



Challenge Certificate Times

Stroke	Distance	Gold	Silver	Bronze
Freestyle	50m	38.70	41.20	44.20
	100m	1:25.26	1:30.74	1:37.55
	200m	3:04.60	3:16.60	3:31.20
	400m	6:35.00	7:01.00	7:32.00
	800m	13:20.00	14:30.00	15:50.00
	1500m	26:30.00	28:12.00	30:00.00
Backstroke	50m	44.60	47.50	51.00
	100m	1:35.30	1:41.50	1:49.00
	200m	3:23.80	3:37.00	3:53.20
Breaststroke	50m	50.20	53.50	55.40
	100m	1:50.90	1:58.10	2:06.90
	200m	3:56.60	4:12.00	4:30.00
Butterfly	50m	42.60	45.30	48.70
	100m	1:38.30	1:44.70	1:52.50
	200m	3:46.50	4:01.20	4:19.10
Medley	100m	1:30.00	1:40.00	1:50.00
	200m	3:29.90	3:43.50	4:00.20
	400m	6:45.00	7:04.00	7:40.00

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