



Diamond State Aquatics Group Criteria

Our comprehensive training program has been designed for swimmers of all ages to progress through the levels of competitive swimming. Each group builds towards the next as swimmers advance through the program, incorporating new skills, training methods, and goals along the way.

We recognize each athlete has their own individual development timeline when determining their group placement. Our experienced coaches will continually evaluate each swimmer to ensure they are in the appropriate group throughout their swimming journey.

Your group placement is YOUR LAUNCHPAD and NOT your ceiling.

Each group's requirements are a starting point enabling athletes of similar skill and commitment levels to grow together. ***There is no limit to how much you can improve in the group you are in.***

The following list of criteria outlines the required and suggested competencies for each of our groups. The listed age ranges are flexible based on an individual swimmer's abilities.

	Bronze 8 & Unders
Skills Criteria	• Must be legal in Free and Back • Must be able to complete a 50 Free and 50 Back • Should be able to complete a 25 Breast and 25 Fly • Should understand and demonstrate fundamental swimming skills • Should understand usage of the pace clock and given set distances • Should understand different effort levels in swimming • Should demonstrate a growing interest in swimming
Time Criteria	• None
Attendance Criteria	• Should attend 2-3 practices a week in a typical week (4 practices offered) • Should attend all meets offered to the group

	Silver 9-10 Year Olds
Skills Criteria	• Must be legal in Free and Back • Should be legal in Breast and Fly • Must be able to complete a 100 Free and 100 Back • Should be able to complete a 100 IM, 50 Breast, and 50 Fly • Must understand and demonstrate fundamental swimming skills • Should be able to complete a basic set on a given interval using the pace clock • Should understand different effort levels across racing distances • Must demonstrate a growing interest in swimming
Time Criteria	• None
Attendance Criteria	• Should attend 2-3 practices a week in a typical week (4 practices offered) • Should attend all meets offered to the group

	Gold I 11-12 Year Olds	Gold II 11-12 Year Olds
Skills Criteria	● Should be legal in all strokes ● Must be able to complete a 200 Free and 100 Back ● Should be able to complete a 100 IM, 100 Breast, and 50 Fly ● Should understand and demonstrate streamline and other basic technical skills ● Should understand coach written sets and aim to complete in their entirety ● Should understand and execute different effort levels across racing distances ● Should demonstrate a strong work ethic, attentiveness, and a desire to improve at all practices and meets	● Must be legal in all strokes ● Must be able to complete a 500 Free, 200 IM, and 100 of all strokes ● Must consistently demonstrate streamline and other basic technical skills ● Must be able to follow and complete coach written sets in their entirety ● Should understand and execute basic race strategy ● Must demonstrate a strong work ethic, attentiveness, and a desire to improve at all practices and meets
Time Criteria	● None	● Minimum of three (3) “BB” Single Age Motivational Times across two (2) different strokes/distances
Attendance Criteria	● Should attend 3-4 practices a week in a typical week (5 practices offered) ● Should attend all meets offered to the group	● Must attend 4 practices a week in a typical week (5 practices offered) ● Must attend all meets offered to the group

	Junior I 13-14 Year Olds	Junior II 13-14 Year Olds
Skills Criteria	● Must be legal in all strokes ● Must be able to complete a 500 Free and 200 IM ● Should be able to complete a 100 of all strokes ● Should understand and demonstrate effective streamline, turns, starts, and other intermediate technical skills ● Should understand all practice goals and aim to execute them in their entirety ● Should understand and execute basic race strategy ● Must demonstrate a strong work ethic, attentiveness, and a desire to improve at all practices and meets	● Must be legal in all strokes ● Must be able to complete a 500 Free, 400 IM, 200 Back, 200 Breast, and 100 Fly ● Must consistently demonstrate effective streamline, turns, starts, and other intermediate technical skills ● Must be able to understand and execute all practice goals ● Must understand and execute race strategies across all events ● Must begin to demonstrate an ownership of their swimming
Time Criteria	● None	● Minimum of four (4) “BB” Single Age Motivational Times across two (2) different strokes/distances
Attendance Criteria	● Should attend 3-4 practices a week in a typical week (5 practices offered) ● Should attend all meets offered to the group	● Must attend 4 practices a week in a typical week (5 practices offered) ● Saturday practices must be one of the four attended ● Must attend all meets offered to the group

