FINA Scholarships Programme
Report 2014-2016
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Report 2014-2016

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FINA SCHOLARSHIPS PROGRAMME

The FINA Scholarship Programme offers the opportunity to obtain financial and technical assistance for one potential elite athlete selected and proposed by their respective NF.

The scholarship supports the athlete in his/her preparation and qualification for the 2015 FINA World Championships in Kazan (RUS), the 2016 Olympic Games in Rio de Janeiro (BRA) and the 2017 FINA World Championships in Budapest (HUN), with a particular focus on athletes and NFs with the greatest needs.

Programme Goals

The aim of the programme is to identify, qualify and prepare a limited number of athletes aspiring to participate in the FINA World Championships and in the Olympic Games.

As part of the development of the National Federations, preparing athletes for international competitions is crucial to their development and the future of the national teams.

When

The FINA Scholarships Programme was launched in June 2013. FINA provides since then annual scholarships for a duration of 3-12 months to a limited number of athletes.

The length of the scholarship depends to the athlete plan and the expectations of the FINA National Member Federation.
How

Every year FINA launches the “FINA Scholarships Programme - application period”, moment when all the FINA National Federation members can apply to award one of their athletes.

FINA provides assistance to the scholarship holders by supporting their NFs or by offering the opportunity to train in a high-level training centre.

Each National Federation receives the application form where they can select one of the possible training options (Training Centre or National Federation option) and present the credentials of the athlete (e.g. best results, age of the athlete, training plan that has been followed, feedbacks from the coach and motivation letter written by the athlete).
Who

FINA provides 40 scholarships per year and the programme is focused on those National Member Federations with greatest needs.

There are two main requirements:
- Only the Universality National Federations are allowed to apply for the programme.
- At least one of the best times of the athlete (performed in a competition) shall be between the B standard (entry time for WCH and OG) and the S Standard (+3% of the B Standard).

Please find the chart of qualified scholarship holders (2013-15) on the next page.

FINA Scholarships
Technical and Financial Assistance

<table>
<thead>
<tr>
<th>Training Centre Option</th>
<th>NF Training Option</th>
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<tr>
<td>Athlete training in one of the training centres established by FINA.</td>
<td>The NF manages the athlete’s scholarship funds and selects the training location.</td>
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<tr>
<td>Reports made by the centre and sent to FINA every 2 months.</td>
<td>Reports made by the NF and sent to FINA every 2 months.</td>
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<td>Administered by the training centre and FINA.</td>
<td>Administered by the NF and FINA.</td>
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Short Term Programme
(3 month duration)

Those who are close to the set “B” standard objective could participate in short-term preparation.

Medium Term Programme
(3-6 month duration)

Designed for athletes who have the potential to achieve the “B” standard and need better technical and environmental conditions.

Long Term Programme
(6-12 month duration)

For young athletes (under 23) who need a longer time to achieve the “B” standard.

FINA decides in coordination with the relevant NF if the athlete will train in his/her home country or abroad in a high-level training centre. Factors to consider will be the needs of the athlete and his/her age.

The NF or the training centre will ensure that the athlete has:
- Access to appropriate training facilities.
- A specialised coach.
- Regular medical and scientific assistance and control.

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<td>TIMOR LESTE</td>
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<td>VIETNAM x2</td>
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<td>ZAMBIA</td>
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The Programme

FINA is continuously looking for the best ways to help the National Federations and especially for those that have more difficulties to access to high level structures and environments.

The FINA Scholarship Programme will assist the athletes to train in a high-level training centre with which FINA has a service agreement, providing them the necessary technical, tactical, mental and physical training:

• Training: 6-8 hours per day including dryland, assessments and mental conditioning
• Progress reports: detailed progress report every two months, including assessments
• Accommodation
• Meals: meal plans specifically designed for swimming athletes and nutritional education and support.
• Education: college placement and career guidance
• Medical insurance for any length programme
• Visa assistance if required
• Transport: local transportation if needed
In 2014, FINA will provide scholarships for Athletes, Youth Athletes and set up a Development of National Sport Structure programme. At its latest meeting in Cancun, Mexico on March 1-2, the FINA Bureau approved the new programmes, etching an important milestone for the development of Aquatics worldwide. Over the 2014-2017 period, FINA's budget for these three programmes will amount to nearly USD 7 million.

Up to now, FINA’s development programmes focused on coaches and officials. In 2013, FINA together with its member federations organised 34 schools and 43 clinics in the five disciplines – Swimming, Diving, Water Polo, Synchronised Swimming and Open Water Swimming – across all continents. In Cancun, the FINA Bureau rallied to include High Diving as well. FINA clinics train coaches from beginner to advanced levels while FINA schools provide training and certification to judges and referees.

In June, FINA will organise the 11th FINA World Swimming Officials Seminar in Miami, Florida with the participation of officials from all member federations.

In April 2010, FINA also launched the Swimming Coaches Certification, which was met by a wave of enthusiasm with a record 200 coaches attending the first course held in Bogota, Colombia.

U.S. swim coach Rick Powers was the first FINA appointed lecturer for this programme. “You’ll always find a few young coaches who are excited; you can see that on their faces,” Powers says.

Coaches from 14 countries, including Zambia, Croatia, Malaysia, Jamaica and Brunei, have since then benefited from the three-level certification programme, which aims at developing a universal terminology for coaches around the world.

A member of the IOC Sport for All Commission since 1992 and Olympic Solidarity since 2002, FINA President Dr. Julio C. Maglione sheds light on the international federation’s current development strategy and how it has evolved over time: “If, in the past, these programmes were essentially technical and focused on officials and coaches, we have now shifted to the core of the Aquatics protagonists, our Athletes. FINA’s new initiatives will also be tailored to fit their needs and to ensure their continued progression.

**The athlete is the focus**

At the 2012 London Games, the Olympic Solidarity supported 94 FINA athletes (39 women and 55 men) from a total 61 countries (13 from Africa, 17 from America, 10 from Asia, 18 from Europe and three from Oceania).

Among them, Chad Le Clos and Cameron van der Burgh. Both went down in South Africa’s swimming history after winning an Olympic gold medal, van der Burgh being the nation’s first...
swimmer to accomplish this feat in an individual swimming event (100m breaststroke).

Similarly, FINA’s Scholarships for Athletes will provide financial support to talented swimmers in their preparation and qualification for the FINA World Championships. Scholarship holders get the opportunity to maximise their potential while benefiting from top-level coaching expertise and world-class facilities.

The experience athletes draw from training and living abroad as part of a wealth of talents in an international environment is often decisive on the road to success. The programme targets swimmers and national federations with the greatest needs in FINA’s six aquatic sports. FINA’s objective is to provide up to 40 scholarships/year.

Rick Powers, who has coached swimming for 42 years in ten different countries, tells why scholarships for standout swimmers are so helpful: “At a certain point, every talented swimmer in a developing country must leave the country and go somewhere else because swimming is a sport where you must be challenged.”

The Scholarships for Youth Athletes will assist young prospects from all five continents in the lead up to the 12th FINA World Swimming Championships, organised in Doha, Qatar from December 3-7, 2014.

Two training camps are scheduled, the first in June and the second just before the start of the Championships, at Doha’s splendid Hamad Aquatic Centre, a landmark of the city’s Aspire Zone.

The other novelty of this year’s FINA development plan is the Development of National Sport Structure programme. In order to help a member federation develop or improve its national sports and coaching structure, a FINA-appointed expert will visit the country three times over a 3 to 6-month period to assist the federation and ensure continuous progress.

This year, the programme will be run in ten countries (2 p. continent), where basic swimming and coaching structure is identified as weak but with clear potential for development.

“This support is decisive for our member federations. It leads to more young athletes practising our sport in those countries. We have successful examples of national federations that started very modestly and are now evolving in a very promising way.”

Building legacy, off the beaten track

Since 2007, FINA provides travel and accommodation assistance to its member federations, 204 to date, for the World Championships and other main events.

At the 2013 World Championships in Barcelona, no less than 177 national federations benefited from FINA’s financial support.

Clearly a pioneer among the international sport federations to do so, FINA not only increases the number of nations taking part in its biggest events but also, and most importantly, allows athletes, coaches and officials from developing swimming countries to build on invaluable experience, which will impact on the athletes’ performances and motivation back home.

“This support is decisive for our member federations. It leads to more young athletes practising our sport in those countries. We have successful examples of national federations that started very modestly and are now evolving in a very promising way,” Dr. Julio C. Maglione says.
If one considers FINA World Championships from 2009 to 2013, plus Youth and Olympic Games within that same period, Kenya, Tanzania and Tunisia are the three African countries (excluding South Africa) with the highest participation rate: 34, 26 and 31, respectively.

In the same way, FINA’s Universality rule allows athletes, even with no standard entry times, to take part in the World Championships.

“It has always been a FINA (and Olympic) aim to develop Universality. There aren’t many sports that are really universal, and we are privileged to be one of them,” the FINA President says.

2014 bodes well for the future of Aquatics and the development of FINA’s six aquatic disciplines worldwide.

The palette of effective development programmes and events targeting coaches, officials and now athletes and national federations is an important stepping stone to move FINA’s mission forward.
State-of-the-art training centre in Phuket welcomes first FINA scholarship athletes

As part of the recent partnership agreement between FINA and the brand new state-of-the-art Thanyapura training centre located in Phuket in Thailand, Southeast Asia, 21 aspiring Olympians have started their “road to Rio 2016 Olympic Games”.

2 July 2015

FINA officially launched the new partnership with the sports complex Thanyapura this week at a press conference in Phuket attended by the Minister of Tourism and Sports of Thailand, Kobkarn Wattanavrangkul and FINA Honorary Treasurer, Mr. Pipat Paniangvait.

FINA and the Thanyapura centre have awarded 21 scholarships for swimmers from 11 countries. They will train and live at Thanyapura, while preparing for the 2016 Rio de Janeiro Olympics.

FINA Honorary Treasurer, Mr. Pipat Paniangvait,
said: “This initiative – “Targeting Rio 2016” – is part of a wider development strategy from FINA aimed at raising the level of Aquatics worldwide, providing specific programmes for athletes and officials in the five continents. In 2014, the scholarships for swimmers were created and centres are already active in the U.S., Portugal and now in Thailand.

“Thanyapura is ready to receive and host some of the most promising swimmers of this region of the world and provide them with optimal conditions for training and preparation.”

The scholarship applicants were selected from the following countries: Thailand, Nepal, Maldives, Vietnam, Bangladesh, Cambodia, Sri Lanka, India, Myanmar, Timor Leste and Rwanda.

A male and a female swimmer from each nation will train at Thanyapura Phuket under the guidance of Thanyapura Head Swimming Coach Miguel Lopez, while using the facilities that attract some of the best swimmers from around the globe.

