

Speed Swimming Badges

The chart below shows the times that have to be achieved to gain ASA speed swimming badges. Times must be achieved in either club competitions - personal challenge, club championships, official time trials or in competitions where you are representing your club. 25m times can only be achieved in time trials or in the first leg of a relay (the latter because they must be achieved from a standing start). There is only one badge for each level so once you have a 'bronze' for a stroke (regardless of the distance you swam to get it) you should be looking to achieve a 'silver' time in that stroke.

Keep this chart so that you will know when you have achieved the time needed for your next badge.

Backstroke					Breaststroke				Butterfly			
Sprint	BRONZE	SILVER	GOLD	PLATINUM	BRONZE	SILVER	GOLD	PLATINUM	BRONZE	SILVER	GOLD	PLATINUM
100m	1:56.00	1:41.40	1:32.00	1:25.50	2:12.00	1:55.40	1:44.80	1:37.50	1:53.80	1:39.40	1:30.40	1:23.90
50m	54.40	47.50	43.00		1:00.40	52.70	48.00		52.40	45.70	41.50	
25m	24.70	21.50	19.60		27.20	23.80	21.70		23.20	20.30	18.50	

Front Crawl				Individual Medley				
Sprint	BRONZE	SILVER	GOLD	PLATINUM	BRONZE	SILVER	GOLD	PLATINUM
100m	1:44.30	1:31.00	1:22.80	1:16.90	1:58.60	1:43.60	1:34.10	
50m	47.00	41.00	37.20					
25m	21.00	18.30	16.70					
200m								3:09.50

How to claim your badges?

Badges are free but it is up to YOU to tell US when you have achieved a badge.

To claim a badge, e-mail speedbadges@cheshamswimmingclub.org.

You need to indicate the stroke, distance, time and where & when you swam the time.

Once we've checked your claim, the badges will be handed out at training.

Remember, if you keep your personal bests up to date, you will know when you are due a badge!