

## **CRITERIA FOR ELIGIBILITY FOR COMPETITION SQUAD**

Must attend at least 3 or more sessions per week.

Must be able to train winter season as well as summer.

Minimum age 10 years but consideration will be given to eligible 9 years who can meet the qualifying times.

Must be able to swim 100m of all strokes continuously with good technique ( 2 x 50m of fly acceptable at first).

Must meet qualifying times.

Must be willing/ available to attend swim meets.

This squad has a higher emphasises on stroke technique, aerobic endurance, strength and racing skills. With more intense training to help prepare swimmers for state level swimming.

Mature attitude and self-discipline are also important virtues needed to join this squad. Failure to abide by these principals will exclude the swimmer from the squad until they prove different/ ready to re-join.

The coaches' discretion on eligibility/ entry to this squad is final. There will be no parent input into the decision.

## QUALIFYING TIMES.

STROKE	10YRS	11YRS	12YRS	13YRS	14YRS	15YRS	16YRS+	
<b>50 FREE</b>	39	37	34	34	33	32	31	
<b>50 BACK</b>	46	44	42	41	40	39	38	
<b>50 BR/s</b>	49	47	46	45	43	42	41	
<b>50 FLY</b>	43	42	41	40	39	37	36	
<b>100 IM</b>	1.35.0	1.30.0	1.25.0	1.21.0	1.20.0	1.19.0	1.18.0	