

BAGCATS

British Age Group Categories or BAGCAT points are a system of points which are awarded for different swims, designed to reward younger swimmers who are successful in a range of events. It is now being phased out of Regional and National competitions but you may still encounter it at other events *e.g.* Bramcote club champs. For 2016 County Championships Notts ASA have introduced 'NottsCats', which is BAGCATs by another name. This will be for ALL age groups, including 15/over.

When you compete in a BAGCAT event, you can swim in as many events as you like – as long as you have met the events qualifying time (not needed for club champs). Points are awarded for each swim based on calculations by FINA, with faster times achieving higher points. Generally the tougher and longer distance events will give more points than the shorter easier ones. The overall position of a swimmer at the end of the competition is the sum of the BEST point score in each of the 5 categories

Sprint:- best 50m Free/Back/Breast/Fly

100s:- best 100m Free/Back, Breast/Fly

Form: - best 200m Back/Breast/Fly

Distance:- best 200/400m/800m/1500m Freestyle

Medley: - best 100m/200m/400m Individual Medley

(events in italics are not currently part of our club champs)

It is therefore advisable to enter at least one event in every category if you have achieved the qualifying times (QT). Better still, enter at least two-if you get disqualified you get NO points for that event so it's good to have a back up. No QTs are in place for club champs-so you can enter EVERYTHING-give it a go!

In most BAGCAT competitions, 9 year olds are excluded from the 100s. This is because 100m are classed as a sprint and the body of most 9 year olds is not sufficiently developed to sprint 100m.

Just a final word of warning... A summary of BAGCAT points and age group positions are issued at regular intervals throughout competitions. If you find you are near the top places at any point BEWARE of the swimmer who has not yet swum in a category and leaves it until the last session to add a few hundred points to their total. It is a very fair system – but it can also be cruel!