



**THE ROWAN AQUATIC CLUB
YMCA SWIM TEAM**

Group Test Standards

Group	Test Standard
Squid Squad	Must be able to swim 25 yds without stopping
Red Group - ALL	25 yds Backstroke
	25 yds Breaststroke
	25 yds Freestyle
	Starts
	Streamline
White Group	10 x 50 yds Freestyle on 1:00
Blue Group	5 x 100 yds IM on 2:00
	10 x 50 yds Freestyle on :50 OR 500 yds Freestyle in 8:20
Junior Group - CHOOSE ANY 3	10 x 100 yds Freestyle on 1:30
	5 x 200 yds IM on 3:30
	8 x 100 yds Backstroke on 1:45
	8 x 100 yds Breaststroke on 1:50
	10 x 50 yds Butterfly on :50
Marlin Group (Must be 13 or older) - CHOOSE ANY 4	12 x 100 yds Freestyle on 1:25
	5 x 200 yds Freestyle on 2:45
	6 x 200 yds IM on 3:20
	10 x 100 yds Backstroke on 1:35
	10 x 100 yds Breaststroke on 1:45
	6 x 100 yds Butterfly on 1:35
Senior Group - CHOOSE ANY 4	10 x 200 yds Freestyle on 2:40
	8 x 200 yds IM on 3:15
	12 x 100 yds Backstroke on 1:30
	12 x 100 yds Breaststroke on 1:40
	8 x 100 yds Butterfly on 1:30
National Team	ACHIEVE A Y-NATIONAL TIME STANDARD