



**NATIONAL TALENT POOL
DEVELOPMENT PROGRAM
SWIMMING**

2026 EDITION

Over View - Need for a National Program

In order to ensure sustainable performance improvements in Indian Swimming, it is imperative that various programs running across the country are working along established LTAD models and are able to nurture young talent in a manner which leads these swimmers to reach their fullest potential in later years and not prematurely. It is equally important that the swimmers progress to elite level without injuries related to over training or wrong type of training. Eventually creating a larger pool of swimmers who migrate to the elite level to perform at their peak potential at the appropriate age.

In a country like India, talent “selection” cannot be limited to a small fraction of swimmers who reach the national level competitions like National Championships or Khelo India Youth Games.

In the current context, only a few states contribute to the top 5 swimming times for any given event. Of these a very small fraction meet the age specific performance criteria by established global standards. It is also observed that most of these stand out times in early years are at the cost of “Long Term Development”, leading to stagnation and not so very impressive improvement in later years. This along with academic priorities lead to attrition of a large section of athletes from a pool which is not very large from the outset. The hard truth is that, a medal at a national championship, Khelo Games or National Games is the road to a college admission or opens the door for a government job. A “participation” at Major International meet is a “icing on the cake”, and an Olympic Medal is a aberration in everyones dreams.

Therefore “scouting of talent” needs to shift from a “Competition Performance led criteria“ to a “Attributes led criteria”. In the short term, in-competition performance may continue for providing assistance under various schemes. Parallel, effort is required towards a more broader regional scouting exercise.

Decentralised scouting at state level competitions & visits to academies, would help identification of untapped potential who can be nurtured through mentoring of coaches under whom such talent may exist. Attributes based scouting on established scientific sport specific criteria will help identification of raw talent (8-10 years) for the long term. This would lead into the road map for 2032 & 2036.

This would have to be supported with a regional development camps, supporting coaches at regional level with workshops, regular coach certification courses and continuing opportunities for up-skilling , self learning resources. These efforts need to dovetail into a mechanism for oversight and monitoring of process with regular evaluation.

Notwithstanding all of the above, in order to address short to medium term goals, the athletes constituting the potential talent for 2026 Asian Games & 2028 Olympics cannot be ignored. These athletes presently train under various coaches/academies with very little or no oversight on their progress, training methodology, reporting of injury, sport specific assessments. Though athletes and coaches are beneficiaries of various schemes offered by the government, through the MYAS Assistance to NSF or directly through Sports Authority of India, they remain individually unaccountable for the outcomes. If the Swimming Federation of India is to be accountable for the overall performance of India’s performance on the global stage, it is imperative that a National Program for Development be led by it. All stakeholders need to be brought on board and need to be aligned to the developmental plan for future as well as current talent. In order to do so, There is a need to appoint a individual with appropriate experience as National Program Director.

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Competitive Swimming Program Evolution - World Perspective

Improvement in World Competitive Swimming over the last 4 Olympic cycles has brought on a big change in the demographic and make up of its top performers. In the past, talented athletes across the globe could reach a reasonable level of competitive proficiency in situ and with a new coach, change of environment, or investment aspire to the top ranks. In the current scenario, the top ranks have begun to tighten and even to close. A greater percentage of Swimming's top times are being recorded by athletes from fewer countries.

This outcome is largely the result of an increasing number of nations, both large and small investing a specific process methodology of athlete and program development. The process involves a long term athlete development model based on outcome targets and supported by science based performance testing and training support to both development & elite group of athletes.

This performance development model is a part of the competitive lives of individual athletes/coaches, and is the core structure of performance centres and large swimming clubs, and the blueprint for targeted national investment of the leading nations at the top of the pyramid.

At each level of engagement, be it the club, regional or national level, performance program building follows a now established pattern. This model adapted to cultural and geographical conditions is prescribed for development of Indian swimming.

DEVELOPING or IMPROVING Performance of Swimmers in the Current Talent Pool is accomplished best and quickest by shifting all of the swimming stakeholders to a true Performance Development model with performance goals driven mentoring and monitoring.

The up skilling of Swimmers, Science Support staff, and most importantly Coaches is vital to creating a process where performance improvement is inevitable.

