

# MIDDLE DISTANCE / DISTANCE AWARDS RECORD SHEET

Swimmer:

STROKE	SHORT COURSE								LONG COURSE							
	Bronze	achieved	Silver	achieved	Gold	achieved	Platinum	achieved	Bronze	achieved	Silver	achieved	Gold	achieved	Platinum	achieved
	<b>MIDDLE DISTANCE AWARD</b>															
B/C	200m	4.11.10		3.39.40		3.19.30		3.05.00								
Br	200m	4.40.40		4.05.00		3.42.60		3.26.60								
Fly	200m	4.09.20		3.37.70		3.17.80		3.03.70								
F/C	200m	3.49.90		3.20.80		3.02.40		2.49.40		3.51.60		3.22.50		3.04.40		2.51.40
	400m	8.04.70		7.03.50		6.24.70		5.57.20		8.08.10		7.06.80		6.28.30		6.01.10
IM	200m	4.17.20		3.44.60		3.24.10		3.09.50		4.19.20		3.46.40		3.26.00		

<b>DISTANCE AWARD</b>																
F/C	800m	16.45.30		14.38.20		13.17.90		12.20.70		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		31.55.00		27.55.20		25.26.70		23.37.10
IM	400m	9.03.70		7.55.00		7.11.50		6.40.60		9.07.10		7.58.70		7.15.60		

1. Check your PB's from galas, open meets and time trials.
2. Tick those you have achieved
3. Complete the badge Order Form
4. Check the website and notice boards for training sessions when the badges will be available for purchase.
5. Take your form to the badge desk. It may be possible to hand it in before the session and collect and pay for your badges at the end.