



British Gas ASA East Region BAGCAT Championships (50m) 2010

(Under ASA Laws & ASA Technical Rules & IPC Swimming Rules)

University of East Anglia Pool – Norwich
Sat 5th, Sun 6th, Sat 12th & Sun 13th June 2010

(Licensed Meet No. ERX012&013)



British Age Group Categories (BAGCATS)

	Stroke Group	Boys	Girls
10 Years	100s	Best 100m*	Best 100m*
	Form [†]	Best 200m	Best 200m
	Distance	Best 200/400m Freestyle	Best 200/400m Freestyle
	I.M.	Best 200/400m I.M.	Best 200/400m I.M.
11 Years	100s	Best 100m*	Best 100m
	Form [†]	Best 200m	Best 200m
	Distance	Best 200/400m Freestyle	Best 200/400/800/1500m Freestyle
	I.M.	Best 200/400m I.M.	Best 200/400m I.M.
12 Years	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 200/400m I.M.	Best 200/400m I.M.
13 Years	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 200/400m I.M.	Best 200/400m I.M.
14 Years	100s	Best 100m	Girls 14 & over swim in the Youth Championships
	Form [†]	Best 200m	
	Distance	Best 200/400/800/1500m Freestyle	
	I.M.	Best 200/400m I.M.	

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

* These events do not have a qualifying time. Entry will only be open to those athletes with a qualifying time on the corresponding 200m event.

Competitors 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 FINA Points. FINA Points will be calculated using the official results for each event swum and the highest scoring swim, heat or final, 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. 100, Form, Distance and I.M.