



Age Group (Group Advancement Requirements)							
	<u>Level 6</u>	<u>Level 5</u>	<u>Level 4</u>	<u>Level 3</u>	<u>Level 2</u>	<u>Level 1</u>	<u>Novice</u>
<i>Exit option #</i>	<i>Exit: 2 of 2</i>	<i>Exit: 7 of 10</i>	<i>Exit: 7 of 10</i>	<i>Exit: 7 of 10</i>	<i>Exit: 7 of 10</i>	<i>Exit: 7 of 10</i>	<i>Exit: Bold +1 additional</i>
1	Sectional Cut	2800 IMX (at actual age)	2400 IMX (if younger than 10 set at 10 years old)	1500 IMX (younger than 10 set at 10, older than 12 set at 12)	11 and older completed 200 IM or 500 free/10 and under completed 200 free or 200 IM	Legal time in a freestyle and backstroke event at a meet	Legal freestyle and backstroke at practice (2x100)
2	AAA 13-14	AA 13-14	11-12 AA	10 and under AAA	Competed in 4 meets	Competed in a meet	Legal breast at practice (4x25)
3	AAA 13-14 in a different Stk	AA 13-14 in a different Stk	11-12 AA in a different Stk	10 and under AAA in a different Stk	Legal times in IMR	Legal time in breast at a meet	Legal fly at practice (4x25)
4	10x100 Free 1:25	10x100 Free 1:25	9x100 Free 1:30	8x100 Free 1:40	6x100 Free 2:00	Legal time in fly at a meet	Legal Freestyle turn at practice
5	9x100 Back 1:30	9x100 Back 1:30	8x100 Back 1:40	7x100 Back 2:00	8x75 Back 1:45	5x100 Free w/turns 3:00	Legal open turns at practice
6	8x100 Kick 1:50	8x100 Kick 1:50	7x100 Kick 2:00	6x100 Kick 2:10	8x75 Kick 2:00	8x50 Back w/turn 1:30 (legal)	legal backstroke turn at practice
7	7x100 IM 1:40	7x100 IM 1:40	6x100 IM 1:50	5x100 IM 2:00	4x100 IM 2:30	4x75 Kick 2:15	Start from block or side at practice
8	6x100 Breast 1:40	6x100 Breast 1:40	5x100 Breast 1:50	4x100 Breast 2:10	4x75 Breast 2:15	5x50 Breast 2:00 (legal)	6x50 free 1:45
9	8x50 Fly :45	8x50 Fly :45	7x50 Fly :50	5x50 Fly 1:05	8x25 Fly :45	6x25 Fly 1:00 (legal)	8x25 back 1:00
10	85% Attendance	80% Attendance	75% Attendance	70% Attendance	65% Attendance	60% Attendance	55% Attendance

Senior Groups			
<u>National</u>	<u>National Age Group</u>	<u>HS 1</u>	<u>HS 2</u>
HS w/ sectional cut	Sectional cut not in HS	HS w/District Level time	Incoming 8th grade
85% Attendance	85% Attendance	*or coaches invitation	HS w/o district level time
		*or incoming 8th @ level 5-6	HS w/o 75% Attendance
		75% Attendance	

Note: If attendance is not being met and swimmer is not keeping up with their current group, the swimmer will have a meeting with coach. The parent will be notified of this meeting. If after a trial 3 week period attendance has not improved, swimmer will be dropped groups. No refund will be given upon dropping groups. If attendance is improved for a 3 week period swimmer will return to proper group placement. Attendance requirements for age group levels is 5% less than exit requirement for the group. Practice requirements for senior level groups is listed with each group

Challenge Set makes up are not permitted if a swimmer misses. They will be able to be evaluated when the next one comes up.