

NTC Intake Standard (≥18y)

Local-based athletes

- For local-based athletes ≥18y, intake will be based on NTC Standards
- The application process will be the same as the NTC Intake for <18y
 - Athlete to submit Name + D.O.B. + Club
 - Top 1/2/3 events (depending on which NTC Standard the athlete is applying under)
 - Example

Gender	Age	Event 1	Event 2	Average
M	19y	200FR	100FR	778 AQUA Points (‘B’ Standard)
		1:49.90 799 AQUA Points	0:50.90 757 AQUA Points	

OR

Gender	Age	Event 1	Average
M	19y	200FR	819 AQUA Points (‘A’ Standard)
		1:49.00 819 AQUA Points	

- The intake period will occur after a major local or overseas competition, as it denotes the start of a new season, allowing the athlete to smoothly transition into the NTC programme
 - E.g., SNAG, SNSC, SEA Games, ASIAN Games, Commonwealth Games, World Championships, Olympic Games
- Swimmers must be Singaporean, PRs/foreigners will not be eligible

NTC Intake Standard (Overseas Based Athletes)

Overseas-based athletes

- For overseas-based athletes, intake will be based on NTC Standards regardless of age
- The application process will be the same as the NTC Intake for local-based athletes
 - Athlete to submit Name + D.O.B. + Club
 - Top 1/2/3 events (depending on which NTC Standard the athlete is applying under)
 - Example

Gender	Age	Event 1	Event 2	Event 3	Average
F	15y	200IM	200BR	100BR	628 AQUA Points (‘C’ Standard)
		2:26.50 638 AQUA Points	2:40.90 624 AQUA Points	1:15.09 622 AQUA Points	

- Swimmers must be Singaporean, PRs/foreigners will not be eligible

References

- Allen, S. V., Vandenberghe, T. J., & Hopkins, W. G. (2014). Career performance trajectories of Olympic swimmers: Benchmarks for talent development. *European Journal of Sport Science*, 14(7), 643–651.
- Born, D. P., Stäcker, I., Romann, M., & Stöggl, T. (2022). Competition age: does it matter for swimmers?. *BMC Research Notes*, 15(1), 82. <https://doi.org/10.1186/s13104-022-05969-6>

NTC Standards and Associated Times

Men							Gender	Women						
16	17	18	19	20	21	≥22	Age	≥22	21	20	19	18	17	16
661	700	751	764	783	802	816	AQUA Points	816	802	783	764	751	700	661
24.00	23.54	23.00	22.87	22.68	22.50	22.37	50FR	25.26	25.41	25.61	25.82	25.97	26.59	27.10
53.26	52.25	51.04	50.75	50.34	49.94	49.65	100FR	55.33	55.65	56.10	56.56	56.88	58.23	59.36
01:57.09	01:54.87	01:52.21	01:51.57	01:50.66	01:49.78	01:49.15	200FR	02:00.10	02:00.79	02:01.76	02:02.76	02:03.47	02:06.39	02:08.83
04:12.50	04:07.72	04:01.98	04:00.60	03:58.64	03:56.74	03:55.38	400FR	04:10.60	04:12.05	04:14.07	04:16.16	04:17.63	04:23.74	04:28.83
08:39.02	08:29.19	08:17.40	08:14.56	08:10.53	08:06.62	08:03.82	800FR	08:38.07	08:41.06	08:45.24	08:49.56	08:52.60	09:05.23	09:15.75
16:39.50	16:20.59	15:57.87	15:52.40	15:44.63	15:37.12	15:31.73	1500FR	16:25.03	16:30.73	16:38.68	16:46.89	16:52.66	17:16.68	17:36.68
27.03	26.52	25.90	25.76	25.55	25.34	25.20	50BK	28.74	28.90	29.14	29.38	29.55	30.25	30.83
59.23	58.11	56.76	56.44	55.98	55.53	55.21	100BK	01:01.13	01:01.49	01:01.98	01:02.49	01:02.85	01:04.34	01:05.58
02:08.48	02:06.04	02:03.12	02:02.42	02:01.42	02:00.46	01:59.76	200BK	02:11.77	02:12.53	02:13.60	02:14.70	02:15.47	02:18.68	02:21.36
29.78	29.22	28.54	28.38	28.15	27.93	27.76	50BR	31.20	31.38	31.63	31.89	32.08	32.84	33.47
01:05.29	01:04.06	01:02.57	01:02.21	01:01.71	01:01.22	01:00.86	100BR	01:08.62	01:09.02	01:09.57	01:10.15	01:10.55	01:12.22	01:13.61
02:24.04	02:21.32	02:18.04	02:17.25	02:16.14	02:15.05	02:14.27	200BR	02:27.19	02:28.04	02:29.23	02:30.46	02:31.32	02:34.91	02:37.90
25.56	25.08	24.50	24.36	24.16	23.96	23.83	50FL	26.14	26.29	26.50	26.72	26.87	27.51	28.04
56.76	55.69	54.40	54.09	53.65	53.22	52.91	100FL	58.42	58.76	59.23	59.72	01:00.06	01:01.49	01:02.67
02:06.66	02:04.27	02:01.39	02:00.69	01:59.71	01:58.76	01:58.07	200FL	02:10.35	02:11.10	02:12.15	02:13.24	02:14.00	02:17.18	02:19.83
02:09.36	02:06.91	02:03.97	02:03.26	02:02.26	02:01.29	02:00.59	200IM	02:14.51	02:15.29	02:16.37	02:17.50	02:18.28	02:21.56	02:24.30
04:38.38	04:33.11	04:26.78	04:25.26	04:23.10	04:21.00	04:19.50	400IM	04:42.13	04:43.77	04:46.04	04:48.40	04:50.05	04:56.93	05:02.66

Conditions	Exceptions
Exceptional SCM Performance NS ¹	≥900 AQUA Points Use lifetime best, until ORD
Injury ²	Use lifetime best provided athlete follows recovery protocol (e.g. seeing physio, doctor checks), length of exemption depends on diagnosis from doctor/physiotherapist
Major Games Qualifiers ³	Opportunity to train at NTC and meet NTC standards extended until end of qualified meet
Major Games Qualifiers (Relay Only) ³	Opportunity to train at NTC and meet NTC standards extended until end of qualified meet, standards for relay starts are 0.5s faster than flat starts
SPEX athletes	Under the SPEX policy, SPEX athletes have the opportunity to train at NTC

¹NS: Athlete must demonstrate professionalism when dealing with possible schedule challenges (e.g. regular and upfront communication with coaches, demonstrating good work ethic during trainings)

²Injury: Athletes must notify NTC Staff as soon as a diagnosis is received from NTC Physiotherapist or a certified doctor

³Major Games: SEA Games, ASIAN Games, Commonwealth Games, World Championships (LCM & SCM), Olympic Games