



HADDINGTON & DISTRICT ASC CERTIFICATE AWARD SCHEME



Jack Macks

1. Check out the age you will be on **1st March 2016** – this is the Age category you need to use
2. Check your personal best times against the times below. Have you achieved any of the times already? If so you will be awarded your certificate. If not, aim for the bronze times at the next competition or time trial.
3. Check the times you need for the next level or another stroke.

Age	100m Free	100m Back	100m Breast	100m Fly	200m IM	Standard
10/under	1.34.00	1.44.00	1.54.00	1.54.00	3.50.00	Bronze
	1.30.00	1.42.00	1.52.00	1.52.00	3.48.00	SILVER
	1.26.00	1.39.00	1.49.00	1.49.00	3.45.00	GOLD
11	1.25.00	1.34.00	1.48.00	1.48.00	3.40.00	Bronze
	1.23.00	1.32.00	1.46.00	1.46.00	3.35.00	SILVER
	1.20.00	1.29.00	1.43.00	1.43.00	3.30.00	GOLD
12	1.19.00	1.28.00	1.42.00	1.42.00	3.25.00	Bronze
	1.17.00	1.26.00	1.40.00	1.40.00	3.15.00	SILVER
	1.14.00	1.21.00	1.38.00	1.38.00	3.10.00	GOLD
13+	1.13.00	1.21.00	1.37.00	1.37.00	3.05.00	Bronze
	1.11.00	1.19.00	1.35.00	1.35.00	3.00.00	SILVER
	1.08.00	1.18.00	1.32.00	1.32.00	2.55.00	GOLD

4. Check your time for 200m kick

Bronze	4.20.00
SILVER	4.10.00
GOLD	3.50.00

5. Tell your coach when you have achieved a certificate time

Good Luck

Senga Restorick