

SST GROUP ENTRY REQUIREMENTS

	BLUE	RED	WHITE SELECT	WHITE	YELLOW SELECT	YELLOW	GREEN SELECT	GREEN	PURPLE SELECT	PURPLE
Consistent Practice Attendance	80%	80%	80%		80%		75%		80%	
Meet attendance Required	6	6	6		3		2		1	
Meet Participation Encouraged	x	x	x	x	x	x	x	x	x	x
Respectful & Positive Attitude	x	x	x	x	x	x	x	x	x	x
Comfortable Alone in Water Over Head	x	x	x	x	x	x	x	x	x	x
Float on Stomach & Back Without Aid 10 Secs	x	x	x	x	x	x	x	x	x	x
Move Forward in Water 15 Feet Without Aid	x	x	x	x	x	x	x	x	x	x
Knowledge of Starts & Turns	x	x	x	x	x	x				
Competency in Diving	x	x	x	x	x	x				
Legal 25 in All 4 Strokes	x	x	x	x						
Meet Time Standard in 3 of 4 Strokes		x	x	x	x	x				
25 Freestyle Time Standard	Based on Coach Michael approval				:26	:26	:35	:35		
50 Freestyle Time Standard		:45	:45	:45						
100 Freestyle Time Standard		1:30	1:30	1:30						
25 Backstroke Time Standard					:32	:32	:40	:40		
50 Backstroke Time Standard		:50	:50	:50						
25 Butterfly Time Standard					:50	:50				
50 Butterfly Time Standard		:55	:55	:55						
25 Breastroke Time Standard					:55	:55				
50 Breastroke Time Standard		:55	:55	:55						

All Group Placement Exceptions Contingent Upon Head Coach Approval