

ERNESTOWN BARRACUDA SWIM CLUB

2008/2009 Training Group Standards

Training 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	1:25		3:15		3:45		Two "A" Times
Age Group 2	1:20		3:00 6:30		3:30		Two "A" Times
Age Group 3	1:15		2:45 6:00		3:10 6:30		Two "A" Times
Youth	1:10		2:30 5:15		2:55 6:15		Two "A" Times
National	1:05		2:20 5:00		2:45 6:00		Two "A" Times

Training Set- Short Course

	Reps		Distance	Repeat Time
Gold				
Age Group 1	10	x	50Free	1:15
Age Group 2	10	x	50Free	1:00
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 similar speed and ability. These standards 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.