Thanyapura’s swimming facilities include a 50m Olympic competition pool, a 25m training and teaching pool, Omega Track start blocks, a Daktronics timing system and scoreboard, an underwater video analysis window, ozone filtration and sports science services.

Young swimmers training at the sports complex. Photo © Thanyapura centre
Participants taking part in the ‘FINA Targeting RIO 2016—Scholarships Programme’, launched in May 2015, had the opportunity to compete at the 16th edition of the FINA World Championships, held in Kazan, Russia from July 24-August 9, 2015.

In depth post-Kazan report reveals results and progresses made by the young swimmers training at Thanyapura centre, in Phuket, Thailand, since May 2015.

This group of young athletes coming from Bangladesh, Indonesia, Maldives, Sri Lanka, Thailand has been selected to benefit from a new scholarship programme providing high-level training facilities and on-going support to prepare for the upcoming Rio 2016 Olympic Games.

Initial feedback shows that individual and adapted workouts for each swimmer and video analysing systems proved extremely efficient and useful at the World Championships.

Regular performance measurement testing strength, power and muscular resistance were on the daily training programme for the aspiring young talents.

Post-Kazan ‘FINA Targeting RIO 2016 Scholarships Programme’ report reveals encouraging progress

Sri Lanka’s Kimiko Raheem broke a national record in the 200m backstroke in 2:21.18. She also swam her best time in two years on the 100m backstroke (1:05.40) and helped establish two national records in the 4x100 free and 4x100 individual medley for Sri Lanka. Hope is that Raheem reaches B-standard for Rio 2016.

Nepal’s Shirish Gurung, who hadn’t had the opportunity to train at home due to the recent dramatic earthquake, showed steady progress in...
Kazan. Gurung established a Nepalese national record in the 100m free and the 50m was his second best time ever.

Also from Nepal, Sofia Gadegaard Shah, 17, broke two national records in both the 50m and 200m free and improved her time in the 200m free of 8 seconds. Kazan 2015 provided a great momentum for her which kept her motivated and helped her identify relevant short term goals.

Bangladesh’s Rahman Mohammed Mahifizur was one of the scholarship holders who really stood out in Kazan by realising outstanding performances and almost reaching his personal best.

Sajan Prakash from India was undeniably the most talented swimmer in this group. Report explained that he showed enormous progress largely noticeable at the FINA World Championships. Prakash swam a new PB, a national record as well as a B-qualifying time in Kazan.

Swimmers feedback expressed their general satisfaction about the coaching and training programme. They all underlined that the daily exercises gave them confidence in their swim and that they helped them improving their swimming skills.

FINA launched the ‘Targeting RIO 2016 – scholarship programme’ earlier this year as a result of a partnership agreement between FINA, the Olympic Solidarity, the Olympic Council of Asia and the state-of-the-art Thanyapura Centre.

The young swimmers and their coaches will next meet on September 19 in Thanyapura to plan the rest-of-the-year programme.
‘FINA Targeting Rio 2016 – Scholarships Programme’ success stories

18 November 2015

Following the initial feedback gathered from the ‘FINA Targeting Rio 2016 – Scholarships Programme’ participants post-FINA World Championships in Kazan, FINA established contact again with the young athletes training at the Thanyapura Centre in Phuket (THA) and asked them a few questions about their experience and the benefit of their intensive immersion into the road to Rio 2016 preparation programme.

While the participants all recognise having dramatically improved since the beginning of the programme in May 2015, the young talents often share a dream: one day reaching the a-standard qualifying times and swim on the lanes of their favourite champions.

Read all the interviews on the next pages ©Thanyapura
Apart from this my aim is to lift Indian swimming and win gold at the Asian games. As per my expectations I can say, it will be very useful if FINA helps us financially to go outside and swim as many FINA meets as possible!

My main aim is to achieve the ‘A’ cut in 1500m freestyle and 200m butterfly and make good use of this one-year programme which helps to learn something new day.

4. Who has been your swimming biggest inspiration of the 2015 season and why?

Michael Phelps and Chad Le Clos. It's good to see both challenge each other and swim.
1. You have now been training in a state-of-the-art facility in Thailand since May 2015 and most of you have participated in the FINA World Championships in Kazan, how do you evaluate your progress over the last five months given the various opportunities you have been given?

As I am taking advantage of the best facilities, I did improve in the 200m freestyle and now I am 1 second away from the a-qualifying standard.

Miguel got my stroke analysed from the World Championships and I got to know the corrections in my stroke, as I am trying to work on it. We also train with different swimming teams whenever they come to Thanyapura, which is always a good experience for me.

2. What are the main differences between your current training routine in Thanyapura and your programme back home?

Here we have variation in the work outs and it is very challenging. Back home there was not much variation in the work out which is kind of boring. The work out intensity is as well higher here.

3. Apart from “targeting Rio 2016”, what are your ultimate goals as an athlete and what are your expectations from this programme?

My expectations from this one-year programme is to make the Olympic b-qualifying standard in the 200m freestyle, 100m free and 50m.

4. Who has been your swimming biggest inspiration of the 2015 season and why?

Katie Ledecky is my biggest inspiration of 2015. I watched her racing in Kazan as she won the 1500, 800, 400 and even the 200m freestyle.
As I am taking advantage of the best facilities, I did improve in the 200m freestyle and now I am 1 second away from the a-qualifying standard [...] My expectations from this one-year programme is to make the Olympic b-qualifying standard in the 200m freestyle, 100m free and 50m.

Imelda Ximenes Belo
Timor Leste

1. You have now been training in a state-of-the-art facility in Thailand last three months given the various opportunities you have been given?

I only send 3.5 months here and I just evaluated myself. I made a little progress with the facility and it is really nice to learn.

2. What are the main differences between your current training routine in Thanyapura and your programme back home?

I feel so different in here because we never use anything with the time before but in here everything is with time and disciplined and I as plan to when back home I’ll try to do good and example the training routine in Thanyapura

3. Apart from “targeting Rio 2016”, what are your ultimate goals as an athlete and what are your expectations from this programme?

My expectations from this one year, I just wanted to fix my technique and not only prepare to train for Rio, but also I was here to plan to learn how to swim, so when I go back to my country, I would like to bring back the teaching technique and transmit it to people in my country. This is my ultimate dream.

4. Who has been your swimming biggest inspiration of the 2015 season and why?

Katie Ledecky because she trains so hard and she’s very confident.
1. You have now been training in a state-of-the-art facility in Thailand since May 2015 and most of you have participated in the FINA World Championships in Kazan, how do you evaluate your progress over the last five months given the various opportunities you have been given?

I have improved dramatically over the past couple of months. Been exposed to Olympic grade of training under two great coaches’ direction. I have improved my strength and anaerobic capacity in large amounts.

2. What are the main differences between your current training routine in Thanyapura and your programme back home?
   • Training hard, right after drylands/gym
   • Hard training sessions 3 times a day
   • Training more than double the weekly mileage

3. Apart from “targeting Rio 2016”, what are your ultimate goals as an athlete and what are your expectations from this programme?

My goal is to achieve Olympic b-standard and come as close as I can to the a-standard.

4. Who has been your swimming biggest inspiration of the 2015 season and why?

Frankly I have no inspiration but I admire Joseph Schooling.

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1. You have now been training in a state-of-the-art facility in Thailand since May 2015 and most of you have participated in the FINA World Championships in Kazan, how do you evaluate your progress over the last five months given the various opportunities you have been given?

I definitely have made a significant improvement in my swimming so far. I’ve improved 4 seconds in my 200m backstroke and if I improve another 4 seconds I can make the Olympic b-standard.

2. What are the main differences between your current training routine in Thanyapura and your programme back home?

Since I don’t have any major educational commitments, I can focus a lot of my time and energy on training, whereas back in Sri Lanka, I had to manage both, which was very difficult due to the disorganised organisations.

We also have much better facilities here, that help us to reach our full potential. We also do much more long course training here, while we only had a short course pool back at home.

We did have long course practice a few times per week, but the pool was very unreliable – weak lane ropes, too acidic/dirty which made it hard to train.

3. Apart from “targeting Rio 2016”, what are your ultimate goals as an athlete and what are your expectations from this programme?

My base target is to be the first Sri Lankan swimmer to make the Olympic qualifying time. However I would also like to go further than that and aim to make the a-qualifying time if possible. I want to open my country’s eyes towards this amazing sport so...
that our swimmers can be better recognised and supported so that they too, can do something for our country in the international stage.

4. Who has been your swimming biggest inspiration of the 2015 season and why?

My biggest swimming inspiration is Katie Ledecky. I always knew she was exceptional, but after her outstanding performances in the World Championships in Kazan, she truly became my inspiration.

She had 2 races with just 16 minutes between, the 1500m and 200m. While some swimmers would bail from such a challenge, she didn’t. She kept a positive mind set and ended up winning both events. I have seen videos and how hard-working and resilient she is and I think she is amazing.

My progress over the last five months has been significant. I’ve consistently swam faster times at each event since Kazan and broken a number of national records. I feel that I achieve greater fitness week after week. I have changed the food I eat to a healthier diet plan and I’ve never felt better in the water.

Sofia Shah
Nepal
2. What are the main differences between your current training routine in Thanyapura and your programme back home?

The main difference is the actual opportunity to train all throughout the year. My training routine was very inconsistent in Nepal due to the lack of facilities, which lead to a limited training period of 6 months a year.

Another difference is the ability to focus solely on swimming. I used to have to balance swimming with academics and this programme allows me to focus on becoming the swimmer I need to be to represent my country well.

3. Apart from “targeting Rio 2016”, what are your ultimate goals as an athlete and what are your expectations from this programme?

My ultimate goal as an athlete is to achieve the greatest fitness level possible and to achieve the fastest times possible.

My expectations from this one-year programme are not only that of achieving great athletic ability, but to keep connections with the team mates and friends I have made. This programme allows us to be exposed to swimming in the regions around our homes and now we have connections to help promote swimming in our South Asian region. My expectation is that this programme makes an impact on future generations.

4. Who has been your swimming biggest inspiration of the 2015 season and why?

I would name a famous and world record holding swimmer - but my biggest swimming inspiration is all the swimmers back home in Nepal. They go through such a struggle just to train but they are still so passionate and work as hard as they possibly can with what they are given. I am proud to represent a country that has bounced back from an earthquake and still swimming strong even with so many obstacles in their path.
1. You have now been training in a state-of-the-art facility in Thailand, how do you evaluate your progress over the last three months given the various opportunities you have been given?

My evaluation is that my state was 20% at Kazan and currently after training for 3 months in Thailand it went up to 47%. It is very good, as the training is very good.

It was not so good training in my home country, but it is now much better.