The Performance Development model begins with the idea of Long term Athlete Development (LTAD) and progresses toward a coach directed athlete focused event specific package of support towards realistic but specific outcomes. Immediate points of contact & intervention being, current performers (athletes), their coaches & support staff. Key action areas:

National Talent Pool Athlete (NTPA) Inclusion

Swimmers age 13 & above who achieve age specific time standards (refer NTPA time standard table) at any SFI or World Aquatics affiliated National Federation, conducted competitions using electronic timing.

Provided, the swimmer (parent in case of 18 & under) and primary coach undertake to

- Regularly share the training logs with NPD and receive inputs on training design from NPD
- Agree to sincerely use all technology adopted by SFI for monitoring the progress of swimmer
- Agree to meet NPD at place of training for periodic reviews at appointed date / time
- Attend all camps that may be organised by SFI during the annual calendar unless exemption is sought and granted by NPD for justifiable reasons
- Agree to follow a appropriate LTAD plan recommended by NPD including competitions exposure and target events for the year in question.
- Sign a declaration to comply with the latest WADA guidelines for clean sport and agree to comply with nutrition & responsible use of supplements as per guidelines of NPD

Only National Talent Pool Athletes will be eligible for government funded international exposure meets, domestic & international junior / senior training camps etc.

SFI will only recommend swimmers on NTPA for inclusion on TOPS core/development subject to meeting the TOPS selection benchmarks. TOPS inclusion is solely discretion of Mission Olympic Cell of SAI

Development Pool Athlete (DPA)

- (1) Swimmers 9-12 years, not already included in NTPA pool.
- (2) Any other swimmer identified as potential talent from "Talent Scouting" activity by SFI by NPD or otherwise.

Provided, the swimmer, parent and primary coach undertake to :

- Regularly share the training logs with NPD and receive inputs on training design from NPD
- Agree to sincerely use all technology adopted by SFI for monitoring the progress of swimmer
- Agree to meet NPD at place of training for periodic reviews at appointed date / time
- Attend all regional camps that may be organised by SFI during the annual calendar. unless exemption is sought for illness or academic reasons.
- Agree to follow a appropriate LTAD plan recommended by NPD including competitions exposure and target events for the year in question.

Progression & Weeding out

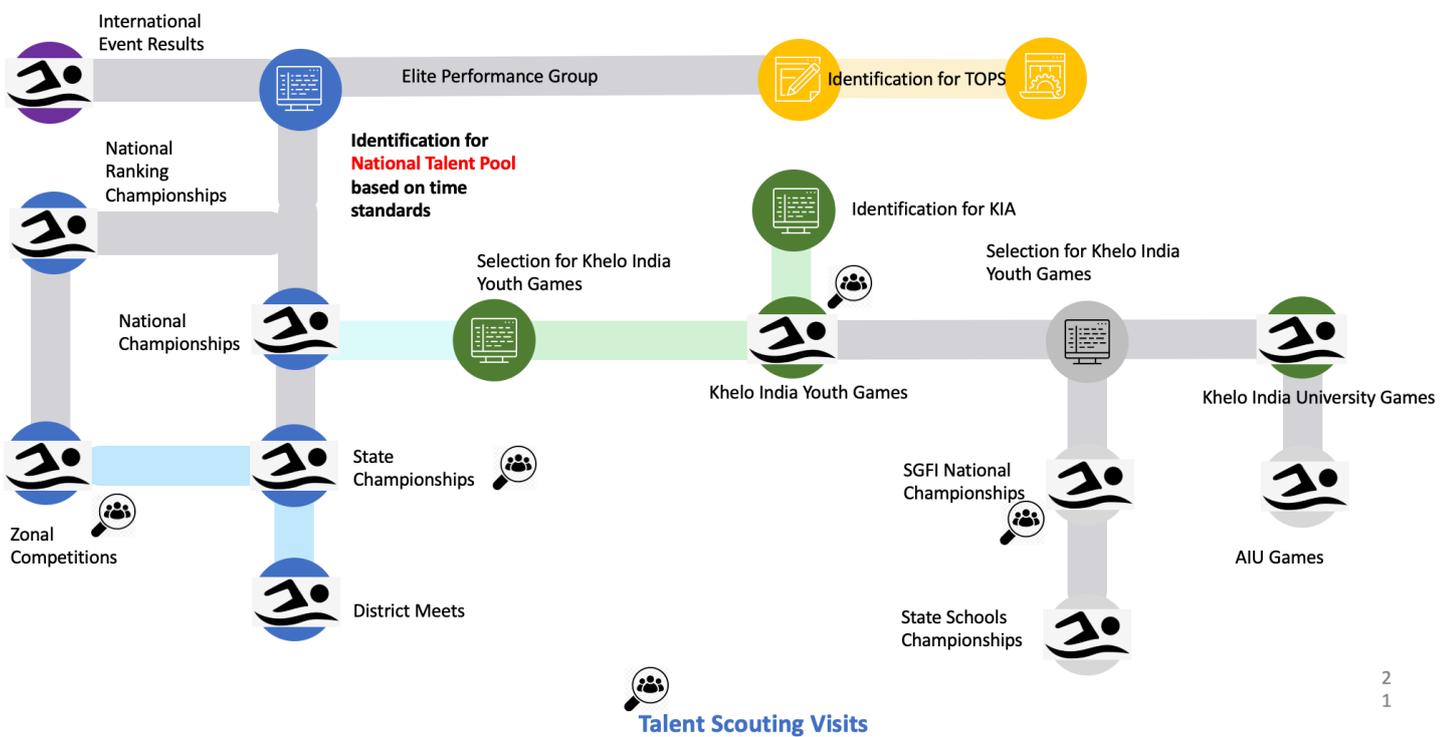
A swimmer will automatically progress to the National Talent Pool, for the subsequent year if she/he meets the criteria for NTPA and agrees to the conditions applicable to a NTPA (outlined above). Swimmer will be dropped from the NTPA / DPA if she/he fails to meet the conditions consecutively for 6 months or quits training for more than 6 months for any reason excluding medical rehab with established intent to return to training.

