

<p>Performance Fitness 1 - to swim in lane of ability for up to 3 hours pool time per week + Land training + 50m Training</p> <p>Expected average distance per hour 2200 - 2800m</p> <p>White Club Hats for training</p> <p>Equipment Float, pull buoy, fins, snorkel, hand paddles & finger paddles</p> <p>Stroke standards For the most part all strokes and turns should be legal, efficient and effective.</p> <p>Criteria 15 x 100m fc on 1.50 8 x 200m fc 3.45</p>	<p>Awards</p> <p>Sprint Hats</p>
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