



RIO SALADO SWIM CLUB

Chandler + Gilbert + Queen Creek + Tempe

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Age Group Program Training Group Move-up Requirements

Each group on our team serves a different purpose. These standards represent the minimum an athlete needs to be able to do to find success in the next level group. All move-ups are finalized by the coaches.

Age Group 1

- ages 8-14 years old
- all strokes legal
- tryout with a Rio coach

Age Group 2

- 5th & 6th graders
- 10 yr this season - 1 AA time and minimum 1500 IMX score
- 11-12 yr this season - 1 A time and a minimum 1500 IMX score
- 13-14 yr this season - 1 BB time and minimum 1500 IMX score

> Move-ups in April will be swimmers who meet the performance requirement and will be 11 or older at their next championship meet

> Move-ups in August will be swimmers who meet the performance requirement and are beginning 5th grade or older that season

Age Group 3

- 7th & 8th graders
- all ages this season - 11-12 AA time for both the 400 IM and one of the distance events (500/1000/1650 FR) or 4x 11-12 AAA times (excluding the 50s of stroke & the 100 IM)

> Move-ups in April will be swimmers who meet the performance requirement and will be 13 or older at their next championship meet

> Move-ups in August will be swimmers who meet the performance requirement and are beginning 7th grade or older that season

USA Swimming Motivational Time Standards:

<https://www.usaswimming.org/docs/default-source/timesdocuments/time-standards/2020motivationaltimes-top16.pdf>

Find your child's IMX score here: swimmingrank.com

- 1) on the top, left corner click AZ
- 2) on the top, left corner click LSC rankings
- 3) under Short Course, click on your child's age range and gender
- 4) click on any listed event
- 5) on the top, left side click SCY IMX
- 6) find your child's name (you can use 'ctrl f' to search for your swimmer's name on the page) and click on it
- 7) the IMX score is under the column labeled 'points.'