Selection Process



NATIONAL TALENT POOL ATHLETE

Swimming Competition & Performance Pathway



Refer age specific NTPA selection Time Standards table for the current competition year

2026 NTPA TIME STANDARDS MEN & BOYS

20-24 YEARS	100 M	200 M
Free	00:49.92	01:49.80
Back	00:55.88	02:02.40
Breast	01:03.32	02:16.40
Fly	00:54.93	02:02.70
Free 50M	00:22.53	
200 IM	02:04.10	
400 IM	04:23.10	
400 Free	03:53.00	
800 Free	08:11.30	
1500 Free	15:13.70	

19 YEARS	100 M	200 M
Free	00:50.57	01:51.20
Back	00:56.78	02:04.30
Breast	01:04.32	02:18.50
Fly	00:55.68	02:04.40
Free 50M	00:22.82	
200 IM	02:05.70	
400 IM	04:26.40	
400 Free	03:55.90	
800 Free	08:17.00	
1500 Free	15:24.40	

18 YEARS	100 M	200 M
Free	00:51.22	01:52.70
Back	00:57.68	02:06.30
Breast	01:05.32	02:20.70
Fly	00:56.43	02:06.10
Free 50M	00:23.11	
200 IM	02:07.30	
400 IM	04:29.70	
400 Free	03:58.80	
800 Free	08:22.70	
1500 Free	15:35.10	

17 YEARS	100 M	200 M
Free	00:52.02	01:54.40
Back	00:58.78	02:08.70
Breast	01:06.37	02:23.00
Fly	00:57.28	02:08.00
Free 50M	00:23.48	
200 IM	02:09.20	
400 IM	04:33.50	
400 Free	04:02.30	
800 Free	08:34.80	
1500 Free	15:48.30	

16 YEARS	100 M	200 M
Free	00:52.82	01:55.50
Back	00:59.78	02:10.90
Breast	01:07.42	02:25.20
Fly	00:58.13	02:09.90
Free 50M	00:23.84	
200 IM	02:11.10	
400 IM	04:43.50	
400 Free	04:05.80	
800 Free	08:36.80	
1500 Free	16:01.50	

15 YEARS	100 M	200 M
Free	00:55.74	02:01.50
Back	01:01.88	02:11.99
Breast	01:09.82	02:28.12
Fly	01:00.03	02:14.10
Free 50M	00:25.69	
200 IM	02:16.30	
400 IM	04:47.70	
400 Free	04:23.80	
800 Free	09:12.90	
1500 Free	17:09.20	

14 YEARS	100 M	200 M
Free	00:57.99	02:05.60
Back	01:04.91	02:27.30
Breast	01:12.88	02:35.74
Fly	01:03.99	02:19.72
Free 50M	00:27.63	
200 IM	02:28.30	
400 IM	05:04.60	
400 Free	04:29.90	
800 Free	09:09.70	
1500 Free	17:31.30	

