



DROITWICH DOLPHINS SWIMMING CLUB

COMPETITIVE PERFORMANCE SWIMMING ACHIEVEMENT SHEET

NAME

CLUB	BRONZE	SILVER	GOLD	PLATINUM
50m FREESTYLE 00:55.0	50m FREESTYLE 00:47.0	50m FREESTYLE 00:41.0	50m FREESTYLE 00:37.0	
100m FREESTYLE 02:03.0	100m FREESTYLE 01:44.3	100m FREESTYLE 01:31.0	100m FREESTYLE 01:22.8	100m FREESTYLE 01:16.9
200m FREESTYLE 04:36.0	200m FREESTYLE 03:49.9	200m FREESTYLE 03:20.8	200m FREESTYLE 03:02.4	200m FREESTYLE 02:49.4
400m FREESTYLE 09:49.0	400m FREESTYLE 08:04.7	400m FREESTYLE 07:03.5	400m FREESTYLE 06:24.7	400m FREESTYLE 05:57.2
800m FREESTYLE 20:24.0	800m FREESTYLE 16:45.3	800m FREESTYLE 14:38.2	800m FREESTYLE 13:17.9	800m FREESTYLE 12:20.7
1500m FREESTYLE 39:43.0	1500m FREESTYLE 31:43.4	1500m FREESTYLE 27:42.8	1500m FREESTYLE 25:10.7	1500m FREESTYLE 23:22.4

CLUB	BRONZE	SILVER	GOLD	PLATINUM
50m BACK 01:04.4	50m BACK 00:54.4	50m BACK 00:47.5	50m BACK 00:43.0	
100m BACK 02:16.0	100m BACK 01:56.0	100m BACK 01:41.4	100m BACK 01:32.0	100m BACK 01:25.5
200m BACK 04:54.1	200m BACK 04:11.1	200m BACK 03:39.4	200m BACK 03:19.3	200m BACK 03:05.0

CLUB	BRONZE	SILVER	GOLD	PLATINUM
50m BREAST 01:09.4	50m BREAST 01:00.4	50m BREAST 00:52.7	50m BREAST 00:49.0	
100m BREAST 02:34.0	100m BREAST 02:12.0	100m BREAST 01:55.4	100m BREAST 01:44.8	100m BREAST 01:37.3
200m BREAST 05:28.4	200m BREAST 04:40.4	200m BREAST 04:05.0	200m BREAST 03:42.6	200m BREAST 03:26.6

CLUB	BRONZE	SILVER	GOLD	PLATINUM
50m BUTTERFLY 01:02.0	50m BUTTERFLY 00:52.4	50m BUTTERFLY 00:45.7	50m BUTTERFLY 00:41.5	
100m BUTTERFLY 02:12.0	100m BUTTERFLY 01:53.8	100m BUTTERFLY 01:39.4	100m BUTTERFLY 01:30.4	100m BUTTERFLY 01:23.9
200m BUTTERFLY 04:52.0	200m BUTTERFLY 04:09.2	200m BUTTERFLY 03:37.7	200m BUTTERFLY 03:17.8	200m BUTTERFLY 03:03.7

CLUB	BRONZE	SILVER	GOLD	PLATINUM
100m MEDLEY 02:18.6	100m MEDLEY 01:58.6	100m MEDLEY 01:43.6	100m MEDLEY 01:34.1	
200m MEDLEY 05:07.8	200m MEDLEY 04:17.2	200m MEDLEY 03:44.6	200m MEDLEY 03:24.1	200m MEDLEY 03:09.5
400m MEDLEY 10:49.7	400m MEDLEY 09:03.7	400m MEDLEY 07:55.0	400m MEDLEY 07:11.5	400m MEDLEY 06:40.6

Times can be achieved on sprint night, County, Regional, Club and Open competitions, when you achieve a time bring your sheet along to get a stamp and signature