



Eaglehawk Swimming Club

Swimming Victoria Proficiency Awards

	Bronze		Bronze Star	
Stroke	Distance	Time	Distance	Time
<i>Girls</i>				
Breast	50m	1.00.00	50m	55.00
Fly	50m	1.00.00	50m	55.00
Back	50m	55.00	100m	1.50.00
Free	50m	50.00	100m	1.37.00
<i>Boys</i>				
Breast	50m	55.00	50m	50.00
Fly	50m	55.00	50m	50.00
Back	50m	50.00	100m	1.45.00
Free	50m	47.00	100m	1.32.00

	Silver		Silver Star	
Stroke	Distance	Time	Distance	Time
<i>Girls</i>				
Breast	100m	1.52.00	100m	1.47.00
Fly	100m	1.47.00	100m	1.41.00
Back	100m	1.42.00	100m	1.38.00
Free	100m	1.27.00	100m	1.23.00
<i>Boys</i>				
Breast	100m	1.47.00	100m	1.42.00
Fly	100m	1.42.00	100m	1.36.00
Back	100m	1.37.00	100m	1.33.00
Free	100m	1.22.00	100m	1.18.00

	Gold		Gold Bar	
Stroke	Distance	Time	Distance	Time
<i>Girls</i>				
Breast	100m	1.42.00	100m	1.33.00
Free			400m	6.00.00
Fly	100m	1.35.00	100m	1.28.00
Free	200m	2.55.00	200m	2.45.00
Back	100m	1.35.00	100m	1.25.00
Free	100m	1.20.00	100m	1.15.00
<i>Boys</i>				
Breast	100m	1.37.00	100m	1.27.00
Free			400m	5.40.00
Fly	100m	1.30.00	100m	1.20.00
Free	200m	2.44.00	200m	2.30.00
Back	100m	1.30.00	100m	1.20.00
Free	100m	1.15.00	100m	1.08.00