



SWIMMING VICTORIA
PROFICIENCY CERTIFICATES & AWARDS
DISTRICT 19

Aim: To provide a series of swims in which swimmers can exhibit their proficiency in some or all strokes under **non-competitive conditions.**

Date of proficiency meet 2008 - August 30, 2008

Venue - Shepparton Aquamoves Indoor pool (25m)

Starting time – 1 pm

Entries – must be received by July 20, 2008.

Entries are completed by club secretaries who forward information and payment for the club to the District Proficiency officer. (Sue Egan)

Proficiency Certificates

1. Over 50m	Back & Free	Elementary
2. "	Back, Breast, Free	Intermediate
3. "	Back, Fly, Free	Intermediate
4. "	All four strokes	Proficiency

- Certificates may be awarded as a result of All Junior eliminations or District Encouragement Meets.
- No times are set for certificates but stroke competence does apply.

Proficiency Awards

The following six awards may be awarded at specific Proficiency Meets.

	Award	Available Badges
*1.	Bronze Award.	Cloth Badge/Metal Badge**
2.	Bronze Star Award.	Cloth Badge/Metal Badge
3.	Silver Award.	Cloth Badge/Metal Badge
4.	Silver Star Award.	Cloth Badge/Metal Badge
5.	Gold Award.	Cloth Badge/Metal Badge
6.	Bar to Gold.	Cloth Badge/Metal Badge

**Metal badges are available for a small cost

General

1. Entry on the prescribed Entry Form is to be completed by Club Secretary.
No individual application to be sent. **Club secretaries will receive a package of information about this**
2. Application fee of \$2.30 per award. No individual cheques, club cheques only. The application fee covers the examination and issue of a cloth badge for successful applicants.
3. **Club Secretaries** should forward entry form and money (cheques payable to Swimming Victoria) to:-

Sue Egan
5 Hillary Court
Shepparton 3630

Girls

Stroke	Distance	Time	Distance	Time
	BRONZE		BRONZE STAR	
Breast	50m	60.0's	50m	55.0's
Fly	50m	60.0's	50m	55.0's
Back	50m	55.0's	100m	1.50
Free	50m	50.0's	100m	1.37
	SILVER		SILVER STAR	
Breast	100m	1.52	100m	1.47
Fly	100m	1.47	100m	1.41
Back	100m	1.42	100m	1.38
Free	100m	1.27	100m	1.23
	GOLD		GOLD BAR	
Breast	100m	1.42	100m	1.33
Free	GOLD BAR Only		400m	6.00
Fly	100m	1.35	100m	1.28
Free	200m	2.55	200m	2.45
Back	100m	1.35	100m	1.25
Free	100m	1.20	100m	1.15

Boys

Stroke	Distance	Time	Distance	Time
	BRONZE		BRONZE STAR	
Breast	50m	55.0's	50m	50.0's
Fly	50m	55.0's	50m	50.0's
Back	50m	50.0's	100m	1.45
Free	50m	47.0's	100m	1.32
	SILVER		SILVER STAR	
Breast	100m	1.47	100m	1.42
Fly	100m	1.42	100m	1.36
Back	100m	1.37	100m	1.33
Free	100m	1.22	100m	1.18
	GOLD		GOLD BAR	
Breast	100m	1.37	100m	1.27
Free	GOLD BAR Only		400m	5.40
Fly	100m	1.30	100m	1.20
Free	200m	2.44	200m	2.30
Back	100m	1.30	100m	1.20
Free	100m	1.15	100m	1.08

- Each stroke of an award level must be passed in order to gain that award.
- Before applying for higher awards it is necessary that lower awards have been passed or are being swum for concurrently.
- It is permissible to apply for all awards up to and including the gold award at the one meet. However, if a disqualification occurs due to a technical stroke error then all awards applied for will be failed.
- If a swimmer who has applied for a higher award, does not achieve the required times for this award, the swimmer may be granted the lower awards for which they have achieved the required times.
- The Bar to Gold Award can only be swum as a separate application and cannot be combined with other awards at the one meet.
- The lowest proficiency award is the Bronze Award and it is not mandatory to pass Proficiency Certificates before applying for the Bronze Award and higher.
- The rules of swimming according to FINA and Australian Swimming Inc. will apply and the meet will be conducted under the direct control of a Swimming Victoria State Qualified Referee.
- All applicants must be registered swimmers.
- Metal badges are available on successful completion of awards at a cost (see order form)
- An order form for metal badges is provided to the club secretary with the results of the proficiency meeting. Money for metal badges will not be accepted with the application for awards.
- Applications for metal badges to be sent to the

Proficiency Registrar:

Mrs E. Carmichael

86 Boldrewood Parade

East Reservoir 3073 Phone: 9460 2189