

# *Competitive Swimming Performance Times*

## SPRINT

	FRONT CRAWL				I.M.		
	Bronze	Silver	Gold	Platinum	Bronze	Silver	Gold
100m	1.44.30	1.31.00	1.22.80	1.16.90			
50m	47.00	41.00	37.20				
25m	21.00	18.30	16.70				
20m	16.20	14.10	12.80				
4 x 25m					1.58.60	1.43.60	1.34.10
4 x 20m					1.32.50	1.20.90	1.13.50

	BACKSTROKE				BREASTSTROKE				BUTTERFLY			
	Bronze	Silver	Gold	Platinum	Bronze	Silver	Gold	Platinum	Bronze	Silver	Gold	Platinum
100m	1.56.00	1.41.40	1.32.00	1.25.50	2.12.00	1.55.40	1.44.80	1.37.30	1.53.80	1.39.40	1.30.40	1.23.90
50m	54.40	47.50	43.00		1.00.40	52.70	48.00		52.40	45.70	41.50	
25m	24.70	21.50	19.60		27.20	23.80	21.70		23.20	20.30	18.50	
20m	19.10	16.70	15.10		21.20	18.50	16.70		17.80	15.60	14.10	

## MIDDLE DISTANCE - Short Course 25m Pool

	FRONT CRAWL				I.M.			
	Bronze	Silver	Gold	Platinum	Bronze	Silver	Gold	Platinum
200m	3.49.90	3.20.80	3.02.40	2.49.40	4.17.20	3.44.60	3.24.10	3.09.50
400m	8.04.70	7.03.50	6.24.70	5.57.20				

	BACKSTROKE				BREASTSTROKE				BUTTERFLY			
	Bronze	Silver	Gold	Platinum	Bronze	Silver	Gold	Platinum	Bronze	Silver	Gold	Platinum
200m	4.11.10	3.39.40	3.19.30	3.05.00	4.40.40	4.05.00	3.42.60	3.26.60	4.09.20	3.37.70	3.17.80	3.03.70
400m												

## LONG DISTANCE - Short Course 25m Pool

	FRONT CRAWL				I.M.			
	Bronze	Silver	Gold	Platinum	Bronze	Silver	Gold	Platinum
800m	16.45.30	14.38.20	13.17.90	12.20.70				
1500m	31.43.40	27.42.80	25.10.70	23.22.40				
400m					9.03.70	7.55.00	7.11.50	6.40.60