

Stage: Level 9

1. **2x 200m** front-crawl.
2. **2x 200m** back-crawl.
3. **2x 100m** breaststroke.
4. **2x 50m** butterfly.
5. Perform a **15m** underwater kick on front in a streamlined position.
6. Perform a backstroke start then butterfly kick to **10m**, transfer to stroke, complete **25m**.
7. Perform a front-crawl start, kick underwater **10m**, transfer to stroke, complete **25m**.
8. Perform a butterfly start, kick underwater to **10m**, transfer to stroke before **15m**, complete **25m**.
9. Perform a breaststroke start, perform a legal underwater pull and transition to stroke, transfer to full stroke, complete **25m**.
10. **100m IM** (dive from block, proper start and touch turns).
11. Understanding of how to use the pace clock.