ISB Swim Academy –Overview of Time Standards & Squad Placements '26-27*Revised

Little Dragons Squad * Due to the variance in maturity in this age range, coaches discretion may be used to determine eligibility based on ability, providing there is space in these squads.		
There are 4 levels within the Little Dragons Squad: Bronze, Silver, Gold and Gold "Super Dragons"		
Age Eligibility: Minimum age is 7 and maximum age is 8. Grade 2-3. Those who are turning 9 within the year may continue in Little Dragons until the next try-out.		
	100m Individual Medley	**50m Freestyle**
Little Dragon Entry (Age 7-8) **Bronze Standard**	Faster than 2:45.00 or at Head Coach's discretion	Faster than 1:10.00 or at Head Coach's discretion
	100m Individual Medley	**100m Freestyle**
Silver (Ages 7-8 only)	Faster than 2:35.00	Faster than 2:15.00
Gold (Ages 7-8 only)	Faster than 2:30.00	Faster than 2:10.00
Gold "Super Dragon" (Ages 7-8 only)	Faster than 2:25.00	Faster than 2:05.00

Blue Squad * Due to the variance in maturity in this age range, coaches discretion may be used to determine eligibility based on ability, providing there is space in this squad.		
Age Eligibility: Minimum age is 9 and maximum age is 12. Grade 3-7		
	100m Individual Medley	**100m Freestyle**
ES (9-11)	Faster than 2:15.00	Faster than 2:00.00
MS (11-13)	Faster than 2:05.00	Faster than 1:50.00
	100m Individual Medley	**200m Freestyle**
HS (13 & Over)	Faster than 1:50.00	Faster than 3:35.00

Bronze Squad		
Age Eligibility: Minimum age is 9 and maximum age is 18. Grade 4 +		
	100m Individual Medley	**100m Freestyle or 200m Freestyle**
ES (9-11)	Faster than 1:50.00	Faster than 1:40.00 or Faster than 4:00
	100m Individual	**200m Freestyle**
MS / HS	Faster than 1:35.00	Faster than 3:15.00

Silver Squad		
Age Eligibility: Minimum age is 11 and maximum age is 18. Grade 6 +		
	100m Individual Medley	**200m Freestyle**
MS / HS	Faster than 1:25.00 (Female) Faster than 1:18.00 (Male)	Faster than 2:45 (Female) Faster than 2:30 (Male)

Gold Squad		
Age Eligibility: Minimum age is 12 and maximum age is 18. Grade 6 +		
	100m Individual Medley	**200m Freestyle**
MS / HS	Faster than 1:18.00 (Female) Faster than 1:12.00 (Male)	Faster than 2:30.00 (Female) Faster than 2:15.00 (Male)

University Squad			
Age Eligibility: Minimum age is 12 and maximum age is 18.			
	200m Individual Medley	**400m Freestyle**	**Other**
HS Female Bodied	Faster than 2:44.00	Faster than 5:08.89	+ 1 AA 13-14 Motivational time in a 200m Form stroke event.
HS Male Bodied	Faster than 2:30.00	Faster than 4.52.00	+ 1 AA 13-14 Motivational time in a 200m Form stroke event.
University Challenge Standard Age Min is 13 Years Old Age Max is 18 Years Old	The University Challenge Standard is to swim every swimming event on offer in a calendar year with achieving at least 2 x AAAA times in the 13-14 age category on the US motivational time standard sheet. Each swimmer who achieves this will have special acknowledgment on exit reference letters.		

** additional details, please read below*

All swimmers' placements into a Swim Academy Squad are determined by two factors: 1) the swimmer's age and 2) the swimmer's times in two specific swim events. We may also consider including swimmers into squads based on potential, providing there is enough space in the relevant squads to preserve safety and best teacher / coach practice.

For some squads, the minimum times required differs by age or gender. Difference is made in the eligibility times for boys or girls, from Silver Squad and up.

The time standards must be achieved by the swimmer at: 1) one of the two annual internal time trials or 2) certain swim meets, as pre-determined by the Aquatics Director.

What about achieving one time in one meeting and one time in a second meet, what's the policy?

New students to ISB who arrive after the time trial are eligible to work with the Aquatics Director or nominated coach to determine their squad placement.

All swimmers are required to swim the required times each school year.

These time standards are reviewed annually and may be adjusted at the Aquatics Director discretion to account for any significant squad wide time improvements from season to season.

NEW DEVELOPMENT SQUAD

All new swimmers in UES are eligible for the development squad. Swimmers who try-out and are not accepted into the academy, will be offered a position in this development squad, providing they meet the following criteria:

- Grades 3,4 or 5
- At least 3 of the 4 strokes
- A desire to be a competitive swimmer
- Race skills not necessary

*Coaches will make the final decision after an assessment process to decide who will be accepted into this squad.