

## DASC Sprint Awards

Many swimming clubs run award schemes to encourage young or inexperienced swimmers by providing them with targets to aim at and achieve. At DASC our scheme sets target times for all four strokes and Individual Medley at three different levels.

	25m	50m	100m/200m
	<b>Bronze</b>	<b>Silver</b>	<b>Gold</b>
Freestyle	24.20 (push start) 22.50 (dive start)	42.00	1.25.00/2.59.00
Backstroke	25.00	49.00	1.37.00/3.28.00
Breaststroke	28.50 (push start) 27.00 (dive start)	54.00	1.50.00/4.07.00
Butterfly	27.50 (push start) 26.00 (dive start)	54.00	1.45.00/4.07.00
Individual Medley	1.55.00 (4x25m)	1.45.00 (4x25m)	3.30.00 (4x50m)

To qualify for one of our sprint award badges you need to swim faster than the times above in a gala (either a club gala or an external gala).

The badges are available to buy at the Club Desk on a Tuesday night. Many swimmers like to have their badges sewn on the back of their club T-bag T-shirts.