

Performance Competitive 4 – up to 9 hours pool time per week + Land training + BIT + 50m Training

Expected average distance per hour 2600 - 3000m

Hats for training

Hats of achievement or any club hat except competition hats

Equipment

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

Stroke standards

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

Criteria

Must be competing in an aquatic discipline.

Minimum 2 regional consideration times.

20 x 100m fc on 1.25 - 1.30

12 x 200m on 3.10

6 x 400m on 6.15

Awards

Sprint Hats