

Flitwick Dolphins Swimming Club Awards Criteria

Flash Awards

Award	50Fc	100Fc	50Bk	100Bk	50Brs	100Brs	50Fly	100Fly	100IM	200IM
Platinum		01:16.90		01:25.50		01:37.30		01:23.90		03:09.50
Gold	00:37.20	01:22.80	00:43.00	01:32.00	00:48.00	01:44.80	00:41.50	01:30.40	01:34.10	03:24.10
Silver	00:41.00	01:31.00	00:47.50	01:41.40	00:52.70	01:55.40	00:45.70	01:39.40	01:43.60	03:44.60
Bronze	00:47.00	01:44.30	00:54.40	01:56.00	01:00.40	02:12.00	00:52.40	01:53.80	01:58.60	04:17.20

Flash awards are given for each stroke and 100m IM. To qualify for an award a swimmer must swim faster than the times given above for either the 50m or 100m in that specific stroke or the 200m for IM. However, Platinum flashes can only be given for the 100m in each stroke or 200m IM.

Sprint Awards

Award	50Fc	100Fc	50Bk	100Bk	50Brs	100Brs	50Fly	100Fly	100IM
Platinum		01:16.90		01:25.50		01:37.30		01:23.90	
Gold	00:37.20	01:22.80	00:43.00	01:32.00	00:48.00	01:44.80	00:41.50	01:30.40	01:34.10
Silver	00:41.00	01:31.00	00:47.50	01:41.40	00:52.70	01:55.40	00:45.70	01:39.40	01:43.60
Bronze	00:47.00	01:44.30	00:54.40	01:56.00	01:00.40	02:12.00	00:52.40	01:53.80	01:58.60

Middle

Award	200Fc	400Fc	200Bk	200Brs	200Fly	200IM
Platinum	02:49.40	05:57.20	03:05.00	03:26.60	03:03.70	03:09.50
Gold	03:02.40	06:24.70	03:19.30	03:42.60	03:17.80	03:24.10
Silver	03:20.80	07:03.50	03:39.40	04:05.00	03:37.70	03:44.60
Bronze	03:49.90	08:04.70	04:11.10	04:40.40	04:09.20	04:17.20

Distance

Award	800Fc	1500Fc	400IM
Platinum	12:20.70	23:22.40	06:40.60
Gold	13:17.90	25:10.70	07:11.50
Silver	14:38.20	27:42.80	07:55.00
Bronze	16:45.30	31:43.40	09:03.70