

SPEED AWARDS

The competitive swimming performance awards, known as the sprint awards, cover all four strokes and are graded by Bronze, Silver, Gold categories. They give the swimmers an opportunity to compete against the clock with achievable target times set within their capabilities.

We hold time trials Intra club galas and club championships regularly as possible so check the notice board for dates. Times are then displayed on the notice board with a mention of whenever a swimmer has achieves a Bronze, Silver, Gold time. The swimmers can claim their badges on a Monday night.

When a Swimmer achieves a qualifying time during a gala and wants to claim an award please speak to Julia.

The badges can be purchased at a cost of £1.00 a stroke badge and £2.00 for a signed certificate and Distance badge recognizing the swimmers achievement.

A.S.A COMPETITIVE SWIMMING PERFORMANCE AWARDS

Times 25M	BRONZE	SILVER	GOLD
FREESTYLE	21.00	18.30	16.70
BACKSTROKE	24.70	21.50	19.60
BREASTSTROKE	27.20	23.80	21.70
BUTTERFLY	23.20	20.30	18.50
4X1 IM	1.58.60	1.43.60	1.34.10
TIMES 50M	BRONZE	SILVER	GOLD
FREESTYLE	47.00	41.00	37.20
BACKSTROKE	54.40	47.50	43.00
BREASTSTROKE	1.00.40	52.70	48.00
BUTTERFLY	52.40	45.70	41.50