

Competition	<p>23rd Commonwealth Games 2026, Glasgow, Scotland</p> <p>23 July to 2 August 2026</p>
Qualifying Period	1 March 2025 to 31 May 2026
Initial Release Date	<p>Approved by SNOC: 12 January 2026</p> <p>Version 2 Approved by SNOC: 29 April 2026 (Amendments indicated in Red)</p>
Selection Events	<ul style="list-style-type: none"> • 55th Singapore National Age Group Swimming (SNAG) Championships, Singapore OR Pre-Approved Overseas Based (OSB) Meet • 20th Singapore National Swimming Championships (SNSC), Singapore OR Pre-Approved Overseas Based (OSB) • 2025 World University Games • 2025 World Aquatics Championships, Singapore • 2025 World Aquatics Junior Swimming Championships, Romania • 33rd Southeast Asian Games, Thailand • 56th SNAG Championships 2026, Singapore OR Approved (OSB) Meet • 21st SNSC, Singapore OR Approved (OSB) Meet <ul style="list-style-type: none"> • Only pre-approved OSB meets with approval by SAQ prior to the 55th SNAG and 20th SNSC are eligible as a selection meet • OSB Swimmers not returning for 56th SNAG can select one accredited and sanctioned meet between 1 January – 30 April 2025 and 1 January – 30 April 2026 respectively, that comply with WA standards. • OSB Swimmers not returning for 21st SNSC can select one qualifying meet 1 May – 31 Aug 2025 and 1 May – 31 May 2026 respectively, that comply with WA Standards. • OSB athletes intending to nominate an alternate meet are required to declare this to SAQ 48h before the start of the local meet in Singapore (56th SNAG, 21st SNSC). Once declared, results from the local meet will not be considered, regardless of participation. • Both OSB Athletes selected meets must comply with WA standards. Submission of these meets must be received at Singapore Aquatics (SAQ) 48 hours prior to actual alternate meet nominated. <ul style="list-style-type: none"> ○ Nomination of Overseas meet is to be sent to tracie.tan@sqaquatics.org.sg ○ The overseas based athlete is responsible to seek clarification from the host country that the meet is a WA qualifying event ○ Any times submitted that are not from a WA qualifying event will NOT be accepted. ○ Official times must be sent directly to SAQ within two days of the meet conclusion. <ul style="list-style-type: none"> ▪ Send times to tracie.tan@sqaquatics.org.sg

Eligibility	<p>To be considered for selection, a swimmer must meet all the following eligibility criteria and maintain through the Championships:</p> <ol style="list-style-type: none"> 1. Be a Singapore citizen, eligible to represent Singapore. <ol style="list-style-type: none"> a. Athletes must be <u>Singapore Citizens, and should not be holding dual citizenship if they are above 22 years old</u>, at the time of nomination. 2. Be a registered member of SAQ in good standing. 3. Have a signed current SAQ Athlete Agreement. 4. Met performance standards as designated by Singapore National Olympic Committee (SNOC) and SAQ <ol style="list-style-type: none"> a. Times must be achieved in an individual event; relay lead-off times, intermediate splits or swim-off results will not be considered for individual event selection purposes. 5. Have competed and qualified in at least one of the selection events stated in the previous section or a designated accredited meet if based overseas, unless granted an exemption under the provisions of the criteria by the SAQ Selectors. 6. This exemption will only be granted due to extenuating circumstances. On request of SAQ, evidence shall be provided of the extenuating circumstances, prior to the exemption being considered. <ol style="list-style-type: none"> a. Extenuating circumstances can include but is not limited to: <ol style="list-style-type: none"> i. Injury or Illness ii. Equipment Failure iii. Travel Delays / Restrictions iv. Bereavement v. Such other circumstances as the selectors may consider to be relevant. 7. Continues to train for, behave and act towards peak swimming performance. 8. Be available to fulfil the Team Commitments as listed below and any additional commitments following selection. 9. Not used or administered any substance which, if it had been detected as being present in the athlete's body tissue or fluids, would have constituted doping, or used any prohibited method or committed any other doping offence as defined in ADS's, WADA or WA's Anti-Doping By-law. 10. No individual can perform the role of both participating swimmer and coach at the same meet. <ol style="list-style-type: none"> a. The individual shall declare their intention upon selection of their specific role. b. Each individual will declare their role upon signing either the Athletes' Agreement or Coaches' Agreement
Team Commitments	<p>All swimmers and officials must:</p> <ol style="list-style-type: none"> 1. Comply with the provisions of the SAQ and SNOC Athletes and Officials Agreements at all times. 2. Conform to SAQ and SNOC requirements regarding team participation. This includes, but may not be limited to, providing an acceptable training plan, attendance at a pre-event camp and wearing team uniform as required.

