



Student Performance Sport Breakthrough Programme - Sport Specific Indicative Levels

Sport	Nomination Criteria
Athletics	<ul style="list-style-type: none"> • Qualify for Olympic, Paralympic, or Senior World Championship • Selected for Senior European Championships, Diamond league. • Selected to UK Athletics World Class Programme. • Selected for U23 European/World Championships • UK U17/U20/U23, English Schools or BUCS Medallist • U20 GB Representations • England Athletics- Junior Talent, Senior Development, Senior Performance or Para Academy member (2 year window) • Welsh Athletics- Transition or Performance member (2 year window) • Scottish Athletics- Performance Foundations member (2 year window) • TASS athlete • meets or exceeds the minimum qualifying standards outlined in appendix A
Bobsleigh & Skeleton	<ul style="list-style-type: none"> • World Class Programme athlete. • Current TASS Athlete.
Football	<ul style="list-style-type: none"> • Contract for club in Premier, Championship, Division 1 or Division 2 team (or international equivalent) • Senior international cap • Category 1, 2 or 3 academy (two year window) • Playing at senior step 4 & above of the English league pyramid • Playing at U18 or reserve team level of step 2 and above of the English league pyramid • Player from Kinetic academy programme. • Players getting trials at Prem, championship, div 1 or div 2 clubs whilst in the university programme.
Hockey	<ul style="list-style-type: none"> • Olympic & World Cup Squad Selection • Pro-League player • Senior European Championship Squad Selection • World Class Programme selection • MNL & WNL Premier League Squad • GB Elite Development Programme • Wales, Scotland, England, Ireland - National Age group squads U18 or U21 • Ulster U18's- NI. • International Competition • TASS Athlete
Judo	<ul style="list-style-type: none"> • Selection for; Olympic games, World Championships, European Championships & Commonwealth Games • Compete in Grand prix (100 points) &/or Grand Slam events (200points) • World top 100 ranking • European, Pan or continental open top 5/win 3 fights • Medal at Senior European Cups • Member of a British squad at U21 &/or Senior level • If senior Top 6 in UK ranking



	<ul style="list-style-type: none"> • If Junior Top 10 in UK senior ranking list • A medal at British champs • TASS Athlete • 2 or more medals at Home nation opens.
Netball	<ul style="list-style-type: none"> • International series/World Cup/Commonwealth Games • Netball Superleague contract • England Roses selection • Senior Cap for a top 10 nation • U23 Next Gen squad • YCWG / Youth World Cup/ Netball Europe • England Academy & equivalent other nation squads subject to performance level. • England Futures Selection • Senior Home Nation International long squad selection • TASS athletes • National Performance League squad U17/19/U21
Pentathlon	<ul style="list-style-type: none"> • World Class Programme athlete at any level. • Current TASS Athlete.
Rugby (Men's)	<ul style="list-style-type: none"> • Senior international cap for world cup nation • Premiership, URC Team Contract • World 7's Series Cap • Championship rugby contract • Students International 15s Selection • Premiership Rugby Senior Academy • Premiership Rugby Academy -Bath Scholar • U19/sU20s international cap • BUCS Super Rugby starting 15- must start minimum 50% of BSR games to qualify
Rugby (Women's)	<ul style="list-style-type: none"> • Premiership or Championship 1 Rugby player within two years of application. • Player Development Group Centre or Centre of Excellence Player. • International U18 or U20 Player from World Cup Nations. • Senior International player (15s or 7s). • Celtic Challenge Player.
Swimming	<ul style="list-style-type: none"> • Selected for Olympic Games • Senior World Championships or European Championships selection. • Selected onto British WCPP at any level • World Aquatic A times • Qualification for junior world or European championships, • Qualification for a swimming world cup • Selection for U23 European Championships • Selection for World University Games • Benchmark times World Aquatics A times 4% or better • British Championships Senior A final • Current TASS athlete • 4th or better at BUCS event (SC or LC) • CWG, Pan am Games but not achieving WA A time
Tennis	<ul style="list-style-type: none"> • ATP/WTA Ranking.



	<ul style="list-style-type: none"> • Top 200 ITF Junior or 12.0 UTR. • IFT Senior Ranking. • 11.0 (M) or 9.0 (F) UTR rating. • Competing in LTA Tournaments.
Triathlon	<ul style="list-style-type: none"> • World Class Programme athlete at any level. • Senior European or World Championship team. • World Cup top 10 • U23 Euro & World Championship Competitor. • Youth Olympic or European Youth Championship team. • Junior European Cup competitor. • Home Nation Talent squad athlete. • Top 8 Senior/Junior British Super Series at gateway race. • Current TASS athlete.
Rowing	<ul style="list-style-type: none"> • Member of the Performance Development Academy. • Member of World Class Programme squad at any level. • Current TASS athlete.
<i>Other Olympic & Paralympic</i>	<ul style="list-style-type: none"> • Selection to compete at major youth and/or junior international or professional events within the past two years. • Selection onto a National Governing Body's or Professional Team's Performance Pathway. • Current TASS athlete.
<i>Non-UK athletes</i>	<p>Sporting assessment of international students to ensure equivalent sporting standards to domestic criteria.</p> <p><i>Where sport specific time-based criteria are listed this would need to be evidenced.</i></p>