13 YEARS	100 M	200 M
Free	01:04.42	02:21.70
Back	01:08.21	02:34.30
Breast	01:17.92	02:47.80
Fly	01:08.53	02:24.99
Free 50M	00:29.07	
200 IM	02:34.70	
400 IM	05:17.40	
400 Free	04:54.80	
800 Free	09:29.90	
1500 Free	19:12.90	

2026 NTPA TIME STANDARDS WOMEN & GIRLS

20-24 YEARS	100 M	200 M
Free	00:55.33	02:00.50
Back	01:02.57	02:15.30
Breast	01:10.58	02:31.10
Fly	01:00.36	02:14.00
Free 50M	00:25.19	
200 IM	02:16.30	
400 IM	04:44.80	
400 Free	04:11.00	
800 Free	08:38.00	
1500 Free	16:26.30	

19 YEARS	100 M	200 M
Free	00:55.93	02:01.80
Back	01:03.47	02:17.30
Breast	01:11.58	02:33.20
Fly	01:01.01	02:15.40
Free 50M	00:25.46	
200 IM	02:17.90	
400 IM	04:48.00	
400 Free	04:13.60	
800 Free	08:43.30	
1500 Free	16:36.10	

18 YEARS	100 M	200 M
Free	00:56.53	02:03.10
Back	01:04.37	02:19.20
Breast	01:12.58	02:35.40
Fly	01:01.66	02:16.90
Free 50M	00:25.74	
200 IM	02:19.60	
400 IM	04:51.00	
400 Free	04:16.20	
800 Free	08:48.50	
1500 Free	16:45.90	

17 YEARS	100 M	200 M
Free	00:57.23	02:04.60
Back	01:05.42	02:21.50
Breast	01:13.58	02:37.50
Fly	01:02.56	02:16.70
Free 50M	00:26.05	
200 IM	02:21.10	
400 IM	04:53.80	
400 Free	04:19.30	
800 Free	08:54.60	
1500 Free	16:57.40	

16 YEARS	100 M	200 M
Free	00:58.03	02:06.40
Back	01:06.47	02:23.80
Breast	01:14.68	02:39.80
Fly	01:03.16	02:20.20
Free 50M	00:26.42	
200 IM	02:23.20	
400 IM	04:58.30	
400 Free	04:22.80	
800 Free	09:01.60	
1500 Free	17:10.40	

15 YEARS	100 M	200 M
Free	00:59.73	02:10.10
Back	01:08.57	02:28.30
Breast	01:17.08	02:44.90
Fly	01:04.86	02:24.00
Free 50M	00:27.19	
200 IM	02:27.10	
400 IM	05:07.70	
400 Free	04:30.20	
800 Free	09:16.40	
1500 Free	17:38.20	

14 YEARS	100 M	200 M
Free	01:01.89	02:23.06
Back	01:13.97	02:30.54
Breast	01:21.98	02:55.50
Fly	01:08.59	02:35.00
Free 50M	00:30.15	
200 IM	02:34.94	
400 IM	05:28.30	
400 Free	04:51.99	
800 Free	10:13.00	
1500 Free	18:50.44	

13 YEARS	100 M	200 M
Free	01:07.83	02:27.70
Back	01:15.57	02:35.92
Breast	01:23.68	02:59.10
Fly	01:09.70	02:39.50
Free 50M	00:30.9	
200 IM	02:39.79	
400 IM	05:34.90	
400 Free	05:05.50	
800 Free	10:26.90	
1500 Free	19:15.00	



COACH NATIONAL TALENT POOL SWIMMING

MISSION 2032



Primary Coaches of swimmers who are on the **National Talent Pool** will be invited to be part of the National Talent Pool Development Program. These coaches along with their swimmer will be mentored on a one on one basis by the National Program Director. NTP coaches will also go through the ' **Accelerated Coach Certification** '

NTP Program Coach will

- Interact frequently with the NPD for reviewing the progress of their NTP athletes and share feedback on training adaptations of such athletes.
- Will discuss and agree on the age appropriate LTAD plan for each of their swimmers, including target peaking competitions for each season
- Will ensure that the swimmer maintains highest standards of discipline towards training, anti doping rules.
- Will discuss with the NPD any areas of concern which may be detrimental to the progressive improvement of performance of the NTP swimmer



Long Term Planning Focus