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**