2. What are the main differences between your current training routine in Thanyapura and your programme back home?

This one-year programme is so nice because it is different from my country. I have more power and I will do well in Rio 2016.
1. You have now been training in a state-of-the-art facility in Thailand since May 2015 and most of you have participated in the FINA World Championships in Kazan, how do you evaluate your progress over the last five months given the various opportunities you have been given?

I just came to train here 2 months after Kazan. I feel that I have improved a lot since I’m here.

2. What are the main differences between your current training routine in Thanyapura and your programme back home?

The main differences are the times and the amount. In my country I have only 2 hours of training per day, but in Thanyapura I have much more training and harder than in my country. I think I will copy the programme in my country which I’m practicing right now.

3. Apart from “targeting Rio 2016”, what are your ultimate goals as an athlete and what are your expectations from this programme?

My expectation now is to break a national record and I want to be the top swimmer in my country. I want to make good times in Rio for the Cambodian people. My goals right now are to train hard and to get good results for my family and my country. I don’t want my coach to see me as a hopeless case.

4. Who has been your swimming biggest inspiration of the 2015 season and why?

My biggest example is Joseph Schooling, because he is a swimmer that is amazing for me. I know him since he was in his first competition in SEA games 2011. He got there the gold medal on the 50 meter butterfly and did a very good job. After the SEA Games he got as well the bronze medal at the Asian Games in Incheon and the last I saw him he did awesome in the SEA Games in Singapore 2015, where he won a lot of gold medals.
1. You have now been training in a state-of-the-art facility in Thailand since May 2015 and most of you have participated in the FINA World Championships in Kazan, how do you evaluate your progress over the last five months given the various opportunities you have been given?

I came to train at Thanyapura after Kazan. I feel like I’m getting better with the amount of training.

It is really, but really good for me. I feel my training has improved after I’ve been here.

2. What are the main differences between your current training routine in Thanyapura and your programme back home?

I like the times and the programme for training. It is really good and good technique for me. I like and I will practice everything that I’ve been practicing here at home.

3. Apart from “targeting Rio 2016”, what are your ultimate goals as an athlete and what are your expectations from this programme?

My goal now is to break my new record in Rio. I want to make the national record in my country. I will try to beat my own record in Thanyapura, which is going to Rio 2016.

4. Who has been your swimming biggest inspiration of the 2015 season and why?

Ryan Lochte is my biggest idol. He is a little older now, but he still is my super hero. I like how he swims and want to be like him!
Sajina Aisath  
Maldives

1. You have now been training in a state-of-the-art facility in Thailand since May 2015 and most of you have participated in the FINA World Championships in Kazan, how do you evaluate your progress over the last five months given the various opportunities you have been given? I have done a PB in at least one event that I swam during the past months.

2. What are the main differences between your current training routine in Thanyapura and your programme back home? The distance is more in Thanyapura than at home. Gym and dryland work outs are hard. Longer hours of training sessions.

3. Apart from “targeting Rio 2016”, what are your ultimate goals as an athlete and what are your expectations from this programme? I want to take back all the information which I get during this period back home and help other kids to improve more. My ultimate goal is to get a medal for my country.

4. Who has been your swimming biggest inspiration of the 2015 season and why? Katy Ledecky is my biggest inspiration. I watched almost all of her events at Kazan. Most inspirational thing about her is that how she fought against her time during the finals and how she achieved to go even faster.

Sajan Aminath  
Maldives

1. How do you evaluate your progress over the last five months given the various opportunities you have been given? I have improved my times, techniques and I feel really good in the water now.

2. What are the main differences between your current training routine in Thanyapura and your programme back home? We used to do about 4000-5000m a day back at home, but we do about 7000-8000 per day now.
3. Apart from “targeting Rio 2016”, what are your ultimate goals as an athlete and what are your expectations from this programme? My current time in the 100m freestyle is 1.06.60 and target to go under the 1.03 at the Olympics.

4. Who has been your swimming biggest inspiration of the 2015 season and why? Kathinka Hosszu, she is an amazing swimmer. She was doing event after event at Kazan and she performed great at all.
You have now been training in a state-of-the-art facility in Thailand since May 2015 and most of you have participated in the FINA World Championships in Kazan, how do you evaluate your progress over the last five months given the various opportunities you have been given?

I arrived at Thailand on June 1, 2015. Straight away I started to train hard. Before participating in the WCH I had only trained in Thanyapura for 1.5 month, which was not enough to break the national record.

That is why I missed the 100 freestyle record by 0.01 second. But gradually I’m improving my training for many opportunities here.

What are the main differences between your current training routine in Thanyapura and your programme back home?

Here everything is good for the training routine, like abs, gym, swimming. We do 10 sessions in a week which improved my swimming performance. But in our country there aren’t good facilities for training.

Apart from “targeting Rio 2016”, what are your ultimate goals as an athlete and what are your expectations from this programme?

No swimmer couldn’t make it to the FINA b/a-qualifying standards in Bangladesh before. So my goal is write the history in Bangladesh, by making this qualifying standard.

Who has been your swimming biggest inspiration of the 2015 season and why?

Florent Manadou (FRA) is my biggest inspiration.
1. You have now been training in a state-of-the-art facility in Thailand since May 2015 and most of you have participated in the FINA World Championships in Kazan, how do you evaluate your progress over the last five months given the various opportunities you have been given?

I came to Thailand on June 19 and I didn’t participate in the WCH in Kazan. But I’m lucky because I’m here. Here are various opportunities which are helping me to do hard training and my training is improving day by day.

2. What are the main differences between your current training routine in Thanyapura and your programme back home?

Actually so many differences training routines here and my country. But the main difference is that here we do 10 sessions in a week and every swimming session, abs, gym but in my country I didn’t like this.

3. Apart from “targeting Rio 2016”, what are your ultimate goals as an athlete and what are your expectations from this programme?

My goal is making the b-qualifying time.

4. Who has been your swimming biggest inspiration of the 2015 season and why?

In 2015 season, Katie Ledecky (USA) is my biggest inspiration. She broke numbers of World Records and her swimming style is so good.

of the 2015 season. Because he participated in both 10 freestyle and butterfly and achieved gold medals in both events and his swimming styles inspires me.
19 January 2016

As the initiator of the programme, FINA continues to closely follow the 18 young swimmers*, who are taking part in the one-year “FINA Targeting Rio 2016 – Scholarships Programme”, started in May 2015 in Thanyapura, Thailand.

Following a post-Kazan report, looking at individual performances at the FINA World Championships, and a second follow-up report including in-depth interviews of the young talents, FINA spoke with the programme’s Head Coach, Miguel Lopez Alvarado from Spain.

Leading the programme, Mr. Lopez Alvarado has more than 20-year experience as a swimming coach at the elite level and is known for bringing swimmers to great heights.

Lopez’s impressive background in coaching famous athletes, including Paralympians, helped him secure this role to conduct this scholarship programme leading up to the Rio 2016 Olympic Games.

The main highlights emerging from the report, drafted in November-December 2015, were that the swimmers are extremely grateful and focused on their respective goals.

Despite the pressure of the Olympic Games and tough months ahead, they all show an eager-to-learn attitude towards education in sport and culture too (some of them follow normal school class to pursue a diploma).

As part of the report, are available the scholarship holders’ times at a recent Swimming Open that was organised at the Thanyapura centre, giving

[FINA Scholarships Programme]
them a unique opportunity to swim in an official meet.

The next opportunity for the athletes to establish a B-standard time, necessary to be eligible to take part in the Olympic Games in Rio de Janeiro next August, is the 12th South Asian Games, to be held in Guwahati (IND) in less than a month.

“FINA Targeting Rio 2016 – Scholarships Programme” Head Coach, Lopez, gave FINA an exclusive insight of the day-to-day training programme at Thanyapura:

How do you evaluate the progress and commitment of the young athletes you are coaching in Thanyapura?

There has been a very obvious development in both training and competition, and all evaluations need to have a final goal: to make the best possible times in Rio. In terms of evaluations we have conducted lactate tests, strength and power tests, subjective evaluations based on perceived exertion, and many other tests. But the biggest showcase of improvement has been the fact that 100% of the participants have swam personal best times and broke over 50 national records in just 7 months.

On the other hand the compromise level is extraordinary. The group has developed a great team environment and great momentum, being very rarely if ever late, accepting their responsibility/accountability for their own performances—from perfect skills to individualised warm ups- and taking care of the other members of the FINA programme here in Thanyapura.

What does a day at Thanyapura with the athletes look like? What is the daily programme?

Swimmers will get up at 4:30 in the morning and have a light breakfast, then go to the pool and stretch at 5:15 in the morning. After 15 minutes stretching they will swim for one hour and 45 minutes, and then stretch again. They have breakfast again and go study or do some activities for a few hours and then take a nap.

Lunch is at 12:30 and in the afternoon they will meet in the gym for one hour, between 15:15 and 16:15. After that, the water workout will last around two hours and 15 minutes, between 16:30 and 18:45. At 19:15 they have dinner and after that they will have one hour of either study or relax time. Then they go to bed.

In total they have 10 water sessions per week, four gym sessions, and one yoga/mind training session. Approximately once every two weeks we give them the option of taking a one hour massage at their own expense.

Are you expecting to witness surprises with their times in Rio?

I certainly expect a lot of national records, and I dream of two of them making the semi-finals. When we consider the level these countries have had in the past, I believe this would be the first time ever any of these countries make it past the first round, so it is an ambitious goal but not an impossible one.

Some countries, like Nepal, have already seen their national records drop from 2’28” to 2’13” in the 200 freestyle, which may not sound competitive, but it is a great drop. We have one swimmer with “B” qualifying times and I expect at
least three more swimmers to do “B” qualifying times in the next two months.

What’s the most useful advice you give the young athletes at the camp?

I always tell them to have fun and bond, since they will be friends for a long time and will have a great impact in the future of swimming for their countries. The final idea is to educate them to spread this higher level of swimming in their countries and to promote fair play and friendship through sports.

Would you like to share anything else...?

Just my admiration and love for these kids who have endured not only great difficulties but also the gruelling demands of a programme they had never experienced before, the challenge of living outside of their homes for the first time, having to share all different nationalities and cultural diversity.

The whole support team has bonded with the swimmers as well. All assistant coaches, mind, yoga and physical trainers, everyone has felt very integrated in the effort to create a unique environment.

*Coming from the following nations: Cambodia, India, Maldives, Myanmar, Nepal, Sri Lanka, Timor Leste, Thailand and Rwanda.
12 February 2016

Khader Bagalah (JOR), Marcelo Jimenez (ESA) and Naomi Ruele (BOT) do not know each other. But they all share common characteristics: they are young swimmers, coming from countries not used to shine at the highest level; they benefit from the new FINA Athletes Scholarship programme and, as a consequence, they all bettered their performances in the last months. With one hope: to get the Olympic qualification. There, in Rio de Janeiro (BRA), they will have perhaps the opportunity to meet and share their experiences.

