

# NOBBY'S BEACH SLSC SEASON 2010/11

## NIPPERS PRELIMINARY ASSESSMENTS

### POOL SWIM/SURVIVAL FLOAT

<b>U6</b>	Kick off the wall with face in the water	30 second float
<b>U7</b>	Torpedo push off the wall with face in the water	30 second float
<b>U8</b>	50 metre swim (any stroke)	1 minute survival float
<b>U9</b>	50 metre swim (freestyle)	1 minute survival float
<b>U10</b>	100 metre swim (freestyle)	1.5 minute survival float
<b>U11</b>	100 metre swim (freestyle)	2 minute survival float
<b>U12</b>	200 metre swim (freestyle)	2 minute survival float
<b>U13</b>	300 metre swim (freestyle)	3 minute survival float
<b>U14</b>	400 metre swim (freestyle)	3 minute survival float
	<i>(For U14s who wish to compete at carnivals)</i>	
<b>U14</b>	200 metre swim (freestyle) in 5 minutes or less	3 minute survival float
	<i>(For U14s who are doing SRC only and not competing at carnival)</i>	