Silver Hat Squad Entry Criteria		
Name		
Criteria	Achieved	Comment
Division 2 qualifying time		
20 x 100m FC on 2.00 - bilateral breaths/turns		
15 x 100m IM on 2.20 - correct turns		
T30 time trial - continuous swimming		
400m kick on 4 strokes		
100m BF legally		
Further notes		
Coach Signature		