

Squad	A Over 12	A Under 12
Minimum Endurance Training Standards	10x200 Free on 3:30 holding 3:00-3:05 20x100 Free on 1:45 holding 1:20- 1:25 10x100 Free Kick on 2:15 holding 1:50- 1:55 3x400IM on 7:00 holding 6:15-6:30 6x200IM on 3:45 holding 3:15-3:20 12x100IM on 1:55 holding 1:30-1:35 and one of the following 10x100 Back on 2:00 holding 1:30-1:35 10x100 Fly on 2:05 holding 1:40-1:45 10x100 Breast on 2:10 holding 1:40-1:45	8x200 Free on 3:40 holding 3:10-3:15 16x100 Free on 2:00 holding 1:30- 1:35 8x100 Free Kick on 2:30 holding 2:00- 2:05 2x400 on 7:30 holding 6:40-6:50 4x200IM on 4:00 holding 3:25-3:35 8x100IM on 2:05 holding 1:40-1:45 and one of the following 8x100 Back on 2:10 holding 1:40-1:45 8x100 Fly on 2:15 holding 1:35-1:40 8x100 Breast on 2:20 holding 1.45-1:50
Competition Expectation (if Qualified)	National Championships Regional Championships County Championships Level 1 Open Meets Level 3 Open Meets Team Competition Club Championships	National Championships Regional Championships County Championships Level 1 Open Meets Level 3 Open Meets Team Competition Club Championships

Squad	B Over 12	B Under 12
Minimum Endurance Training Standards	8x200 Free on 3:40 holding 3:10-3:15 16x100 Free on 2:00 holding 1:30- 1:35 8x100 Free Kick on 2:40 holding 2:10- 2:15 2x400 on 7:30 holding 6:40-6:50 4x200IM on 4:00 holding 3:25-3:35 8x100IM on 2:05 holding 1:40-1:45 and one of the following 8x100 Back on 2:10 holding 1:40-1:45 8x100 Fly on 2:15 holding 1:35-1:40 8x100 Breast on 2:20 holding 1.45-1:50	6x200 Free on 3:50 holding 3:20-3:30 12x100 Free on 2:05 holding 1:35-1:40 6x100 Free Kick on 2:45 holding 2:10- 2:15 4x200IM on 4:10 holding 3:35-3:45 8x100IM on 2:20 holding 1:50-1:55 and one of the following 5x100 Back on 2:20 holding 1:45-1:50 5x100 Fly on 2:25 holding 1:40-1:45 5x100 Breast on 2:30 holding 1.45-1:50
Competition Expectation (if Qualified)	Regional Championships County Championships Level 3 Open Meets Team Competition Club Championships	Regional Championships County Championships Level 3 Open Meets Team Competition Club Championships

Squad	C
Minimum Endurance Training Standards	4x200 Free on 4:00 holding 3:30-3:40 8x100 Free on 2:20 holding 1:55- 2:00 5x100 Free Kick on 3:00 holding 2:20- 2:30 6x100IM on 2:35 holding 2:05-2:10 and one of the following 5x100 Back on 2:30 holding 2:00-2:05 6x50 Fly on 1:35 holding 55-60? 5x100 Breast on 2:55 holding 2:15-2:25
Competition Expectation (if Qualified)	Regional Championships County Championships Level 3 Open Meets Team Competition Club Championships