

POINTS SCORE AND PROMOTION TIMES



Points are awarded through the club night season towards the end of year points score champions. Points are awarded as follows:

- **1 point** – per swim
- **2 points** – for a season personal best (PB)
- **3 points** – for promotion from one division to the next

Promotion Times

To celebrate swimmer achievements and enable the smooth running of club nights. Once a swimmer has beaten a set time in each stroke they will be promoted to the next division.

Division 1: Promotion times for progression from 25m to 50m:

Stroke	Distance	Time
Freestyle	25m	25.00
Backstroke	25m	28.00
Breaststroke	25m	32.00
Butterfly	25m	26.00

Division 2: Promotion time for progression from 50m to 100m:

Stroke	Distance	Time
Freestyle	50m	41.00
Backstroke	50m	49.00
Breaststroke	50m	53.00
Butterfly	50m	47.00

Division 2: Promotion time for progression from 100m to 200m Individual Medley

Stroke	Distance	Time
Individual Medley	100m	1:37.00

Swimmers may swim a longer distance if they have an approved time for that distance in Swim Central, but they will not be awarded bonus points for progression from one division to the next.