

Timeline of a Competitive Swimmer's Life

Age
- 0 + 6 8 14 18 22 50 90+

|----- Learn to Swim ----->

| <-- Recreation League --> |

< -----USA Swimming Club ----->

< --Age Group --> | < -----Senior----->

< - Jr National -> | <-- Sr Nationals - >

< ----- Olympian ----- >

(High School)

| <--HS--> |

(College)

<--NCAA-->

< ----- Club ----- >

| < ----- Master's Age Group ----- >

| < - Senior Olympics ->