



Haddington and District Amateur Swimming Club

www.swimhaddington.co.uk

Aubigny Leisure Centre, Mill Wynd, Haddington



Time & Training Criteria for Jack Mack Squad

Training	Test Criteria 1	Test Criteria 2
200m FS with tumble turns and bilateral breathing 200m BK with tumble turns and bent arm pulling action 200m BR with correct turns & underwater pullouts 100m BF with fins, correct turns 200m IM with correct turns A competition racing start Streamlining off wall on all stroke starts Correct turns & finishes on all four strokes Kick best stroke under 5:00	Complete 10x100 fs on 3:00 ave time: 10/under 1:55.00 11yrs 1:45.00 12yrs 1:40.00 13yrs 1:35.00	Complete 5 x 200fs on 6:00 ave time 10/under 3:50.00 11yrs 3:40.00 12yrs 3:30.00 13yrs 3:20.00

Time Criteria

	100m fr	100m bk	100m br	100m fly	200 IM	200m fr	200m bk	200m br	200m fly	400m fr	800m fr
10/under	01:40.0	01:55.0	02:15.0	02:15.0	04:20.0	03:40.0	03:55.0	04:20.0	04:20.0	07:40.0	16:00.0
11 years	01:30.0	01:45.0	01:55.0	01:55.0	03:50.0	03:25.0	03:45.0	04:00.0	04:00.0	07:00.0	14:55.0
12 years	01:25.0	01:35.0	01:45.0	01:45.0	03:30.0	03:10.0	03:30.0	03:50.0	03:50.0	06:25.0	13:55
13 years	01:20.0	1.25.00	01:35.0	01:35.0	03:10.0	02:55.0	03:10.0	03:40.0	03:40.0	05:55.0	12:55.0

Entry/continuing criteria:

Training ability, test set turn around for age, attendance, desire to be competitive swimmer

10/under 2 x 100, 200 IM,

11 + 2 x 100, 200 IM, 1x other 200/400/800

12 + 2 x 100, 200 IM, 2x other 200/400/800

13 + 3 x 100, 200 IM, 3x other 200/400/800

Being part of this squad does not guarantee moving onto ELST