



SQUAD QUALIFICATION CRITERIA

COMPETITION SQUAD

1. A minimum of 3 Qualification times to be achieved at Open Gala

STROKE	10yrs + Under		STROKE	11yrs + Over
50m Back	46.00		100m Back	1:40.00
50m Brs	50.00		100m Brs	1:50.00
50m Fly	46.00		100m Fly	1:43.00
50m Free	40.00		100m Free	1:23.00
100m I.M.	1:42.00		100m I.M.	1:35.00

2. Aerobic Timing

<u>10 yrs and Under</u>	<u>11 yrs and Over</u>
8 x 100m on 2 minutes	10 x 100m on 2 minutes
8 x 50m on 1 minute	10 x 50m on 1 minute

3. Swimmer will be assessed by Head Coach in Streamlining, Stroke Techniques and Turns

Aerobic Timing and assessment by Head Coach ***on request only.***

Movement of swimmers will be dependent on squad numbers. Criteria will be reviewed when appropriate by Head Coach.