



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Qualifying Times

- Must schedule tryout with Aquatic Leadership Team or Coaching Staff •

Pre-Comp

Must have potential for legal flip turns, open turns, and streamlines*

100 Freestyle (legal, no time limit)

50 Butterfly (legal, no time limit)

50 Backstroke (legal, no time limit)

50 Breaststroke (legal, no time limit)

8 & Under

Must know basic time intervals, flip turns, open turns, and streamlines*

100 Freestyle (legal, no time limit)

50 Butterfly (legal, no time limit)

50 Backstroke (legal, no time limit)

50 Breaststroke (legal, no time limit)

10 & Under

Must know basic time intervals, flip turns, open turns, and streamlines*

200 Freestyle (legal, no time limit)

50 Butterfly 1:30 or less

50 Backstroke 1:30 or less

50 Breaststroke 1:45 or less

12 & Under

Must know basic time intervals, flip turns, open turns, and streamlines*

300 Freestyle (legal, no time limit)

50 Butterfly 1:10 or less

100 Backstroke 2:30 or less



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100 Breaststroke 2:45 or less

16 & Under

Must know basic time intervals, flip turns, open turns, and streamlines*

400 Freestyle (legal, no time limit)

50 Butterfly 1:00 or less

100 Backstroke 2:00 or less

100 Breaststroke 2:15 or less

***If a student cannot perform legal stroke technique, but still meets other qualifications, it is up to Aquatic Leadership to decide if there is potential for legality**