

## GOLD GROUP REQUIREMENTS

- At least 12 years old
- Successfully completed a 500 Freestyle, 200 IM, and 100 Butterfly in a meet
- Can successfully complete: 6 x 100 Freestyle @ 1:30  
6 x 100 IM @ 1:45
- Able to attend at least 4 afternoon practices per week  
-At least 1 morning practice per week
- Able to attend at least 5 meets per year

