

Team / Group Requirements



White Group:

- Must be able to swim 25 yards unassisted without stopping using freestyle.
- Needs to be comfortable in water and in the deep end.
- Will need to have their own goggles, kick board, flippers and pull buoy.

Red Group:

- Must be in the 2nd Grade or above.
- Must swim 5X100 freestyle from a push start in 2:45(2 minutes 45 seconds)
- Must be able to perform flip turns and starts off the blocks.
- Should be able to legally swim 3 of the 4 strokes.
- Will need to have their own goggles, kick board, flippers, pull buoy and hand paddles.

Blue Group:

- Must be in the 6th Grade or above.
- Must swim 5 X 100 Freestyle from a push start in 1:45 (1 minute 45 seconds)
- Should be able to legally swim all 4 strokes.
- Will need to have their own goggles, kick board, flippers, pull buoy, hand paddles and snorkel.