Within its FINA Development Programme, a number of young promising athletes aspiring to participate in the upcoming 2016 Olympic Games in Rio de Janeiro have been selected to benefit from an annual FINA scholarship helping them prepare for international competitions, train in a high-level environment and hopefully achieve a “B” standard time over their cursus.

The FINA Scholarship Programme offers the opportunity to obtain financial and technical assistance for one potential elite athlete that has been put forward and proposed by its National Federation (NF). Under FINA’s control, the NFs are solely responsible to manage the scholarship funds and provide the selected athletes with the best possible high performance environment.

Three different programmes are available – the short-term programme (3 months), the medium-term programme (3-6 months) and the long-term programme (6-12 months). In some cases, the athletes train in their home country while in other cases, the athletes train abroad in a centre certified by FINA, depending on the facilities available within their own nation. FINA follows carefully the scholarship recipients to keep track of the progress, times and latest improvement.

Jordan’s Khader Bagalah, 17, has benefitted from this programme since 2014. The young Middle-East talent has been training since eleven years. With an impressive training routine which includes around seven water sessions and three strength sessions and various other physicals, Khader is known for his excellent endurance and impeccable technique in all four strokes.
Achieving a “B” standard time in the 200m freestyle (1:51.67) at the FINA World Championships in Kazan (RUS) last summer and excellent results at the 8th Asian Age Group Championships in Bangkok, Khader is the first ever Jordanian swimmer to achieve a qualifying time for the Olympic Games.

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<td>400m Free</td>
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<td>+0.13 B cut</td>
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El Salvador’s biggest swimming hope, Marcelo Alberto Acosta Jimenez, 20, has shown improvement at every single event in 2015. He qualified for the Youth Olympic Games in Nanjing 2014 (CHN) and trains in the high-level training Centre in Davie, Florida, USA.

The youngster also reached the “B” cut in Kazan in the 1500m freestyle and his ultimate goal is to make an “A” mark for the same distance to ensure his presence at the Olympics. Never before an El Salvadorian athlete qualified for the Games with an “A” standard time.

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19-year-old Naomi Ruele from Botswana increased her work capacity since the beginning of the programme and is now capable to compete several events in a two-hour dual meet.

Great competitor Naomi managed to break a school record in a 50m freestyle event, making her coaches very optimistic for her to make the final cut to go to the NCAA Championships.

Coming back on her year 2015, Naomi said: “I have had a lot of ups and downs in the start of the year but I have been constantly improving in the water and out of the water. I am very satisfied with where I am going into 2016. With the help of my coaches, this year is definitely looking to be a great one.”

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<td>50m Free</td>
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El Salvador’s Acosta and his coach’s views on great achievement

Marcelo Acosta made El Salvador history by becoming the first swimmer from his country to qualify for the Olympic Games with an “A” cut, a time achieved on the occasion of the Arena Pro Series in Orlando (USA), which took place from March 3-5.

Acosta won the 1500m race in Florida back in March, with a time of 15:13.09. Apart from winning the race, the swimmer also set a new National Record and placed himself in the 10th position of the FINA ranking for this event.

Following the milestone for El Salvador and the young athlete, FINA asked him and his coach Gianluca Alberani to come back on this incredible feat.

Questions to Marcelo Acosta

FINA: Congratulations for your "A" cut, what was your first thought when you saw your time?

MA: Thank you so much. At the beginning I couldn't believe it, after all what happened during the meet and all these years of training, everything was worth it.

FINA: You are the first El Salvador athlete qualifying with an "A" cut, you are making history for your country, how do you feel about it?

MA: I feel really grateful and proud to represent my country – a country that is going through so much difficulties: It shows that there are still some people, and not only me, that are trying to change things for the better.

FINA: You already did excellent results in Kazan ("B" standard times), how did you improve so much since then?

MA: The only way to improve like my coach says is by just practicing hard, not once or twice a week but every single day and stay positive that you will make it, believing in yourself is the key.

FINA: Has anything changed in your training routine since you know that you will be
competing with the big names of the sport?

MA: Yes, we are focusing more in the little details to make a better race. Also more metres than before and less intervals to increase my endurance.

FINA: What are your hopes for Rio Olympic Games?

MA: Mostly enjoy it since these will be my first Olympics, drop my times as much as I can, surpass myself and show everybody in the world how great I am.

Questions to Mr. Alberani

FINA: What was your first reaction when you saw Marco's time at the Arena Pro Series in Orlando?

GA: The plan for Orlando was to make the "A" cut for Rio. It was not easy, but at the end we made it. It was a mix of joy and excitement.

FINA: How is your everyday relationship with Marcelo?

GA: The key for a successful relationship swimmer-coach is the respect and the trust for each other. Our relationship is based on this. We win together and we lose together.

FINA: Has Marcelo something different from the other athletes you train?

GA: Marcelo is a very hard worker, always trying to reach his limits in every single practice. His dedication and passion for what he does make a big difference.

FINA: How did you adapt his training programme to make him improve so much?

GA: I am working with Marcelo since January 2014 and we had many satisfactions together. It has been a long plan, with many new challenges and hard situations met on the road, but always...
with one goal in mind: the "A" cut for Rio.

FINA: What are your hopes for him for Rio Olympic Games?

GA: It will be our first Olympics for Marcelo and I. He will turn 20 just a few weeks before. I think it is important to go to Rio to have an experience and to give 100% in the water.

The good thing is that we have 5 months to get ready for it.

The key for a successful relationship swimmer-coach is the respect and the trust for each other. Our relationship is based on this. We win together and we lose together.
‘FINA Targeting Rio 2016-Scholarships Programme’

few more chances to achieve B times before the Games

Athletes Scholarships 2016
25 May 2016

Nine intensive months into the “FINA Targeting Rio 2016 – Scholarships Programme”, Head Coach Miguel Angel Lopez, and other key staff working at the Thanyapura Centre Thailand with the scholarship holders, produced the first two reports of the year.

The evaluation reports, produced every two months, make an in-depth individual analysis of the athletes’ improvements and highlight their strength and weaknesses over several months.

Most of the young swimmers (16 in total) have secured a spot in the upcoming Olympic Games in Rio de Janeiro (BRA) in accordance with the universality principle that is part of the Olympic Charter.

Athlete Sajan Prakash of India achieved a B-standard time, while another one, Kimiko Raheem of Sri Lanka, was 0.2 second away of achieving it in the 50m freestyle.

With very few determining months ahead of them, a series of events taking place in Asia will represent additional opportunities for the athletes to qualify with a B-standard time for the Games.

An example of an event which was recently held in Shah Alam Selangor (MAS) was the 59th Malaysia Open Swimming Championships from 5-8 May.

Programme participants’ times’ evolution will be available on FINA website after the last qualifying opportunity.

In the meantime, FINA decided to take a look at the recent history of the participants’ respective countries.

The tables below provide figures for the most important events in swimming from the FINA World Championships (odd years) and FINA World Swimming Championships (even years), to the Olympic Games.
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Botswana’s unstoppable swimming ace

20 June 2016

Botswana’s biggest female swimming hope, Naomi Ruele, has been swimming since her childhood. But in 2015, after being put forward by her National Federation, the 19-year-old Olympian hopeful was awarded the FINA Athletes Scholarship. Since then she had the opportunity to take part in major regional and international swimming competitions around the globe and dramatically improved her technical skills, endurance and times in the last year.
In March 2016, Naomi won the Swimmer of the Year award, delivered by the Florida International University in Miami where she studies, after breaking the Conference USA Championships record in the 50m freestyle.

Naomi’s consistent effort and intense training has been paying off and her times have bettered, in the 50/100m freestyle as well as the 50/100m backstroke.

Naomi came back on this successful year: “This year has been such a success for me as I have constantly and consistently improved as a swimmer and I have grown as a person. It has been surreal and I look at it as a benchmark for me going further and maybe achieve more best times.”

Grateful to FINA for the scholarship Naomi confessed: “This scholarship has helped me realise how much I have been blessed with being able to train and attend competitions. I appreciate that it has created a gateway for me to have a chance to achieve my dreams which I have had for several years.”

“My goals for Rio are to be able to represent my country with the grace and integrity of a true sportswoman but to also gain the experience that may lead me into a successful career for many years to come.”

“The best advice I have ever received was to never doubt myself because I am not from a superpower country as great athletes can be born anywhere”.

FINA made another Scholarship available to Botswanan swimmer David Van der Colff, 18, who competes in 50m free, 50/100m back and 50m fly. He is benefiting from the Scholarship for 11 months in total (October ‘15-September ‘16).

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*In Atlanta, Naomi achieved a “B” standard qualifying time by clocking 26.07 (Olympic selection time/B time: 26.17).
Lots of swimmers wake up at 5:00 am in the morning to train hard every day. But to reach our goals we all have to be trusted, at least once, in life. FINA believed in more than 40 athletes and helped them to reach the top level in sport every year, since 2014.

FINA has granted almost 50 scholarships in the period 2014-2016. These have helped 36 NFs, giving opportunity to 36 athletes to take part in the FINA World Championships, Kazan (RUS) 2015, and 23 to attend the Olympic Games.

The successful results achieved in Rio at the Olympics and back in 2015, in Kazan at FINA World Championships, justify the continuity of the ongoing programme reaching the third consecutive year (2014-2017).

These results we referred to are so meaningful that encouraged all the parties involved to keep the programme alive and make it grow even more. That is the reason why, as of today, more than 100 countries are receiving the invitation to apply for the FINA Scholarships Programme, part of the framework of the FINA Development Programmes.

After the launch of the application procedure, the programme itself will be able to see new skilful swimmers ready to face the challenge. The programme will kick-off officially on 1st October. So far, it is interesting to take a look at the athletes’ participation and results achieved through this first three-year-long edition of the FINA Scholarship Programmes.

Over 50 national records were broken in just seven months thanks to the “FINA Targeting Rio 2016 – Scholarships Programme” launched in May 2015, before FINA Worlds in Kazan.

The programme was fruitful straight after Kazan, when we were able to see results and the evolution of these athletes. Young athletes came from Bangladesh, Indonesia, Maldives, Nepal, Cambodia, India, Sri Lanka or Thailand, and they were selected to benefit from the scholarship programme providing high-level training facilities and on-going support to prepare them for Rio 2016 Olympic Games. Back in those days in Rio, they saw how their dream came true.

Kimiko Raheem (SRI) made a brilliant effort on 7th of August in Rio: she took 4th place in heats 2 in the 100m backstroke and ranked 28th in a time of 1:04.21.

One day later, Sajan Prakash (IND), swam in the 200m butterfly clocking 1:59.37 and achieving the 4th place in the heats number 1. He ranked 28th, as his colleague Raheem did the day before.

