

Brownsburg Swim Club

Performance Training Group

Criteria and Guidelines

Age Qualification: Swimmers must compete in the 11-12 yr old age group or higher

Time Qualification: Swimmers must have a minimum of one Indiana Swimming 13-14 year old Divisional Time

<u>Women</u>			<u>Men</u>	
<u>SCY</u>	<u>LCM</u>	<u>EVENT</u>	<u>LCM</u>	<u>SCY</u>
30.79	35.19	50 free	33.79	28.99
01:06.99	01:16.39	100 free	01:13.39	01:03.29
02:25.09	02:46.99	200 free	02:41.29	02:19.19
	05:52.49	400 free	05:44.19	
06:25.09		500 free		06:14.69
	23:24.89	1500 free	23:23.29	
22:52.09		1650 free		22:14.49
01:15.89	01:28.99	100 back	01:25.89	01:12.29
02:43.59	03:10.09	200 back	03:05.09	02:36.29
01:26.29	01:40.69	100 breast	01:37.59	01:22.19
03:09.89	03:38.89	200 breast	03:34.29	03:02.09
01:14.59	01:25.19	100 fly	01:23.39	01:11.69
02:49.39	03:16.19	200 fly	03:12.29	02:43.69
02:45.09	03:09.29	200 IM	03:02.89	02:37.89
05:47.19	06:45.09	400 IM	06:41.19	05:38.89

Practice Qualification: Swimmer must be able to complete
10 x 100 free on 1:30

Coaching staff will take into consideration the athlete's maturity, "coachability", eagerness to improve, overall practice attitude and commitment to improving their skills