

Swim San Diego Group Progression

Effective 6/1/2021

		Bronze	Silver	Gold					
10 and under	Qualifying Times Workouts offered Suggested attendance	Age Group Bronze 1: 10/under Legal Strokes 5 2 to 3	Age Group Silver: 10/under (5) A time standards in (3) different strokes 7 5 to 6	Age Group Gold: 10/under (3) 11 -12 A time standards in (3) different strokes 7 5 to 6					
		Qualifying Times Workouts offered Suggested attendance			Age Group Bronze 2: 10/under (2) BB time standards 5 3 to 4				
					Qualifying Times Workouts offered Suggested attendance	Age Group Bronze 3: 10/under (4) BB time standards + (1) A time standard 5 4 to 5			
	Qualifying Times Workouts offered Suggested attendance					Age Group Bronze 1: 11 - 12 Legal Strokes 5 3	Age Group Silver: 11 - 12 (3) A time standards in (3) different strokes 7 5 to 6	Age Group Gold: 11 1-2 (3) Junior Olympic standards 7 5 to 6	
		Qualifying Times Workouts offered Suggested attendance				Age Group Bronze 2: 11 - 12 (2) BB time standards 5 3 to 4			
					Qualifying Times Workouts offered Suggested attendance	Age Group Bronze 3: 11 - 12 (5) BB time standards 5 4 to 5			
	Qualifying Times Workouts offered Suggested attendance					Age Group Bronze 1: 13 - 14 Legal Strokes 5 3			Age Group Silver: 13 - 14 (3) A timestandards in (2) different strokes 7 5 to 6
		Qualifying Times Workouts offered Suggested attendance				Age Group Bronze 2: 13 - 14 (3) BB time standards 5 3			
					Qualifying Times Workouts offered Suggested attendance	Senior Bronze 1: 15/older Legal Strokes 5 3			
Qualifying Times Workouts offered Suggested attendance	Senior Bronze 2: 15/older (3) BB 15 - 18 time standards 5 3								