

## Black Hat Squad Entry Criteria

**Name**

Criteria	Achieved	Comment
Division 2 qualifying time		
20 x 100m FC on 1.45 - bilateral breaths/turns		
15 x 100m IM on 2.00 - correct turns		
T30 time trial - continuous swimming		
200m BF legally		
400m FC in competition		
400m IM in competition		

Further notes

Coach Signature