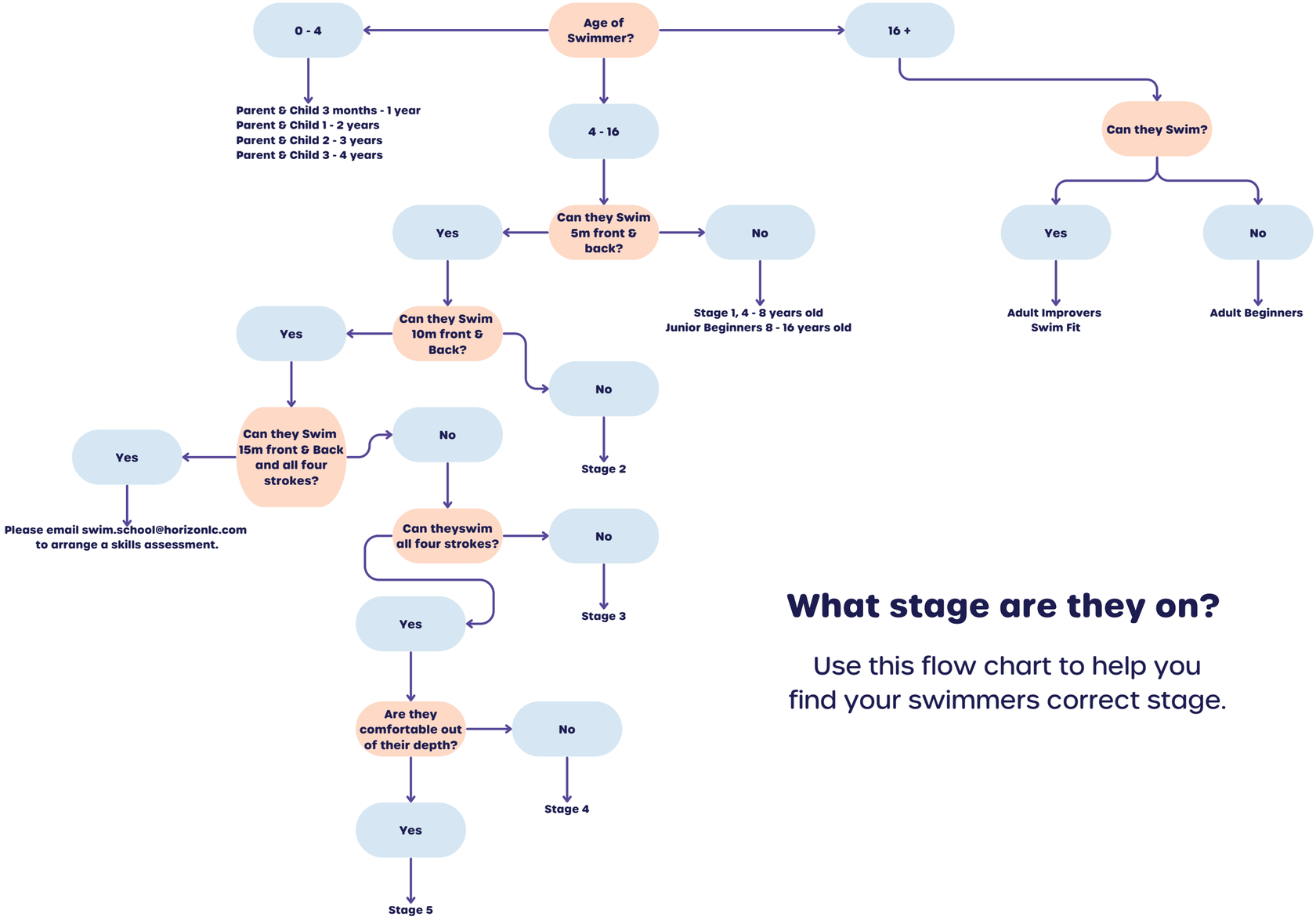

What stage are they on?

Use this flow chart to help you find your swimmers correct stage.