



**FAA Levels System - Age Group Based**  
**Appendix 1 - Training Sets For Level Advancement (EXIT REQUIREMENTS)**

**GRAY 1**

*SWIM 25 YARDS OF FREE AND BACK (PROPER FORM)*

**GRAY II**

*6 X 50 OF EACH STROKE (SWIM & KICK) WITH MINIMAL REST  
(10 SEC. MAX.) HOLDING FORM*

**BLUE**

*4X200 IM 3:45  
7X100 KICK 2:10  
10X100 FR 1:40*

*and any one of the following sets...*

*16X100 FR 1:35  
9X100 FLY 2:00  
16X100 BA 1:50  
16X100 BR 2:00*



**FAA Levels System - Age Group Based**  
**Appendix 1 - Training Sets For Level Advancement (EXIT REQUIREMENTS)**

**RED SCY**

6X200 IM 3:20  
8X100 KICK 2:00  
16X100 FR 1:30

*and any one of the following sets...*

20X100 FR 1:20  
20X100 BA 1:30  
20X100 BR 1:40  
20X100 FLY 1:30

**SENIOR SCY**

4X400 IM 6:00  
12X100KICK 1:50  
24X100 FR 1:20

*and any one of the following sets...*

24X100 FR 1:10  
24X100 BA 1:20  
24X100 BR 1:30  
24X100 FLY 1:20

Upon Completion Of All Of The Above Criteria, The Swimmer Will Advance To The **National Team**