



Bedfordshire Amateur Swimming Association

(Affiliated to the ASA East Region)

The Bedfordshire County Age Group and County Championships - (Under ASA Laws & ASA Technical Rules) A Level Two Licensed Meet (CC8077/8/9)



British Age Group Categories (BAGCATS)

	Stroke Group	Boys	Girls
9 Years	Sprint	Best 50m	Best 50m
	Form [†]	Best 200m	Best 200m
	Distance	200m Freestyle	200m Freestyle
	I.M.	Best 100/200m I.M.	Best 100/200m I.M.
10 Years	Sprint	Best 50m	Best 50m
	Form [†]	Best 200m	Best 200m
	Distance	Best 200/400m Freestyle	Best 200/400m Freestyle
	I.M.	Best 100/200/400m I.M.	Best 100/200/400m I.M.
11 Years	Sprint	Best 50m	Best 50m
	100s	Not available	Best 100m
	Form [†]	Best 200m	Best 200m
	Distance	Best 200/400m Freestyle	Best 200/400/800/1500m Freestyle
	I.M.	Best 100/200/400m I.M.	Best 100/200/400m I.M.
12 Years	Sprint	Best 50m	Best 50m
	100s	Best 100m	Best 100m
	Form [†]	Best 200m	Best 200m
	Distance	Best 200/400/800/1500m Freestyle	Best 200/400/800/1500m Freestyle
	I.M.	Best 100/200/400m I.M.	Best 100/200/400m I.M.
13 Years	Sprint	Best 50m	Best 50m
	100s	Best 100m	Best 100m
	Form [†]	Best 200m	Best 200m
	Distance	Best 200/400/800/1500m Freestyle	Best 200/400/800/1500m Freestyle
	I.M.	Best 100/200/400m I.M.	Best 100/200/400m I.M.
14 Years	Sprint	Best 50m	Girls 14 & Over and Boys 15 & Over will start to specialize in individual events. There are no Categories for these Age Groups
	100s	Best 100m	
	Form [†]	Best 200m	
	Distance	Best 200/400/800/1500m Freestyle	
	I.M.	Best 100/200/400m I.M.	

[†] Form stroke is defined as being Backstroke, Breaststroke or Butterfly

How can I work out my best events to enter?

GB Points booklets are available that tell you how many Points you score for a particular swim. The correction factors are included in that booklet so you can work out your British Age Group Points (BAG Points) score and compare your performances over a range of events. A computer program is also available that will calculate the BAG Points for any sex, age and stroke in short or long course pools for a given time.

Athletes may enter as many or as few of the available Category events they have qualified for as they like. Awards will be determined by the use of the British Age Group Comparative Points Tables. BAG Points will be calculated using the official results for each event swum and the highest scoring event, within each stroke group, will contribute towards the overall BAGCAT score to determine the category winner. To maximise your overall scoring ability, you should enter at least one event in each group. i.e. Sprint, 100 (if applicable), Form, Distance and Medley.