Some other examples of athletes who could take advantage of the FINA Programme in Tanyapura (Thailand), are those athletes who started to see how their effort was paying off through the training Programme such as Khader Bagalah (JOR), the first ever Jordanian swimmer to achieve a qualifying time for the Olympic Games in the 200m freestyle.
Marcelo Alberto Acosta Jimenez (ESA) who was the first El Salvadorian athlete qualified for the Games with an “A” standard time in the 1500m freestyle (he swam in the heats 2 and took 2nd place clocking 15:08.17).

19-year-old Naomi Ruele (BOT) from Botswana increased her work capacity since the beginning of the programme and was capable of competing in Rio with Universality time in the 50m freestyle. She swam in the heats 6 clocking 26.23, so she assured her 2nd place, but in the overall she ranked 47th.

As mentioned above, FINA will be giving more opportunities to talented athletes by providing financial and technical assistance. All these programmes will allow FINA National member Federations to develop and put in place training programmes.

FINA also provided assistance for officials and coaches with plenty of Clinics and Schools particularly targeted towards their formation.
## FINA Scholarship holders 2013-2016

<table>
<thead>
<tr>
<th>FINA Scholarship holders</th>
<th>Date of Birth</th>
<th>Nationality</th>
<th>Schwimmung</th>
<th>Scholarships Program</th>
<th>Location</th>
<th>Start Date</th>
<th>Length</th>
<th>Previous best times</th>
<th>Meet Name</th>
<th>City (Country)</th>
<th>Date</th>
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</thead>
<tbody>
<tr>
<td>Matthew ASHLEY SINGH</td>
<td>11th March 1996</td>
<td>Sri Lanka</td>
<td>Swimming</td>
<td>NF option</td>
<td>Sri Lanka</td>
<td>1/1/2016</td>
<td>11 months</td>
<td>50 free: 20.08 s n/a</td>
<td>Swimming Selections – May 2015</td>
<td>Colombo (SRI)</td>
<td>30/05/2015</td>
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<td></td>
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<td></td>
<td></td>
<td></td>
<td></td>
<td>100 free: 50.02 s n/a</td>
<td>Swimming Selections – May 2015</td>
<td>Colombo (SRI)</td>
<td>29/05/2015</td>
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<td></td>
<td>100 fly: 55.02 s n/a</td>
<td>Swimming Selections – May 2015</td>
<td>Colombo (SRI)</td>
<td>29/05/2015</td>
</tr>
</tbody>
</table>

|FINA Scholarships Programme

| Sajna ASHATH             | 2nd January 1997 | Maldives    | Swimming      | Targeting Rio Programme | Thailand | 1/06/2015 | 12 months| 100 breast: 1.27.93 s n/a | Commonwealth Games | Kuala Lumpur (MAL) | 27/04/2014 |
|                         |                |             |              |                     |          |            |        | 200 breast: 3.10.50 s n/a | Commonwealth Games | Kuala Lumpur (MAL) | 27/04/2014 |

| Marcelo ACOUSTA         | 11th July 1996  | Brazil      | Swimming      | NF option           | Brazil   | 1/06/2015 | 12 months| 50 free: 25.75 s n/a | Commonwealth Games | Guanajuato (MEX) | 02/08/2016 |
|                         |                |             |              |                     |          |            |        | 100 free: 53.03 s n/a | Commonwealth Games | Guanajuato (MEX) | 02/08/2016 |
|                         |                |             |              |                     |          |            |        | 200 free: 1.57.36 s n/a | Commonwealth Games | Guanajuato (MEX) | 02/08/2016 |
|                         |                |             |              |                     |          |            |        | 200 fly: 50.02 s n/a | Commonwealth Games | Guanajuato (MEX) | 02/08/2016 |

| Rafael ALFARO           | 14th February 1992 | Sweden    | Swimming      | NF option           | USA      | 1/06/2015 | 12 months| 100 breast: 1.05.31 s n/a | Commonwealth Games | Trinidad (TRI) | 07/07/2013 |
|                         |                |             |              |                     |          |            |        | 200 breast: 2.21.03 s n/a | Commonwealth Games | Trinidad (TRI) | 07/07/2013 |
|                         |                |             |              |                     |          |            |        | 200 medley: 2.10.53 s n/a | Commonwealth Games | Trinidad (TRI) | 07/07/2013 |
|                         |                |             |              |                     |          |            |        | 400 medley: 4.27.40 s n/a | Commonwealth Games | Trinidad (TRI) | 07/07/2013 |

| Thiba AUNG              | 11th October 1993 | Burma      | Swimming      | Targeting Rio Programme | Burma   | 1/06/2015 | 12 months| 100 breast: 1.10.42 s n/a | Commonwealth Games | Yangon (MYA) | 21/06/2016 |
|                         |                |             |              |                     |          |            |        | 200 breast: 2.17.11 s n/a | Commonwealth Games | Yangon (MYA) | 21/06/2016 |
|                         |                |             |              |                     |          |            |        | 200 medley: 2.02.04 s n/a | Commonwealth Games | Yangon (MYA) | 21/06/2016 |
|                         |                |             |              |                     |          |            |        | 400 medley: 4.28.26 s n/a | Commonwealth Games | Yangon (MYA) | 21/06/2016 |

48 | FINA Scholarships Programme
Khadiar BAGLAIH

Date of Birth: 16th September 1996
Nationality: Janman

Scholarships Progr.: NF option
Location: JOR

Previous best times

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
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<tr>
<td>100 free</td>
<td>51.73</td>
<td>n/a</td>
<td>Summer Youth Olympic Games</td>
<td>Ning (CHN)</td>
<td>17/08/2014</td>
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<tr>
<td>200 free</td>
<td>1:23.23</td>
<td>n/a</td>
<td>Summer Youth Olympic Games</td>
<td>Ning (CHN)</td>
<td>17/08/2014</td>
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<tr>
<td>400 free</td>
<td>4:04.47</td>
<td>n/a</td>
<td>6th Asian Aquatic Champ.</td>
<td>Doha (QAT)</td>
<td>23/04/2014</td>
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<tr>
<td>800 free</td>
<td>8:31.45</td>
<td>n/a</td>
<td>6th Asian Aquatic Champ.</td>
<td>Doha (QAT)</td>
<td>23/04/2014</td>
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Progression

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<tr>
<td>50 free</td>
<td>24.06</td>
<td>n/a</td>
<td>5th Asian Age Group Champ. 2015</td>
<td>Dubai (UAE)</td>
<td>01/04/2015</td>
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<tr>
<td>100 free</td>
<td>49.93</td>
<td>n/a</td>
<td>8th Asian Age Group Champ. 2015</td>
<td>Bangkok (THA)</td>
<td>02/10/2015</td>
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<tr>
<td>200 free</td>
<td>1:51.84</td>
<td>n/a</td>
<td>8th Asian Age Group Champ. 2015</td>
<td>Bangkok (THA)</td>
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<tr>
<td>400 free</td>
<td>3:38.84</td>
<td>n/a</td>
<td>8th Asian Age Group Champ. 2015</td>
<td>Bangkok (THA)</td>
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Van CHAN CHIN WAH

Date of Birth: 24th November 1985
Nationality: Macau

Scholarships Progr.: NF option
Location: MNI

Previous best times

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<td>Santa Clara (USA)</td>
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<tr>
<td>100 breast</td>
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<td>n/a</td>
<td>2015 CA Speedo Grand Challenge</td>
<td>Irvine (USA)</td>
<td>24/05/2015</td>
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<tr>
<td>200 breast</td>
<td>2:22.89</td>
<td>n/a</td>
<td>2015 CA Speedo Grand Challenge</td>
<td>Irvine (USA)</td>
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Progression

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<td>Orlando (USA)</td>
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<tr>
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<td>2:20.54</td>
<td>n/a</td>
<td>2016 SH Summer CAAN Sectional</td>
<td>Roselle (USA)</td>
<td>21/07/2016</td>
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Ken BACINAS

Date of Birth: 21st July 1992
Nationality: Guamanian

Scholarships Progr.: TC option
Location: GUM

Previous best times

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<tr>
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<td>n/a</td>
<td>2014 Guam Champs.</td>
<td>Hagatina (GUM)</td>
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<tr>
<td>100 free</td>
<td>53.79</td>
<td>n/a</td>
<td>2014 Guam Champs.</td>
<td>Hagatina (GUM)</td>
<td>30/05/2014</td>
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<tr>
<td>200 free</td>
<td>1:53.88</td>
<td>n/a</td>
<td>9th Inter College SW Champs.</td>
<td>Hagatina (GUM)</td>
<td>05/06/2014</td>
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Progression

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<td>2015 Arena Pro Swim Series</td>
<td>Charlotte (USA)</td>
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<tr>
<td>100 free</td>
<td>53.31</td>
<td>n/a</td>
<td>2015 Arena Pro Swim Series</td>
<td>Charlotte (USA)</td>
<td>15/05/2015</td>
</tr>
<tr>
<td>200 free</td>
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<td>2015 Arena Pro Swim Series</td>
<td>Charlotte (USA)</td>
<td>15/05/2015</td>
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</table>

Daniils BOZOV

Date of Birth: 8th October 1997
Nationality: Latvian

Scholarships Progr.: NF option
Location: LAT

Previous best times

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<tr>
<th>Event</th>
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<td>Baltu States Championships</td>
<td>Riga (LAT)</td>
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<tr>
<td>100 breast</td>
<td>1:03.22</td>
<td>n/a</td>
<td>Baltu States Championships</td>
<td>Riga (LAT)</td>
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<tr>
<td>200 breast</td>
<td>2:14.29</td>
<td>n/a</td>
<td>Baltu States Championships</td>
<td>Riga (LAT)</td>
<td>25/02/2015</td>
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Progression

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<tbody>
<tr>
<td>50 breast</td>
<td>28.29</td>
<td>n/a</td>
<td>82nd Latvia Championship</td>
<td>Riga (LAT)</td>
<td>25/02/2015</td>
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<tr>
<td>100 breast</td>
<td>1:02.65</td>
<td>n/a</td>
<td>82nd Latvia Championship</td>
<td>Riga (LAT)</td>
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<tr>
<td>200 breast</td>
<td>2:14.83</td>
<td>n/a</td>
<td>82nd Latvia Championship</td>
<td>Riga (LAT)</td>
<td>25/02/2015</td>
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</table>

K T. Cheranatha DE SILVA

Date of Birth: 12th July 1989
Nationality: Sri Lankan

Targeting Rio Programme
Location: Thalpe (SRI)