	<ol style="list-style-type: none"> 3. Make themselves available for all team activities designated by SNOC and SAQ. 4. Not act in such a manner as to bring the SNOC, athlete or SAQ into public disrepute. 5. Swimmers and Officials are required to appear at events and platforms whereby their images and presence are needed to achieve SNOC's and SAQ's objectives of giving back to the Sport and the wider community. These obligations will be further outlined in the SNOC and SAQ Athletes and Officials Agreement as per Point 1.
Performance Requirements	<p>Selection Priority: Swimmers will be selected for nomination to SNOC by the following priority:</p> <ol style="list-style-type: none"> 1. Individual A Qualifiers¹ 2. Individual B Qualifiers² 3. Relay-only Qualifiers³ <p><u>Criteria for Nomination for Individual Events</u> To be considered for selection for individual events for the 23rd Commonwealth Games (CWG) 2026, swimmers are required to:</p> <ol style="list-style-type: none"> 1. [Individual A Qualifiers¹] Achieve an A-Time Standard as shown below in Table 1 within the qualification window <ol style="list-style-type: none"> a. The Automatic Qualifying time set by SAQ for this championship is based on the 4th place time in the Finals at the Birmingham 2022 CWG b. Achieving this standard automatically qualifies you to be nominated to the 23rd CWG 2026, given that you are one of the three fastest swimmers at the conclusion of the qualifying period. 2. [Individual B Qualifiers²] Achieve a B-Time Standard as shown below in Table 1 within the qualification window <ol style="list-style-type: none"> a. The B-Time Standard only applies to Male and Females, under 19 years old on 31 December 2026 b. Swimmers achieving B-Time Standards will be nominated if there are open spaces in those events after selection of Individual A Qualifiers. c. B-Time Standard is equal to 8th Place at 2022 CWG d. Swimmers who are nominated via a B-Time Standard will be submitted to SNOC as an appeal and subject to the decision of SNOC. 3. A maximum of 3 swimmers per event may be considered for selection. Swimmers with a B-Time Standard will be nominated based on open events up to a maximum of 3 swimmers per event. 4. Should more than 1 swimmer within their selection priority achieves the same qualifying time at the selection meets then the swimmer's second fastest time (and subsequent times should there continue to be a tie) in that event during the selection meets will be used to determine which swimmer is selected. 5. AQUA Swimming Points will rank all A/B cuts to determine selection nomination when multiple qualifiers per event exceed 3 and quota exceeds the SNOC allocation. The final quota number will be determined by SNOC.

6. Relay lead-offs or splits will not be considered for selection for individual events.

Nomination for Additional Events:

At the discretion of the National Head Coach, Technical Director and Selection Committee, at the conclusion of SNOC selection process (meaning they have been named to the official team roster), **ALL** swimmers **selected** for the 23rd CWG 2026 are available swimmers for additional events (events in which they haven't achieved the qualifying criteria) if there are open spots.

1. Swimmers will be ranked by times for all events they have results from the qualification window
2. Swimmers will be added to open events based on AQUA Swimming Points rankings
3. No swimmer will be added to an event that could affect the outcome of their selected events.
4. Swimmers must swim the event they are selected
5. If a swimmer declines an additional event, the next available and fastest swimmer will be offered the spot.
6. SNOC and SAQ are not obligated to fill all spots with available swimmers should there not be a viable swimmer available.

Criteria for Nomination for Relay Events:

All swimmers selected to the official team roster for 23rd CWG 2026 are considered available and eligible for relay positions as determined by the National Head Coach and staff at the meet.

Freestyle Relays

Swimmers will be nominated by the following priority:

1. Consideration for the 4 x 100m and 4 x 200m free relays.
 - a. Fastest 2 Qualified individual swimmers for the 100m and 200m freestyle events.
 - b. [Relay-Only Swimmers³] For each 100m & 200m Freestyle events, up to 4 additional swimmers may be nominated for selection as per ranking from the selection window.
 - i. Swimmers not already nominated under Priority 1 Individual A-Qualifiers, and Priority 2 Individual B-Qualifiers as Juniors, are known as Relay-Only swimmers. These swimmers will be nominated as additional swimmers to the 23rd CWG 2026.
 - ii. The next fastest 4 swimmers in the 100m and 200m freestyle events shall be nominated, only if the 4 slowest swimmers combined times make the relay qualifying standard for the relay, as per Table 1 for consideration.
 - iii. SAQ is not obligated to take up to 4 additional relay-only swimmers per freestyle relay if there are available swimmers qualified via Priority 1 Individual A-Qualifiers and Priority 2 Individual B-Qualifiers who not necessarily swim these events at the 23rd CWG 2026 due to conflict with other events.

