



## North Steyne SLSC Nippers Proficiency Swims 2021/22

### Proficiency Swim Assessment Requirements for Age Group U8 - U14:

Age	Swim	Survival Float
U8	25 metre swim any stroke	1 minute
U9	25 metre swim any stroke	1.5 minutes
U10	25 metre swim freestyle	1.5 minutes
U11	50 metre swim freestyle	2 minutes
U12	100 metre swim freestyle	2 minutes
U13	150 metre swim freestyle	3 minutes
U14	200 metre swim freestyle (in Less than 5 minutes)	3 minutes

### Competition Swim Assessment Requirements for Age Group U9 - U14:

Age	Pool Swim	Ocean Swim
U9	200m in 6 minutes	150m
U10	200m in 6 minutes	150m
U11	200m in 5 minutes	200m
U12	200m in 5 minutes	200m
U13	200m in 5 minutes	200m
U14	200m in 5 minutes	200m

**Check [North Steyne SLSC Team App](#) for Dates, Times & Location!!**

Questions call Bernie Burrows 0414 544 533, Simon Herfort 0402 038 384 or

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