

YSF Swim Club Time and Training Standards

Bronze

- 6x50 FR on 1:10
- 3x100 IMs on 2:30 legally & can count their strokes, know basic intervals, and practice basic lane etiquette.

Silver

- 12x50 FR on 1:00
- 6x100 IMs on 2:10 legally & excels in the skill needed to be in the Bronze Group
- Achieved 4 out of 5 following time standards

Events	200 FR	50 BK	50 BR	50 Fly	100 IM
SCY	3:15	47.49	52.09	45.69	1:38.79
LCM	3:39.65	54.89	59.69	51.79	N/A

Gold

- 6x100 IMs on 1:45 Legally (with stroke count consistency)
- Complete a set lasting 30-45 minutes on 4 out of the following base times (per 100)
 - Free @ 1:35 (SCY) Back @ 1:45 (SCY)
 - Breast @ 2:00 (SCY) Fly @ 1:55 (SCY)
 - Kick @ 2:00 (SCY)
- Achieved 4 out of 5 following time standards

Events	200 FR	100 BK	100 BR	100 Fly	200 IM
SC	2:33.59	1:19.59	1:31.39	1:22.89	2:55.49
LC	2:53.68	1:29.53	1:43.44	1:34.00	3:17.99

Champs

- 6x200 IM's on 3:15 (with stroke count consistency better than what they started with in Gold)
- Complete a set lasting 30-45 minutes on 4 out of the 6 following base times (per 100)
 - Free @ 1:25 (SCY) Back @ 1:35 (SCY)
 - Breast @ 1:45 (SCY) Fly @ 1:40 (SCY)
 - Kick @ 1:50 (SCY)
- Achieve 4 out of the 5 following events and have 1 Champs Cut

Events	500/400 FR	200 BK	200 BR	200 Fly	400 IM
Girls	6:18.59	2:34.89	2:57.39	2:36.89	5:37.59
SCY/LCM	5:40.79	2:59.39	3:25.99	2:59.89	6:26.79
Boys	5:58.99	2:25.09	2:43.99	2:26.89	5:17.09
SCY/LC	5:24.69	2:50.99	3:11.39	2:50.59	6:10.39

Senior I

- 6x100 IM's on 1:40 (with stroke count consistency better than what they started with in Gold)
- Complete a set lasting 30-45 minutes on 4 out of the 6 following base times (per 100)
 - Free @ 1:30 (SCY) Back @ 1:40 (SCY)
 - Breast @ 1:50 (SCY) Fly @ 1:45 (SCY)
 - Kick @ 2:00 (SCY)

Senior II

- 6x200 IMs on 3:10 (with stroke count consistency better than when they started in Champs)
- Complete a set lasting 30-45 minutes on 4 out of the 6 following base times (per 100)
 - Free @ 1:20 (SCY) Back @ 1:30(SCY)
 - Breast @ 1:40(SCY) Fly @ 1:35 (SCY)
 - Kick @ 1:45 (SCY)
- Achieve 15-16 A time standards in at least 3 strokes, IM counts.

Sectionals:

- 8x200 IMs on 2:45 (with stroke count consistency better than when they started in Seniors)
- Complete a set of 30-45 minutes on 4 out of the 6 following base times (per 100)
 - Free @ 1:15 (SCY) Back @ 1:25(SCY)
 - Breast @ 1:35(SCY) Fly @ 1:30 (SCY)
 - Kick @ 1:40 (SCY)
- Achieve one 15-16 AAA and two 15-16 AAA time standards in at least 3 strokes. IM counts.

JRNT:

- 8x200 IMs on 2:35 (with stroke count consistency better than when they started in Senior)
- Complete a set of 30-45 minutes on 4 out of the 6 following base times (per 100)
 - Free @ 1:10 (SCY) Back @ 1:20(SCY)
 - Breast @ 1:30(SCY) Fly @ 1:25 (SCY)
 - Kick @ 1:35 (SCY) 200IM @ 2:40 (SCY) w/ SC Goal
- Achieve a Futures time standard. Achieve a 15-18 AAAA standard in a different stroke. Achieve a 15-18 AAA time standard in 4 other events.