

Swimming Golf Performance Set Evaluation Charts

Table 1: 25 Yard Pool Swimming Golf Thresholds

Lane	25 Yard Golf Threshold	Minimum 100 Yard Time (50 Split)	Stroke Count Goal	In Other Words
Level 3A	70	1:16 (38)	32	To swim in the 3A lane, you should be able to hold at 38 seconds per 50 or better and 32 strokes or less for a golf score of 70. That way, you can hit at least a 1:25 100 yard interval comfortably.
Level 3B	76	1:23 (42)	34	To swim in the 3B lane, you should be able to hold 42 seconds per 50 and about 34 strokes for a golf score of 76. That way, you can hit a 1:30 100 yard interval comfortably.
Level 2A	83	1:33 (47)	36	To swim in the 2A lane, you should be able to hold 47 seconds per 50 and about 36 strokes for a golf score of 83. That way, you can hit a 1:40 100 yard interval comfortably.
Level 2B	90	1:43 (52)	38	To swim in the 2B lane, you should be able to hold 52 seconds per 50 and about 38 strokes for a golf score of 90. That way, you can hit a 1:50 100 yard interval comfortably.
Level 1A	100	1:53 (57)	43	To swim in the 1A lane, you should be able to hold 57 seconds per 50 and about 43 strokes for a golf score of 100. That way, you can hit a 2:00 100 yard interval comfortably.
Level 1B	115 (50 strokes max)	2:15 (68)	47	To swim in the 1B lane, you should be able to hold 68 seconds per 50 with a maximum of 50 strokes for a golf score of 115. That way, you can hit a 2:15 100 yard interval comfortably.

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Table 2: 50 Meter Pool Swimming Golf Thresholds

Lane	25 Yard Golf Threshold	Minimum 100 Yard Time (50 Split)	Stroke Count Goal	In Other Words
Level 3A	85	1:33 (47)	38	To swim in the 3A lane, you should be able to hold at 47 seconds per 50 or better and 38 strokes or less for a golf score of 85. That way, you can hit at least a 1:40 100 yard interval comfortably.
Level 3B	95	1:43 (52)	43	To swim in the 3B lane, you should be able to hold 52 seconds per 50 and about 43 strokes for a golf score of 95. That way, you can hit a 1:50 100 yard interval comfortably.
Level 2A	105	1:53 (57)	48	To swim in the 2A lane, you should be able to hold 57 seconds per 50 and about 48 strokes for a golf score of 105. That way, you can hit a 2:00 100 yard interval comfortably.
Level 2B	115	2:08 (64)	51	To swim in the 2B lane, you should be able to hold 64 seconds per 50 and about 51 strokes for a golf score of 115. That way, you can hit a 2:15 100 yard interval comfortably.
Level 1A	125	2:23 (72)	53	To swim in the 1A lane, you should be able to hold 73 seconds per 50 and about 53 strokes for a golf score of 125. That way, you can hit a 2:30 100 yard interval comfortably.
Level 1B	140 (60 strokes max)	2:40 (80)	60	To swim in the 1B lane, you should be able to hold 80 seconds per 50 with a maximum of 60 strokes for a golf score of 140. That way, you can hit a 2:45 100 yard interval comfortably.