

## ASA Competitive Performance Award Times

| SHORT COURSE           | BRONZE   | SILVER   | GOLD     | PLATINUM |
|------------------------|----------|----------|----------|----------|
| <b>25 METRES</b>       |          |          |          |          |
| Frontcrawl             | 00:21.00 | 00:18.30 | 00:16.70 | -        |
| Backstroke             | 00:24.70 | 00:21.50 | 00:19.50 | -        |
| Breastroke             | 00:27.20 | 00:23.80 | 00:21.70 | -        |
| Butterfly              | 00:23.20 | 00:20.30 | 00:18.50 | -        |
| <b>50 METRES</b>       |          |          |          |          |
| Frontcrawl             | 00:47.00 | 00:41.00 | 00:37.20 | -        |
| Backstroke             | 00:54.40 | 00:47.50 | 00:43.00 | -        |
| Breastroke             | 01:00.40 | 00:52.70 | 00:48.00 | -        |
| Butterfly              | 00:52.40 | 00:45.70 | 00:41.50 | -        |
| <b>100 METRES</b>      |          |          |          |          |
| Frontcrawl             | 01:44.30 | 01:31.00 | 01:22.80 | 01:16.90 |
| Backstroke             | 01:56.00 | 01:41.40 | 01:32.00 | 01:25.50 |
| Breastroke             | 02:12.00 | 01:55.40 | 01:44.80 | 01:37.30 |
| Butterfly              | 01:53.80 | 01:39.40 | 01:30.40 | 01:23.90 |
| Individual Medley      | 01:58.60 | 01:43.60 | 01:34.10 | -        |
| <b>200 METRES</b>      |          |          |          |          |
| Frontcrawl             | 03:49.90 | 03:20.80 | 03:02.40 | 02:49.40 |
| Backstroke             | 04:11.10 | 03:39.40 | 03:19.40 | 03:05.00 |
| Breastroke             | 04:40.40 | 04:05.00 | 03:42.60 | 03:26.60 |
| Butterfly              | 04:09.20 | 03:37.70 | 03:17.80 | 03:03.70 |
| Individual Medley      | 04:17.20 | 03:44.60 | 03:24.10 | 03:09.50 |
| <b>DISTANCE</b>        |          |          |          |          |
| 400m Frontcrawl        | 08:04.70 | 07:03.50 | 06:24.70 | 05:57.20 |
| 800m Frontcrawl        | 16:45.30 | 14:38.20 | 13:17.90 | 12:20.70 |
| 1500m Frontcrawl       | 31:43.40 | 27:42.80 | 25:10.70 | 23:22.40 |
| 400m Individual Medley | 09:03.70 | 07:55.00 | 07:11.50 | 06:40.60 |