

# Break Times

	Freestyle	Backstroke	Breaststroke	Butterfly	Individual Medley
<b>25</b>	25sec <b>MUST</b> swim 50m	30sec <b>MUST</b> swim 50m	35sec <b>MUST</b> swim 50m	30sec <b>MUST</b> swim 50m	
<b>50</b>	46sec <b>MAY</b> swim 100m	55sec <b>MAY</b> swim 100m	1.00 min <b>MAY</b> swim 100m	55sec <b>MAY</b> swim 100m	
<b>100</b>	1.45 <b>MAY</b> swim 200m	1.50 <b>MAY</b> swim 200m	2.05 <b>MAY</b> swim 200m	1.55 <b>MAY</b> swim 200m	1.50 <b>MUST</b> Swim 200 IM
<b>200</b>	3.30 <b>MAY</b> swim 400m				3.30 <b>MAY</b> swim 400IM
<b>400</b>	7.00 <b>MAY</b> swim 800m				
<b>800</b>	13.00 <b>MAY</b> swim 1500m				
<b>1500</b>					

The above break times must be achieved (in club night competition) before the longer distances can be attempted.