



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

### Qualifying Times

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

#### 8 & Under

**Must know basic time intervals, flip turns, open turns, and streamlines\***

100 Freestyle (legal, no time limit)

50 Butterfly (legal, no time limit)

50 Backstroke (legal, no time limit)

50 Breaststroke (legal, no time limit)

#### 10 & Under

**Must know basic time intervals, flip turns, open turns, and streamlines\***

200 Freestyle (legal, no time limit)

50 Butterfly 1:30 or less

50 Backstroke 1:30 or less

50 Breaststroke 1:45 or less

#### 12 & Under

**Must know basic time intervals, flip turns, open turns, and streamlines\***

300 Freestyle (legal, no time limit)

50 Butterfly 1:10 or less

100 Backstroke 2:45 or less

100 Breaststroke 3:00 or less

#### 16 & Under

**Must know basic time intervals, flip turns, open turns, and streamlines\***

400 Freestyle (legal, no time limit)

50 Butterfly 1:00 or less

100 Backstroke 2:20 or less

100 Breaststroke 2:45 or less

\*If a student cannot perform legal stroke technique, but still meets other qualifications, it is up to Aquatic Leadership to decide if there is potential for legality

The Y: We're for youth development, healthy living, and social responsibility.