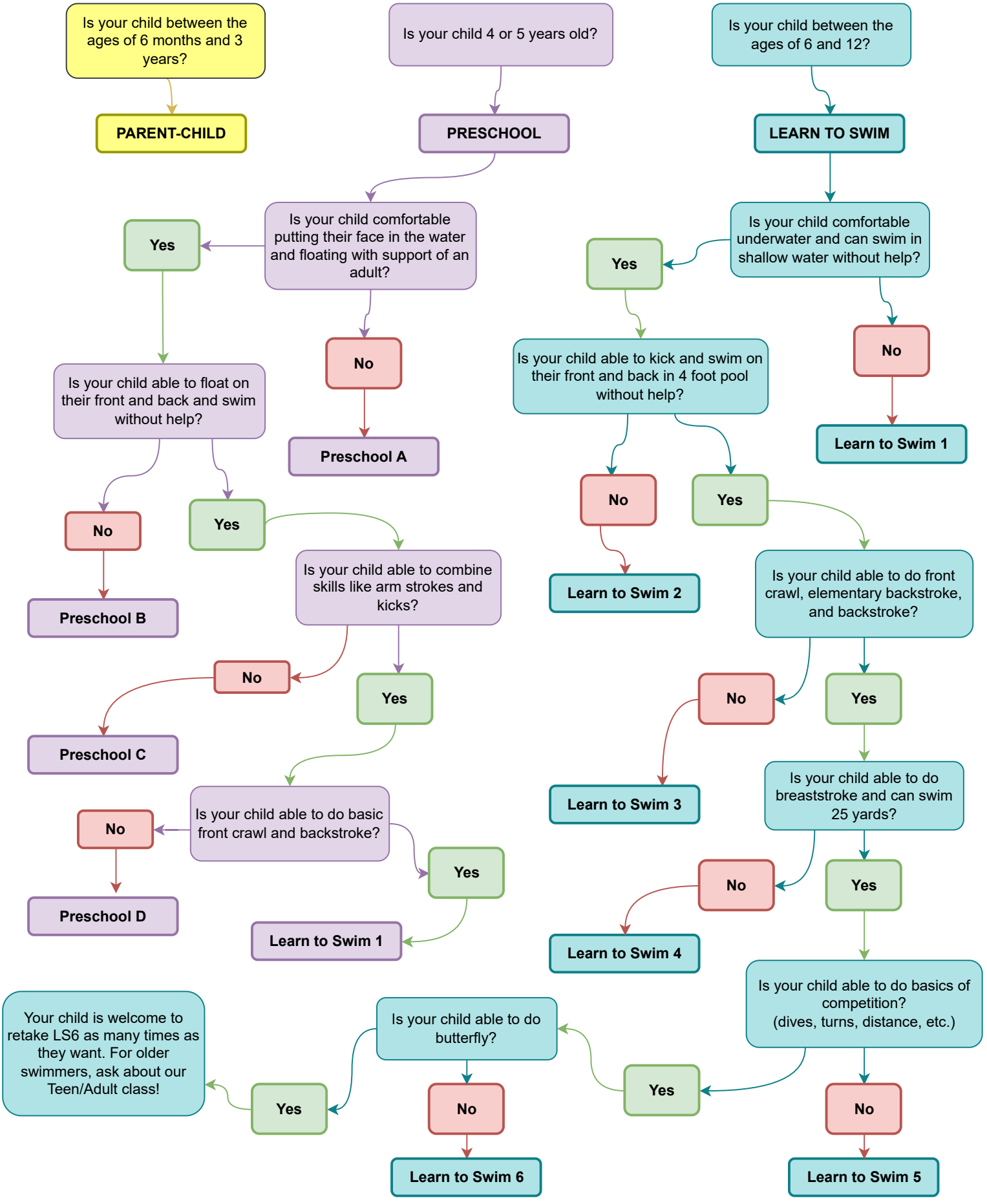What level should my swimmer be in?