Previous best times

<table>
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<tr>
<th>Event</th>
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<th>Meet Name</th>
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<tbody>
<tr>
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<td>Commonwealth Games</td>
<td>Gabor (HUN)</td>
<td>24/07/2014</td>
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<tr>
<td>200 free</td>
<td>52.88</td>
<td>n/a</td>
<td>Commonwealth Games</td>
<td>Gabor (HUN)</td>
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<td>50 fly</td>
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<td>Gabor (HUN)</td>
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<td>100 fly</td>
<td>57.29</td>
<td>n/a</td>
<td>Commonwealth Games</td>
<td>Gabor (HUN)</td>
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Mehdi EL HAZZAZ

Date of Birth: 21st November 1991
Nationality: Moroccan

Scholarships Progr.: NF option
Location: MAR

Previous best times

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<tr>
<th>Event</th>
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<tbody>
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<td>n/a</td>
<td>2015 NTM Senior Circuit # 1 L</td>
<td>Rockwall (USA)</td>
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<tr>
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<td>52.31</td>
<td>n/a</td>
<td>2015 NTM Senior Circuit # 1 L</td>
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<td>2015 NTM Senior Circuit # 1 L</td>
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Progression

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<tbody>
<tr>
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<td>23.60</td>
<td>n/a</td>
<td>2016 American Short Course Ch</td>
<td>Austin (USA)</td>
<td>03/03/2016</td>
</tr>
<tr>
<td>100 free</td>
<td>51.56</td>
<td>n/a</td>
<td>2016 American Short Course Ch</td>
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<td>04/03/2016</td>
</tr>
<tr>
<td>200 free</td>
<td>1:56.73</td>
<td>n/a</td>
<td>6th Dubai Int. Aquatic Champ.</td>
<td>Dubai (UAE)</td>
<td>06/04/2016</td>
</tr>
</tbody>
</table>
### Malick FALL
- **Date of Birth:** 11th December 1995
- **Nationality:** Senegal
- **Scholarships Program:** NF option
- **Location:** SEN
- **Start date:** 01/12/2015
- **Length:** 12 months

<table>
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<tbody>
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<td>French Elite &amp; Junior Champs</td>
<td>Limoges (FRA)</td>
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<td>1.02.78 n/a</td>
<td>French Elite &amp; Junior Champs</td>
<td>Limoges (FRA)</td>
<td>31/03/2015</td>
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</table>

### Naomy GRAND-PIERRE
- **Date of Birth:** 18th April 1997
- **Nationality:** Haiti
- **Scholarships Program:** TC option
- **Location:** USA
- **Height:** 1.90 m
- **Weight:** 92 kg
- **Start date:** 14/06/2016
- **Length:** 2 months

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<td>n/a</td>
<td>n/a</td>
<td>n/a</td>
</tr>
<tr>
<td>100 breast</td>
<td>56.06 n/a</td>
<td>n/a</td>
<td>n/a</td>
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</table>

### Gabriel FLEITA S
- **Date of Birth:** 20th March 1995
- **Nationality:** Uruguayan
- **Scholarships Program:** TC option
- **Location:** USA
- **Start date:** 03/06/2015
- **Length:** 12 months

<table>
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<td>200 breast</td>
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<td>n/a</td>
<td>n/a</td>
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### Srinidhi GURUNG
- **Date of Birth:** 1st August 1998
- **Nationality:** Nepal
- **Scholarships Program:** NF option
- **Location:** Nepal
- **Start date:** 01/06/2015
- **Length:** 12 months

<table>
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<tbody>
<tr>
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<td>n/a</td>
<td>n/a</td>
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<td>100 breast</td>
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<tr>
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<td>n/a</td>
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### Hanibal QA SKIN
- **Date of Birth:** 30th August 1997
- **Nationality:** Guyana
- **Scholarships Program:** NF option
- **Location:** Guyana
- **Start date:** 03/01/2016
- **Height:** 1.74 m
- **Weight:** 85 kg

<table>
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<tbody>
<tr>
<td>100 free</td>
<td>56.65 n/a</td>
<td>16th FINA World Championships</td>
<td>Kazan (RUS)</td>
<td>05/08/2016</td>
</tr>
<tr>
<td>100 fly</td>
<td>1.01.47 n/a</td>
<td>16th FINA World Championships</td>
<td>Kazan (RUS)</td>
<td>07/08/2016</td>
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### Thoponthoelo HEM
- **Date of Birth:** 28th January 1999
- **Nationality:** Botswana
- **Scholarships Program:** NF option
- **Location:** Botswana
- **Start date:** 01/06/2015
- **Height:** 1.74 cm
- **Weight:** 67 kg

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<td>n/a</td>
<td>n/a</td>
</tr>
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<td>200 breast</td>
<td>111.51 n/a</td>
<td>n/a</td>
<td>n/a</td>
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### Ralph GOVEA
- **Date of Birth:** 9th March 1996
- **Nationality:** Zambian
- **Scholarships Program:** TCNF option
- **Location:** Zambia
- **Start date:** 01/03/2015
- **Height:** 1.85 m
- **Weight:** 86 kg
- **Length:** 13 months

<table>
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<tr>
<td>200 breast</td>
<td>111.51 n/a</td>
<td>n/a</td>
<td>n/a</td>
<td>n/a</td>
</tr>
<tr>
<td>Name</td>
<td>Date of Birth</td>
<td>Nationality</td>
<td>Targeting Rio Programme</td>
<td>Start Date</td>
</tr>
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<tr>
<td>Thorpontoulou HEM</td>
<td>29th January 1990</td>
<td>Cambodia</td>
<td>Targeting Rio Programme</td>
<td>06/05/2015</td>
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<tr>
<td>Shrivani KATARA</td>
<td>27th September 1857</td>
<td>India</td>
<td>Targeting Rio Programme</td>
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<td>Vibity HEMTHON</td>
<td>7th October 1993</td>
<td>Cambodia</td>
<td>Targeting Rio Programme</td>
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<td>Miss Najma KATHLIN</td>
<td>4th December 1998</td>
<td>Bangladesh</td>
<td>Targeting Rio Programme</td>
<td>01/05/2015</td>
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<td>Rasheda HUYDIER</td>
<td>24th November 1990</td>
<td>Bermuda</td>
<td>Scholarships Prog.: NF option</td>
<td>01/11/2015</td>
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<tr>
<td>Tracy KEITH</td>
<td>30th March 1990</td>
<td>Cook Islands</td>
<td>Scholarships Prog.: TC option</td>
<td>01/02/2015</td>
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<tr>
<td>Elino IMINDAIJIA</td>
<td>1st January 1995</td>
<td>Rwanda</td>
<td>Scholarships Prog.: TC option</td>
<td>01/02/2015</td>
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<tr>
<td>Ayman KELZI</td>
<td>17th January 1993</td>
<td>Syria</td>
<td>Scholarships Prog.: TC option</td>
<td>01/22/2015</td>
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<tr>
<td>Name</td>
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<td>Nationality</td>
<td>Scholarships Program</td>
<td>Location</td>
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<tr>
<td>Perrasat LERTSATHAPornsuk</td>
<td>25th June 1996</td>
<td>Thai</td>
<td></td>
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</tbody>
</table>

| Mary Laura MEZA       | 20th November 1990 | Costa Rican | Scholarship Program: N/A | Location: USA | Height: 164 cm | Weight: 54 kg | Start Date  | Length (months) | Previous Best Times                                                                 |
|                       |                 |             |                      |          |             |             |             |                 | Event | Time | Q.s | Meet Name | City (Country) | Date           |
|                       |                 |             |                      |          |             |             |             |                 | 50 fly  | 26.98  | n/a | XIII C. American&Caribbean G | Veracruz (MEX) | 15/11/2014     |

| Moll MALAN                                                                                                                                                                                                 |
| Date of Birth: 17th November 1996 | Scholarships Program: TC option | Nationality: Filipino | Location: USA | Height: 155 cm | Weight: 52 kg | Start Date  | Length (months) | Previous Best Times                                                                 |
| Event | Time | Q.s | Meet Name | City (Country) | Date |             |             |             | 60 free | 23.76  | n/a | Summer Youth Olympic Games | Nanjing (CHN) | 17/08/2014     |
| 60 breast | 29.69 | | Summer Youth Olympic Games | Nanjing (CHN) | 17/08/2014 |
| 50 fly  | 25.90 | | Commonwealth Games | Glasgow (UK) | 24/07/2014 |

| Vahan MCHITARYAN       | 16th August 1996 | Armenian | Scholarship Program: TC option | Location: Russia | Height: 170 cm | Weight: 51 kg | Start Date  | Length (months) | Previous Best Times                                                                 |
| Event | Time | Q.s | Meet Name | City (Country) | Date |             |             |             | 50 free | 22.62  | n/a | Summer Youth Olympic Games | Nanjing (CHN) | 17/08/2014     |
| 100 free | 53.26 | | Summer Youth Olympic Games | Nanjing (CHN) | 17/08/2014 |
| 50 fly  | 27.29  | | European Junior Championships | Dusseldorf (FRA) | 09/07/2014 |

| Mathieu MARQUET       | 11th January 1994 | Italian | Scholarship Program: TC option | Location: Italy | Height: 158 cm | Weight: 60 kg | Start Date  | Length (months) | Previous Best Times                                                                 |
| Event | Time | Q.s | Meet Name | City (Country) | Date |             |             |             | 50 free | 24.68  | n/a | 10th FINA World Championships | Kazan (RUS) | 07/08/2016     |
| 100 free | 53.00 | | 10th FINA World Championships | Kazan (RUS) | 07/08/2016 |
| 50 fly  | 20.64  | | Premier Open Meet 2015 | Sheffield (G) | 29/05/2015 |

| Issa Abdisla MOHAMED   | 1st March 1996 | Kenyan | Scholarship Program: NF-68001 | Location: Kenya | Height: 170 cm | Weight: 51 kg | Start Date  | Length (months) | Previous Best Times                                                                 |
| Event | Time | Q.s | Meet Name | City (Country) | Date |             |             |             | 50 free | 23.97  | n/a | 11th African Games | Brazzaville (CGO) | 11/08/2016     |
| 100 free | 52.57 | | 11th African Games | Brazzaville (CGO) | 08/06/2016 |
| 200 free | 1:50.33 | | 11th African Games | Brazzaville (CGO) | 09/08/2015 |
| 100 fly  | 57.18  | | 11th African Games | Brazzaville (CGO) | 07/08/2015 |

| Thi Dieu Linh NGUYEN  | 14th May 1997 | Vietnamese | Scholarship Program: TC option | Location: Vietnam | Height: 160 cm | Weight: 59 kg | Start Date  | Length (months) | Previous Best Times                                                                 |
| Event | Time | Q.s | Meet Name | City (Country) | Date |             |             |             | 50 free | 23.91  | n/a | 17th Asian Games | Incheon (KOR) | 23/09/2014     |
| 100 free | 53.14 | | 17th Asian Games | Incheon (KOR) | 25/09/2014 |

| Arsham MKRAEI       | 22nd November 1995 | Iranian | Scholarship Program: TC option | Location: Iran | Height: 160 cm | Weight: 59 kg | Start Date  | Length (months) | Previous Best Times                                                                 |
| Event | Time | Q.s | Meet Name | City (Country) | Date |             |             |             | 50 free | 23.86  | n/a | 28th SEA Games | Incheon (KOR) | 23/09/2014     |
| 100 free | 53.54 | | 28th SEA Games | Incheon (KOR) | 25/09/2014 |

| Mary Laura MEZA       | 20th November 1990 | Costa Rican | Scholarship Program: N/A | Location: USA | Height: 164 cm | Weight: 54 kg | Start Date  | Length (months) | Previous Best Times                                                                 |
| Event | Time | Q.s | Meet Name | City (Country) | Date |             |             |             | 50 fly  | 26.98  | n/a | XIII C. American&Caribbean G | Veracruz (MEX) | 15/11/2014     |
Trung Quan NGUYEN
Nationality: Vietnamese
Date of Birth: 22nd January 1999
Location: Thanh tura (THA)
Start date: 01/05/2015
Length: 12 months
Previous best times:
Event Time Q.as Meet Name City (Country) Date
100 fly 2.69 15 n/a rio 26/08/2015
200 fly 2.85 15 n/a rio 26/08/2015

