



ASA Flash Awards

		FRONT CRAWL				BREASTSTROKE			
		BRONZE	SILVER	GOLD	PLATINUM	BRONZE	SILVER	GOLD	PLATINUM
Sprint	50m	00:47.0	00:41.0	00:37.2	–	01:00.4	00:52.7	00:48.0	–
	100m	01:44.3	01:31.0	01:22.8	01:16.9	02:12.0	01:55.4	01:44.8	01:37.3
Middle Distance	200m	03:49.9	03:20.8	03:02.4	02:49.4	04:40.4	04:05.0	03:42.6	03:26.6
	400m	08:04.7	07:03.5	06:24.7	05:57.2	–	–	–	–
Long Distance	800m	16:45.3	14:38.2	13:17.9	12:20.7	–	–	–	–
	1500m	31:43.4	27:42.8	25:10.7	23:22.4	–	–	–	–

		BACKSTROKE				BUTTERFLY			
		BRONZE	SILVER	GOLD	PLATINUM	BRONZE	SILVER	GOLD	PLATINUM
Sprint	25m	–	–	–	–	00:23.2	00:20.3	00:18.5	–
	50m	00:54.4	00:47.5	00:43.0	–	00:52.4	00:45.7	00:41.5	–
	100m	01:56.0	01:41.4	01:32.2	01:25.5	01:53.8	01:39.4	01:30.4	01:23.9
Middle Distance	200m	04:11.1	03:39.4	03:19.3	03:05.0	04:09.2	03:37.7	03:17.8	03:03.7

		INDIVIDUAL MEDLEY			
		BRONZE	SILVER	GOLD	PLATINUM
Sprint	100m	01:58.6	01:43.6	01:34.1	–
Middle Distance	200m	04:17.2	03:44.6	03:24.1	03:09.5
	400m	09:03.7	07:55.0	07:11.5	06:40.6

Flashes – 80p each, Certificate Only – £1.70, and Flash and Certificate – £2.50.
Please circle the award levels required, or feel free to write on the reverse of the form.

If you need more information or have any questions please contact Suzy Ashworth.

Name of Swimmer _____

Number of ASA Flashes @ 80p each _____

Number of ASA Certificates @ £1.70 each _____

Number of ASA Certificates and Flashes @ £2.50 each _____

Total Cost £ _____