

Competitive Performance Awards

Stroke	Badge Type	Distance	Bronze Time	Silver Time	Gold Time	Platinum Time
Individual Medley	Sprint	4x25m	01:58.60	01:43.60	01:34.10	
	Middle Distance	4x50m	04:17.20	03:44.60	03:24.10	03:09.50
		<i>4x50m lc</i>	04:19.20	03:46.40	03:26.00	
Distance	4x100m	09:03.70	07:55.00	07:11.50	06:40.60	
	<i>4x100m lc</i>	09:07.10	07:58.70	07:15.60		
Frontcrawl	Sprint	25m	00:21.00	00:18.30	00:16.70	
		33 ¹ / ₃ m	00:29.20	00:25.60	00:23.20	
		50m	00:47.00	00:41.00	00:37.20	
		100m	01:44.30	01:31.00	01:22.80	01:16.90
	Middle Distance	200m	03:49.90	03:20.80	03:02.40	02:49.40
		<i>200m lc</i>	03:51.60	03:22.50	03:04.40	02:51.40
		400m	08:04.70	07:03.50	06:24.70	05:57.20
		<i>400m lc</i>	08:08.10	07:06.80	06:28.30	06:01.10
	Distance	800m	16:45.30	14:38.20	13:17.90	12:20.70
		<i>800m lc</i>	16:47.70	14:44.80	13:25.10	12:28.50
		1500m	31:43.40	27:42.80	25:10.70	23:22.40
		<i>1500m lc</i>	31:55.00	27:55.20	25:27.00	23:37.10
Butterfly	Sprint	25m	00:23.20	00:20.30	00:18.50	
		33 ¹ / ₃ m	00:32.50	00:28.50	00:25.80	
		50m	00:52.40	00:45.70	00:41.50	
		100m	01:53.80	01:39.40	01:30.40	01:23.90
	Middle Distance	200m	04:09.20	03:37.70	03:17.80	03:03.70
Backstroke	Sprint	25m	00:24.70	00:21.50	00:19.60	
		33 ¹ / ₃ m	00:34.20	00:29.80	00:27.20	
		50m	00:54.40	00:47.50	00:43.00	
		100m	01:56.00	01:41.40	01:32.00	01:25.50
	Middle Distance	200m	04:11.10	03:39.40	03:19.40	03:05.00
Breaststroke	Sprint	25m	00:27.20	00:23.80	00:21.70	
		33 ¹ / ₃ m	00:38.00	00:33.20	00:30.20	
		50m	01:00.40	00:52.70	00:48.00	
		100m	02:21.00	01:55.40	01:44.80	01:37.30
	Middle Distance	200m	04:40.40	04:05.00	03:42.60	03:26.60

All times must be achieved in official Time Trials or during Gala's

All times are 25m Short Course unless otherwise stated (ie **lc** 50m Pool), times can be converted using the SportSystems Equivalent Performance Tables / Program