

ASA Competitive Performance Awards

BACKSTROKE				
Sprint Awards	BRONZE	SILVER	GOLD	PLATINUM
100m	1.56.00	1.41.40	1.32.00	1.25.50
50m	0.54.40	0.47.50	0.43.00	
25m	0.24.70	0.21.50	0.19.60	
Middle Distance Award				
200m	4.11.10	3.39.40	3.19.30	3.05.00
BREASTSTROKE				
Sprint Awards	BRONZE	SILVER	GOLD	PLATINUM
100m	2.12.00	1.55.40	1.44.80	1.37.30
50m	1.00.40	0.52.70	0.48.00	
25m	0.27.20	0.23.80	0.21.70	
Middle Distance Award				
200m	4.40.40	4.05.00	3.42.60	3.26.60
BUTTERFLY				
Sprint Awards	BRONZE	SILVER	GOLD	PLATINUM
100m	1.53.80	1.39.40	1.30.40	1.23.90
50m	0.52.40	0.45.70	0.41.50	
25m	0.23.20	0.20.30	0.18.50	
Middle Distance Award				
200m	4.09.20	3.37.70	3.17.80	3.03.70
FRONTCRAWL				
Sprint Awards	BRONZE	SILVER	GOLD	PLATINUM
100m	1.44.30	1.31.00	1.22.80	1.16.90
50m	0.47.00	0.41.00	0.37.20	
25m	0.21.00	0.18.30	0.16.70	
Middle Distance Award				
400m	8.04.70	7.03.50	6.24.70	5.57.20
200m	3.49.90	3.20.80	3.02.40	2.49.40
Distance Awards				
1500m	31.43.40	27.42.80	25.10.70	23.22.40
800m	16.45.30	14.38.20	13.17.90	12.20.70
INDIVIDUAL MEDLEY				
Sprint Awards	BRONZE	SILVER	GOLD	PLATINUM
4 x 25m	1.58.60	1.43.60	1.34.10	
Middle Distance Award				
4 x 50m	4.17.20	3.44.60	3.24.10	3.09.50
Distance Awards				
4 x 100m	9.03.70	7.55.00	7.11.50	6.40.60
				Updated Feb 13