

The following are the groups by age and the times in which they need to swim.

AA-15 year olds- 200 yards in 3:10

A-14 year olds – 200 yards in 3:25

B- 12-13 year olds- 150 yards in 2:20

C-10-11 year olds- 100 yards 1:45

AA & A Groups will tread water for 2 minutes

B & C Groups will tread water for 1 minute

The sooner you begin practicing the easier the test will be!!!!!!!