



Proficiency Time Standards GIRLS



Bronze					
50m Breast	50m Fly	50m Back	50m Free		
1:00.00	1:00.00	55.00	55.00		
Bronze Star					
50m Breast	50m Fly	100m Back	100m Free		
55.00	55.00	1:50.00	1:37.00		
Silver					
100m Breast	100m Fly	100m Back	100m Free		
1:52.00	1:47.00	1:42.00	1:27.00		
Silver Star					
100m Breast	100m Fly	100m Back	100m Free		
1:47.00	1:41.00	1:38.00	1:23.00		
Gold					
100m Breast	100m Fly	200m Free	100m Back	100m Free	
1:42.00	1:35.00	2:55.00	1:35.00	1:20.00	
Bar to Gold					
100m Breast	400m Free	100m Fly	200m Free	100m Back	100m Free
1:33.00	6:00.00	1:28.00	2:45.00	1:25.00	1:15.00



Proficiency Time Standards BOYS

Bronze					
50m Breast	50m Fly	50m Back	50m Free		
55.00	55.00	50.00	47.00		
Bronze Star					
50m Breast	50m Fly	100m Back	100m Free		
50.00	50.00	1:45.00	1:32.00		
Silver					
100m Breast	100m Fly	100m Back	100m Free		
1:47.00	1:42.00	1:37.00	1:22.00		
Silver Star					
100m Breast	100m Fly	100m Back	100m Free		
1:42.00	1:36.00	1:33.00	1:18.00		
Gold					
100m Breast	100m Fly	200m Free	100m Back	100m Free	
1:37.00	1:30.00	2:44.00	1:30.00	1:15.00	
Bar to Gold					
100m Breast	400m Free	100m Fly	200m Free	100m Back	100m Free
1:27.00	5:40.00	1:20.00	2:30.00	1:20.00	1:08.00