

## White Hat Squad Entry Criteria

**Name**

Criteria	Achieved	Comment
2 Graded gala B times		
8 x 100m FC on 2.45 - bilateral breaths/turns		
5 x 100m IM on 3.15 correct turns		
400m BC legally - correct turns		
200m BRS legally - correct turns		
200m kick on 4 strokes		
50m BF legally		

Further notes

Coach Signature