



# Bobcats

## Level 2 – Junior 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 2 out of 4)

EVENT	County Qualifying Times				Short Course Pool						
	9	10	11	12	13	14	15	16	OPEN		
<b>BOYS</b>											
50m Freestyle	42.8	3:39.3	36.7	33.9	31.6	30.1	29.9	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	3:30.7	3:07.4	2:53.2	2:39.2	2:29.4	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				20:01.1	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	40.0	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	1:06.4		
200m Butterfly	4:28.7	3:47.3	3:19.7	3:02.2	2:44.9	2:38.3	2:31.5	2:29.3	2:26.4		
50m Backstroke	49.6	45.2	42.1	39.9	35.2	34.4	32.8	32.1	31.8		
100m Backstroke				1:22.3	1:15.7	1:12.3	1:09.3	1:08.1	1:07.4		
200m Backstroke	3:54.2	3:30.2	3:12.2	2:56.4	2:44.6	2:35.9	2:29.3	2:27.3	2:25.8		
200m Individual Medley	3:57.8	3:39.5	3:16.5	3:05.4	2:48.4	2:39.4	2:33.3	2:30.8	2:29.4		
400m Individual Medley				6:23.4	5:57.0	5:38.4	5:24.6	5:19.3	5:14.6		
<b>GIRLS</b>											
50m Freestyle	42.9	39.1	36.2	34.2	32.8	32.0	31.6	31.3	31.3		
100m Freestyle			1:10.1	1:10.2	1:10.1	1:09.0	1:07.0	1:07.0	1:07.1		
200m Freestyle	3:10.2	3:04.1	2:49.3	2:38.5	2:30.5	2:28.0	2:25.0	2:24.6	2:23.5		
400m Freestyle		6:28.5	6:03.4	5:30.4	5:14.8	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	9:49.4	9:48.7		
1500m Freestyle			21:29.7	21:10.8	20:27.1	19:45.9	19:47.5	19:42.5	19:37.5		
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	1:32.0	1:29.1	1:25.4	1:24.5	1:24.3	1:24.0		
200m Breaststroke	4:10.5	3:54.7	3:34.3	3:19.6	3:04.3	3:04.0	3:02.5	3:01.1	3:01.1		
50m Butterfly	48.9	42.9	39.9	37.4	35.8	34.7	34.2	34.0	33.8		
100m Butterfly			1:27.7	1:21.8	1:17.7	1:15.7	1:14.8	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	49.5	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	3:34.2	3:07.8	2:55.6	2:47.4	2:42.0	2:40.0	2:39.8	2:38.3		
200m Individual Medley	3:57.5	3:38.2	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	5:45.9	5:44.6	5:40.9		

- All swimmers must be competing 9+ year olds
- Swimmers must compete only in Competitions / Meets directed by the Head or Group Coach
- All swimmers must achieve the following minimum weekly training sessions/commitments:
  - 10 year 5 per week level 2/3 (includes club sessions Level 3)
  - 11 years 6 per week level 2/3
  - 12-14 years 7 per week level 2
- 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 good all round technical abilities and skills
- Swimmers must have a good attitude towards competing, training and must always be punctual
- Having all of the above does not mean automatic selection
- Swimmers must strive to progress to Level 1 which should normally be achieved by the time they reach their Youth ages, but provided the swimmer is showing demonstrable progress towards Regional standard the following concessions may be granted at the Head Coaches discretion

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