

**AMATEUR SWIMMING ASSOCIATION AWARD SCHEME
STANDARD TIMES**

BACKSTROKE

	BRONZE	SILVER	GOLD	PLATINUM
200 Metres	3.48.70	3.20.40	3.02.40	2.49.50
100 Metres	1.56.00	1.41.40	1.32.00	1.25.50
66.6 Metres	1.13.00	1.03.70	58.00	
50 Metres	54.40	47.50	43.00	
33.3 Metres	34.20	29.80	27.20	
25 Metres	24.70	21.50	19.60	

BREASTSTROKE

	BRONZE	SILVER	GOLD	PLATINUM
	4.14.90	3.44.00	3.23.80	3.09.30
	2.12.00	1.55.40	1.44.80	1.37.30
	1.23.00	1.12.50	1.05.90	
	1.00.40	52.70	48.00	
	38.00	33.20	30.20	
	27.20	23.80	21.70	

BUTTERFLY

	BRONZE	SILVER	GOLD	PLATINUM
200 Metres	3.36.60	3.19.20	3.01.00	2.48.20
100 Metres	1.53.80	1.39.40	1.30.40	1.23.90
66.6 Metres	1.10.80	1.01.90	56.20	
50 Metres	52.40	45.70	41.50	
33.3 Metres	32.50	28.50	25.80	
25 Metres	23.20	20.30	18.50	

FRONTCRAWL

	BRONZE	SILVER	GOLD	PLATINUM
	3.29.50	3.02.90	2.47.10	2.35.30
	1.44.30	1.31.00	1.22.80	1.16.90
	1.05.10	56.90	51.70	
	47.00	41.00	37.20	
	29.20	25.60	23.20	
	21.00	18.30	16.70	

INDIVIDUAL MEDLEY

	BRONZE	SILVER	GOLD	PLATINUM
200 Metres	3.53.70	3.23.00	3.04.40	2.51.20
133 Metres	2.43.60	2.22.80	2.09.80	
100 Metres	1.58.60	1.43.60	1.34.10	