

ASA Competitive Performance Awards



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.



Flash awards are given for achieving a time standard on each individual stroke and for Individual Medley. There are four different levels, Bronze, Silver, Gold and Platinum. Sprint, Middle and Distance badges are awarded when the required level has been achieved in all strokes and the individual medley. The time standards are fixed and do not vary with age or gender.

Swimmers will be able to use times achieved at our own 'Splash' and Club Championship galas, held throughout the year, to achieve the time standards required to gain an award.

If a time standard is achieved then this will be shown in the results displayed on the club website.

Results from other galas are usually available for download from the hosting club website shortly after the gala. It is the swimmers responsibility to get a copy of their times to present for an award.

When all the stroke flashes in a level have been collected, swimmers will qualify for the badge and certificate for that level.

Stroke flashes, badges and certificates can be ordered directly from the ASA shop – see <http://shop.swimming.org/Awards/Competitive-Swimming-Performance>

Qualifying Times

		Sprint				Middle Distance		Distance	
		25m	33 ¹ / ₃ yds	50m	100m	200m	400m	800m	1500m
Freestyle	Bronze	21.00	26.50	47.00	01:44.30	03:49.90	08:08.10	16:45.30	31:43.40
	Silver	18.30	23.10	41.00	01:31.00	03:20.80	07:06.80	14:38.20	27:42.80
	Gold	16.70	21.00	37.20	01:22.80	03:02.40	06:28.30	13:17.90	25:10.70
	Platinum				01:16.90	02:49.40	06:01.10	12:20.70	23:22.40
Backstroke	Bronze	24.70	30.80	54.40	01:56.00	04:11.10			
	Silver	21.50	27.00	47.50	01:41.40	03:39.40			
	Gold	19.60	24.50	43.00	01:32.00	03:19.30			
	Platinum				01:25.50	03:05.00			
Butterfly	Bronze	23.20	29.30	52.40	01:53.80	04:09.20			
	Silver	20.30	25.70	45.70	01:39.40	3:37.70			
	Gold	18.50	23.20	41.50	01:30.40	03:17.80			
	Platinum				01:23.90	03:03.70			

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		Sprint				Middle Distance		Distance	
		25m	33 ¹ / ₃ yds	50m	100m	200m	400m	800m	1500m
Breaststroke	Bronze	27.20	34.20	01:00.40	02:12.00	04:40.40			
	Silver	23.80	30.00	52.70	01:55.40	04:05.00			
	Gold	21.70	27.20	48.00	01:44.80	03:42.60			
	Platinum				01:37.30	03:26.60			
Individual Medley		4x25m	4x50m	4x100m					
	Bronze	01:58.60	04:17.20	09:03.70					
	Silver	01:43.60	03:44.60	07:55.00					
	Gold	01:34.10	03:24.10	07:11.50					
	Platinum			06:40.60					