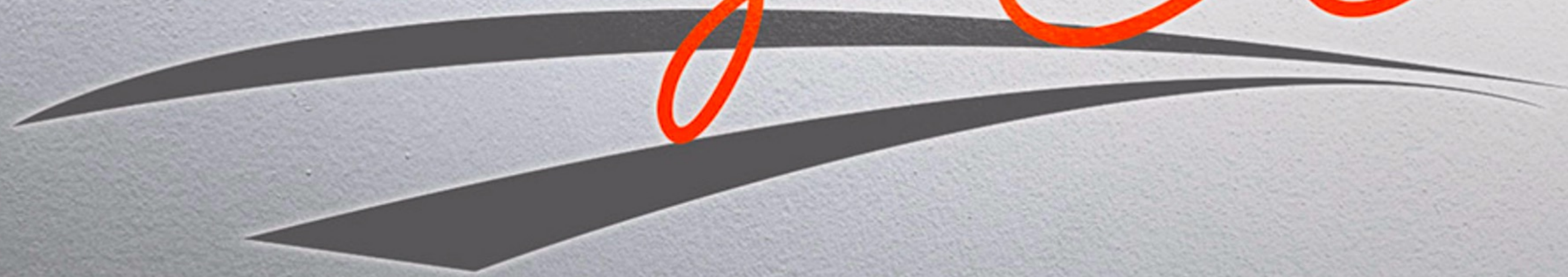


evolution

Racing Club





## NAVY 1

Swimmers 10 years and younger

# CHECKLIST TO QUALIFY FOR ORANGE 1

## CHECKLIST TO QUALIFY FOR ORANGE 1:

1. Attend 2 swim meets (at least 4 days)
2. Average between 50-75% workout attendance for the previous 2 months
3. Legal in all four strokes
4. Legal finishes :
  - Two-hand butterfly finish
  - Two-hand breaststroke finish
  - Swimmer finishes backstroke on their back
  - Swimmer finishes freestyle and backstroke with one hand touch.
5. Legal flip turns
  - Freestyle flip turn
  - Backstroke flip turn
6. Legal underwater breaststroke pull out
7. 3 'b' time standards

### Additional information

A swimmer may choose to stay in Navy 1 as a recreational swimmer and may do so until the age of 11. Once a swimmer turns 11, and if he/she chooses to remain a recreational swimmer, that swimmer will be moved to Navy 2.



## NAVY 2

Swimmers 11 years and older

# CHECKLIST TO QUALIFY FOR NAVY 3

## CHECKLIST TO QUALIFY FOR NAVY 3:

1. Attend 2 swim meets (at least 4 days)
2. Average between 50-75% workout attendance for the previous 2 months
3. Legal in all four strokes
4. Legal finishes
  - Two-hand butterfly finish
  - Two-hand breaststroke finish
  - Swimmer finishes backstroke on their back
  - Swimmer finishes freestyle and backstroke with one hand touch.

### Legal flip turns

- Freestyle flip turn
  - Backstroke flip turn
5. Legal underwater breaststroke pull out
  6. 3 'b' time standards

### Additional information:

A swimmer may choose to stay in Navy 2 as a recreational swimmer



## **NAVY 3**

Swimmers 11 years and older

# **CHECKLIST TO QUALIFY FOR ORANGE 2 OR ORANGE 3**

### **CHECKLIST TO QUALIFY FOR ORANGE 2 OR 3:**

1. Attend 3 swim meets (at least 6 days)
  2. Average between 60-80% workout attendance for the previous 3 months
  3. Swimmers often arrive on time
  4. Swimmers are positive contributors to the group
  5. Swimmers lead their lane and challenge their teammates
  6. Swimmers always swim using legal strokes, turns, and finishes
  7. Swimmers can swim at Orange 2 or Orange 3 intervals
  8. Swimmers achieve at least 3 WAG, JAG, or SCS time standards for 13 and over
-



## **ORANGE 1**

Swimmers 10 years and younger

# **CHECKLIST TO QUALIFY FOR ORANGE 2**

## **CHECKLIST TO QUALIFY FOR ORANGE 2:**

1. Attend 3 swim meets (at least 6 days)
  2. Average between 60-80% workout attendance for the previous 3 months
  3. Swimmers often arrive on time
  4. Swimmers are positive contributors to the group
  5. Swimmers lead their lane and challenge their teammates
  6. Swimmers always swim using legal strokes, turns, and finishes
  7. Swimmers can swim at Orange 2 intervals
  8. Swimmers achieve at least 3 "BB" time standards
-



## **ORANGE 2**

Swimmers 9-12 years

# **CHECKLIST TO QUALIFY FOR ORANGE 3 ELITE**

### **CHECKLIST TO QUALIFY FOR ORANGE 3 ELITE:**

1. Swimmer must attend most if not all swim meets offered to the Orange 2 group
  2. Average between 80-100% workout attendance for the previous 3 months
  3. Swimmers often arrive on time
  4. Swimmers are positive contributors to the group
  5. Swimmers lead their lane and challenge their teammates
  6. Swimmers always swim using legal strokes, turns, and finishes
  7. Swimmers can swim at Orange 3 Elite intervals
  8. Swimmers achieve at least 3 WAG, JAG, or SCS time standards
-



## **ORANGE 3**

Swimmers 11 years and older

# **CHECKLIST TO QUALIFY FOR NATIONAL TEAM**

### **CHECKLIST TO QUALIFY FOR NATIONAL TEAM :**

1. Swimmer must attend most if not all swim meets offered to the Orange 3 Elite group
  2. Average between 83-100% workout attendance for the previous 6 months
  3. Swimmers often arrive on time
  4. Swimmers are positive contributors to the group
  5. Swimmers lead their lane and challenge their teammates
  6. Swimmers can swim at National Team intervals
  7. Swimmers must do a tryout before being admitted to the group
  8. Swimmers achieve at least 3 Sectionals, 2 Futures, or 1 Junior National time standard
-



# CALENDAR OF MEETS

MEETS	HOST	SENIOR MEET
SEPTEMBER 16-17, 2023	EVO	YES
OCTOBER 7-8, 2023	SCAT	YES
OCTOBER 28-29, 2023	EVO	NO
NOVEMBER 18-19, 2023	CMAC	NO
DECEMBER 2-3, 2023	AZOT	YES
JANUARY 20-21, 2024	TBA	YES
FEBRUARY 3-4, 2024, LEADERBOARD MEET	AZOT	NO
FEBRUARY 24-25, 2024, BEST OF THE REST	EVO	NO
MARCH 9-10, 2024	EAST	NO
APRIL 20-21, 2024	SCAT	NO
MAY 18-19, 2024	TBA	NO
JUNE 8-9, 2024	EAST	NO
JULY 13-14, 2024	TBA	NO

## Additional Meets to Consider

MEET	DATE	HOST
WINTER AGE GROUP	DECEMBER 8-10, 2023	SAN CLEMENTE, CA
SCS 14U AGE-GROUP CHAMPIONSHIPS	MARCH 14-17, 2024	PASADENA, CA
JUNE AGE GROUP	JUNE 13-16, 2024	TBA
SCS SUMMER AGE-GROUP CHAMPS	JULY 25-28, 2024	TBA