

What are BAGCATS?

Information for County/Regional/National Championships

Girls 9 – 13 years and boys 9 – 14 years compete accumulating British Age Group Category (BAGCAT) points based on FINA comparison tables. British Swimming encourages the younger swimmers to compete in an array of events to prevent specializing too young. Swimmers in these age bands will earn Gold, Silver and Bronze medals in individual events. **The County will also be awarding the top 12 swimmers for the accumulated BAGCAT points.** Points are earned for their best sprint, form, distance, IM and 100m if applicable. The table below may help explain further. In addition, The ASA has **the Long Term Athlete Development** available on the British Swimming website has information.

	BOYS		GIRLS	
9 years	Sprint Form Distance IM	Best 50m Best 200 form 200 free Best 100/200	Sprint Form Distance IM	Best 50m Best 200 form 200 free Best 100/200
10 years	Sprint Form Distance IM	Best 50m Best 200 form Best 200/400 free Best 100/200/400	Sprint Form Distance IM	Best 50m Best 200 form Best 200/400 Best 100/200/400
11 years	Sprint Form Distance IM	Best 50m Best 200 form Best 200/400/free Best 100/200/400	Sprint 100s Form Distance IM	Best 50m Best 100m Best 200 form Best 200/400/800/1500 free Best 100/200/400
12 years	Sprint 100s Form Distance IM	Best 50m Best 100m Best 200 form Best 200/400/800/1500 free Best 100/200/400	Sprint 100s Form Distance IM	Best 50m Best 100m Best 200 form Best 200/400/800/1500 free Best 100/200/400
13 years	Sprint 100s Form Distance IM	Best 50m Best 100m Best 200 form Best 200/400/800/1500 free Best 100/200/400	Sprint 100s Form Distance IM	Best 50m Best 100m Best 200 form Best 200/400/800/1500 free Best 100/200/400
14 years	Sprint 100s Form Distance IM	Best 50m Best 100m Best 200 form Best 200/400/800/1500 free Best 100/200/400	Sprint 100s Form Distance IM	Best 50m Best 100m Best 200 form Best 200/400/800/1500 free Best 100/200/400

Points will be calculated by comparative performance tables (FINA Points) to find each swimmer's "best" swim in each category. The best points from each category are accumulated to determine the overall BAGCAT places in each age group.

Compiled by Kathy Korth, specifically for Suffolk County ASA, Taken from Long Term Athlete Development: <http://www.sportcentric.com/vsite/vfile/page/fileurl/0..5157-1-1-122018-0-file.00.pdf>