GOLD GROUP REQUIREMENTS

Members in this group must be:

- At least 11 years old
- Able to legally complete a 500 Freestyle, 200 IM, and 100 Butterfly in a meet
- Can successfully complete: 8x 100 Freestyle @1:45
  6x 100 IM @2:00
- Able to attend at least 4 afternoon practices per week and at least one morning practice per week
- Able to attend at least 5 meets per year