

SENIOR GROUP REQUIREMENTS

Members must be able to:

- Be at least 13 years of age
- Successfully completed a 400 IM and 500 Freestyle in a meet
- Successfully complete: 10x 100 Freestyle @1:30
8x 100 IM @1:45
- Attend at least 4 practices per week
- and at least 1 morning practice per week
- Attend at least 5 meets per year

