

ASA Speed Awards Time Targets

The times below are in seconds and are the time for swimming a single length of a pool in the different strokes:

Front Crawl, Backstroke, Breaststroke, and Butterfly.

	20 Yards	20 Metres	25 Yards	25 Metres
<u>BRONZE</u>				
Front Crawl	16.3	18.2	21	23.5
Backstroke	18.8	20.9	24.3	27
Breaststroke	20.7	22.9	26.7	29.4
Butterfly	17.9	20.6	23.1	25.6
<u>SILVER</u>				
Front Crawl	14.6	16.2	18.8	21
Backstroke	17.2	19.1	22.2	24.7
Breaststroke	19.1	20.9	24.7	27.2
Butterfly	16.2	17.8	21	23.2
<u>GOLD</u>				
Front Crawl	12.8	14.1	16.5	18.3
Backstroke	15.1	16.7	19.5	21.5
Breaststroke	16.7	18.5	21.5	23.8
Butterfly	14.1	15.6	18.2	20.3

The Club will purchase and provide ASA Speed Award certificates (for each individual stroke) for any of our Club swimmers aged 10 years or under (on the date the speed was obtained) who achieve an ASA speed time as per table above. One certificate per each stroke. For example, if a child swims a 'silver' time, the Club will provide the 'silver' certificate. Should the swimmer wish to have the 'bronze' certificate aswell, this will be down to the swimmer to finance. Parents with children aged 11 years or over can still obtain the certificates but parents will have to purchase them via the Club.

FYI - Certificates & badges are currently £1.85p (for both) per each speed award.