

### ASA Competitive Performance Awards Target Times

SPRINT	BACKSTROKE				BREASTSTROKE				BUTTERFLY				FRONT CRAWL				INDIVIDUAL MEDLEY			
	BRONZE	SILVER	GOLD	PLATINUM	BRONZE	SILVER	GOLD	PLATINUM	BRONZE	SILVER	GOLD	PLATINUM	BRONZE	SILVER	GOLD	PLATINUM	BRONZE	SILVER	GOLD	PLATINUM
25m	24.70	21.50	19.60		27.20	23.80	21.70		23.20	20.30	18.50		21.00	18.30	16.70					
50m	54.50	47.50	43.00		1:00.40	52.70	48.00		52.40	45.70	41.50		47.00	41.00	37.20					
100m	1:56.00	1:41.40	1:32.00	1:25.50	2:12.00	1:55.40	1:44.80	1:37.30	1:53.80	1:39.40	1:30.40	1:23.90	1:44.30	1:31.00	1:28.80	1:16.90	1:58.60	1:43.60	1:34.10	

MIDDLE DISTANCE	BACKSTROKE				BREASTSTROKE				BUTTERFLY				FRONT CRAWL				INDIVIDUAL MEDLEY			
	BRONZE	SILVER	GOLD	PLATINUM	BRONZE	SILVER	GOLD	PLATINUM	BRONZE	SILVER	GOLD	PLATINUM	BRONZE	SILVER	GOLD	PLATINUM	BRONZE	SILVER	GOLD	PLATINUM
SC*	4:11.10	3:39.40	3:19.30	3:05.00	4:40.40	4:05.00	3:42.60	3:26.60	4:09.20	3:37.70	3:17.80	3:03.70	3:49.90	3:20.80	3:02.40	2:49.40	4:17.20	3:44.60	3:24.10	3:09.50
200m													8:04.70	7:03.50	6:24.70	5:57.20				
400m																				
LC^																				
200m													3:51.60	3:22.50	3:04.40	2:51.40	4:19.20	3:46.40	3:26.00	
400m													8:08.10	7:06.80	6:28.30	6:01.10				

DISTANCE	BACKSTROKE				BREASTSTROKE				BUTTERFLY				FRONT CRAWL				INDIVIDUAL MEDLEY			
	BRONZE	SILVER	GOLD	PLATINUM	BRONZE	SILVER	GOLD	PLATINUM	BRONZE	SILVER	GOLD	PLATINUM	BRONZE	SILVER	GOLD	PLATINUM	BRONZE	SILVER	GOLD	PLATINUM
SC*																				
400m																	9:03.70	7:55.00	7:11.50	6:40.60
800m													16:45.30	14:38.20	13:17.90	12:20.70				
1500m													31:43.40	27:42.80	25:10.70	23:22.40				
LC^																				
400m																	9:07.10	7:58.70	7:15.60	
800m													16:47.70	14:44.80	13:25.10	12:28.50				
1500m													31:55.00	27:55.20	25:26.70	23:37.10				

\*Short Course - Times achieved in a 25m pool

^Long Course - Times achieved in a 50m pool