

## **Junior Preliminary Skills Evaluation**

### **Age Group Requirement**

- Under 6 Nil (shallow water activities only)
- Under 7 Nil (shallow water activities only)
- Under 8 25 metre swim, (any stroke) 1 minute survival float
- Under 9 25 metre swim, (any stroke) 1 minute survival float
- Under 10 25 metre swim, (freestyle) 1 1/2 minute survival float
- Under 11 50 metre swim, (freestyle) 2 minute survival float
- Under 12 100 metre swim, (freestyle) 2 minute survival float
- Under 13 150 metre swim, (freestyle) 3 minute survival float
- Under 14 200 metre swim, (freestyle, in less than 5 minutes) 3 minute survival float

## **Junior Competition Evaluation**

### **Age Group Requirement**

- Under 6 Nil (no competition)
- Under 7 Nil (no competition)
- Under 8 Nil (no water competition, except for wade which takes place in waist deep water)
- Under 9 Run-Swim-Run, Minimum 150m open water swim (competition course as per competition manual)
- Under 10 Run-Swim-Run, Minimum 150m open water swim (competition course as per competition manual)
- Under 11 Run-Swim-Run, Minimum 288m open water swim (competition course as per competition manual)
- Under 12 Run-Swim-Run, Minimum 288m open water swim (competition course as per competition manual)
- Under 13 Run-Swim-Run, Minimum 288m open water swim (competition course as per competition manual)
- Under 14 Run-Swim-Run, Minimum 288m open water swim (competition course as per competition manual)