

## **Mansfield Aquatic Club Promotion Criteria**

Below are the promotion criteria from each of the workout groups.

### **Pre-competitive to Novice: Ages 12 and under**

- Legally swim 25 yards of all four strokes.
- Legal turns for all four strokes.
- Able to do starts from the blocks & backstroke starts from the water.

### **Novice to Bronze: Ages 12 and under**

- Legally swim 50 yards of all four strokes with a legal turn.
- Legal starts from the blocks & backstroke starts from the water.
- Achieved "B" times in the 50 distance of two different strokes.

### **Bronze to Silver II: Ages 12 and under**

- Legally swim 100 yards of all four strokes with legal starts & turns.
- 12 & under swimmers must have achieved the "B" standard in the 50 distance of three different strokes.
- Be able to complete a set of 10 x 100 freestyle on 1:45.00

### **Silver II to Silver I: Ages 14 & under**

- 10 & under swimmers must have achieved the TAGS standard in two events.
- 11 & 12 swimmers must have achieved the "BB" standard in three events.
- 13 & 14 swimmers must have achieved the "B" standard in three events.
- Able to complete a set of 12 x 100 freestyle on 1:35.00.
- Must have an 80% workout attendance record and a 50% meet attendance record for the current season.

### **Silver I to Gold: Ages 14 & under**

- Must have reached their eleventh birthday.
- 11 & 12 swimmers must have achieved the "A" standard in three events.
- 13 & 14 swimmers must have achieved the "BB" standard in three events.
- Able to complete a set of 16 x 100 freestyle @ 1:30
- Must have an 80% workout attendance record and a 50% meet attendance record for the current season.

### **Gold to Junior: Ages 14 & under**

- Must have reached their 12th birthday.
- 12 year olds must have achieved the TAGS standard in four events.
- 13 & 14 swimmers must have achieved the TAGS standard in two events.
- Must be able to complete a set of 20 x 100 @ 1:25
- Must have an 80% workout attendance record and a 50% meet attendance record for the current season.
- Must be enrolled in an early dismissal off campus PE program.