**Qualifications for Promotion to Next Swim Group**

**Bronze to Silver**

10 x 50 freestyle kick on the 1:30

4 x 100 freestyle swim on the 3:00

Legal in all four strokes

Legal flip turn and open turn

Legal dive off starting block

Coach’s recommendation

**Silver to Gold**

10 x 100 Freestyle swim on the 2:30

10 x 100 Freestyle kick on the 2:45

Legal in all four strokes

Legal flip turn, open turn and bucket turn

Legal dive off starting block

Coach’s recommendation

**Gold to PrSr**

10 x 100 Freestyle swim on the 1:45

10 x 100 Freestyle kick on the 2:00

Legal in all four strokes

Legal flip turn, open turn and bucket turn

Legal dive off starting block

Coach’s recommendation

**PrSr to Sr**

10 x 100 Freestyle swim on the 1:25

10 x 100 Freestyle kick on the 1:55

6 x 200 Freestyle swim on the 3:00 holding the 2:45 for swim

Legal in all four strokes

Legal flip turn, open turn and bucket turn

Legal dive off starting block

Coach’s recommendation

Swimmers will not be moved due to age or grade.