

**THESE ARE THE TIMES REQUIRED TO ACHIEVE THE GOLD, SILVER, BRONZE
and PLATINUM SPEED AWARDS**

STROKE	BRONZE	SILVER	GOLD	PLATINUM
50M FREESTYLE	0:47.00	0:41.00	0:37.20	
50M BACKSTROKE	0:54.40	0:47.50	0:43.00	
50M BREASTSTROKE	1:00.40	0:52.70	0:48.00	
50M BUTTERFLY	0:52.40	0:45.70	0:41.50	
100M INDIVIDUAL MEDLEY	1:58.60	1:43.60	1:34.10	
100M FREESTYLE	1:44.30	1:31.00	1:22.80	1:16.90
100M BACKSTROKE	1:56.00	1:41.40	1:32.00	1:25.50
100M BREASTSTROKE	2:12.00	1:55.40	1:44.80	1:37.30
100M BUTTERFLY	1:53.80	1:39.40	1:30.40	1:23.90
200M FREESTYLE	3:49.90	3:20.80	3:02.40	2:49.40
200M BACKSTROKE	4:11.10	3:39.40	3:19.30	3:05.00
200M BREASTSTROKE	4:40.40	4:05.00	3:42.60	3:26.60
200M BUTTERFLY	4:09.20	3:37.70	3:17.80	3:03.70
200M INDIVIDUAL MEDLEY	4:17.20	3:44.60	3:24.10	3:09.50
400M INDIVIDUAL MEDLEY	9:03.70	7:55.00	7:11.50	6:40.60
400M FREESTYLE	8:00.00	7:00.00	6:20.00	5:50.00

IF YOU REQUIRE A PLATINUM AWARD THEN PLEASE CHECK YOUR TIME AGAINST THIS LIST AS IT IS NOT BEEN POSSIBLE TO PROGRAMME THIS IN AUTOMATICALLY ONTO THE TIMES SHEET