

Minnows 10 Step Award

10 steps to take you up to the Blue Fins

1
50m Freestyle
under
47 seconds



2
50m Breaststroke
under
59 seconds
(including dive and
turn with
pullthrough)

3
50m
Backstroke
under
53 seconds

5
400m
Freestyle
under
8 min.20sec

4
200m
Kick
Under
6 minutes

6
Tumble Turn
flag to flag
under 10
seconds

7
Flying
Along
2 lengths legal
butterfly

8
5x100m free
on 3mins
average under
2:20

9
Diving
and
Racing Starts
streamlined and
legal



10
Competitor

attended three
competitions

Name : Coach signature Date.....