

Torpedo Swim Team Pre / Junior / Main Squads Performance Card

PERFORMANCE LEVEL →		PASSING TIMES
PRE-SQUAD (SSPA LEVEL 1- Sea Lion)		
1	50m Frontcrawl	< 1:05
2	50m Breaststroke	< 1:20
3	50m Backstroke	< 1:10
4	50m Butterfly	< 1:20
Completion of all Level 1 (50m) Strokes will entitle swimmer to attain a rainbow certificate (Level 1)		
JUNIOR-SQUAD (SSPA LEVEL 2- Turtle)		
1	100m Frontcrawl	< 2:30
2	100m Breaststroke	< 3:15
3	100m Backstroke	< 3:00
4	100m Butterfly	< 3:30
5	100m Individual Medley	< 3:00
Completion of all Level 2 (100m) Strokes will entitle swimmer to attain a rainbow certificate (Level 2)		
MAIN-SQUAD (SSPA LEVEL 3- Stingray)		
1	200m Frontcrawl	< 5:20
2	200m Breaststroke	< 7:30
3	200m Backstroke	< 7:00
4	200m Butterfly	< 7:30
5	200m Individual Medley	< 7:00
Completion of all Level 3 (200m) Strokes will entitle swimmer to attain a rainbow certificate (level 3)		
MAIN-SQUAD (SSPA LEVEL 4- Dolphin) *Bronze		
1	400m Frontcrawl	< 10:40
MAIN-SQUAD (SSPA LEVEL 5- Shark) *Silver		
2	800m Frontcrawl	< 21:20
MAIN-SQUAD (SSPA LEVEL 6- Whale) *Gold		
3	1500m Frontcrawl	< 40:00
* Assessments will be done every 4 months based on the timings above for progression. All events will include starts, turns and finishes except for 50M events which will not incorporate a turn.		

Torpedo Elite Squads Performance Card

PERFORMANCE LEVEL →	FEMALE	MALE
TORPEDO SQUADRON (LEVEL 1)		
Personal Best Stroke Achievements	Achieve "6" of The Timings Below to complete (Level 1):	Achieve "6" of The Timings Below to complete (Level 1):
1	50m Free 40sec	35sec
2	100m Free 1min 40sec	1min 30sec
3	50m Back 50sec	40sec
4	100m Back 2min	1min 50sec
5	50m Breast 55 sec	50sec
6	100m Breast 2min 10sec	2min
7	50 Butterfly 50 sec	45sec
8	100 Butterfly 2min	1min 50sec
9	IM 100m 2min 10sec	2min
10	800m Swim 18min	16min
TORPEDO SQUADRON (LEVEL 2)		
Personal Best Stroke Achievements	Achieve "6" of The Timings Below to complete (Level 2):	Achieve "6" of The Timings Below to complete (Level 2):
1	50m Free 33sec	31sec
2	100m Free 1min 20sec	1min 10sec
3	50m Back 38sec	36sec
4	100m Back 1min 30sec	1min 20sec
5	50m Breast 45sec	40sec
6	100m Breast 1min 50sec	1min 40 sec
7	50 Butterfly 40sec	35sec
8	100 Butterfly 1min 40sec	1min 30min
9	IM 200m 3min 50sec	3min 40sec
10	1000m Swim 18min	16min
TORPEDO SQUADRON (LEVEL 3)		
Personal Best Stroke Achievements	Achieve "6" of The Timings Below to complete (Level 3):	Achieve "6" of The Timings Below to complete (Level 3):
1	50m Free 28sec	26sec
2	100m Free 1min 05sec	1min
3	50m Back 34sec	32sec
4	100m Back 1min 15sec	1min 10sec
5	50m Breast 38sec	36sec
6	100m Breast 1min 30sec	1min 20sec
7	50 Butterfly 33sec	31sec
8	100 Butterfly 1min 20min	1min 10sec
9	IM 200m 3min 30sec	3min 20sec
10	1500m Swim 24min	22min
<p>* Assessments will be done every 6 months based on the timings above for progression in skills and performance</p>		