



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Pre-Comp & Swim Team 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

8 & Under

- Students must perform all 4 competitive strokes, legally, & has the potential for flip turns •

No timed tryouts

10 & Under

- Students must know basic time intervals and flip turns/streamlines prior to joining competitive 10 & Under swim team •

50 Free – 1:10 or less

Choice of 100 IM 2:30 or less

or 50 stroke – 1:10 or less

12 & Under

100 Free – 1:30 or less

Choice of 200 IM - 2:45 or less

or 100 stroke - 1:40 or less

except breaststroke – 1:30 or less

16 & Under

100 Free – 1:15 or less

Choice of 200 IM – 2:25 or less

or 100 stroke – 1:15 or less

except 100 breaststroke – 1:25 or less

Championships Team

100 free – 1:00 or less

Choice of 200 IM – 2:20 or less

or 100 stroke - 1:10 or less

B-Championship Times