

A S A Competitive Swimming Performance Sprint Awards

Times to beat are as follows:

		100 Yards	100 Metres
Backstroke	Bronze	1.44.80	1.56.00
	Silver	1.31.50	1.41.40
	Gold	1.23.10	1.32.00
	Platinum	1.17.90	1.25.50

Breaststroke	Bronze	1.59.10	2.12.00
	Silver	1.44.00	1.55.40
	Gold	1.34.50	1.44.80
	Platinum	1.28.30	1.37.30

Butterfly	Bronze	1.42.50	1.53.80
	Silver	1.29.50	1.39.40
	Gold	1.21.40	1.30.40
	Platinum	1.16.40	1.23.90

Freestyle	Bronze	1.34.00	1.44.30
	Silver	1.22.00	1.31.00
	Gold	1.14.50	1.22.80
	Platinum	1.09.90	1.16.90

Individual	Bronze	1.47.50	1.58.60
Medley	Silver	1.33.90	1.43.60
	Gold	1.25.30	1.34.10

		50 Yards	50 Metres
Backstroke	Bronze	49.00	54.40
	Silver	42.90	47.50
	Gold	39.00	43.00

Breaststroke	Bronze	54.50	1.00.40
	Silver	47.70	52.70
	Gold	43.20	48.00

Butterfly	Bronze	47.20	52.40
	Silver	41.20	45.70
	Gold	37.50	41.50

Freestyle	Bronze	42.40	47.00
	Silver	37.00	41.00
	Gold	33.50	37.20

Prices:	
Certificate and Badge	£1.40
Flash (Stroke)	£0.50

Certificates, Badges and Flashes are available to order from Caroline Lavery-Smith
See details on the Order form on the Downloads page for how to contact Caroline and place your order!

Note.

1. Gold standard approximates to average county age group qualifying times for 12 year old boys.
2. Please refer to the PB sheets on the notice board to see if you qualify.