

Speed Awards



Speed awards cover all four strokes with Bronze, Silver and Gold Awards. There are also Platinum Sprint Awards.

These awards are targeted at swimmers who compete at Licensed Gala's, across multiple squads.

Swimmer's who attend Gala's may not always achieve a podium place and come away with a medal. The Speed Awards are there to celebrate the success through the times they achieve. They could achieve their next speed award from a Bronze time to a Silver time, but they may have been placed 6th - 12th place at the gala. We want to encourage and recognize the swimmers hard work in training, improving their skills and technique when they PB at galas. It's not always about the medal.

Swimmers who achieve a speed award at a gala will be given a slip to confirm what award they have achieved, when they are back to training. They can receive a certificate and badge, if you would like to purchase them; they cost £2.50 per award.

SHORT COURSE	BRONZE	SILVER	GOLD	PLATINUM
25 METRES				
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	-
50 METRES				
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	-
100 METRES				
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	-
200 METRES				
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
DISTANCE				
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