

Dino Select – Workout Participation

The University of Calgary Swim Club's DinoSelect program provides enhanced training and competition opportunities for athletes that have achieved the established performance criteria. Swimmers are selected according to the Fina Point chart. Please note that only Olympic Events are used in the selection process. The list of qualified athletes will be posted on our website.

Olympic Events:

Freestyle – 50, 100, 200, 400, 800 (female), 1500 (male)

Backstroke – 100, 200

Breaststroke – 100, 200

Butterfly – 100, 200

Individual Medley – 200, 400

Swimmer Selection Criteria:

Stroke Sessions: Top 2 ranked male and female per 100, 200 and/or 400

Sprint: Top 2 ranked male and female per 50 Free and/or 100

Distance: Top 2 ranked 800m female and 1500m male

IM: Top 2 ranked male and female 200 and/or 400

Age Groups	11;12;13;14;15
Training Day	Thursday
Location	Foothills Pool
Time	4:30-6:00pm