Christian NIKLES
Nationality: Brunei
Date of Birth: 29th December 1997
Location: BRU
Start date: 06/11/2016
Length: 12 months
Previous best times:
Event Time Q.as Meet Name City (Country) Date
50 free 24.39 n/a 5th FINA World Junior Champs Singapore (SIN) 27/08/2015
100 free 59.04 n/a 9th FINA World Junior Champs Singapore (SIN) 28/08/2015
50 fly 26.37 n/a 9th FINA World Junior Champs Singapore (SIN) 28/08/2015
100 fly 58.81 n/a 9th FINA World Junior Champs Singapore (SIN) 28/08/2015

Corey OLLIVERKE
Nationality: Ghana
Date of Birth: 16th March 1997
Location: USA
Start date: 01/11/2015
Length: 8 months
Previous best times:
Event Time Q.as Meet Name City (Country) Date
50 back 36.81 n/a 16th FINA World Championships Kazan (RUS) 14/07/2015
100 back 1.58.36 n/a 16th FINA World Championships Kazan (RUS) 14/07/2015
50 free 26.37 n/a 16th FINA World Championships Kazan (RUS) 14/07/2015

Dinara PETRAHOOV
Nationality: Kyrgyz
Date of Birth: 13th February 2006
Location: Dormez (PFR)
Start date: 04/01/2016
Length: 6 months
Previous best times:
Event Time Q.as Meet Name City (Country) Date
50 breast 32.25 n/a n/a Dubai (UAE) 29/04/2016
100 breast 1.16.30 n/a n/a Dubai (UAE) 29/04/2016
200 breast 235.66 n/a n/a Dubai (UAE) 29/04/2016

Zubayr PIGOT
Nationality: Suriname
Date of Birth: 23rd May 1997
Location: SUR
Start date: 06/11/2014
Length: 12 months
Previous best times:
Event Time Q.as Meet Name City (Country) Date
50 free 22.34 n/a 2014 Arena Grand Prix Orlando Orlando (USA) 13/02/2014
100 fre 51.59 n/a CORP PTA Swimming Champs Sarasota (FLA) 20/04/2014
200 fre 2.92.99 n/a 2014 Arena Grand Prix Orlando Orlando (USA) 13/02/2014
100 back 57.22 n/a 2014 Pan American Caribbean Champs Sarasota (FLA) 20/04/2014
50 fly 24.88 n/a FOR 2014 Pan American Caribbean Champs Sarasota (FLA) 20/04/2014
100 fly 54.85 n/a CORP PTA Swimming Champs Sarasota (FLA) 20/04/2014

Emilia PONE
Nationality: Latvia
Date of Birth: 14th March 1997
Location: LAT
Start date: 09/11/2014
Length: 12 months
Previous best times:
Event Time Q.as Meet Name City (Country) Date
50 back 27.90 n/a 50th Latvian Swimming Ch Riga (LAT) 30/06/2014
100 back 59.42 n/a Open Championship of the Republic of Lithuania Riga (LAT) 14/06/2014
200 back 2.06.43 n/a Open Championship of the Republic of Lithuania Riga (LAT) 14/06/2014
50 fly 55.37 n/a 50th Latvian Swimming Ch Riga (LAT) 30/06/2014
100 fly 57.60 n/a European Junior Championships Donetsk (UKR) 05/07/2014
400 medley 4.61.38 n/a European Junior Championships Donetsk (UKR) 05/07/2014

Allyson PONSON
Nationality: Aruban
Date of Birth: 4th December 1995
Location: ARU
Start date: 01/12/2015
Length: 6 months
Previous best times:
Event Time Q.as Meet Name City (Country) Date
50 breast 25.01 n/a XXIII Inv. Int. Delini de Naci. S. Domingos (DOM) 26/11/2015
100 breast 54.77 n/a 2015 Pan American Games Toronto (CAN) 14/07/2015
200 breast 2.05.35 n/a XXIII Inv. Int. Delini de Naci. S. Domingos (DOM) 26/11/2015

FINA Scholarship holders | 53
FinA Scholarships Programme

Visilyapong PORN SUDA
Date of Birth: 26th August 1995
Nationality: Thai
Targeting Rio Programme: Location: Thanyapura (THA)
Start date: 1/01/2015
Length: 12 months

Previous best times
Event | Time | Q. as | Meet Name | City (Country) | Date
--- | --- | --- | --- | --- | ---
100 breast | 1:14.75 | n/a | n/a | n/a | n/a
200 breast | 2:36.93 | n/a | n/a | n/a | n/a
200 medley | 2:22.85 | n/a | n/a | n/a | n/a

Progression
Event | Time | Q. as | Meet Name | City (Country) | Date
--- | --- | --- | --- | --- | ---
100 breast | 1:13.87 | n/a | 18th ASEAN University Games | Singapore (SIN) | 11/07/2016
200 breast | 2:34.96 | n/a | Speedo Thailand Age Group Swim Meet | Samutprakarn (THA) | 20/07/2016
200 medley | 2:22.82 | n/a | Speedo Thailand Age Group Swim Meet | Samutprakarn (THA) | 05/04/2016

Mohammad Mahfuz Rahaman
Date of Birth: 11th May 1993
Nationality: Bangladeshi
Targeting Rio Programme: Location: Thanyapura (THA)
Start date: 1/01/2015
Length: 12 months

Previous best times
Event | Time | Q. as | Meet Name | City (Country) | Date
--- | --- | --- | --- | --- | ---
50 Free | 24.43 | n/a | 10th FINA World Championships | Kazan (RUS) | 07/08/2015
100 Free | 52.55 | n/a | 10th FINA World Championships | Kazan (RUS) | 05/08/2015

Progression
Event | Time | Q. as | Meet Name | City (Country) | Date
--- | --- | --- | --- | --- | ---
50 Free | 25.92 | n/a | 2010 Olympic Games | Rio (BRA) | 11/08/2016
100 Free | 53.12 | n/a | Speedo Thailand Age Group Swim Meet | Samutprakarn (THA) | 02/04/2016
200 Free | 1:34.98 | n/a | Speedo Thailand Age Group Swim Meet | Samutprakarn (THA) | 05/04/2016

Sajee PRACKASH
Date of Birth: 14th September 1993
Targeting Rio Programme: Location: Thanyapura (THA)
Start date: 1/01/2015
Length: 12 months

Previous best times
Event | Time | Q. as | Meet Name | City (Country) | Date
--- | --- | --- | --- | --- | ---
100 Free | 57.54 | n/a | Natl Aquatics 2015 | Karachi (IND) | 07/02/2015
200 Free | 1.10.27 | n/a | Natl Aquatics 2015 | Karachi (IND) | 01/02/2015
400 Free | 3.57.46 | n/a | Natl Aquatics 2015 | Karachi (IND) | 06/02/2015
100 Breast | 1.16.79 | n/a | Natl Aquatics 2015 | Karachi (IND) | 01/02/2015
200 Breast | 2:20.68 | n/a | Natl Aquatics 2015 | Karachi (IND) | 04/02/2015
200 Medley | 2:11.35 | n/a | Natl Aquatics 2015 | Karachi (IND) | 02/02/2015

Progression
Event | Time | Q. as | Meet Name | City (Country) | Date
--- | --- | --- | --- | --- | ---
100 Free | 57.41 | n/a | 8th Asian Age Group Championships | Bangkok (THA) | 10/03/2015
200 Free | 1:10.46 | n/a | 8th Asian Age Group Championships | Bangkok (THA) | 20/02/2016
400 Free | 3:58.08 | n/a | 59th Maldives Open Swim Meet | Shah Alam (MAS) | 07/05/2016
100 Breast | 1.15.45 | n/a | 2016-17 Div 1 Age Group LC Swim Meet Hong Kong (HKG) | 02/01/2017
200 Breast | 2:25.40 | n/a | 2016-17 Div 1 Age Group LC Swim Meet Hong Kong (HKG) | 02/07/2017
200 Medley | 2:11.35 | n/a | 2016-17 Div 1 Age Group LC Swim Meet Hong Kong (HKG) | 02/07/2017

Ivelis REMARKARIO
Date of Birth: 22nd December 1997
Targeting Rio Programme: Location: Thanyapura (THA)
Start date: 1/01/2016
Length: 7 months

Previous best times
Event | Time | Q. as | Meet Name | City (Country) | Date
--- | --- | --- | --- | --- | ---
100 Free | 58.06 | n/a | 50th All India College Meet | Ranchi (IND) | 05/06/2014
100 Breast | 1.16.15 | n/a | XIIU Central States Inter Meet | Asuncion (PAR) | 30/03/2014
200 Breast | 2.23.39 | n/a | XIIU Central States Inter Meet | Asuncion (PAR) | 31/03/2014

Kimlo RAHEEM
Date of Birth: 28th February 1999
Nationality: Sri Lankan
Targeting Rio Programme: Location: Thanyapura (THA)
Start date: 1/01/2016
Length: 12 months

Previous best times
Event | Time | Q. as | Meet Name | City (Country) | Date
--- | --- | --- | --- | --- | ---
50 Free | 25.97 | n/a | 12th South Asian Games 2016 | Gwangju (KOR) | 03/06/2016
100 Free | 1.01.02 | n/a | 12th South Asian Games 2016 | Gwangju (KOR) | 10/03/2016
200 Free | 2:59.32 | n/a | 12th South Asian Games 2016 | Gwangju (KOR) | 10/03/2016
200 Back | 2.18.87 | n/a | 12th South Asian Games 2016 | Gwangju (KOR) | 10/03/2016

