

Fall 2021 KBM Standards and Progressions

Placements and movements typically take place for the start of the season with some in season progressions considered, at the discretion of the head coach. We don't want swimmers "chasing standards."

When standards are released for 2022 next March an IM requirement is being considered***

Group	Training Standard			
SENIOR PERFORMANCE VARSITY	Male 400 Free 4:45		Female 400 Free 4:55	
14 AND OVER	Plus 500 FINA points in an Olympic Event			
SENIOR PERFORMANCE	Male 400 Free		Female 400 Free	
13 AND OVER	13	5:00	13	5:10
	14	5:05	14	5:15
	15+	5:10	15+	5:20
JUNIOR PERFORMANCE 12 AND OVER	Male 400 Free		Female 400 Free	
	12	6:00	12	6:00
	13	6:15	13	6:15
	14+	6:30	14+	6:30
JUNIOR 14 AND UNDER	Male 400 Free 7:30		Female 400 Free 7:30	
JUNIOR DEVELOPMENT 13 AND UNDER	100 Free 2:15		100 Free 2:15	
	Plus 100 Back and Breast with proper turns 150 Continuous Kick			
	100 free with flipturns 2:15 100 back with flipturns 100 breaststroke with legal turn 150 continuous kick 25m of Butterfly if coming from the MM program			
MM+ (9-11)	Stroke Requirements			
	50m free with "side" breathing 50m backstroke 100m continuous kick on a board Comfortable in water Able to be assessed without parental involvement			
MM (10 and under)	Stroke Requirements			
	25m free with "side" breathing 25 metres of backstroke 50m continuous kick on a board Comfortable in water Able to be assessed without parental involvement			