



# Gloucester County A.S.A. Competitions

(Under ASA Law & Technical Rules)



These competitions are licensed by the ASA and times achieved may be used for entry into Regional and National competitions.

## Event Programme

All sessions (2 per day) will run for no more than 3½ hours.

The programme contains only the events which are listed in our Conditions; additional events that we offer from time to time may be added at a later date, subject to demand and opportunity.

## Entry Closing Dates for 2009

Individuals	Session 1	7 <sup>th</sup> December 2008 –	} Closing date 15 <sup>th</sup> November 2008
	Session 2	21 <sup>st</sup> December 2008 –	
	Session 3 to 6	31 <sup>st</sup> Jan & 1 <sup>st</sup> Feb 2009 –	} Closing date 3 <sup>rd</sup> January 2009
	Session 7 & 8	1 <sup>st</sup> March 2008 –	
	Session 9 & 10	8 <sup>th</sup> March 2008	
	Session 11 & 12	14 <sup>th</sup> March 2008 –	} Closing date 14 <sup>th</sup> February 2009
Teams	Session 1 & 2	15 <sup>th</sup> March 2008 –	

## Cheques

Made payable to: GCASA.

## Coach Passes

Forms to order Coach Passes are attached and can now be used by Club Secretaries or those persons responsible for the clubs' poolside management at the Annual Competitions.

Please note that poolside access at our events is permitted only to those listed by their club as eligible and in possession of accreditation, thus indicating that eligibility. The person responsible may update these lists at any time either by addition or deletion.

On request a Chaperone pass will be issued to clubs without charge and with equivalent accreditation. We encourage their use so that clubs may achieve a Team Staff Appointments Policy consistent with that applied by the ASA and as outlined in its Code of Ethics.

**Please note: All passes must be worn while on poolside, failure to do so will result in the person being told to leave poolside.**

## Programme & Results

One set of results and programme will be issued to each club.

## Complete & Return

Please complete and return all paper work contained in the PDF file headed:  
Complete & Return-Full.

Paper work, disk, cheque & entry forms to: Will Nicholson (GCASA Meet Manager)  
1 Braeburn Close  
Gloucester  
GL2 0NS

Phone: 01452 551199

E-mail: [will.gcsc@blueyonder.co.uk](mailto:will.gcsc@blueyonder.co.uk)



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<b>GCASA Championships 2009</b>					
<b>Date</b>	<b>Venue</b>	<b>Session</b>	<b>Events</b>	<b>Warm-up</b>	<b>Entry closing date</b>
Sunday 7 <sup>th</sup> December 2008	Horfield Bristol	Session 1	800m Free	4:00 pm	Saturday 15 <sup>th</sup> November 2008
Sunday 21 <sup>st</sup> December 2008	GL1 Gloucester	Session 2	1500m Free	2:00 pm	
Saturday 31 <sup>st</sup> January 2009	Hutton Moor	Session 3	See schedule	11:30 am	Saturday 3 <sup>rd</sup> January 2009
		Session 4		pm	
Sunday 1 <sup>st</sup> February 2009	Weston Super-Mare	Session 5	See schedule	8:00 am	
		Session 6		pm	
Sunday 1 <sup>st</sup> March 2009	Horfield Bristol	Session 7	See schedule	8:00 am	
		Session 8		pm	
Sunday 8 <sup>th</sup> March 2009		Session 9	See schedule	8:00 am	
	Session 10	pm			
Saturday 14 <sup>th</sup> March 2009	GL1 Gloucester	Session 11	See schedule	8:00 am	
		Session 12		pm	
Sunday 15 <sup>th</sup> March 2009	GL1 Gloucester	Session 13	Team Swim See schedule	8:00 am	Saturday 14 <sup>th</sup> February 2009
		Session 14		pm	



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## Horfield Leisure Centre, Sunday 7<sup>th</sup> December 2008

### Session 1 (pm)

1	Boys	12 & Over	800m Free	(HDW)
Presentations				
2	Girls	11 & Over	800m Free	(HDW)
Presentations				

## Gloucester Leisure Centre, Sunday 21<sup>st</sup> December 2008

### Session 2 (pm)

3	Girls	11 & Over	1500m Free	(HDW)
Presentations				
4	Boys	12 & Over	1500m Free	(HDW)
Presentations				

## Hutton Moor Leisure Centre, Saturday 31<sup>st</sup> January 2009

### Session 3 (am)

5	Boys	13 & Over	400m Free	(HDW)
6	Girls	12 & Over	400m Free	(HDW)
7, 8, 9, 10	Boys	9/10/11/12	200m Fly	(HDW)
11, 12, 13	Girls	9/10/11	200m Fly	(HDW)
14	Boys	13 & Over	50m Fly	(HDW)
15	Girls	12 & Over	50m Fly	(HDW)
Presentations				
16	Men	13 & Over	50m Fly	Championship
17	Women	12 & Over	50m Fly	Championship
Presentations				

