



Warilla Barrack Point SLSC Junior Proficiency Requirements

- Under 6
 - Nil (shallow water activities only) Nil (no competition)
- Under 7
 - Nil (shallow water activities only) Nil (no competition)
- Under 8
 - 25 metre swim (any stroke)
 - 1 minute survival float Nil (no water competition, except for wade which takes place in waist deep water)
- Under 9
 - 25 metre swim (any stroke)
 - 1 minute survival float Minimum
 - 150m open water swim (competition course as per competition manual)
- Under 10
 - 25 metre swim (freestyle)
 - 1.5 minute survival float Minimum
 - 150m open water swim (competition course as per competition manual)
- Under 11
 - 50 metre swim (freestyle)
 - 2 minute survival float Minimum
 - 288m open water swim (competition course as per competition manual)
- Under 12
 - 100 metre swim (freestyle)
 - 2 minute survival float Minimum
 - 288m open water swim (competition course as per competition manual)
- Under 13
 - 150 metre swim (freestyle)
 - 3 minute survival float Minimum
 - 288m open water swim (competition course as per competition manual)
- Under 14
 - 200 metre swim (freestyle, in less than 5 minutes)
 - 3 minute survival float Minimum
 - 288m open water swim (competition course as per competition manual)
 - SRC