

PARENTS GUIDE TO - BRITISH AGE GROUP CATEGORIES (BAGCATS)

This brief document is intended as basic introduction for both swimmers and parents into the world of British Age Group Categories (known as BAGCATS). If you are already aware, please disregard.

BAGCATS applies to

Boys aged 9 – 14 yrs (Counties), 10 – 14 yrs (Regional & Nationals).

Girls aged 9 – 13 yrs (Counties), 10 – 13 yrs (Regional & Nationals).

If your child(ren) are within the above age categories and are hoping to enter the County Championships, Regional Championships or National Championships, then the following explanation is both essential and vital to your child's swimming progress.

COUNTIES – REGION – NATIONALS

In addition to the presentation of Gold, Silver and Bronze Medals for 1st, 2nd and 3rd place for each age and sex group in each event, there is also the BAGCATS.

BAGCATS

Is an accumulative points system which culminates with the overall placings and ranking at the end of a Championship. Awards and certificates, are usually presented to the top 8 swimmers in each age and sex category, dependant on the competition.

The points system works in a similar way to the Decathlon in Athletics; where the faster you run or the greater distance you throw an object, the more points you get. In swimming, the points are obviously given for the faster you swim. There are sliding scales, dependant on your age and sex.

Ideally, you need to compete in **at least one event in each Category (see table below)**, to be in with a chance of gaining good points. There are normally 4 – 5 Categories that each swimmer must complete in.

If you swim in more than one event in a Category, then your best points score is counted.

	CATEGORY	BOYS	GIRLS
9YRS	SPRINT FORM DISTANCE IM	Best 50m free back breast or fly Best 200m back breast or fly 200m Free Best 100m or 200m IM	Best 50m free back breast or fly Best 200m back breast or fly 200m Free Best 100m or 200m IM
10YRS	SPRINT FORM DISTANCE IM	Best 50m free back breast or fly Best 200m back breast or fly Best 200m or 400m Free Best 100m or 200m IM	Best 50m free back breast or fly Best 200m back breast or fly Best 200m or 400m Free Best 100m or 200m IM
11YRS	SPRINT 100m FORM DISTANCE IM	Best 50m free back breast or fly Best 200m back breast or fly Best 200m or 400m Free Best 100m or 200m IM	Best 50m free back breast or fly Best 100m free back breast or fly Best 200m back breast or fly Best 200m or 400m or 800m Free Best 100m or 200m IM
12YRS	SPRINT 100m FORM DISTANCE IM	Best 50m free back breast or fly Best 100m free back breast or fly Best 200m back breast or fly Best 200m 400m or 1500m Free Best 100m 200m or 400m IM	Best 50m free back breast or fly Best 100m free back breast or fly Best 200m back breast or fly Best 200m 400m or 800m free Best 100m 200m or 400m IM
13YRS	SPRINT 100m FORM DISTANCE IM	Best 50m free back breast or fly Best 100m free back breast or fly Best 200m back breast or fly Best 200m 400m or 1500m Free Best 100m 200m or 400m IM	Best 50m free back breast or fly Best 100m free back breast or fly Best 200m back breast or fly Best 200m 400m or 800m Free Best 100m 200m or 400m IM
14YRS	SPRINT 100m FORM DISTANCE IM	Best 50m free back breast or fly Best 100m free back breast or fly Best 200m back breast or fly Best 200m 400m or 1500m Free Best 100m 200m or 400m IM	

* Please note:- 200m Freestyle is Always a **Distance**, not a **Form** stroke.