

SILVER GROUP REQUIREMENTS

Members of this group must be able to:

- Swim all four individual strokes legally in a meet
- Do a legal Backstroke flip-turn
- Complete 500 yards of Freestyle without stopping
- Complete 100 yards of Butterfly without stopping
- Execute all open- and transition-turns
- Use the pace clock independently
- Successfully complete: 6x 100 Freestyle @2:00
4x 100 IM @2:20
- Attend at least 4 practices per week
- Attend at least 4 meets per year

