

WHAT ARE BAGCATS????

British Age Group Categories have been developed by British Swimming to encourage children to master all strokes and not specialize before developmental maturity. Girls under 14 and boys under 15 will compete at county, regional and national championships using BAGCAT point totals.

Swimmers will be award based on a accumulation of points on their best sprint, stroke, distance and individual medley events. See the chart below for events that will be scored based on the age of the swimmer.

A more detailed explanation of BAGCATS can be read on the British Swimming website:

<http://www.britishswimming.org/vsite/vcontent/page/custom/0,8510,5157-182570-199788-42591-269055-custom-item,00.html>

Age	Boys		Girls	
County Age Groups 25m Pool				
9 years	Sprint	Best 50m	Sprint	Best 50m
	Form	Best 200m form stroke	Form	Best 200m form stroke
	Distance	200 free	Distance	200 free
	IM	Best 100/200 IM	IM	Best 100/200 IM

County Age Groups 25m Pool				
10 years	Sprint	Best 50m	Sprint	Best 50m
	Form	Best 200m form stroke	Form	Best 200m form stroke
	Distance	200/400 free	Distance	200/400 free
	IM	Best 100/200 IM	IM	Best 100/200 IM

District and National Age Groups 50m Pool				
10 years	Sprint	Best 100m*	Sprint	Best 100m*
	Form	Best 200m form stroke	Form	Best 200m form stroke
	Distance	200/400 free	Distance	200/400 free
	IM	Best 200/400m IM	IM	Best 200/400 IM

County Age Groups 25m Pool				
11 years	Sprint	Best 50m	Sprint	Best 50m
			100s	Best 100m

Form	Best 200m form stroke	Form	Best 200m form stroke
Distance	Best 200/400 free	Distance	Best 200/400/800 free
IM	Best 100/200 IM	IM	Best 100/200 IM

District and National Age Groups

50m Pool

11 years	100s	Best 100m*	100s	Best 100m
	Form	Best 200m form stroke	Form	Best 200m form stroke
	Distance	Best 200/400 free	Distance	Best 200/400/800 free
	IM	Best 200/400 IM	IM	Best 200/400 IM

County Age Groups

25m Pool

12 years	Sprint	Best 50m	Sprint	Best 50m
	100s	Best 100m	100s	Best 100m
	Form	Best 200m form stroke	Form	Best 200m form stroke
	Distance	Best 200/400/1500 free	Distance	Best 200/400/800 free
	IM	Best 100/200/400 IM	IM	Best 100/200/400 IM

District and National Age Groups

50m Pool

12 years	100s	Best 100m	100s	Best 100m
	Form	Best 200m form stroke	Form	Best 200m form stroke
	Distance	Best 200/400/1500 free	Distance	Best 200/400/800 free
	IM	Best 200/400 IM	IM	Best 200/400 IM

County Age Groups

25m Pool

13 years	Sprint	Best 50m	Sprint	Best 50m
	100s	Best 100m	100s	Best 100m
	Form	Best 200m form stroke	Form	Best 200m form stroke
	Distance	Best 200/400/1500 free	Distance	Best 200/400/800 free

IM	Best 100/200/400 IM	IM	Best 100/200/400 IM
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District & National Age Groups

50m Pool

13 years	100s	Best 100m	100s	Best 100m
	Form	Best 200m form stroke	Form	Best 200m form stroke
	Distance	Best 200/400/1500 free	Distance	Best 200/400/800 free
	IM	Best 200/400 IM	IM	Best 200/400 IM

County Age Groups

25m Pool

14 years	Sprint	Best 50m	<i>Note: Girls 14 years and over and boys 15 years and over will start to specialize in individual events which will have individual awards.</i>
	100s	Best 100m	
	Form	Best 200m form stroke	
	Distance	Best 200/400/1500 free	
	IM	Best 100/200/400 IM	

District and National Age Groups

14 years	100s	Best 100m	<i>Note: Girls 14 years and over and Boys 15 years and over will start to specialize in individual events and will swim in the Youth Championships.</i>
	Form	Best 200m form stroke	
	Distance	Best 200/400/1500 free	
	IM	Best 200/400 IM	

100m events marked *

Note:

Definitions: see Glossary of Terms