

**Boise Y Swim Team**

**Skill Test individual check-off sheet**

Name:									
Sockeye 1		Date	Coach initials		Bronze	Date	Coach initials		
500 free					10 x 100 @2				
3 x 100 IM @2:30					3 x 200 IM @ 4:30				
4 x 50 back@1:20					8 x 50 fly @ 1:20				
4 x 50 breast @1:30					6 x 100 breast @ 2:30				
4 x 50 kick @1:30					8 x 100 back @ 2:15				
					8 x 100 kick @2:30				
Silver		Date	Coach Initials		Gold	Date	Coach Initials		
12 x 100 @ 1:30					12 x 100 @1:25				
5 x 200 IM @ 3:20					5 x 200 IM @ 3:10				
8 x 100 back @1:40					8 x 100 back @ 1:35				
8 x 100 breast @ 2:00					8 x 100 breast @ 1:50				
12 x 50 fly @ 1:05					12 x 50 fly @ :50				
10 x 100 kick @ 2:10					5 x 100 kick @ 1:50				
500 free @7					500 free @6:20				