

Lap Goals

These are the **goal laps** set by the coaches for each group for Swim-a-Thon. The maximum number of laps is 200. Swimmers are allowed to swim more than their group goal laps and are encouraged to do so (unless your group goal is 200!). *See coaches for questions about ranges or goals for your swimmer's group.*

Baton Rouge

Lafayette

Nicholls

Senior Division	200	Senior Black	200	Senior Black	200
Junior Black	200	Senior White	200	Senior White	200
Junior White	140-160	Senior Red	160- 200	Senior Red	180
Junior Red	100-120	Junior White	200	Junior	150
Adv AG	140-160	Junior Red	150	Age Group	80-100
AG-1	80-100	Age Group	80-100	8 & U	40
AG-2	100-120	8 & U	40- 60	Novice	20
AG-3	140	Novice	20		
8 & U- 1	40				
8 & U- 2	60				
8 & U- 3	80				
Novice	20				