

## Seagulls Swimming Club

### ASA Competitive Swimming Performance Award Qualifying Times

Stroke	Award	Distance (m)						
		25	50	100	200	400	800	1500
Backstroke	Bronze	24.70	54.40	1.56.00	4.11.10			
	Silver	21.50	47.50	1.41.40	3.39.40			
	Gold	19.60	43.00	1.32.00	3.19.30			
	Platinum			1.25.50	3.05.00			
Breaststroke	Bronze	27.20	1.00.40	2.12.00	4.40.40			
	Silver	23.80	52.70	1.55.40	4.05.00			
	Gold	21.70	48.00	1.44.80	3.42.60			
	Platinum			1.37.30	3.26.60			
Butterfly	Bronze	23.20	52.40	1.53.80	4.09.20			
	Silver	20.30	45.70	1.39.40	3.37.70			
	Gold	18.50	41.50	1.30.40	3.17.80			
	Platinum			1.23.90	3.03.70			
Front Crawl S:short course 25m pool. L:long course 50m pool	Bronze			1.44.30	S 3.49.90	8.04.70	16.45.30	31.43.40
					L 3.51.60	8.08.10	16.47.70	31.55.00
	Silver			1.31.00	S 3.20.80	7.03.50	14.38.20	27.42.80
					L 3.22.50	7.06.80	14.44.80	27.56.20
	Gold			1.22.80	S 3.02.40	6.24.70	13.17.90	25.10.70
					L 3.04.40	6.28.30	13.25.10	25.26.70
Platinum			1.16.90	S 2.49.40	5.57.20	12.20.70	23.22.40	
					6.01.10	12.28.50	23.37.10	
Individual Medley S:short course 25m pool L:long course 50m pool	Bronze			1.58.60	S 4.17.20	9.03.70		
					L 4.19.20	9.07.10		
	Silver			1.43.60	S 3.44.60	7.55.00		
					L 3.46.40	7.58.70		
	Gold			1.34.10	S 3.24.10	7.11.50		
					L 3.26.00	7.15.60		
	Platinum				S 3.09.50	6.40.60		
					NA	NA		