



**SDMS**  
SOUTH DES MOINES SWIMMING

## PRACTICE SKILL LEVEL QUALIFYING TIMES

\*Starting Spring 2013

To register for the USA/Advanced practice slots or the Intermediate slots, your son/daughter must have met one of the qualifying times below in a swim meet. If you are a new member of our squad and believe your son/daughter can attain these times already and should be considered for our upper level practices, please contact Coach Weber.

All practices will be split accordingly to be sure that swimmers of like speed are practicing in the same lanes. This allows every swimmer to maximize their own ability and performance.

\*Note: If your swimmer is a incoming 9<sup>th</sup> grader, or any member of the current high school squad, you practice with the high school team during their time slot no matter your event times.

### ADVANCED OR USA ELITE BOYS

AGE BRACKET	DISTANCE	TIME STANDARD
8 and under	25 free	:30.0 or faster
9-10	50 free	:42.0 or faster
11-12	50 free	:41.0 or faster
13-14	50 free	:32.0 or faster

### ADVANCED OR USA ELITE GIRLS

AGE BRACKET	DISTANCE	TIME STANDARD
8 and under	25 free	:28.50 or faster
9-10	50 free	:44.0 or faster
11-12	50 free	:39.0 or faster
13-14	50 free	:33.0 or faster

INTERMEDIATE BOYS

AGE BRACKET	DISTANCE	TIME STANDARD
8 and under	25 free	:36.00 - :30.01
9-10	50 free	:50.00 - :42.01
11-12	50 free	:48.00 - :41.01
13-14	50 free	:40.00 - :32.01

INTERMEDIATE GIRLS

AGE BRACKET	DISTANCE	TIME STANDARD
8 and under	25 free	:36.00 - :28.51
9-10	50 free	:49.00 - :44.01
11-12	50 free	:46.00 - :39.01
13-14	50 free	:40.00 - :33.01