



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Qualifying Times

- **Must schedule tryout with Aquatic Leadership Team or Coaching Staff •**

Pre-Comp

100 Free – 2:30 or less

50 of each stroke – 1:20 or less for each 50

10 & Under

Must know basic time intervals and flip turns/streamlines prior to joining competitive swim team

100 Free – 2:00 or less

Choice of 200 IM or 100 stroke – 4:00 or less

12 & Under

100 Free – 1:30 or less

Choice of 200 IM or 100 stroke

200 IM – 2:45 or less, 100 stroke – 1:40 or less

16 & Under

100 Free – 1:15 or less

Choice of 200 IM or 100 stroke

200 IM – 2:25 or less, 100 stroke – 1:25 or less

Senior

100 free – 1:00 or less

Choice of 200 IM or 100 stroke

200 IM – 2:20 or less, 100 stroke – 1:10 or less