



ASA Competitive Performance Awards.

These awards, developed in conjunction with the British Swimming Coaches and Teachers Association (BSCTA), can be achieved in competition or organised time trials at the club. Highly respected, the awards give coaches an indication of ability, competence and potential. The performance awards help young swimmers to focus on their strokes, turns and finishes, as well as speed.

	BACKSTROKE				BREASTSTROKE				BUTTERFLY				FRONT CRAWL				INDIVIDUAL MEDLEY			
SPRINT	BRONZE	SILVER	GOLD	PLATINUM	BRONZE	SILVER	GOLD	PLATINUM	BRONZE	SILVER	GOLD	PLATINUM	BRONZE	SILVER	GOLD	PLATINUM	BRONZE	SILVER	GOLD	PLATINUM
25M	24.70	21.50	19.60		27.20	23.80	21.70		23.20	20.30	18.50		21.00	18.30	16.70					
50M	54.40	47.50	43.00		1.00.40	52.70	48.00		52.40	45.70	41.50		47.00	41.00	37.20					
100M	1.56.00	1.41.40	1.32.00	1.25.50	2.12.00	1.55.40	1.44.80	1.37.30	1.53.80	1.39.40	1.30.40	1.23.90	1.44.30	1.31.00	1.22.80					
4 X 25M																	1.58.60	1.43.60	1.34.10	

SPRINT Certs

MIDDLE DISTANCE Certs

LONG DISTANCE Certs

		BACKSTROKE				BREASTSTROKE				BUTTERFLY				FRONT CRAWL				INDIVIDUAL MEDLEY			
	DISTANCE	BRONZE	SILVER	GOLD	PLATINUM	BRONZE	SILVER	GOLD	PLATINUM	BRONZE	SILVER	GOLD	PLATINUM	BRONZE	SILVER	GOLD	PLATINUM	BRONZE	SILVER	GOLD	PLATINUM
SHORT COURSE	200M	4.11.10	3.39.40	3.19.30	3.05.00	4.40.40	4.05.00	3.42.60	3.26.60	4.09.20	3.37.70	3.17.80	3.03.70	3.49.90	3.20.80	3.02.40	2.49.40	4.17.20	3.44.60	3.24.10	3.09.50
	400M													8.04.70	7.03.50	6.24.70	5.57.20	9.03.70	7.55.00	7.11.50	6.40.60
	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				
LONG COURSE	200M													3.51.60	3.22.50	3.04.40	2.51.40	4.19.20	3.46.40	3.26.00	
	400M													8.08.10	7.06.80	6.28.30	6.01.10	9.07.10	7.58.70	7.15.60	
	800M													16.47.70	14.44.80	13.25.10	12.28.50				
	1500M													31.55.00	27.55.20	25.26.70	23.37.10				

Swimmers need to check their times achieved at Open Meets and Club Galas against this chart. If you have achieved or are faster than the time shown please email your swimmer's Squad Coach with your name, distance, stroke, time and where you achieved the time. They will then validate the claim and ask for payment. The certificates & badges are £3 and the 'flash' badge £1 to purchase. Awards will be ordered at the end of every calendar month.