	139.35	136.57	133.85	131.18	129.82
50 breast						35.72	34.68	33.66	33.00	32.66
100 breast	85.43	82.19	79.09	76.12	79.83	76.73	74.48	72.31	70.88	70.15
200 breast	184.52	177.54	170.84	164.42	172.44	165.74	160.89	156.18	153.10	151.52
50 fly						29.56	28.97	28.40	27.83	27.55
100 fly	82.00	78.91	75.94	73.10	67.17	64.55	63.27	62.02	60.79	60.16
200 fly	182.04	175.18	168.59	162.28	149.12	143.31	140.46	137.68	134.95	133.56
200 IM	176.66	170.53	165.04	159.02	149.57	145.15	141.80	138.61	136.65	135.36
400 IM	06:01.3	05:49.1	05:37.3	05:26.0	05:13.1	05:02.3	04:56.3	04:50.4	04:45.3	04:42.7

FEMALES MERIT										
Age	11	12	13	14	15	16	17	18	19	20
50 free						28.42	27.64	27.10	26.61	26.34
100 free	78.22	75.42	72.72	70.14	62.27	61.05	59.36	58.20	57.16	56.58
200 free	172.09	165.91	159.99	154.31	136.98	134.32	130.60	128.04	125.76	124.48
400 free	05:55.6	05:43.2	05:31.4	05:20.0	04:47.4	04:40.0	04:34.6	04:29.5	04:24.9	04:22.4
800 free	12:20.4	11:55.7	11:32.0	11:09.3	09:59.9	09:49.3	09:34.4	09:24.2	09:15.0	09:09.9
1500 free	23:15.7	22:29.4	21:44.9	21:02.3	18:52.4	18:32.4	18:04.5	17:45.3	17:28.2	17:18.6
50 back						32.01	31.39	30.79	30.20	29.90
100 back	86.08	82.95	79.95	77.07	70.11	68.76	67.43	66.14	64.87	64.22
200 back	185.92	179.17	172.69	166.47	151.44	148.52	145.66	142.86	140.12	138.72
50 breast						37.07	36.03	35.01	34.35	34.01
100 breast	88.63	85.39	82.29	79.32	82.73	79.63	77.38	75.21	73.78	73.05
200 breast	191.43	184.45	177.75	171.33	178.70	169.93	167.15	162.45	159.36	157.79
50 fly						30.70	30.12	29.54	28.98	28.69
100 fly	85.20	82.11	79.14	76.30	69.67	67.05	65.77	64.52	63.29	62.66
200 fly	189.15	182.28	175.70	169.38	154.67	148.86	146.01	143.23	140.50	139.11
200 IM	183.06	176.93	173.53	167.37	156.45	151.41	148.36	145.14	142.43	141.02
400 IM	06:14.1	06:01.9	05:50.1	05:38.8	05:20.8	05:12.5	05:08.5	05:02.6	04:57.6	04:55.0

MALES MERIT TO GOLD TIMES

Long Course - Sep 2025

MALES GOLD										
Age	11	12	13	14	15	16	17	18	19	20
50 free						23.65	23.15	22.67	22.20	21.96
100 free	62.34	59.79	57.35	55.00	52.75	51.65	50.57	49.51	48.48	47.95
200 free	137.15	131.54	126.16	121.00	116.05	113.63	111.25	108.93	106.65	105.49
400 free	04:45.7	04:34.5	04:23.7	04:13.4	04:05.5	04:00.7	03:55.9	03:51.3	03:46.7	03:44.4
800 free	10:00.6	09:38.2	09:16.7	08:56.0	08:36.2	08:26.5	08:17.0	08:07.7	07:58.6	07:54.0
1500 free	18:53.7	18:11.6	17:31.2	16:52.5	16:15.4	15:57.2	15:39.4	15:22.0	15:04.9	14:56.2
50 back						26.28	25.73	25.19	24.66	24.40
100 back	69.27	66.44	63.72	61.12	58.62	57.39	56.19	55.02	53.87	53.28
200 back	149.63	143.51	137.64	132.01	126.61	123.96	121.37	118.84	116.35	115.08
50 breast						29.54	28.62	27.74	27.16	26.86
100 breast	79.03	75.79	72.69	69.72	67.26	64.51	62.51	60.58	59.32	58.67
200 breast	170.69	163.71	157.02	150.60	145.28	139.34	135.03	130.86	128.12	126.73
50 fly						25.04	24.52	24.00	23.50	23.25
100 fly	67.39	64.63	61.99	59.45	57.02	54.69	53.54	52.43	51.33	50.77
200 fly	149.60	143.48	137.61	131.98	126.58	121.41	118.87	116.38	114.98	113.72
200 IM	153.77	147.33	141.87	136.64	129.82	125.58	122.63	120.77	118.50	117.34
400 IM	05:14.0	05:02.7	04:51.7	04:41.3	04:31.6	04:26.7	04:21.3	04:16.0	04:11.0	04:08.7

