

Qualifying Standards for Senior Gold I and Senior Silver II Group Irvine Northwood site only

SENIOR GOLD I

These standards represent the 2018 Sectional Bonus Standards; athletes must have achieved 2 or more standards in multiple strokes to be considered for this group

WOMEN				MEN	
Yds	Mtrs		EVENT	Yds	Mtrs
25.29	29.19		50 FREESTYLE	22.79	26.39
54.59	1:02.59		100 FREESTYLE	48.79	56.89
1:57.39	2:14.69		200 FREESTYLE	1:47.49	2:04.89
5:13.09	4:42.49		400/500 FREESTYLE	4:49.69	4:22.89
10:48.29	9:43.19		800/1000 FREESTYLE	9:59.69	9:04.59
17:56.49	18:42.89		1500/1650 FREESTYLE	16:54.29	17:36.79
1:00.19	1:10.29		100 BACKSTROKE	54.29	1:04.09
2:09.29	2:30.79		200 BACKSTROKE	1:57.69	2:18.89
1:08.49	1:19.49		100 BREASTSTROKE	1:00.79	1:11.89
2:28.69	2:51.49		200 BREASTSTROKE	2:11.69	2:35.29
59.79	1:08.19		100 BUTTERFLY	53.69	1:01.99
2:10.89	2:29.09		200 BUTTERFLY	1:57.89	2:16.39
2:12.89	2:32.29		200 IM	1:58.69	2:19.29
4:40.59	5:21.29		400 IM	4:13.49	4:56.69

SENIOR SILVER II

15-years and older athletes must achieve 3 or more SCS Summer Junior Olympic time standards to be considered for this group.

13/14 athletes must achieve 3 or more SCS Summer Junior Olympic time standards in MULTIPLE strokes to be considered for this training group.

These standards can be found on the SCS website (www.socalswim.org).