

# Intermediate Swimming

(Aug 2025 Version)

| Skills (54%)      |                                                                                                                                                                                                                                                                                                                                                                                                               |                   |       |                                   |                   | Attendance and Participation | Written Examination |
|-------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------|-------|-----------------------------------|-------------------|------------------------------|---------------------|
| Part 1            | Men                                                                                                                                                                                                                                                                                                                                                                                                           |                   | Marks | Women                             |                   |                              |                     |
|                   | Butterfly<br>50m                                                                                                                                                                                                                                                                                                                                                                                              | Backstroke<br>50m |       | Butterfly<br>50m                  | Backstroke<br>50m |                              |                     |
|                   | 38% Results + 3% Quality of skill                                                                                                                                                                                                                                                                                                                                                                             |                   |       | 38% Results + 3% Quality of skill |                   |                              |                     |
| Results           | 38.0 or below                                                                                                                                                                                                                                                                                                                                                                                                 | 38.0 or below     | 38    | 40.0 or below                     | 40.0 or below     |                              |                     |
|                   | 44.00                                                                                                                                                                                                                                                                                                                                                                                                         | 44.00             | 34    | 47.00                             | 47.00             |                              |                     |
|                   | 50.00                                                                                                                                                                                                                                                                                                                                                                                                         | 50.00             | 30    | 54.00                             | 54.00             |                              |                     |
|                   | 56.00                                                                                                                                                                                                                                                                                                                                                                                                         | 56.00             | 27    | 1.01.00                           | 1.01.00           |                              |                     |
|                   | 1.02.00                                                                                                                                                                                                                                                                                                                                                                                                       | 1.02.00           | 25    | 1.08.00                           | 1.08.00           |                              |                     |
|                   | 1.08.00                                                                                                                                                                                                                                                                                                                                                                                                       | 1.08.00           | 23    | 1.15.00                           | 1.15.00           |                              |                     |
|                   | 1.14.00                                                                                                                                                                                                                                                                                                                                                                                                       | 1.14.00           | 21    | 1.22.00                           | 1.22.00           |                              |                     |
|                   | Completed 50m                                                                                                                                                                                                                                                                                                                                                                                                 |                   | 20    | 20                                |                   |                              |                     |
| Part 2            | Complete a 100m individual medley (one attempt): 10% (results) + 3% (quality of skill)                                                                                                                                                                                                                                                                                                                        |                   |       |                                   |                   |                              |                     |
| Quality of Skills | 3 pts – In the exam, students fulfill the requirements of skill quality and their performances are extremely smooth and skillful<br>2 pts – In the exam, students fairly fulfill the requirements of skill quality and their performances are fairly smooth and skillful<br>1 pt – In the exam, students fail to fulfill the requirements of skill quality and their performances are not smooth and skillful |                   |       |                                   |                   |                              |                     |

Number of examination(s) taken:     Part 1: Twice (same stroke) in maximum and only the best result will be taken.  
 Part 2: Only once