


ASA Competitive Swimming Performance Awards - Time Standards

		backstroke				breaststroke											
sprint		bronze	silver	gold	platinum	bronze	silver	gold	platinum								
	100m	01:56.00	01:41.40	01:32.00	01:25.50	02:12.00	01:55.40	01:44.80	01:37.30	 <p>The ASA Competitive Swimming Performance Awards are time based awards. The times for the awards are consistent with the ASA Graded Swimming Times and the Gold Standards approximate to average county age group qualifying times for 12 year old boys. When this level is reached there is a good chance that these swimmers would qualify at county level. It is important however that swimmers also acquire good skills in strokes and starts, turns and finishes of the strokes.</p>							
	50m	00:54.40	00:47.50	00:43.00		01:00.40	00:52.70	00:48.00									
	25m	00:24.70	00:21.50	00:19.60		00:27.20	00:23.80	00:21.70									
	4x25m																
middle distance		bronze	silver	gold	platinum	bronze	silver	gold	platinum								
sc	200m	04:11.10	03:39.40	03:19.30	03:05.00	04:40.40	04:05.00	03:42.60	03:26.60								
	400m																
lc	200m																
	400m																
distance		bronze	silver	gold	platinum	bronze	silver	gold	platinum								
sc	800m																
	1500m																
	400m																
lc	800m																
	1500m																
	400m																
		butterfly				front crawl				individual medley							
sprint		bronze	silver	gold	platinum	bronze	silver	gold	platinum	bronze	silver	gold	platinum				
	100m	01:53.80	01:39.40	01:30.40	01:23.90	1:44.30.	01:31.00	01:22.80	01:16.90								
	50m	00:52.40	00:45.70	00:41.50		00:47.00	00:41.00	00:37.20									
	25m	00:23.20	00:20.30	00:18.50		00:21.00	00:18.30	00:16.70									
	4x25m									01:58.60	01:43.60	01:34.10					
middle distance		bronze	silver	gold	platinum	bronze	silver	gold	platinum	bronze	silver	gold	platinum				
sc	200m	04:09.20	03:37.70	03:17.80	03:03.70	03:49.90	03:20.80	03:02.40	02:49.40	04:17.20	03:44.60	03:24.10	03:09.50				
	400m					08:04.70	07:03.50	06:24.70	05:57.20								
lc	200m					03:51.60	03:22.50	03:04.40	02:51.40	04:19.20	03:46.40	03:26.00					
	400m					08:08.10	07:06.80	06:28.30	06:01.10								
distance		bronze	silver	gold	platinum	bronze	silver	gold	platinum	bronze	silver	gold	platinum				
sc	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								
	400m									09:03.70	07:55.00	07:11.50	06:40.60				
lc	800m					16:47.70	14:44.80	13:25.10	12:28.50								
	1500m					31:55.00	27:55.20	25:26.10	23:37.10								
	400m									09:07.10	07:58.70	07:15.60					