



Season 2022/2023 Group Time Standard

Pre Comp 1A (Novice)		
Boys	25 Butterfly	Girls
	25 Back	
	25 Breaststroke	
	25 Free	
	100 IM	

*Notes: Goals of Comfortable swimming 100s of Freestyle and IM, and 50 of breast and fly,bk, successful introduction to the swimming team environment, moving into Pre Comp.

Pre Comp 1B (Pre Competitive)					
White		Blue		Red	
Distance:	Time:	Distance:	Time:	Distance:	Time:
50 Free	55.29	50 Free	50.67	50 Free	47.13
100 IM	2:23:15	100 IM	2:16.87	100 IM	2:10:51
3 Swim meet in the season		3 Swim meet in the season		3 Swim meet in the season	

*Notes: Goals of this group include becoming proficient in flipturns, open turns, dives, and finishes. We are working to build endurance and refine stroke technique within this group in order to progress to Junior Barracudas.



Season 2022/2023 Group Time Standard

Pre Comp 2(Junior Barracudas)					
Girls					
White		Blue		Red	
Distance:	Time:	Distance:	Time:	Distance:	Time:
50 Free	45.67	50 Free	41.33	50 Free	37.51
100 Free	1:29.41	100 Free	1:26.74	100 Free	1:23.19
100 IM	1:49:23	100 IM	1:41:10	100 IM	1:38:00
3 Swim meet in the season		3 Swim meet in the season		3 Swim meet in the season	
Boys					
Distance:	Time:	Distance:	Time:	Distance:	Time:
50 Free	45.67	50 Free	41.33	50 Free	37.51
100 Free	1:29.41	100 Free	1:26.74	100 Free	1:23.19
100 IM	1:49:23	100 IM	1:41:10	100 IM	1:38:00
3 Swim meet in the season		3 Swim meet in the season		3 Swim meet in the season	

*Notes: Goals of this group is to gain a better understanding of USA Swimming technical rules for each stroke while continuing to build endurance and improve swimmers' technique. Swimmers should be looking to attain 'B' and 'BB' time standards to progress to Barracudas.



Season 2022/2023 Group Time Standard

Barracudas						
Girls						
	White		Blue		Red	
Distance:	12&U	13&O	12&U	13&O	12&U	13&O
50 Free	36.51	34.47	34.63	33.51	32.59	31.79
100 Free	1:20.65	1:16.11	1:14.81	1:12.78	1:10.59	1:08.89
200 IM	3:38.49	3:15.59	3:00:19	2:47.29	2:49.79	2:46.79
Primary	B min	B min	BB min	BB min	BBmin	BBmin
4 Swim meet in the season						
Boys						
	White		Blue		Red	
Distance:	12&U	13&O	12&U	13&O	12&U	13&O
50 Free	36.34	32.59	34.49	30.29	29.89	28.39
100 Free	1:18.79	1:10.99	1:15.45	1:07.89	1:05.59	1:02.39
200 IM	3:35.49	3:13.19	2:57.29	2:43.99	2:39.99	2:31.69
Primary	B min	B min	BB min	BB min	BBmin	BBmin
4 Swim meet in the season						

*Notes: In this group, swimmers are expected to outline their goals for each season and look towards accomplishing 'BB' times as well as attending Championship Meets.