



# Bobcats

## Level 1 – Senior Group Aims

- Swimmers in County, Regional and National Finals achieving medals
- Swimmers must be able to achieve Lancashire County qualification times in a Sprint, Individual Medley, Form and Distance Freestyle events (must achieve 3 out of 4)

BOYS EVENT	County Qualifying Times					Short Course Pool					OPEN
	9	10	11	12	13	14	15	16			
50m Freestyle	42.8	3:39.3	34.7	33.9	31.6	30.1	29.0	28.4	28.2		
100m Freestyle				1:13.3	1:09.1	1:04.6	1:02.5	1:01.3	1:00.8		
200m Freestyle	3:36.7	3:07.4	2:53.2	2:39.2	2:23.4	2:21.0	2:15.8	2:13.9	2:12.6		
400m Freestyle		6:33.2	6:01.2	5:34.4	5:12.2	4:57.9	4:47.9	4:42.6	4:39.9		
800m Freestyle				11:05.6	10:31.1	10:02.6	9:38.0	9:31.9	9:35.1		
1500m Freestyle				20:31.1	19:17.7	18:29.4	17:59.5	17:40.9	17:29.9		
50m Breaststroke	55.8	51.1	47.3	43.4	43.0	38.0	36.4	35.8	35.3		
100m Breaststroke				1:33.1	1:25.0	1:21.5	1:18.3	1:16.9	1:16.1		
200m Breaststroke	4:26.9	4:00.5	3:40.9	3:22.2	3:05.7	2:56.0	2:50.1	2:47.5	2:45.0		
50m Butterfly	48.6	43.9	40.9	37.8	35.0	33.0	31.5	30.9	30.4		
100m Butterfly				1:22.6	1:15.9	1:11.7	1:08.5	1:07.8	1:04.4		
200m Butterfly	4:28.3	3:43.3	3:19.7	3:02.23	2:49.9	2:38.3	2:31.5	2:29.3	2:26.4		
50m Backstroke	44.4	41.3	42.1	38.9	35.2	34.4	32.4	32.1	31.8		
100m Backstroke				1:22.3	1:15.7	1:12.2	1:09.3	1:08.1	1:07.4		
200m Backstroke	3:54.2	3:30.2	3:12.2	2:55.4	2:41.6	2:35.9	2:29.7	2:27.2	2:25.8		
200m Individual Medley	3:57.8	3:33.0	3:16.3	3:00.9	2:48.4	2:39.6	2:33.3	2:30.8	2:29.3		
400m Individual Medley				6:28.4	6:07.0	5:58.4	5:54.4	5:49.9	5:44.6		

  

GIRLS EVENT	County Qualifying Times					Short Course Pool					OPEN
	9	10	11	12	13	14	15	16			
50m Freestyle	45.9	39.1	36.2	34.2	30.0	29.0	28.6	28.5	28.3		
100m Freestyle			1:19.1	1:13.2	1:10.1	1:08.8	1:07.8	1:07.4	1:07.1		
200m Freestyle	3:39.2	3:04.1	2:49.3	2:38.3	2:20.9	2:20.0	2:20.8	2:24.8	2:23.5		
400m Freestyle		6:18.5	5:53.4	5:30.4	5:11.8	5:08.0	5:04.0	5:02.8	5:01.0		
800m Freestyle			11:17.0	10:36.3	10:11.0	9:58.5	9:52.0	9:45.4	9:40.7		
1500m Freestyle			21:50.7	21:10.8	20:27.1	19:46.9	19:47.6	19:42.6	19:37.6		
50m Breaststroke	56.2	50.4	46.6	43.4	41.3	40.1	39.5	39.3	39.3		
100m Breaststroke			1:39.5	1:32.8	1:28.1	1:25.4	1:24.5	1:24.3	1:24.0		
200m Breaststroke	4:19.5	3:54.7	3:34.2	3:19.6	3:04.3	3:04.0	3:02.9	3:01.4	3:00.1		
50m Butterfly	48.4	42.9	39.9	37.4	35.8	34.7	34.2	34.0	33.8		
100m Butterfly			1:27.7	1:21.9	1:17.7	1:15.7	1:14.9	1:14.5	1:13.7		
200m Butterfly	4:28.6	3:37.8	3:15.3	3:00.4	2:50.3	2:45.0	2:42.7	2:42.7	2:40.4		
50m Backstroke	49.3	44.5	41.2	38.8	37.2	36.3	35.7	35.3	35.1		
100m Backstroke			1:27.8	1:21.7	1:18.2	1:16.3	1:15.0	1:14.6	1:14.0		
200m Backstroke	3:54.8	3:24.2	3:07.8	2:55.6	2:47.4	2:42.8	2:40.8	2:38.8	2:38.3		
200m Individual Medley	3:57.5	3:28.2	3:10.9	2:59.5	2:50.9	2:46.9	2:44.6	2:44.0	2:43.0		
400m Individual Medley				6:18.4	6:00.1	5:50.2	5:45.5	5:44.6	5:40.9		

- All swimmers must be competing 14+ year olds
- Swimmers assessed by the Head Coach to have near term potential and/or having longer term talent may be admitted or retained in the group on a probationary period of between 6-12 months with goals set by the Head Coach. The swimmer must be able to show commitment and demonstrable progress towards these goals and overall Level 1 criteria
- Swimmers must compete only in Competitions / Meets directed by the Head or Group Coach
- All swimmers must fulfil a minimum weekly of 7 training sessions/commitments
- All swimmers must keep an up to date log book to be handed in first Monday of each month or to be handed in when required by the Head Coach
- Swimmers must have fully complied with previous squad criteria
- Swimmers must have good all round technical abilities and skills
- During school/college exams, swimmers must complete at least half the amount of normal weekly training
- Swimmers must have a good attitude towards competing, training and must always be punctual
- Having all of the above does not mean automatic selection
- All squad movement is at the Head Coaches discretion

**We are what we repeatedly do.  
Excellence is therefore not an act, but merely a habit**