

## Sharks

### Group Names and Standards

#### Beginner ( Blue Group)

1. 25 Freestyle without stopping.
2. 25 Backstroke without stopping.
3. Know how to perform breaststroke or butterfly.

#### Competitive Beginner (Bronze Group)

1. 100 IM (individual medley) without stopping.
2. Know how to do a start/dive from blocks.

#### Competitive Intermediate (Silver Group)

1. 200 IM without stopping
2. 200 Free with all flip turns
3. 4 x 50 @ 1:10
  - Must be able to do 2 of the 3 above.

#### Competitive Advanced (Gold Group)

1. 400 IM
2. 400 Free
3. 8 x 50 @ :50
4. 25 yards under water (no breathing)
  - Must be able to do 3 of the 4 above.