



Erith & District Swimming Club

Affiliated to: A.S.A. London and Kent Regions, R.L.S.S.

Club Secretary: Mrs. S. Sproston

E-mail (for all enquiries): secretary@edsc.org.uk

Website: www.edsc.org.uk

Time Trials

(Held under ASA Laws and Technical Rules)

Crook Log Leisure Centre.

Warm up – 4.30pm; Start – 5.00pm; Finish – 7.00pm

All Members who train in the Academy Squad through to Seniors are invited to our Time Trials (please note – these sessions are not open to Top Squad members or those in the Penguins Learn to Swim Scheme and lessons for these children will run as normal on this day, whilst Top Squad will train at Crook Log Leisure Centre as normal, 7-8.30pm).

Events will be swum as mixed events and we will be running through the events in the following order:

25m FLY for Bronze / Silver
200m IM / FLY / BA / BS / FS for Gold+
25m BA for Academy / Bronze
50m BA for Silver
100m IM / FLY / BA / BS / FS / IM for Gold+
25m BS for Academy / Bronze)
50m BS for Silver
50m FLY / BA / BS / FS for Gold+
25m FS for Academy / Bronze
50m FS for Bronze / Silver

So... Swimmers in Academy will swim 25m BA / BS / FS
Swimmers in Bronze will swim 25m FLY / BA / BS and either 25m or 50m FS
Swimmers in Silver will swim 25m FLY, 50m BA / BS / FS
Swimmers in Gold+ will swim a 200m, 100m, and 50m swim in any mix of strokes

We hope to get through all the distances on offer (25m / 50m / 100m/200m) and all of the strokes. Should we run out of time, we will ensure that we start the next session with the stroke(s) that were missed.

For guidance, swimmers should aim to take part in the following number of events:

Academy Squad: 3 x 25m races
Bronze Squad: 1 x 50m and 2 x 25m races
Silver Squad: 2 x 50m and 1 x 25m races or 100 IM, 1 x 50m and 1 x 25m races
Gold Squad: 1 x 200m, 2 x 50m races or 100m IM and 2 x 50m races
County / Regional / Seniors – 1 x 200m, 1 x 100m and 1 x 50m races

Swimmers will have the opportunity to earn time related badges for the events in which they have swum. Badges are available to purchase online only via our [Swim Shop](#) and will only be awarded if a swimmer completes the distance legally. Award qualifying times are printed on the reverse of this letter and can be found on the Club notice board or on our [website](#).



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Please note that the badges are graded as Platinum, Gold, Silver and Bronze. They are independent awards and have no links to our current squad names.

Remember, time trials are open to **everyone** in the Club, not just those who compete already. Teachers and coaches want to see as many of you in attendance as possible and hope that you enjoy the experience of competing. The award scheme has been put in place to recognize improvement and we hope you enjoy earning the badges and over time will build a good collection of them.

Information for swimmers and spectators:

- Swimmers must be on poolside by the start of the warm up.
- The pool is 25m long and all starts will be from the deep end.
- Parents are not allowed on poolside at any time.
- Results will be available on our [website](#) normally within 1 day of the event.
- Any spectators using a video camera must register their name and address at the entrance desk.
- Badges can be purchased at minimal cost [online](#) following publication of the results.
- There will be no training for any squads except for those in the Penguin Learn to Swim classes from 4.00-6.00pm, and Masters/Seniors 6.00-7.00pm, both at Erith, as well as Top Squad 7-8.30pm at Crook Log.
- There is a small admission charge of £2.50 for spectators.

Erith and District Swimming Club					
Time Trials – ASA Competitive Swimming Performance Awards					
AWARD	FLY	BACK	BREAST	FREE	IM
BRONZE					
25m	23.20	24.70	27.20	21.00	--
50m	52.40	54.40	1.00.40	47.00	--
100m	1.53.80	1.56.00	2.12.00	1.44.30	1.58.60
SILVER					
25m	20.30	21.50	23.80	18.30	--
50m	45.70	47.50	52.70	41.00	--
100m	1.39.40	1.41.40	1.55.40	1.31.00	1.43.60
GOLD					
25m	18.50	19.60	21.70	16.70	--
50m	41.50	43.00	48.00	37.20	--
100m	1.30.40	1.32.00	1.44.80	1.22.80	1.34.10
PLATINUM					
100m	1.23.90	1.25.50	1.37.30	1.16.90	1.27.00