	Senior 15-19 Year Olds	Senior Elite 15-19 Year Olds
Skills Criteria	• Must be legal in all strokes • Must be able to complete a 500 Free and 200 IM • Should be able to complete a 100 of all strokes • Should demonstrate effective streamline, turns, starts, and other advanced technical skills • Must understand all practice goals and aim to execute them in their entirety • Should understand and execute race strategies across different events • Must demonstrate a strong work ethic, attentiveness, and a desire to improve at all practices and meets	• Must be legal in all strokes • Must be able to complete all events • Must consistently demonstrate effective streamline, turns, starts, and other advanced technical skills • Must be able to understand and execute all practice goals • Should understand the development and execution of race strategies across all events • Must demonstrate leadership of their swimming
Time Criteria	• None	• Minimum of three (3) Senior Elite Criteria Times across two (2) different strokes/distances (See table below for times)
Attendance Criteria	• Should attend 4-5 practices a week in a typical week (6 practices offered) • Can attend weekday AM practices with Senior Elite • Should attend all meets offered to the group	• Must maintain an 80% monthly attendance average • Must attend Saturday AM practice and one weekday AM practice in a typical week • Must attend all meets offered to the group

**Senior Elite Criteria Times
15-16 Year Olds**

15-16 Girls LCM	15-16 Girls SCY	Events	15-16 Boys SCY	15-16 Boys LCM
30.74	26.99	50 Free	24.04	27.84
1:06.24	58.54	100 Free	52.79	1:00.64
2:23.54	2:06.19	200 Free	1:55.29	2:13.19
5:02.99	5:40.29	400/500 Free	5:13.44	4:43.89
10:24.89	11:44.19	800/1000 Free	10:52.89	9:47.59
19:59.14	19:45.39	1500/1650 Free	18:08.89	18:52.09
1:13.79	1:03.34	100 Back	57.64	1:07.44
2:38.54	2:17.39	200 Back	2:06.04	2:26.29
1:23.69	1:13.04	100 Breast	1:05.29	1:16.09
3:00.29	2:37.64	200 Breast	2:22.14	2:46.94
1:11.39	1:03.19	100 Fly	57.09	1:05.24
2:39.09	2:20.44	200 Fly	2:07.89	2:26.09
2:42.09	2:21.09	200 IM	2:08.24	2:29.09
5:44.99	5:02.59	400 IM	4:35.14	5:19.14

**Senior Elite Criteria Times
17-18 Year Olds**

17-18 Girls LCM	17-18 Girls SCY	Events	17-18 Boys SCY	17-18 Boys LCM
30.34	26.54	50 Free	23.39	27.04
1:05.64	57.59	100 Free	51.24	59.14
2:22.14	2:04.89	200 Free	1:53.09	2:09.74
5:00.04	5:35.69	400/500 Free	5:07.29	4:36.64
10:21.69	11:39.84	800/1000 Free	10:44.49	9:37.04
19:47.99	19:23.09	1500/1650 Free	17:55.49	18:25.69
1:12.84	1:02.49	100 Back	55.59	1:05.84
2:38.09	2:15.69	200 Back	2:01.89	2:23.44
1:22.49	1:11.69	100 Breast	1:03.14	1:13.54
2:59.49	2:35.99	200 Breast	2:17.29	2:40.59
1:10.74	1:02.09	100 Fly	55.29	1:03.39
2:36.44	2:17.94	200 Fly	2:04.34	2:21.64
2:39.89	2:19.44	200 IM	2:04.84	2:25.24
5:40.39	4:57.09	400 IM	4:29.09	5:11.89

Note: 15-16 times are an average of the 15 YO "A" [Single Age Motivational](#) time and the 16 YO "AA" [Single Age Motivational](#) time. 17-18 times use the same methodology using the 17 YO "A" and 18 YO "AA" times.