

## HOW PROFICIENT A SWIMMER ARE YOU?

### FREQUENTLY ASKED QUESTIONS

#### What is proficiencies?

"it is not a competition" Proficiencies are a Swimming Victoria award system that recognizes proficiency in each of the four strokes as well as the achievement of certain time standards across each of the four strokes. The testing is conducted each year through the districts.

#### Is there an expectation to participate?

No, there is no expectation to participate. It is an individual choice.

#### What are the awards?

Certificates are awarded for successfully passing proficiency certificate levels, and badges are awarded for each of the award levels.

#### Does a swimmer need to be registered with a Club to participate?

Yes, participants must be registered with a Club as a competitor. Non- competitor members are not eligible.

#### Do certificates need to be completed before applying for an award level?

No, it is not necessary to complete the certificates before applying for an award level.

#### Is it necessary to complete the Bronze award before moving on to the next award?

No. If a swimmer is likely to pass a higher award then they may apply for the higher award. The only exception is that a swimmer must have passed all other awards before applying for the gold bar. For instance a swimmer may not apply for gold and gold bar at the same time. They must pass gold and then apply for the gold bar the following year.

#### If a higher award is applied for will lower awards also be recognized?

Lower awards will only be awarded if these have been included on the entry form. This means that if a swimmer is applying for silver star for instance, but wishes to be recognized for bronze, bronze star and silver, then these levels should also be selected AND paid for.

#### What happens if the swimmer do not pass the award that has been applied for?

An award will not be passed if the swimmer has failed to achieve the minimum time standards in each of the four strokes set down for that particular award.

#### What happens if the swimmer has applied for lower awards but do not pass the highest award applied for?

Assuming the swimmer has achieved the minimum time standards in each of the four strokes for any given level that they have applied for then they will be recognized accordingly. Swimmers need to be aware however that a disqualification due to a technical stroke error will mean that all awards being applied for will not be passed.

#### I'm not sure what time standards my child could achieve. What should I do?

It is best to discuss this with your coach to best determine the most likely level of achievement.

#### What does it cost?

Each award is \$4.50. This includes the cloth badge if the swimmer passes the award.

Metal Badges can be purchased by your club once you have received the cloth Badge.



**Your district will publicise when its Proficiency meet is to take place.**  
**Entries should be made through your club competition coordinator.**

### FEMALE TIME STANDARDS

BRONZE					
50m Breast	50m Fly	50m Back	50m Free		
1:00.00	1:00.00	55.00	55.00		
BRONZE STAR					
50m Breast	50m Fly	100m Back	100m Free		
55.00	55.00	1:50.00	1:37.00		
SILVER					
100m Breast	100m Fly	100m Back	100m Free		
1:52.00	1:47.00	1:42.00	1:27.00		
SILVER STAR					
100m Breast	100m Fly	100m Back	100m Free		
1:47.00	1:41.00	1:38.00	1:23.00		
GOLD					
100m Breast	100m Fly	200m Free	100m Back	100m Free	
1:42.00	1:35.00	2:55.00	1:35.00	1:20.00	
BAR TO GOLD					
100m Breast	400m Free	100m Fly	200m Free	100m Back	100m Free
1:33.00	6:00.00	1:28.00	2:45.00	1:25.00	1:15.00



### MALE TIME STANDARDS

BRONZE					
50m Breast	50m Fly	50m Back	50m Free		
55.00	55.00	50.00	47.00		
BRONZE STAR					
50m Breast	50m Fly	100m Back	100m Free		
50.00	50.00	1:45.00	1:32.00		
SILVER					
100m Breast	100m Fly	100m Back	100m Free		
1:47.00	1:42.00	1:37.00	1:22.00		
SILVER STAR					
100m Breast	100m Fly	100m Back	100m Free		
1:42.00	1:36.00	1:33.00	1:18.00		
GOLD					
100m Breast	100m Fly	200m Free	100m Back	100m Free	
1:37.00	1:30.00	2:44.00	1:30.00	1:15.00	
BAR TO GOLD					
100m Breast	400m Free	100m Fly	200m Free	100m Back	100m Free
1:27.00	5:40.00	1:20.00	2:30.00	1:20.00	1:08.00