

Swimmer:

STROKE	DISTANCE	Bronze	achieved	Silver	achieved	Gold	achieved	Platinum	achieved
Backstroke	25m	24,70		21,50		19,60			
	50m	54,40		47,50		43,00			
	100m	1.56.00		1.41.4		1.32.00		1.25.50	
Breastroke	25m	27,20		23,80		21,70			
	50m	1.00.40		52,70		48,00			
	100m	2.12.00		1.55.40		1.44.80		1.37.30	
Fly	25m	23,20		20,30		18,50			
	50m	52,40		45,70		41,50			
	100m	1.53.80		1.39.40		1.30.40		1.23.90	
Frontcrawl	25m	21,00		18,30		16,70			
	50m	47,00		41,00		37,20			
	100m	1.44.30		1.31.00		1.22.80		1.16.90	
IM	100m	1.58.60		1.43.60		1.34.10			

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.