

| Group | Requirements |
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| Prime Elite | <ul style="list-style-type: none"> • Must be in your 13th year, and qualified for level 3 • May be in 12th year if qualified for JNR Nationals • 14 years and over for all competent club swimmers • Maturity and Focus • Consistent Swimming • Coaches discretion |
| Elite | <ul style="list-style-type: none"> • In your 11th year, and well qualified for Level 2 • Maturity and Focus • Consistent Swimming • Coaches discretion |
| Seniors | <ul style="list-style-type: none"> • In your 9th year, and qualified for Level 2 • Maturity and Focus • Consistent Swimming • Coaches discretion |
| Juniors | <ul style="list-style-type: none"> • In your 7th year and able to manage Level 1 • Must be able to swim 50m of Free/ Back/ Breast • Maturity and Focus • Coaches discretion |