

	PPP Required		
Training Group	1 <sup>st</sup> Swimmer	2 <sup>nd</sup> Swimmer	3 <sup>rd</sup> Swimmer
Novice	10	8	4
Intermediate	12	10	6
Junior B	16	12	8
Junior A	20	16	12
Senior	25	20	15
Fitness	10	8	4
Summer	6	4	2