



JUNIOR PRELIMINARY + COMPETITION SWIMS

AGE GROUPS	PRELIMINARY EVALUATION POOL SWIMS	COMPETITON EVALUATION OCEAN SWIMS
UNDER 6'S	From a standing position in waist deep water, perform a front glide and a back glide recovering to a secure position both times.	N/A
UNDER 7'S	From a standing position in waist deep water, perform a front glide and a back glide recovering to a secure position both times.	N/A
UNDER 8'S	25m (any stroke untimed) 1 min survival float.	N/A – wade only in waist deep water
UNDER 9'S	150m swim – any recognised stroke (minimum of 75m freestyle) – under 7 mins 1.5m survival float	Minimum 150m open water swim (competition course as per competition manual)
UNDER 10'S	150m swim – any recognised stroke (minimum of 75m freestyle) – under 7 mins 1.5m survival float	Minimum 150m open water swim (competition course as per competition manual)
UNDER 11'S	200m swim – any recognised stroke (minimum of 100m freestyle) – under 7 mins 2m survival float	Minimum 288m open water swim (competition course as per competition manual)
UNDER 12'S	200m swim – any recognised stroke (minimum of 100m freestyle) – under 6 mins 2m survival float	Minimum 288m open water swim (competition course as per competition manual)
UNDER 13'S	200m swim – any recognised stroke (minimum of 100m freestyle) – under 5 mins 3m survival float	Minimum 288m open water swim (competition course as per competition manual)
UNDER 14'S	200m swim freestyle – under 5 mins 3m survival float	Minimum 288m open water swim (competition course as per competition manual)