- c. Relay Lead-off times **ARE** considered for relay-only swimmer nomination
- d. The 4 slowest swimmers combined times must make the relay qualifying standard for the relay, as per Table 1 for consideration.

Medley Relays

1. The medley relays will be selected at the meet from the following:
 - a. The fastest combination, meaning the fastest swimmer available during the course of the meet, including:
 - i. the fastest individual distance (100m) of stroke during the 23rd CWG 2026 or,
 - ii. a swimmer posting a faster time during the qualifying period who not necessarily swims that event at the 23rd CWG 2026 due to conflict with other events.
2. [Relay-Only Swimmers³] Should no individual swimmers for each of the form strokes (Butterfly, Backstroke, Breaststroke and Freestyle) be selected to the official team roster:
 - a. The fastest swimmer of the form strokes from the qualifying period will be nominated to form a medley relay
 - i. The combined time of swimmers must make the qualifying standard for the relay, as per Table 1 for consideration.
 - ii. This swimmer will be known as a relay-only swimmer.

General Relay Information

Nomination to the relay does not guarantee any athlete a position on the relay team on competition day. The National Head Coach, Team Coaches and Technical Director will make the final decision for the relay on the day to put the best possible relay on the blocks.

1. Depth Charts for the 100m Free, 200m Free, 100m Back, 100m Breast, 100m Fly will be composed at the end of the qualification window.
 - a. Swimmers must have swam a time within the qualifying period for the distance and stroke of leg of the relay to be considered for.
2. Selection criteria for composition of the relays at the meet will be based on, but not limited to the following:
 - a. Depth charts and Individual Historical Data
 - i. Qualifying period depth chart
 - ii. Historical results data per eligible athlete – prior 2 years of the qualifying period, and times achieved post team selection up to the 23rd CWG 2026.
 - b. Individual race performances during the meet
 - c. Historical reference for prior relay performances of available swimmers and their individual and other relay performances at the current Games
 - d. Time Trial at the CWG itself for swimmers where possible

Team Size	<ol style="list-style-type: none"> 1. SAQ intends to select and send three representatives for each individual event and fill all qualified relay positions, upon approval of SNOC and conditional on swimmers achieving the required standards, within the quota allotted by SNOC. 2. SNOC and SAQ shall not be obligated to take a full team of three athletes per event should a qualifying athlete or suitable developing athlete not be available for selection.
Coaches Selection	<p>SAQ will nominate the National Head Coach to SNOC for 23rd CWG 2026 selection.</p> <p>Subject to the approval of SNOC, the number of additional coaches selected will depend on the number of swimmers selected with a maximum ratio of 1:4 (1 coach x every 4 swimmers), based on the ranking of the swimmers selected to the Games (<i>Rankings based on World Ranking 2 per country September 1 2025 to Entry by Name deadline.</i>)</p> <p>Eligibility:</p> <ol style="list-style-type: none"> 1. NROC (current registration, or internationally recognised Foreign Certification equivalent) 2. The nominated coach of an athlete must be the coach of record for at least 3 months prior to the athlete's selection to the 23rd CWG 2026 and remain the coach of record through 23rd CWG 2026. <p>The coaches will be selected in accordance to the following priority.</p> <ol style="list-style-type: none"> 1. Coaches with swimmers ranked in the top 20 World Rankings. 2. Number of swimmers that have achieved the A-Time Standard. <ol style="list-style-type: none"> a. First, highest ratio swimmers with A-Time Standard to coach of record; <ol style="list-style-type: none"> i. When more coaches than spots available, swimmers will be ranked by their highest World Ranking. 3. Number of swimmers that have achieved the B-Time Standard. 4. Number of swimmers that are selected as Relay-only swimmers.
Notes	<p>The SNOC is the body which sets the qualifying standards for all sports. They are also the governing body that selects the athletes for the Games and considers any appeal cases which the National Sports Associations may submit.</p> <p>The selection committee will consist of the following</p> <ul style="list-style-type: none"> • Vice-President (Swimming) • Assistant Secretary General (Swimming) • National Head Coach • Technical Director • Deputy Executive Director <p>The appeals committee will consist of the following</p> <ul style="list-style-type: none"> • SAQ President • SAQ Secretary General • Ho Mun Wai

