



2021 Swim Group Rubric

Prep 1 – minimum age 5

Red Cross Equivalent:	Minimum Whale in Preschool Levels or Min. Level 2 in Swim Kids
Eligible swimmers can:	<ul style="list-style-type: none">• Kick for 25m independently• Kick for 50m on a board• Swim Freestyle/Front Crawl 10m• Swim Backstroke/Back Crawl 10m• Kick on back 10m

Prep 2 – minimum age 6

Red Cross Equivalent:	Minimum Level 5 in Swim Kids
Eligible swimmers can:	<ul style="list-style-type: none">• Kick 50m on a board• 25 kick on Back in streamline/rocket ship• 25 Freestyle/Front Crawl with side breathing• 10m of Breaststroke/Whip kick

Junior – minimum age 6

Red Cross Equivalent:	Minimum Level 8 (age 6 should have competitive swim experience)
Eligible swimmers can:	<ul style="list-style-type: none">• 50 Freestyle/Front Crawl with breathing every 3 strokes• 50m Backstroke/back crawl• 25m Breaststroke with glide• 25m Dolphin kick• Somersault/flip in water• Beginner dive• 50 kick in under 1:20

Intermediate – minimum age 9

Red Cross Equivalent:	N/A (previous competitive swimming experience recommended)
Eligible swimmers can:	<ul style="list-style-type: none">• Swim all strokes legally for 50m• Proper starts and turns• Under 1:35 for 100 Freestyle• Under 1:45 for 100 IM

Senior – minimum age 12

Red Cross Equivalent:	N/A (previous competitive swimming experience recommended)
Eligible swimmers can:	<ul style="list-style-type: none">• GIRLS: Under 1:20 for 100 Freestyle• GIRLS: Under 3:00 for 200 IM• BOYS: Under 1:15 for 100 Freestyle• BOYS: Under 2:50 for 200 IM