

National Water Polo Teams Time Standards Evaluations 2013

SWIM TEST 1																
Distance				200	200	100	100	100	100	50	50	50	50	100	100	
Turn over times				0.00	3.30	7.00	9.00	11.00	13.00	15.00	16.00	17.00	18.00	19.00	21.00	
Target	Men															820 sec
Target	Women															930 sec

SWIM TEST 2											
Distance				400	400	200	200	200	200	200	
Turn over times	Men			0.00	6.00	12.00	15.00	18.00	21.00	24.00	
Turn over times	Women			0.00	7.00	14.00	17.30	21.00	24.30	28	
Target	Men										1295 sec
Target	Women										1450 sec

SWIM TEST 3																
Distance		100	100	100	100	50	50	50	50	50	50	50	50	100	100	
Turn over times		0.00	1.45	3.30	5.15	7.15	8.15	9.00	10.00	10.45	11.45	12.30	13.30	14.30	16.15	
Target	Men															646 sec
Target	Women															715 sec

SWIM TEST 4											
Turn over times		0	2	4	6	8	10	12	14	16	18
Distance		100	100	100	100	100	100	100	100	100	100
Target	Men										650 sec
Target	Women										750 sec

SWIM TEST 5																	
Distance		100	100	50	50	50	50	25	25	25	25	25	25	25	25	100	100
Turn over times		0	1.45	3.3	4.15	5.15	6.3	7.3	7.55	8.2	8.5	9.15	9.45	10.1	10.4	11.05	12.5
Target	Men																495 sec
Target	Women																580 sec

Legs 1		
5kg ball on head - elbows and chin out		
Target	Men	240 sec
Target	Women	150 sec

Legs 2													
Distance	75m tread			75	75	75	75	75	75	75	75	75	
Turn over times				2.15	4.3	6.45	9	11.15	13.3	15.45	18	20.15	22.3
Target	Men												900
Target	Women												920

Speed test	10m no wall	25m dive	30m no push	50m dive	60m no push	100m dive	200m dive
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