

# CUDA CHALLENGE

At the start of each season and towards the end of each season the senior team will conduct the “CUDA Challenge”.

This challenge set will be a measure of how far a swimmer has come throughout the season and from season to season.

The set will be conducted in the 3<sup>rd</sup> week of the season and on the week before the last training phase of the season.

All of the sets will be done in a short course pool.

The set will consist of a series of 100’s that will last for approximately 90 minutes. Each swimmer will choose the interval below that they believe they can achieve for the series of 100’s listed.

The BAC coaching staff will keep record of which interval each swimmer has achieved from season to season.

Each interval level is named after a time standard level to distinguish between the intervals. Also, there will be separate interval levels for the girls and boys.

## **Interval Levels**

<u>Levels</u>	<u>Girls</u>	<u>Boys</u>
National	80 x 100’s on 1:10	90 x 100’s on 1:00
Junior National	75 x 100’s on 1:15	85 x 100’s on 1:05
Sectional	70 x 100’s on 1:20	80 x 100’s on 1:10
Zone	65 x 100’s on 1:25	75 x 100’s on 1:15
State	60 x 100’s on 1:30	70 x 100’s on 1:20
A	55 x 100’s on 1:35	65 x 100’s on 1:25
B	50 x 100’s on 1:40	60 x 100’s on 1:30
C	45 x 100’s on 1:45	55 x 100’s on 1:35