

ERNESTOWN BARRACUDA SWIM CLUB

2008/2009 Training Group Standards

Traing Group Standards- Short Course

	100 Free	and	200 Free or 400 Free	and	200IM or 400 IM	or	Two "A" Times
*Gold							
Age Group 1	01:27.50		3:20		3:40		Two "A" Times
Age Group 2	01:22.50		3:05 6:40		3:35		Two "A" Times
Age Group 3	01:17.50		2:50 6:10		3:15 6:40		Two "A" Times
Youth	01:12.50		2:35 5:25		3:00 6:25		Two "A" Times
National	01:07.50		2:25 5:10		2:50 6:10		Two "A" Times

Training Set- Short Course

	Reps		Distance	Repeat Time
Gold				
Age Group 1	10	x	50Free	2:15
Age Group 2	10	x	50Free	2:00
Age Group 3	10	x	100Free	1:40
Youth	10	x	100Free	1:35
National	10	x	100Free	1:30

"A" standards are posted on Swim Ontario website

* Gold Skills/Distance

To move to the next training group a swimmer must achieve:

*The 100 free and (200 free or 400 free) and the (200IM or 400IM) from the above times
*In place of the IM standards a swimmer may achieve two "A" provincial times.
*Must also be able to complete a standard training set.
Each swimmer in a group will be of simialr speed and ability. These standars are tough but achievable.
New 2008/2009 Season: to move from Age Group 1 or higher a swimmer must compete in a 400 IM and an 800 free in a competition or time trial.