

ORPINGTON OJAYS SWIMMING CLUB

ASA COMPETITIVE SWIMMING PERFORMANCE AWARDS

**TO: PARENTS & SWIMMERS IN
GOLD/SILVER/BRONZE SQUADS**



We are introducing Competitive Swimming Performance Awards. These awards have been developed by the Amateur Swimming Association and are to encourage swimmers to strive and improve their swimming times.

The Performance Table attached indicates the length of the pool, distance, stroke and times required to achieve these awards. They can be gained in either competition such as Galas that swimmers enter for or are invited to compete in or organised time trials held at the swimming club, for example our Race Night.

We will be commencing this scheme at our Race Night on Sunday 16th March.

Swimmers who achieve the times on the Performance Table will be eligible to receive an award that comprises a certificate and badge to show their success at either Bronze, Silver, Gold or Platinum level in either the Sprint, Middle Distance or Distance Category.

A certificate and badge will cost £1.50.

In addition a swimmer will also be able to purchase a Flash for 50p that will show the stroke they have been successful in and level of achievement i.e. Bronze.

It will be great to see these badges on our swimmers' t-bags.

If your son/daughter achieves a qualifying time to receive an award either at Race Nights or any subsequent Galas and you wish to purchase badges and flashes, either e-mail ojays.badges@hotmail.co.uk or leave a note at the Club Shop on a Monday evening. As a Club we do keep a record of times achieved by our swimmers. Times will be checked and Awards issued by the Club Shop on receipt of the correct money.

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BACKSTROKE

BREASTSTROKE

BUTTERFLY

FRONT CRAWL

SPRINT	BRONZE	SILVER	GOLD	PLAT	BRONZE	SILVER	GOLD	PLAT	BRONZE	SILVER	GOLD	PLAT	BRONZE	SILVER	GOLD	PLAT
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	1.16.90
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	
33.3m	34.20	29.80	27.20		38.00	33.20	30.20		32.50	28.50	25.80		29.20	25.60	23.20	
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	
MIDDLE	BRONZE	SILVER	GOLD	PLAT	BRONZE	SILVER	GOLD	PLAT	BRONZE	SILVER	GOLD	PLAT	BRONZE	SILVER	GOLD	PLAT
DISTANCE																
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
400m													8.04.70	7.03.50	6.24.70	5.57.20
DISTANCE	BRONZE	SILVER	GOLD	PLAT	BRONZE	SILVER	GOLD	PLAT	BRONZE	SILVER	GOLD	PLAT	BRONZE	SILVER	GOLD	PLAT
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

INDIVIDUAL MEDLEY

SPRINT	BRONZE	SILVER	GOLD	PLAT
4 x 25m	1.58.60	1.43.60	1.34.10	
MIDDLE				
DISTANCE				
200m	4.17.20	3.44.60	3.24.10	3.09.50
DISTANCE				
400m	9.03.70	7.55.00	7.11.50	6.40.60

