

Understanding the ASA Award Scheme

What is it and how does it work?

The Amateur Swimming Association is the national governing body for swimming. Its award scheme, sponsored by Kellogg's, is designed to motivate and reward the achievements of swimmers at any age or level. Through the scheme swimmers can collect badges and certificates when they have successfully achieved the required standard in terms of developing new techniques, & achieving times or distances.

Competitive Swimmer Award:

These Awards can be achieved at either external Competitions or organised time trials held at the Club. Award times are consistent with the ASA Graded Swimming Times. Gold Standard is approximate to average County Age group qualifying times for 12 year old boys. When this level is reached, there is a good chance that these swimmers would qualify at County level.

There are 3 types of Award which relate to the length of the swim:

1. Sprint: Distances up to 100m - for all strokes including Individual Medley (IM)
2. Middle Distance: 200m - for all strokes including IM and 400m Front Crawl
3. Distance: 400m IM and 800m and 1500m Front Crawl

Times are graded at 4 Levels: Bronze, Silver, Gold and Platinum, with a separate award for each stroke. Once the swimmer achieves a time at that Level for any stroke, they can claim the Round Badge which relates to the distance (i.e. Sprint, Middle, and Distance) and the relevant stroke Flash and then collect further Flashes as times are achieved for each stroke at that distance.



The ASA graded times for the most popular distances are listed in the tables below.

To claim an award you will need an official time in the Club's PB listing gained either at a Competition (League Gala or Open Meet) or Time Trial.

Distance Badges:

The aim is to motivate swimmers to swim longer distances in a stress free manner. Strokes should be easily recognizable as one of the four main competitive strokes, though need not meet the standards demanded by ASA law. The greater the distance, the higher the standard of technique is expected. There is no time limit on the time taken to achieve these although swimmers are not allowed to stop and rest during the swim. Note that number of lengths relates to a 25m pool.



Distance	Lengths	Distance	Lengths
400m	16	1 Mile (1650m)	66
600m	24	2000m	80
800m	32	3000m	120
1000m	40	4000m	160
1500m	60	5000m	200

Competitive Starts:



Awarded when the swimmer has demonstrated the required competency to undertake a racing dive in shallow water (water depth range 0.9m up to 1.3m) from the side of the pool or a starting block. Once achieved, swimmers are permitted to dive in at either end of the pool – important in a relay event in competitions. Coaches with periodically run a special coaching sessions at the end of which they will assess the swimmers.

Getting hold of the badges:

The badge shop runs several times each year, typically on a Sunday evening and an email will be issued advising of the next date:

1. **Competitive Swimmer:** You will need an official PB (personal best) to claim these Awards. As long as the time is recorded in the Club's PB listing, you are entitled to the award.
2. **Distance Badges:** You will receive a confirmation slip from the Coach after completing a Distance swim.
3. **Competitive Starts:** Your Coach will let you know that you are eligible for that award.

Prices for the awards are shown below. The ASA invests all profits from the schemes back into the sport.

BADGE TYPE	Price
Competitive Swimmer Sprint, Middle & Distance round badge	£2.50*
Competitive Swimmer Flash	£1.00
Competitive Starts	£2.50*
Distance Badge	£2.50*

* Price includes certificate



ASA - COMPETITIVE SWIMMER TIMES - SPRINT & MIDDLE DISTANCES

BACKSTROKE

Distance	BRONZE	SILVER	GOLD	PLATINUM
25 M	24.70	21.50	19.60	
50 M	54.50	47.50	43.00	
100 M	1.56.00	1.41.40	1.32.00	1.25.50
200 M	4.11.10	3.39.40	3.19.30	3.05.00

BREASTSTROKE

BRONZE	SILVER	GOLD	PLATINUM
27.20	23.80	21.70	
1.00.40	52.70	48.00	
2.12.00	1.55.40	1.44.80	1.37.30
4.40.40	4.05.00	3.42.60	3.26.60

BUTTERFLY

Distance	BRONZE	SILVER	GOLD	PLATINUM
25 M	23.20	20.30	18.50	
50 M	52.40	45.70	41.50	
100 M	1.53.80	1.39.40	1.30.40	1.23.90
200 M	4.09.20	3.37.70	3.17.80	3.03.70
400 M	-	-	-	-

FRONTCRAWL

BRONZE	SILVER	GOLD	PLATINUM
21.00	18.30	16.70	
47.00	41.00	37.20	
1.44.30	1.31.00	1.28.80	1.16.90
3.49.90	3.20.80	3.02.40	2.49.40
8.04.70	7.03.50	6.24.70	5.57.20

INDIVIDUAL MEDLEY

Distance	BRONZE	SILVER	GOLD	PLATINUM
100 M	1.58.60	1.43.60	1.34.10	
200 M	4.17.20	3.44.60	3.24.10	3.09.50