

SWIM TEAM BENCHMARKS

As coaches, we recognize it may be difficult to determine what events your swimmer will be ready for when it comes to swim meets. Since we often have to submit entries more than a month in advance and swimmers make great progress throughout the season, we have provided benchmarks for each level to help you in this process. When reviewing entries, the coaching staff considers each swimmer's **individual progress** and determines if they are ready/will be ready for what they are signed up for and will make adjustments as needed. We want our swimmers to be challenged but not walk away discouraged! As always, if you are unsure what events to sign up for, you are welcome to leave that up to the coaches.

10& U Swimmers: Swimmers age 10&U are typically in the process of learning and developing all 4 strokes and endurance. In the beginning of the season, I would stick to 25s or 50s depending on their age and experience (especially if your swimmer is new to swim team). By mid season (December/January), swimmers should be able to successfully complete 100 Free, 50's of all 4 strokes and should be ready for the 100 IM, 100 Backstroke, 100 Breaststroke.

11&12 Swimmers: Swimmers ages 11&12 are prepared in practice to successfully complete 100s of all 4 strokes*, 200 IM, 200 Free. By mid season, they should also be ready for the 500 Free **depending on age and experience. With experience,** 11&12 year old swimmers may also be able to complete in the 200 event for all 4 strokes and all distance events (500, 1000, 1650 Free).

*100 Butterfly may be the only exception.

13+ Swimmers: Swimmers age 13+ are prepared in practice to successfully complete all events – 50's, 100's, 200's*, 400IM* and all distance freestyle events (500, 1000, 1650 Free).

*If your swimmer is new to swim team, certain 200 events and the 400IM may be the only exception