

AVERAGE SWIM TIMES FOR KIDS TRIATHLON

Boys	Ages 7-10	100yrd. Swim Time
Beginner		2:50
Intermediate		2:00
Advanced		1:40

Girls	Ages 7-10	100yrd. Swim Time
Beginner		2:45
Intermediate		1:55
Advanced		1:35

Boys	Ages 11-14	200yrd. Swim Time
Beginner		3:15
Intermediate		2:50
Advanced		2:18

Girls	Ages 11-14	200yrd. Swim Time
Beginner		3:35
Intermediate		3:00
Advanced		2:25

*Beginner = Not very experienced in swimming laps but has basic knowledge of the Freestyle stroke
*Intermediate = Has had formal training in the water and is very comfortable swimming a set distance
*Advanced = Trains on a regular basis and use to a competitive swimming environment
Please note these times are just estimates.