

## Sigma Group Promotion Standards

### Short Course Yards

**Pre-Team** - Swimmer must have completed all Levels 1-8 of swim school OR passed Level 8 exit skills

**Junior** - Swimmer must have completed all exit skills/requirements from Pre-Team.

**Bronze, Silver, Gold, and Senior** - Swimmer must have achieved 50% of the corresponding times in the next group.

**Sectional** - Swimmer must have achieved at least 1 Sectional cut.

**National** - Swimmer must have achieved at least 1 Winter Junior National cut.

	<b>Bronze</b>	<b>Silver</b>	<b>Gold</b>	<b>Senior</b>	<b>Sectional</b>	<b>National</b>	
<b>50 Free</b>	38.09	32.59	27.79	25.89	Sectional	Winter Jrs	<b>50 Free</b>
<b>100 Free</b>	1:27.79	1:10.99	1:00.89	56.69	Sectional	Winter Jrs	<b>100 Free</b>
<b>200 Free</b>	3:06.69	2:34.59	2:12.79	2:03.59	Sectional	Winter Jrs	<b>200 Free</b>
<b>500 Free</b>	8:16.69	6:57.29	5:58.99	5:36.29	Sectional	Winter Jrs	<b>500 Free</b>
<b>50 Back</b>	47.49	37.89	31.69	28.59	Sectional	Winter Jrs	<b>50 Back</b>
<b>100 Back</b>	1:39.79	1:22.19	1:06.39	1:01.49	Sectional	Winter Jrs	<b>100 Back</b>
<b>200 Back</b>	3:29.58	2:51.99	2:25.09	2:14.59	Sectional	Winter Jrs	<b>200 Back</b>
<b>50 Breast</b>	52.09	42.89	35.89	32.39	Sectional	Winter Jrs	<b>50 Breast</b>
<b>100 Breast</b>	1:53.39	1:31.39	1:15.49	1:09.79	Sectional	Winter Jrs	<b>100 Breast</b>
<b>200 Breast</b>	3:56.78	3:14.09	2:43.99	2:31.69	Sectional	Winter Jrs	<b>200 Breast</b>
<b>50 Fly</b>	45.69	37.09	31.29	27.99	Sectional	Winter Jrs	<b>50 Fly</b>
<b>100 Fly</b>	1:51.39	1:22.89	1:06.09	1:01.19	Sectional	Winter Jrs	<b>100 Fly</b>
<b>200 Fly</b>	3:52.78	2:53.19	2:26.89	2:16.99	Sectional	Winter Jrs	<b>200 Fly</b>
<b>100 IM</b>	1:38.79	1:20.89	1:10.09	1:03.09	Sectional	Winter Jrs	<b>100 IM</b>
<b>200 IM</b>	3:35.49	2:57.29	2:28.49	2:17.09	Sectional	Winter Jrs	<b>200 IM</b>
<b>400 IM</b>	7:25.98	6:13.09	5:17.09	4:56.99	Sectional	Winter Jrs	<b>400 IM</b>