SALINE SWIM TEAM

Be a Check-List Swimmer

Saline Swim Team USA Swimmers are required to swim the each of the below listed events at least once during the short course season.

***Events only needed for 12+Unders**
****Events only required for 11+Over**
***** Applies to 14 & under swimmers, 15 & over swimmers should review with their lead coach.**

Bronze	Silver	Gold	Platinum	Senior***
50 Free	50 Free	50 Free	50 Free	50 Free
100 Free	100 Free	100 Free	100 Free	100 Free
200 Free	200 Free	200 Free	200 Free	200 Free
50 Back	500 Free	500 Free	500 Free	500 Free
100 Back	50 Back	1,000 or 1,650 Free	1,000 or 1,650 Free	1,000 or 1,650 Free
50 Breast	100 Back	50 Back*	100 Back	100 Back
100 Breast	50 Breast	100 Back	200 Back	200 Back
50 Fly	100 Breast	200 Back**	100 Breast	100 Breast
100 IM	50 Fly	50 Breast*	200 Breast	200 Breast
	100 Fly	100 Breast	100 Fly	100 Fly
	100 IM	200 Breast**	200 Fly	200 Fly
	200 IM	50 Fly	200 IM	200 IM
		100 Fly	400 IM	400 IM
		100 IM		
		200 IM		
		400 IM		