

Cap Progression Times

	fly	back	brst	free
black	45.00	45.00	51.00	37.00
maroon	50.00	50.00	55.00	40.00
red	55.00	55.00	60.00	43.00
orange	60.00	60.00	65.00	47.00
yellow	70.00	65.00	70.00	51.00
green	80.00	70.00	80.00	55.00
blue	90.00	90.00	90.00	70.00
purple				

Swimmers begin on purple cap and can progress to the next colour when they equal or better all times in that level.

To be eligible, times must be officially recorded at an internal (i.e. Club Night or Club Championships) or external club meet (including Encouragement meets and Metro North competitions).