			MALES SILVER								
Age	11	12	13	14	15	16	17	18	19	20	
50 free						24.06	23.57	23.08	22.61	22.37	
100 free	65.54	62.99	60.55	58.20	53.65	52.55	51.47	50.41	49.38	48.85	
200 free	144.19	138.58	133.20	128.04	118.03	115.61	113.23	110.91	108.63	107.47	
400 free	04:59.8	04:48.6	04:37.8	04:27.5	04:09.5	04:04.6	03:59.9	03:55.2	03:50.7	03:48.3	
800 free	10:28.8	10:06.3	09:44.8	09:24.2	08:44.1	08:34.4	08:24.9	08:15.6	08:06.5	08:01.9	
1500 free	19:46.5	19:04.4	18:24.0	17:45.3	16:30.3	16:12.1	15:54.3	15:36.8	15:19.7	15:11.0	
50 back						26.96	26.42	25.88	25.35	25.08	
100 back	72.47	69.64	66.92	64.32	60.12	58.89	57.69	56.52	55.37	54.78	
200 back	156.54	150.42	144.55	138.92	129.85	127.20	124.61	122.08	119.59	118.32	
50 breast						30.45	29.45	28.66	28.08	27.78	
100 breast	82.23	78.99	75.89	72.92	69.26	66.51	64.31	62.58	61.32	60.67	
200 breast	177.61	170.63	163.93	157.51	149.60	143.66	138.92	135.18	132.44	131.05	
50 fly						25.77	25.25	24.74	24.24	23.98	
100 fly	70.59	67.83	65.19	62.65	58.62	56.29	55.14	54.03	52.93	52.37	
200 fly	156.70	150.58	144.71	139.08	130.13	124.96	122.42	119.94	117.50	116.26	
200 IM	159.41	154.55	148.60	143.04	132.82	129.12	126.31	123.77	121.50	119.28	
400 IM	05:26.8	05:15.5	05:04.5	04:54.1	04:37.6	04:32.7	04:27.1	04:22.0	04:17.5	04:15.2	

MALES BRONZE										
Age	11	12	13	14	15	16	17	18	19	20
50 free						24.47	23.98	23.50	23.02	22.78
100 free	68.74	66.19	63.75	61.40	54.55	53.45	52.37	51.31	50.28	49.75
200 free	151.23	145.62	140.24	135.08	120.01	117.59	115.21	112.89	110.61	109.45
400 free	05:13.9	05:02.6	04:51.9	04:41.6	04:13.4	04:08.6	04:03.8	03:59.2	03:54.6	03:52.3
800 free	10:56.9	10:34.5	10:13.0	09:52.3	08:52.1	08:42.4	08:32.9	08:23.6	08:14.5	08:09.8
1500 free	20:39.3	19:57.2	19:16.8	18:38.1	16:45.1	16:26.9	16:09.1	15:51.7	15:34.6	15:25.9
50 back						27.65	27.10	26.56	26.04	25.77
100 back	75.67	72.84	70.12	67.52	61.62	60.39	59.19	58.02	56.87	56.28
200 back	163.45	157.33	151.46	145.83	133.09	130.44	127.85	125.32	122.83	121.56
50 breast						31.37	30.27	29.57	28.99	28.70
100 breast	85.43	82.19	79.09	76.12	71.26	68.51	66.11	64.58	63.32	62.67
200 breast	184.52	177.54	170.84	164.42	153.92	147.98	142.81	139.50	136.76	135.37
50 fly						26.51	25.98	25.47	24.97	24.71
100 fly	73.79	71.03	68.39	65.85	60.22	57.89	56.74	55.63	54.53	53.97
200 fly	163.80	157.69	151.82	146.19	133.69	128.51	125.97	123.49	121.06	119.81
200 IM	165.81	160.13	155.59	149.44	135.82	132.12	129.21	126.77	124.50	122.55
400 IM	05:39.6	05:28.3	05:17.3	05:06.9	04:43.6	04:38.7	04:32.9	04:28.0	04:23.5	04:21.2

MALES MERIT										
Age	11	12	13	14	15	16	17	18	19	20
50 free						25.57	24.85	24.37	23.94	23.70
100 free	71.94	69.39	66.95	64.60	56.95	55.85	54.27	53.21	52.28	51.75
200 free	158.27	152.66	147.28	142.12	125.29	122.87	119.39	117.07	115.01	113.85
400 free	05:27.9	05:16.7	05:06.0	04:55.6	04:24.0	04:19.1	04:12.2	04:07.5	04:03.4	04:01.1
800 free	11:25.1	11:02.7	10:41.1	10:20.5	09:13.2	09:03.5	08:49.6	08:40.3	08:32.1	08:27.4
1500 free	21:32.1	20:50.0	20:09.6	19:30.9	17:24.7	17:06.5	16:40.5	16:23.0	16:07.6	15:58.9
50 back						28.75	28.02	27.66	27.14	26.87
100 back	78.87	76.04	73.32	70.72	64.02	62.79	61.19	60.42	59.27	58.68
200 back	170.36	164.24	158.38	152.75	138.27	135.63	131.93	130.50	128.02	126.75
50 breast						32.70	30.91	30.90	30.32	30.02
100 breast	88.63	85.39	82.29	79.32	74.16	71.41	67.51	67.48	66.22	65.57
200 breast	191.43	184.45	177.75	171.33	160.18	151.96	145.83	145.76	143.03	141.63
50 fly						27.65	26.99	26.61	26.11	25.86
100 fly	76.99	74.23	71.59	69.05	62.72	60.39	58.94	58.13	57.03	56.47
200 fly	170.91	164.79	158.92	153.29	139.24	134.06	130.86	129.04	126.61	125.36
200 IM	172.21	166.53	161.07	155.84	141.75	137.22	132.96	131.62	129.40	127.90
400 IM	05:52.4	05:41.1	05:30.1	05:19.7	04:53.8	04:46.4	04:40.4	04:37.7	04:33.3	04:31.0