Appendix A

Athletics Benchmarks

Men								Women							
Event	Performance Support				Development Support			Event	Performance Support				Development Support		
	SPSO 2025	Entry 2026	Year 2 2027	Year 3 2028	Entry 2026	Year 2 2027	Year 3 2028		SPSO 2025	Entry 2026	Year 2 2027	Year 3 2028	Entry 2026	Year 2 2027	Year 3 2028
100	10.85	10.75	10.70	10.55	11.1	10.9	10.75	100	12.1	11.95	11.9	11.85	12.4	12.15	11.95
200	22.1	21.8	21.6	21.4	22.6	22.2	21.8	200	25	24.6	24.4	24.2	25.7	25.2	24.6
400	49.5	49.0	48.0	47.0	50.0	49.5	49	400	57.1	56.5	55.5	54.5	58	57	56
800	1:52.5	1:51.60	1:50	1:48.6	1:55	1:53	1:51	800	2:12	2:10	2:08	2:06	2:17	2:13	2:10
1500	3:52	3:50	3:45	3:40	3:57	3:55	3:52	1500	4:30	4:28	4:24	4:19	4:40	4:34	4:29
3000	8:28	8:21	8:08	7:55	8:41	8:30	8:21	3000	9:49	9:45	9:25	9:02	10:11	10:00	9:45
5000			14:03	13:35		14:16	14:07	5000			15:52	15:36		16:09	15:52
10000			29:46	29:19		30:15	29:46	10000			33:56	33:16		35:06	33:56
3k Steeple			9:10	9:00		9:30	9:20	3k Steeple			10:32	10:04		10:59	10:41
2k Steeple	6:19*	6:19.00			6:45			2k Steeple			6:57	6:52		7:07	6:57
1.5k Steeple	4:20*							1.5k Steeple	5:13*	5:05.00			5:31.00		
100mH	14.7J	13.9 U18	14.4J	14.4	15.0J	15.0	14.4	100mH	14.5	14.3	13.73	13.54	14.8	14.5	14.3
400mH	55	54	52.4	50.5	56	55.3	54.5	400mH	63.5	62.7	60.0	58.7	65.0	64.0	63.0
UJ	6.75	6.95	7.29	7.60	6.40	6.67	6.95	UJ	5.60	5.78	6.05	6.17	5.40	5.60	5.78
TJ	14.2	14.10	14.60	15.10	13.30	13.80	14.10	TJ	11.50	11.88	12.40	12.77	11.30	11.55	11.88
HJ	2.01	2.04	2.10	2.15	1.95	1.98	2.04	HJ	1.69	1.72	1.76	1.81	1.65	1.68	1.72
PV	4.50	4.60	4.85	5.15	4.10	4.30	4.40	PV	3.40	3.50	3.75	4.20	3.20	3.30	3.50
Shot	13.70J	15.50J	15.41	16.17	13.70J	14.50	15.41	Shot	12.30	13.15	14.02	15.39	12.43	12.80	13.15
Discus	46J	45.50J	48.87	52.47	40J	45.0	48.87	Discus	39.00	41.00	44.32	48.65	36.00	38.00	41.00
Hammer	58J	52.36J	59.94	66.0	48J	54.00	59.94	Hammer	45.00	47.00	56.12	61.22	44.00	45.50	47.00
Javelin	56	58.00	62.0	66	51.00	53.00	55.00	Javelin	40.00	42.00	44.00	48.00	37.00	39.00	42.0
Dec/Hep	5800	5900	6200	6843	5200	5500	5800	Dec/Hep	4350	4600	4800	5300	4200	4400	4600
XC	National Top 8 U18	National Top 8 U20	Nat Top 15 senior	Nat To 10 Senior	National top 30 U20	National top 30 senior	National Top 15	XC	National top 8 U18	National Top 15 U20	Nat Top 15 senior	Nat To 10 Senior	National top 30 U20	National top 30 senior	National Top 15

Orange Highlight = Steeplechasers - boys must achieve 3:57s over 1500m, Girls 4:35s over 1500m. Green Highlight = junior implements may apply

Swimming Benchmark Times

Male	Events	Female
00:23.16	50 Freestyle	00:26.42
00:50.57	100 Freestyle	00:56.78
01:52.31	200 Freestyle	02:02.37
04:00.20	400 Freestyle	04:22.75
08:25.00	800 Freestyle	08:55.94
16:10.17	1500 Freestyle	17:11.11
00:26.01	50 Backstroke	00:29.59
00:56.08	100 Backstroke	01:03.39
02:03.04	200 Backstroke	02:16.06
00:28.69	50 Breaststroke	00:32.28
01:03.17	100 Breaststroke	01:10.00
02:17.93	200 Breaststroke	02:31.79
00:24.65	50 Butterfly	00:27.42
00:54.58	100 Butterfly	01:00.75
02:04.27	200 Butterfly	02:15.87
02:05.02	200 IM	02:21.02



04:31.56

400 IM

05:00.34