

ASA Competitive Swimming Performance Awards

Below are the times and details required to gain the ASA Competitive Swimming Performance awards;

Backstroke

Sprints	Bronze	Silver	Gold	Platinum
25m	24.70	21.50	19.60	
50m	54.40	47.50	43.00	
100m	1.56.00	1.41.40	1.32.00	1.25.50

Middle Distance in a Short Course Pool

200m	4.11.10	3.39.40	3.19.30	3.05.00
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Breaststroke

Sprints	Bronze	Silver	Gold	Platinum
25m	27.20	23.80	21.70	
50m	1.00.40	52.70	48.00	
100m	2.12.00	1.55.40	1.44.80	1.37.30

Middle Distance in a Short Course Pool

200m	4.11.10	4.05.00	3.42.60	3.26.60
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Butterfly

Sprints	Bronze	Silver	Gold	Platinum
25m	23.20	20.30	18.50	
50m	52.40	45.70	41.50	
100m	1.53.80	1.39.40	1.30.40	1.23.90

Middle Distance in a Short Course Pool

200m	4.09.20	3.37.70	3.17.80	3.03.70
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Front Crawl

Sprints	Bronze	Silver	Gold	Platinum
25m	21.00	18.30	16.70	
50m	47.00	41.00	37.20	
100m	1.44.30	1.31.00	1.22.80	1.16.90

Middle Distance in a Short Course Pool

200m	3.49.90	3.20.80	3.02.40	2.49.40
400m	8.04.70	7.03.50	6.24.70	5.57.20

Middle Distance in a Long Course Pool

200m	3.51.60	3.22.50	3.04.40	2.51.40
400m	8.08.10	7.06.80	6.28.30	6.01.10

Distance in a Short Course Pool

800m	16.45.30	14.38.20	13.17.90	12.20.70
1500m	31.43.40	27.42.80	25.10.70	23.22.40

Distance in a Long Course Pool

800m	16.47.70	14.44.80	13.25.10	12.28.50
1500m	31.55.00	27.55.20	25.26.70	23.37.10

Individual Medley

Sprints	Bronze	Silver	Gold	Platinum
4x25m	1.58.60	1.43.60	1.34.10	
Middle Distance in a Short Course Pool				
200m	4.17.20	3.44.60	3.24.10	
Middle Distance in a Long Course Pool				
200m	4.19.20	3.46.40	3.26.00	
Distance in a Short Course Pool				
400m	9.03.70	7.55.00	7.11.50	6.40.60
Distance in a Long Course Pool				
400m	9.07.10	7.58.70	7.15.60	

Certificates, flashes and badges are available for each time/distance.

Certificates are £1.50 each

Flashes and Badges are £1 each

To order the badges email Jackie Tonks at Jackie.casc@btopenworld.com before Thursday 25th February.