



# Backwell Swimming Club

## ASA Sprint Awards

Stroke/Distance	Bronze	Silver	Gold	Platinum
<b>Front Crawl</b>				
25m	21.00	18.30	16.70	x
50m	47.00	41.00	37.20	x
100m	1:44.30	1:31.00	1:22.80	1:16.90
<b>Backstroke</b>				
25m	24.70	21.50	19.60	x
50m	54.40	47.50	43.00	x
100m	1:56.00	1:41.40	1:32.00	1:25.50
<b>Breaststroke</b>				
25m	27.20	23.80	21.70	x
50m	1:00.40	52.70	48.00	x
100m	2:12.00	1:55.40	1:44.80	1:37.30
<b>Butterfly</b>				
25m	23.20	20.30	18.50	x
50m	52.40	45.70	41.50	x
100m	1:53.80	1:39.40	1:30.40	1:23.90
<b>Individual Medley</b>				
4 x 25m	1:58.60	1:43.60	1:34.10	x

The ASA Sprint Award in Bronze, Silver, Gold or Platinum for each stroke or for Individual Medley (Fly/Back/Breast/Front Crawl) will be awarded to a swimmer achieving the times indicated in the above table at a Club Time Trial, in the Club Championships, at a Club Gala or in an Open Meet.

Badges for each stroke are available from Pauline Aldington