

## Information Sheet for parents and swimmers on BAGCATS at the County Championships 2010



This is an abbreviation for British Age Group Categories. BAGCAT points are awarded at the Age Group Competitions (at County, Regional & National levels), for swims in all events by girls aged 9-13 and boys aged 9-14. BAGCAT points are awarded to recognise the achievement levels of the younger age groups in British swimming (link from the W&DSC web site).

BAGCAT awards (trophies) are given to the top eight swimmers in single age groups for boys 9, 10, 11, 12, 13 & 14 and girls 9, 10, 11, 12 & 13. The top eight swimmers are those gaining the most BAGCAT points in a specified range of events: best sprint, best form, best distance and best IM (as listed in the following table for each age group). The BAGCAT awards/trophies are made in addition to those given for coming 1<sup>st</sup> to 8<sup>th</sup> in each individual event and are made to encourage youngsters to compete in a variety of strokes and distances and not to specialise too early. The ASA long term athlete development programme discourages young swimmers from attempting 100m events too young.

At the counties, the results will show time achieved and BAGCAT points achieved. From the 2010 championships onwards BAGCAT points are only being awarded for swims in the morning and afternoon heats – not in finals. This is to bring the Counties in line with Regional and National policy.

Witney does well in the BAGCAT competition and we encourage younger swimmers to enter sprint, form, distance and IM events so they are eligible for the awards (see table below to see what you need to enter)

### BAGCATS categories used at the County Age Group Competitions 2010

Age	Boys		Girls	
9 years	Sprint Form Distance IM	Best 50m Best 200m* 200m freestyle Best 100 or 200 IM	Sprint Form Distance IM	Best 50m Best 200m* 200m freestyle Best 100 or 200 IM
10 years	Sprint Form Distance IM	Best 50m Best 200m* Best 200/400m freestyle Best 100/200/400m IM	Sprint Form Distance IM	Best 50m Best 200m* Best 200/400m freestyle Best 100/200/400m IM
11 years	Sprint Form Distance IM	Best 50m Best 200m* Best 200/400m freestyle Best 100/200/400 IM	Sprint 100s Form Distance IM	Best 50m Best 100m Best 200m* Best 200/400/800m freestyle Best 100/200/400 IM
12 years	Sprint 100s Form Distance IM	Best 50m Best 100 Best 200m* Best 200/400/800/1500m freestyle Best 100/200/400 IM	Sprint 100s Form Distance IM	Best 50m Best 100m Best 200m* Best 200/400/800m freestyle Best 100/200/400 IM
13 years	Sprint 100s Form Distance IM	Best 50m Best 100m Best 200m* Best 200/400/800/1500m F/S Best 100/200/400 IM	Sprint 100s Form Distance IM	Best 50m Best 100m Best 200m* Best 200/400/800m freestyle Best 100/200/400 IM
14 years	Sprint 100s Form Distance IM	Best 50m Best 100m Best 200m* Best 200/400/800/1500m F/S 100/200/400 IM	* Best form stroke = best from 200m breaststroke, butterfly or backstroke  From 14 (girls) and 15 (boys) BAGCATS do not apply.	