Competition Pyramid

WITH EACH HIGHER LEVEL OF COMPETITION THE SWIMMER MOVES TO, THE FEWER THE # OF SWIMMERS MAKE IT TO THAT LEVEL. THE HIGHER YOU GO THE FEWER THERE ARE, WILLING TO OR ABLE TO GO HIGHER WITH YOU. EACH "LEVEL UP" TAKES MORE: TIME COMMITMENT, WORK ETHIC & FOCUS THAN THE ONE PRECEDING IT



Olympics
Olympic Trials

There are 400,000 Swimmers registered with USA Swimming. There are on average only 900 swimmers Qualified for Olympic Trials. Only .22% of Swimmers Qualify for this meet once every 4 years.

<u>US Open</u>

US Open time standards & National Standards are often the same.

Nationals/Pro Series

Nationals: swimmers begin competing against
Adult/Professional Swimmers

Summer Junior Nationals

Winter Junior Nationals

Jr. Nats: the fastest 18 & Un meets in the US. Excellent exposure for college recruiting. One Aug (LCM) one Dec (SCY)

Intro to

National Level Competition

Futures

Age Group Zones/Regionals/Sectionals

Sr. Zones/Wa Sr. State Champs

IES Championships (BB Time Standard)

Junior Championships (non-qualifying)