

STREAMLINE

Working Up to Stroke Entry Level Squad Assessment Standards		Criteria Met	Target
E	X1	50m freestyle (arms recovering out of the water)	
E	X2	50m backstroke (maintain position on the back)	
E	X3	25m breaststroke (general correct action required)	
E	X4	Ability to swim each part without stopping for longer than 5 secs each length and no longer than 20 secs between each part.	

MASTERS

Competent Masters swimmers will join Performance Fitness Squad		Criteria Met	Target
E	MA1	Swimmer must be 18+ years of age	
E	MA2	Swimmer must be able to swim at least Streamline Criteria	

PERFORMANCE FITNESS SQUAD & MASTERS

All Performance Fitness Squad criteria must be met:		Criteria Met	Target*
	PF1	Swimmer will typically be 14 years of age or older (inc. some competent Master swimmers), who cannot commit to daily training.	
	PF2	Train between 1- 3 evening sessions a week to improve fitness/endurance and work on swimming technique	
E	PF3	Ability to swim 200m freestyle in competition faster than 2.45	
E	PF4	Timed 20 minute swim target (T20) - 1200m	
E	PF5	Ability to swim 4x200m freestyle descending (last 200m PB + 10 secs)	
E	PF6	Ability to swim at least 100m butterfly proficiently	
E	PF7	Good technique on all strokes and turns essential	
E	PF8	Ability to swim 16X25m rolling IM order off 30 seconds	
	PF9	Aims to enter Club Championships - aim for specialist events	