



Swimming Newfoundland and Labrador Future League

Future League serves as a way to attract and retain more young swimmers to our sport and continue to compete with other sports. These meets are geared towards young (10 and under) and new swimmers who are 11 or 12 years old. Swimmers who are 13 years of age and older do not participate in Future League meets.

Future League Competition Goals:

- Have a welcoming and fun atmosphere, focused on best times.
- Encourage participation in other sports, and keep the meet exciting, by keeping total meet time to two sessions, a maximum of 8 hours plus a short warm up.
- Allow swimmers to swim as frequently in this time as is possible. Currently estimating 7-8 events.
- Reward participation in varied events, by using a bag tag and reward (Medal) challenge throughout the season.
- Add fun things to the meet such as eliminators, prizes for spirit, face painting, racing games, music/prize heats etc.
- Officials will officiate according to the rules, however they will attempt to create a welcome atmosphere and NOT be discouraged from interacting with swimmers.
- Encourage the swimmers to socialize on the pool deck and to meet swimmers from other teams.

Future League meets will offer all 50's, all 100's, 200 Free, and 200 IM.

Future League meets will be offered between September and March. Swimmers graduate from Future League when they meet both of the AA time standards. Future League swimmers are still allowed to participate in other Invitationals not implementing the AA standard, at their coach's discretion.

All swimmers will be provided a Future League Bag tag that includes a logo, and a list of 10 events (4 x 50's, 4 x 100's, 200 free and 200 IM.) When a swimmer successfully completes an event (without DQ) that event on the bag tag is checked off. All swimmers that successfully complete all 10 events will be recognized.

The recommended AA Time Standard and proposal is to have the following time standard for "Graduation" from future league to AA:

AA Standards:

200 free: 3:20.00

200 IM: 3:35.00