

# ASA Sprint (S) Middle Distance (M) and Distance (D) Awards

Times needed to achieve **Bronze**, **Silver**, **Gold** & **Platinum** in  
all strokes

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## Woodchurch Club Challenge Times

### BRONZE AWARD TIMES

Distance	Butterfly	Backstroke	Breaststroke	Freestyle	Ind. Medley
(S) 25 m	23.20	24.70	27.20	21.00	
(S) 50 m	52.40	54.40	1:00.40	47.00	
(S) 100 m	1:53.80	1:56.00	2:12.00	1:44.30	1:58.60 (4 x 25)
(M) 200 m	4:09.20	4:11.10	4:40.40	3:49.90	4:17.20 (4 x 50)
(M) 400 m				8:04.70	9:03.70 (4 x 100)
(D) 800 m				16:45.30	
(D) 1500 m				31:43.40	

### SILVER AWARD TIMES

Distance	Butterfly	Backstroke	Breaststroke	Freestyle	Ind. Medley
(S) 25 m	20.30	21.50	23.80	18.30	
(S) 50 m	45.70	47.30	52.70	41.00	
(S) 100 m	1:39.40	1:41.40	1:55.40	1:31.00	1:43.60 (4 x 25)
(M) 200 m	3:37.70	3:39.40	4:05.00	3:20.80	3:44.60 (4 x 50)
(M) 400 m				7:03.50	7:55.00 (4 x 100)
(D) 800 m				14:38.20	
(D) 1500 m				27:42.80	

**GOLD AWARD TIMES**

Distance	Butterfly	Backstroke	Breaststroke	Freestyle	Ind. Medley
(S) 25 m	18.50	19.60	21.70	16.70	
(S) 50 m	41.50	43.00	48.00	37.20	
(S) 100 m	1:31.00	1:32.00	1:44.80	1:22.80	1:34.10 (4 X 25)
(M) 200 m	3:17.80	3:19.40	3:42.60	3:02.40	3:24.10 (4 x 50)
(M) 400 m				6:24.70	7:11.50 (4 x 100)
(D) 800 m				13:17.90	
(D) 1500 m				25:26.70	

**PLATINUM AWARD TIMES**

Distance	Butterfly	Backstroke	Breaststroke	Freestyle	Ind. Medley
(S) 100 m	1:23.90	1:25.50	1:37.30	1:16.90	
(M) 200 m	3:03.70	3:05.00	3:26.60	2:49.40	3:09.50 (4 x 50)
(M) 400 m				5:57.20	6:40.60 (4 x 100)
(D) 800 m				12:20.70	
(D) 1500 m				23:27.10	

**WOODCHURCH SWIMMING CLUB - CLUB CHALLENGE TIMES**

Distance	Butterfly	Backstroke	Breaststroke	Freestyle	Ind. Medley
100 m Girls	1:21.00	1:21.00	1:32.00	1:13.00	
100 m Boys	1:16.00	1:16.00	1:26.00	1:08.00	
200 m Girls					3:03.00 (4 x 50)
200 m Boys					2:48.00 (4 x 50)