



ASA East Region

BAGCAT Championships 2008

(Under ASA Laws & ASA Technical Rules)

University of East Anglia Pool – Norwich

Sat 7th, Sun 8th, Sat 14th & Sun 15th June 2008

A Level One Licensed Meet – Licence No. ERX811 & ERX812



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 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. 100, Form, Distance and I.M.