### Session 4 (pm)

18	Men	13 & Over	400m Free	Championship
19	Women	12 & Over	400m Free	Championship
20, 21, 22, 23	Boys	9/10/11/12	200m IM	(HDW)
24, 25, 26	Girls	9/10/11	200m IM	(HDW)
27	Boys	13 & Over	100m Breast	(HDW)
28	Girls	12 & Over	100m Breast	(HDW)
29, 30, 31, 32	Boys	9/10/11/12	50m Breast	(HDW)
33, 34, 35	Girls	9/10/11	50m Breast	(HDW)
Presentations				
36	Men	13 & Over	100m Breast	Championship
37	Women	12 & Over	100m Breast	Championship
Presentations				

## Hutton Moor Leisure Centre, Sunday 1<sup>st</sup> March 2009

### Session 5 (am)

38	Boys	12	100m Fly	(HDW)
39	Girls	11	100m Fly	(HDW)
40	Boys	13 & Over	200m IM	(HDW)
41	Girls	12 & Over	200m IM	(HDW)
42	Boys	13 & Over	100m Free	(HDW)
43	Girls	12 & Over	100m Free	(HDW)
44	Boys	12	100m Back	(HDW)
45	Girls	11	100m Back	(HDW)
Presentations				
46	Men	13 & Over	100m Free	Championship
47	Women	12 & Over	100m Free	Championship
Presentations				

Session 6 (pm)				
48	Men	13 & Over	200m IM	Championship
49	Women	12 & Over	200m IM	Championship
50, 51, 52	Boys	10/11/12	400m Free	(HDW)
53, 54	Girls	10/11	400m Free	(HDW)
55	Boys	13 & Over	200m Breast	(HDW)
56	Girls	12 & Over	200m Breast	(HDW)
57, 58, 59, 60	Boys	9/10/11/12	50m Back	(HDW)
61, 62, 63	Girls	9/10/11	50m Back	(HDW)
Presentations				
64	Men	13 & Over	200m Breast	Championship
65	Women	12 & Over	200m Breast	Championship
Presentations				

### **Horfield Leisure Centre, Sunday 1<sup>st</sup> March 2009**

Session 7 (am)				
66, 67, 68, 69	Boys	9/10/11/12	200m Breast	(HDW)
70, 71, 72	Girls	9/10/11	200m Breast	(HDW)
73	Boys	13 & Over	400m IM	(HDW)
74	Girls	12 & Over	400m IM	(HDW)
75, 76, 77, 78	Boys	9/10/11/12	50m Free	(HDW)
79, 80, 81	Girls	9/10/11	50m Free	(HDW)
82	Boys	13 & Over	50m Back	(HDW)
83	Girls	12 & Over	50m Back	(HDW)
Presentations				
84	Men	13 & Over	50m Back	Championship
85	Women	12 & Over	50m Back	Championship
Presentations				

Session 8 (pm)				
86	Men	13 & Over	400m IM	Championship
87	Women	12 & Over	400m IM	Championship
88, 89, 90, 91	Boys	9/10/11/12	100m IM	(HDW)
92, 93, 94	Girls	9/10/11	100m IM	(HDW)
95	Boys	13 & Over	200m Back	(HDW)
96	Girls	12 & Over	200m Back	(HDW)
Presentations				
97	Men	13 & Over	200m Back	Championship
98	Women	12 & Over	200m Back	Championship
Presentations				

### **Horfield Leisure Centre, Sunday 8<sup>th</sup> March 2009**

Session 9 (am)				
99, 100, 101, 102	Boys	9/10/11/12	200m Back	(HDW)
103, 104, 105	Girls	9/10/11	200m Back	(HDW)
106	Boys	13 & Over	200m Free	(HDW)
107	Girls	12 & Over	200m Free	(HDW)
Presentations				
108	Boys	13 & Over	100m Fly	(HDW)
109	Girls	12 & Over	100m Fly	(HDW)
Presentations				
110	Men	13 & Over	100m Fly	Championship
111	Women	12 & Over	100m Fly	Championship
Presentations				

Session 10 (pm)					
112	Men	13 & Over	200m	Free	Championship
113	Women	12 & Over	200m	Free	Championship
114	Boys	12	100m	Breast	(HDW)
115	Girls	11	100m	Breast	(HDW)
Presentations					
116	Boys	13 & Over	100m	Back	(HDW)
117	Girls	12 & Over	100m	Back	(HDW)
118	Boys	12	100m	Free	(HDW)
119	Girls	11	100m	Free	(HDW)
Presentations					
120	Men	13 & Over	100m	Back	Championship
121	Women	12 & Over	100m	Back	Championship
Presentations					

