

Age Group	Preliminary Evaluation	Competition Evaluation
<b>U6s</b>	Push and glide from wall (1-2m) recover to stand. <b>CONTINUOUS SKILL</b> – Wade through water (5m) float on back or front (5 sec’s) recover to stand, submerge to retrieve object from bottom of water with hands, recover to stand.	
<b>U7s</b>	Push and glide from wall (2-3m) recover to stand. <b>CONTINUOUS SKILL</b> – Wade through water (5m) float on back or front (5 sec’s) recover to stand, submerge to retrieve object from bottom of water with hands, recover to stand.	
<b>U8s</b>	Swim on front (20m) followed by swim underwater (2-3m). <b>CONTINUOUS SKILL</b> – Swim on front through water (20m) followed by back or front float (5 sec’s) followed by submerge to retrieve object from bottom of water with hands, do not recover to stand between tasks.	
<b>U9s</b>	Front to back float or back to front float – 5 sec’s per side. <b>CONTINUOUS SKILL</b> – Swim on front through water for 50m, followed by tread water for minimum 1 minute, followed by submerge to retrieve object from bottom of water with hands (do not recover to stand in between each task).	Minimum 150m open water swim
<b>U10s</b>	Front to back float or back to front float – 5 sec’s each side. <b>CONTINUOUS SKILL</b> – Swim on front through water for 50m, followed by tread water for minimum 1 minute, followed by submerge to retrieve object from bottom of water with hands (do not recover to stand in between each task).	Minimum 150m open water swim
<b>U11s</b>	Front to back float or back to front float – 5 sec’s each. <b>CONTINUOUS SKILL</b> – Swim on front through water using freestyle for 100m, followed by tread water and/or sculling for minimum 2 minutes, followed by submerge forward or backward roll to retrieve object from bottom of water with hands (do not recover to stand in between each task).	Minimum 200m open water swim
<b>U12s</b>	Front to back float or back to front float – 5 sec’s each. <b>CONTINUOUS SKILL</b> – Swim on front through water using freestyle for 150m, followed by tread water and/or sculling for minimum 3 minutes, followed by submerge forward or backward roll to retrieve object from bottom of water with hands (do not recover to stand in between each task).	Minimum 200m open water swim
<b>U13s</b>	Front to back float or back to front float – 5 sec’s each. <b>CONTINUOUS SKILL</b> – Swim on front through water using freestyle for 150m, followed by tread water and/or sculling for minimum 3 minutes, followed by submerge forward or backward roll to retrieve object from bottom of water with hands (do not recover to stand in between each task).	Minimum 200m open water swim
<b>U14s</b>	PART OF THEIR SRC QUALIFICATION. 200m swim (front crawl, in less than 5 minutes) 3-minute survival float and submerge with front roll.	Minimum 200m open water swim