Progression
Event | Time | Q. as | Meet Name | City (Country) | Date
--- | --- | --- | --- | --- | ---
50 Free | 26.49 | n/a | 13th Asian Games 2018 | Gold Coast (AUS) | 02/06/2018
100 Free | 1.01.02 | n/a | 13th Asian Games 2018 | Gold Coast (AUS) | 02/06/2018
200 Free | 2:55.28 | n/a | 13th Asian Games 2018 | Gold Coast (AUS) | 02/06/2018
200 Back | 2:18.87 | n/a | 13th Asian Games 2018 | Gold Coast (AUS) | 02/06/2018

Mikael SCHMIDT
Date of Birth: 11th September 1996
Targeting Rio Programme: Location: Thanyapura (THA)
Start date: 1/01/2016
Length: 12 months

Previous best times
Event | Time | Q. as | Meet Name | City (Country) | Date
--- | --- | --- | --- | --- | ---
50 Free | 25.97 | n/a | 2014 Fina Senior Championships | Sydney (AUS) | 12/05/2015
100 Free | 1.01.02 | n/a | 2014 Fina Senior Championships | Sydney (AUS) | 12/05/2015
200 Free | 1.56.78 | n/a | 2014 Fina Senior Championships | Sydney (AUS) | 12/05/2015
400 Free | 4:52.60 | n/a | 2014 Fina Senior Championships | Sydney (AUS) | 12/05/2015
200 Breast | 2:23.92 | n/a | 2014 Fina Senior Championships | Sydney (AUS) | 12/05/2015
50 Breast | 25.90 | n/a | 2015 Fina Senior Championships | Sydney (AUS) | 12/05/2015
200 Fly | 2:09.13 | n/a | 2015 Fina Senior Championships | Sydney (AUS) | 12/05/2015
200 Back | 2:10.05 | n/a | 2015 Fina Senior Championships | Sydney (AUS) | 12/05/2015

54 | FINA Scholarships Programme
FINA Scholarship holders

Karen RIVEROS SCHULZ
Date of Birth: 4th December 1994
Nationality: Paraguay
Height: 165 cm
Weight: 57 kg
Scholarships Program: NF option
Location: Paraguay

Previous best times
Event Time Q.s Meet Name City (Country) Date
50 free 29.49 n/a Argentine Open Swimming Ch. Buenos Aires (ARG) 19/12/2015
100 free 57.31 n/a Argentine Open Swimming Ch. Buenos Aires (ARG) 19/12/2015
200 free 2:55.68 n/a Argentine Open Swimming Ch. Buenos Aires (ARG) 17/12/2016

Progression
Event Time Q.s Meet Name City (Country) Date
50 free ▲ 28.50 n/a XIXI Comprensorio Sudomiono XIXI Comprensorio Sudomiono 04/04/2016
100 free ▲ 51.03 n/a XIXI Comprensorio Sudomiono XIXI Comprensorio Sudomiono 04/04/2016
200 free ▲ 2:55.47 n/a XIXI Comprensorio Sudomiono XIXI Comprensorio Sudomiono 30/03/2016

Sofia SHAH
Date of Birth: 9th August 1997
Nationality: Nepal
Height: 168 cm
Weight: 50 kg
Targeting Rio Programme
Location: Thahiyapur (THA)

Previous best times
Event Time Q.s Meet Name City (Country) Date
50 free 29.63 n/a 1st Lumbini National Games Nepal (NEP) 10/08/2014
100 free 1:06.76 n/a 1st Lumbini National Games Nepal (NEP) 11/04/2015
200 free 2:28.72 n/a 1st Lumbini National Games Nepal (NEP) 11/04/2015

Progression
Event Time Q.s Meet Name City (Country) Date
50 free ▲ 26.43 n/a 16th FINA World Championships Kazakhstan (KAZ) 06/03/2015
100 free ▲ 1:08.30 n/a 16th FINA World Championships Kazakhstan (KAZ) 04/03/2015
200 free ▲ 2:13.32 n/a South Asian Games 2015 Nepal (NEP) 06/02/2016

Naomi RUELE
Date of Birth: 13th January 1997
Nationality: Malawi
Height: 164 cm
Weight: 50 kg
Scholarships Program: NF option
Location: Sci/OT

Previous best times
Event Time Q.s Meet Name City (Country) Date
50 back 27.21 n/a 1st African Games 2015 Nairn (SCO) 17/06/2011
50 back 29.99 n/a Commonwealth Youth Games Durban (RSA) 03/04/2014
100 back 1:05.24 n/a Se National Aquatic Ch. Durban (RSA) 03/04/2014

Progression
Event Time Q.s Meet Name City (Country) Date
50 free ▲ 27.91 n/a 11th African Games 2015 Brazzaville (COD) 09/10/2015
100 free ▲ 59.12 n/a 11th African Games 2015 Brazzaville (COD) 09/10/2015
200 free ▲ 2:24.27 n/a 15th FINA World Championships Cozumel (MEX) 20/05/2015
50 back ▲ 29.70 n/a 11th African Games 2015 Brazzaville (COD) 09/10/2015
100 back ▲ 1:05.33 n/a 11th African Games 2015 Brazzaville (COD) 09/10/2015
200 back ▲ 2:38.10 n/a 15th FINA World Championships Cozumel (MEX) 19/06/2015

Aminth SHAJAN
Date of Birth: 20th October 1993
Nationality: Maldives
Height: 157 cm
Weight: 50 kg
Targeting Rio Programme
Location: Thahiyapur (THA)

Previous best times
Event Time Q.s Meet Name City (Country) Date
100 free 1:05.89 n/a Commonwealth Games Glasgow (GBR) 26/07/2014
200 free 2:39.45 n/a Commonwealth Games Glasgow (GBR) 27/07/2014

Progression
Event Time Q.s Meet Name City (Country) Date
100 free ▲ 2:17.51 n/a 19th FINA World Championships Kazan (RUS) 06/08/2015
200 free ▲ 4:28.73 n/a 19th FINA World Championships Kazan (RUS) 06/08/2015
50 back ▲ 1:05.71 n/a 16th European Games Sofia (BUL) 15/08/2015
200 back ▲ 2:55.32 n/a 16th European Games Sofia (BUL) 15/08/2015

Tennamuea STRICKLAND
Date of Birth: 4th July 1999
Nationality: Cook Islands
Scholarships Program: TG option
Location: Thahiyapur (THA)

Previous best times
Event Time Q.s Meet Name City (Country) Date
50 free 29.87 n/a Pacific Games Apia (SAM) 10/06/2015
100 free ▲ 1:09.09 n/a Pacific Games Apia (SAM) 05/06/2016

Progression
Event Time Q.s Meet Name City (Country) Date
50 free ▲ 20.98 n/a 11th Oceania Swimming Championships Suva (FJI) 21/05/2016
50 back ▲ 1:00.62 n/a 11th Oceania Swimming Championships Suva (FJI) 21/05/2016
100 back ▲ 1:08.99 n/a 11th Oceania Swimming Championships Suva (FJI) 21/05/2016

Samuel SEGER S
Date of Birth: 12th September 1994
Nationality: Papua New Guinea
Height: 169 cm
Weight: 59 kg
Scholarships Program: NF option
Location: PNG

Previous best times
Event Time Q.s Meet Name City (Country) Date
50 free 23.48 n/a 18th FINA World Championships Kazan (RUS) 27/05/2015
100 free ▲ 51.35 n/a 18th FINA World Championships Kazan (RUS) 05/06/2015
200 free ▲ 1:59.84 n/a 2015 McDonald’s Queenslnd Ch. Brisbane (AUS) 13/12/2014
50 back ▲ 25.30 n/a 18th FINA World Championships Sydney (AUS) 21/05/2016
100 back ▲ 59.00 n/a 2015 McDonald’s Queensland Ch. Brisbane (AUS) 13/12/2014

Progression
Event Time Q.s Meet Name City (Country) Date
50 free ▲ 23.57 n/a 2016 Australian Champion Adelaide (AUS) 12/04/2016
100 free ▲ 53.70 n/a 2016 Australian Champion Adelaide (AUS) 12/04/2016
200 free ▲ 1:53.54 n/a 11th Oceania Swimming Championships Suva (FJI) 21/05/2016
50 back ▲ 24.99 n/a 2016 Australian Champion Adelaide (AUS) 07/04/2016
100 back ▲ 55.17 n/a 2016 Australian Champion Adelaide (AUS) 07/04/2016
FINA Scholarships Programme

David VAN DER COLFF

Date of Birth: 24th April 1997
Nationality: Botswana
Start date: 01/10/2016
Length: 11 months

Height: 166 cm
Weight: 56 kg

Previous best times:

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<th>Meet Name</th>
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<td>n/a</td>
<td>2015 Short Invitational USA-5</td>
<td>Denver (USA)</td>
<td>02/15/2015</td>
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<td>19th FINA World Championships</td>
<td>Kazan (RUS)</td>
<td>09/06/2015</td>
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<tr>
<td>100 back</td>
<td>57.96</td>
<td>n/a</td>
<td>19th FINA World Championships</td>
<td>Kazan (RUS)</td>
<td>09/06/2015</td>
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<td>100 free</td>
<td>2.12.35</td>
<td>n/a</td>
<td>2015 Short Invitational USA-5</td>
<td>Denver (USA)</td>
<td>05/12/2015</td>
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<tr>
<td>50 fly</td>
<td>28.39</td>
<td>n/a</td>
<td>Commonwealth Youth Games</td>
<td>Apia (SAM)</td>
<td>07/08/2015</td>
</tr>
<tr>
<td>100 fly</td>
<td>59.47</td>
<td>n/a</td>
<td>2015 Short Invitational USA-5</td>
<td>Denver (USA)</td>
<td>03/12/2015</td>
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</tbody>
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Progression:

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<tbody>
<tr>
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<td>25.56</td>
<td>n/a</td>
<td>FINA World camps</td>
<td>Munich (GER)</td>
<td>04/06/2016</td>
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<td>28.03</td>
<td>n/a</td>
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<td>Nassau (BHD)</td>
<td>03/05/2016</td>
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<td>Nassau (BHD)</td>
<td>03/06/2016</td>
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<td>2.04.00</td>
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<td>HO-3X3 International Cup</td>
<td>Doha (QAT)</td>
<td>19/06/2016</td>
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<td>World Series</td>
<td>London (ENG)</td>
<td>11/08/2016</td>
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Imeldo Feloysa XIMENES RELO

Date of Birth: 24th October 1998
Nationality: East Timorese
Start date: 01/10/2016
Length: 12 months

Previous best times:

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<th>Event</th>
<th>Time</th>
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