

Performance Competitive 2 – up to 7 hours pool time per week
+ Land training + 50m Training

Expected average distance per hour 2200 - 2800m

Bright Blue Hats for training

Equipment

Float, pull buoy, fins, snorkel, hand paddles & finger paddles

Stroke standards

All strokes and turns should be legal, efficient and effective.

Criteria

15 x 100m fc on 1.45

10 x 200m on 3.30

These swimmers should be actively competing in an aquatic discipline.

Any swimmer hitting regional times but turn times put them in this squad will be able to access BIT for an additional fee of £5 per month.

Awards

Sprint Hats