	<p>The High Performance Team may amend these selection criteria at any time at its discretion with the approval of the SAQ Selection Committee.</p>
<p>Appeals Process</p>	<p>All athletes have the right to appeal.</p> <ol style="list-style-type: none"> 1. Appeals with regards to the selection process by SAQ for nomination of an individual for consideration to SNOC. The process of appeal is as follows: <ol style="list-style-type: none"> a. The swimmer’s club will submit in writing to SAQ HPM within 48 hours following the announcement of nominations by selection committee, along with supporting evidence to be reviewed by the appeals committee. b. The appeals committee will deliberate on the merits of the appeal independently of the selection committee. <ol style="list-style-type: none"> i. With consideration of fairness and consistency in selection based on the posted selection criteria (as per Performance Requirements in this document) and, ii. With consideration of any special circumstances as described in the section “Eligibility” in this document. c. The appeals committee may request additional information from the athlete’s club through SAQ HPM if necessary, to further deliberate on the merits of the appeal. d. The committee will provide the HPM with outcome of the appeal to correspond to the said swimmer through their club. e. The decision of the appeals committee is final. <p>(HPM - High Performance Manager: Tracie Tan, tracie.tan@sqaquatics.org.sg)</p> 2. Appeals submitted by SAQ to SNOC for consideration of a swimmer post SNOC team selection. The process of appeal is as follows: <ol style="list-style-type: none"> a. SAQ HPM submits the appeal with evidence* directly to SNOC for review. b. SNOC reviews the appeal and corresponds to SAQ the outcome of the appeal. c. SAQ corresponds the outcome of the appeal to the club of the said swimmer. d. Review and decision of the appeal by SNOC is final. <p>*SAQ shall submit an appeal to SNOC on merits warranted by SAQ that serve the desired performance outcomes of the team.</p>
<p>Approved Date</p>	<p>Approved by SNOC: 12 January 2026 Version 2 approved by SNOC: 29 April 2026</p>

Table 1:
Commonwealth Games 2026, Glasgow, Scotland
SAQ Qualifying Times

Women			Men	
A cut = Commonwealth Games 2022 4th Place time (Finals) B cut = fastest time from 2022 8th place (Finals), only U-19, appeals basis			A cut = Commonwealth Games 2022 4th Place time (Finals) B cut = fastest time from 2022 8th place (Finals), only U-19, appeals basis	
B-Cut (U-19)	A-Cut	Events	A-Cut	B-Cut (U-19)
00:25.39	00:24.78	50m Freestyle	00:22.10	00:22.53
00:55.22	00:53.57	100m Freestyle	00:48.54	00:49.09
02:00.65	01:56.83	200m Freestyle	01:46.78	01:48.87
04:15.53	04:03.84	400m Freestyle	03:46.62	03:51.19
09:13.97	08:32.63	800m Freestyle	07:55.06	08:09.69
17:33.51	16:14.78	1500m Freestyle	15:14.64	15:42.67
00:28.66	00:27.61	50m Backstroke	00:25.08	00:25.44
01:02.09	01:00.02	100m Backstroke	00:54.13	00:54.83
02:18.53	02:09.40	200m Backstroke	01:56.91	02:01.64
00:31.39	00:30.41	50m Breaststroke	00:27.36	00:28.31
01:08.67	01:07.36	100m Breaststroke	00:59.86	01:01.98
02:29.06	02:24.00	200m Breaststroke	02:10.57	02:16.98
00:26.43	00:26.17	50m Butterfly	00:23.28	00:23.71
00:59.54	00:57.87	100m Butterfly	00:51.61	00:52.33
02:12.23	02:08.36	200m Butterfly	01:56.84	02:00.24
02:14.71	02:12.01	200 IM	01:58.95	02:00.73
04:42.27	04:39.80	400 IM	04:16.61	04:19.62
SAQ Relay Alternate Qualification Times				
2022 CWG 4th place			2022 CWG 4th place	
03:40.31		4x100m Free	03:15.79	
08:02.25		4x200m Free	07:10.64	
03:59.63		4x100m Medley	03:36.43	
SAQ Relay Qualification Times				
4x100m Freestyle Mixed -2022 CWG 4th place				
03:26.58				
SAQ Relay Qualification Times				
4x100m Medley Mixed - 2022 CWG 4th place				
03:44.38				

NOTE: The times of the Men 800 Freestyle and Women 1500 Freestyle have been derived through the equivalent AQUA points of the Men 1500 Freestyle and Women 800 Freestyle respectively, due to the lack of data from the previous Commonwealth Games edition.