Swim Ability Chart

ramblin' rose
celebrating the empowerment of women

RATING

Complete Beginner

Super Fast!

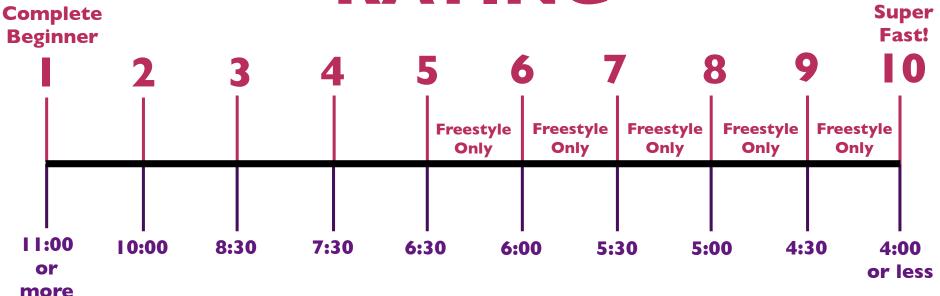| 1	2	3	4	5	6	7	8	9	10
				Freestyle Only	Freestyle Only	Freestyle Only	Freestyle Only	Freestyle Only	
11:00 or more	10:00	8:30	7:30	6:30	6:00	5:30	5:00	4:30	4:00 or less

TIME TO SWIM 250 YARDS
(minutes:seconds)

NOTE:
When you arrive at packet pick-up on race weekend, you will be asked to rate your swimming ability using this Swim Ability Chart as a guide. This swim ability will determine the starting order of the swim for race day participants, with 10s starting first and 1st starting last.