

Competitive Performance Descriptions	Level One Minimums	Level Two Minimums	Level Three Minimums	Level Four Minimums
<p>The competitive performance section is designed to allow the coach to establish a progression of times for the athletes to achieve in competition before the athlete can move to the next level. The focus is very light in the first three levels, which include the prerequisite level; performance times are introduced in level three. One of the goals in this category is to prepare the athlete for long-term development by emphasizing all four strokes, avoiding specialization until later in the athlete's career. Another is to expose our athletes to what swimmers in the rest of the country are doing in terms of performance and prepare them for what awaits in college swimming..</p> <p>The competitive times progressions are designed to dovetail into what is expected in practice performances. The times listed next for each level are used to determine the training speeds in the training category.</p>	<p>The swimmer has competing in at least three time trials for the primary focus of skill and technical development.</p>	<p>The swimmer has competing in at least one swim meet for the primary focus of skill and technical development.</p> <p>The swimmer has completed their IMReady program.</p>	<p>1. Swimmer must achieve at least:</p> <ul style="list-style-type: none"> a. 10 and under 'AAA' time standard, or b. 11-12 'A' time standard, or c. 13-14 'BB' time standard <p>from the National Age Group Motivational Time Standards (NAG 16) in at least two different strokes.</p> <p>2. Has completed their IMX program and earned a score of 1500 points or higher.</p>	<p>1. The swimmer must achieve at least:</p> <ul style="list-style-type: none"> a. 11-12 'AA' time standard, or b. 13-14 'A' time standard <p>from the National Age Group Motivational Time Standards (NAG 16) in at least two different strokes.</p> <p>2. Has completed their IMX program and earned a score of at least 2400 points.</p>
Date Achieved				

Level Five Minimums	Level Six Minimums	Level Seven Minimums	Level Eight Minimums
<ul style="list-style-type: none"> 1. The swimmer must achieve a 13-14 National 'AAA' Time standard. 2. The swimmer has completed their IMX program with a score of at least 2800. 	<p>In addition to the previous levels, the swimmer has qualified and competed at USA Swimming Speedo Sectional Championships in at least one individual event.</p>	<p>In addition to the previous levels, the swimmer has qualified and competed at USA Swimming Junior National Championships in at least one individual event.</p>	<p>In addition to the previous levels, the swimmer has qualified and competed at USA Swimming National Championships in at least one individual event.</p>