

**Performance competitive 3** – up to 5 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 16 + or in year 11

20 x 100m fc on 1.40

12 x 200m on 3.20

4 x 400m on 6.30

**Awards**

Sprint Hats