

HART SC Sprint Award Scheme
(HSC SAS)

The **HSC SAS** is for all swimmers aged between 8 & 12, inclusive. Chart your competitive swimming progress in your PB Record Book and when you achieve a time *equivalent to or better than* a time on the Sprint Award Scheme Table below, you are entitled to purchase and proudly wear the **Bronze, Silver, Gold or Platinum** flash badge of that stroke and distance, on your T-bag. Once a Bronze is achieved in a stroke, the next goal is Silver in that stroke and so on; it doesn't matter which distance you get your badge in. Swimmers can achieve badges in all 4 strokes and IM's to complete the full set of Sprint Awards. It's a good idea to have a copy of the table below in your swimmers PB Record Book.

<u>Short Course – 25m Pool</u>					
<u>Stroke</u>	<u>Distance</u>	<u>Bronze</u>	<u>Silver</u>	<u>Gold</u>	<u>Platinum</u>
Freestyle	25m	21.00	18.30	16.70	/
	50m	47.00	41.00	37.20	/
	100m	1.44.30	1.31.00	1.22.80	1.16.90
IM Sprint	4 x 25m	1.58.60	1.43.60	1.34.10	/
IM Middle Distance	4 x 50m	4.17.20	3.44.60	3.24.10	3.09.50
	4 x 100m	9.03.70	7.55.00	7.11.50	6.40.60
Backstroke	25m	24.70	21.50	19.60	/
	50m	54.40	47.50	43.00	/
	100m	1.56.00	1.41.40	1.32.00	1.25.50
Breaststroke	25m	27.20	23.80	21.70	/
	50m	100.40	52.70	48.00	/
	100m	2.12.00	1.55.40	1.44.80	1.37.30
Butterfly	25m	23.20	20.30	18.50	/
	50m	52.40	45.70	41.50	/
	100m	1.53.80	1.39.40	1.30.40	1.23.90

Badges are £2.25 each

Please print the order form below, and leave with your cheque in *Pippa's section* of the Office Box on the Office Table on any Thursday or Sunday; your badge(s) will be ready for you/your swimmer the next week. If you have any questions regarding the Sprint Award Scheme, please address your email to:

pippa.anderson@me.com

HART SC Sprint Award Scheme - Order Form

Name of swimmer: Pl Circle the flash(es) you wish to purchase:

Stroke:	Butterfly	Backstroke	Breaststroke	Freestyle	IM
Flash required:	Bronze	Bronze	Bronze	Bronze	Bronze
	Silver	Silver	Silver	Silver	Silver
	Gold	Gold	Gold	Gold	Gold
	Platinum	Platinum	Platinum	Platinum	Platinum