### **Gloucester Leisure Centre, Saturday 14<sup>th</sup> March 2009**

Session 11 (am)					
122, 123, 124, 125	Boys	9/10/11/12	200m	Free	(HDW)
126, 127, 128	Girls	9/10/11	200m	Free	(HDW)
129	Boys	13 & Over	200m	Fly	(HDW)
130	Girls	12 & Over	200m	Fly	(HDW)
131, 132, 133, 134	Boys	9/10/11/12	50m	Fly	(HDW)
135, 136, 137	Girls	9/10/11	50m	Fly	(HDW)
138	Boys	13 & Over	100m	IM	(HDW)
139	Girls	12 & Over	100m	IM	(HDW)
Presentations					
140	Men	13 & Over	100m	IM	Championship
141	Women	12 & Over	100m	IM	Championship
Presentations					
Session 12 (pm)					
142	Men	13 & Over	200m	Fly	Championship
143	Women	12 & Over	200m	Fly	Championship
144, 145, 146	Boys	10/11/12	400m	IM	(HDW)
147, 148	Girls	10/11	400m	IM	(HDW)
149	Boys	13 & Over	50m	Breast	(HDW)
150	Girls	12 & Over	50m	Breast	(HDW)
151	Boys	13 & Over	50m	Free	(HDW)
152	Girls	12 & Over	50m	Free	(HDW)
Presentations					
153	Men	13 & Over	50m	Breast	Championship
154	Women	12 & Over	50m	Breast	Championship
Presentations					
155	Men	13 & Over	50m	Free	Championship
156	Women	12 & Over	50m	Free	Championship
Presentations					

## Team Events

### Gloucester Leisure Centre, Sunday 15<sup>th</sup> March 2009

#### Session 1 (am)

1	Girls	13/14	4x50m	Medley Team	Heats
2	Girls	15/16	4x50m	Freestyle Team	Heats
3	Boys	9/10	4x50m	Medley Team	Heats
4	Boys	11/12	4x50m	Freestyle Team	Heats
5	Men	Open	4x100m	Medley Team	Heats
6	Girls	13/14	4x50m	Freestyle Team	Final
7	Girls	15/16	4x50m	Freestyle Team	Final
8	Boys	9/10	4x50m	Medley Team	Final
9	Boys	11/12	4x50m	Freestyle Team	Final
10	Men	Open	4x100m	Medley Team	Final
11	Girls	13/14	4x50m	Freestyle Team	Heats
12	Girls	15/16	4x50m	Medley Team	Heats
13	Boys	9/10	4x50m	Freestyle Team	Heats
14	Boys	11/12	4x50m	Medley Team	Heats
15	Men	Open	4x100m	Freestyle Team	Heats
16	Girls	13/14	4x50m	Freestyle Team	Final
17	Girls	15/16	4x50m	Medley Team	Final
18	Boys	9/10	4x50m	Freestyle Team	Final
19	Boys	11/12	4x50m	Medley Team	Final
20	Men	Open	4x100m	Freestyle Team	Final

#### Session 2 (pm)

21	Boys	15/16	4x50m	Freestyle Team	Heats
22	Girls	11/12	4x50m	Medley Team	Heats
23	Mixed	17 & Over	4x50m	Freestyle Team	Heats
24	Boys	13/14	4x50m	Medley Team	Heats
25	Girls	9/10	4x50m	Freestyle Team	Heats
26	Women	Open	4x100m	Medley Team	Heats
27	Boys	15/16	4x50m	Freestyle Team	Final
28	Girls	11/12	4x50m	Medley Team	Final
29	Mixed	17 & Over	4x50m	Freestyle Team	Final
30	Boys	15/16	4x50m	Medley Team	Final
31	Girls	9/10	4x50m	Freestyle Team	Final
32	Women	Open	4x100m	Medley Team	Final
33	Boys	15/16	4x50m	Medley Team	Heats
34	Girls	11/12	4x50m	Freestyle Team	Heats
35	Mixed	17 & Over	4x50m	Medley Team	Heats
36	Boys	13/14	4x50m	Freestyle Team	Heats
37	Girls	9/10	4x50m	Medley Team	Heats
38	Women	Open	4x100m	Freestyle Team	Heats
39	Boys	15/16	4x50m	Medley Team	Final
40	Girls	11/12	4x50m	Freestyle Team	Final
41	Mixed	17 & Over	4x50m	Medley Team	Final
42	Boys	13/14	4x50m	Freestyle Team	Final
43	Girls	9/10	4x50m	Medley Team	Final
44	Mixed	Open	4x100m	Freestyle Team	Final



# Gloucester County A.S.A. Competitions

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## **GCASA CHAMPIONSHIP & AGE GROUP COMPETITIONS CONDITIONS FOR SPEEDSWIMMING COMPETITIONS**

### **General**

- 1) All Competitions shall be staged annually under ASA Laws and ASA Technical Rules, at venues and dates agreed and published by the County Executive Committee.
- 2) Any question as to the proper interpretation, application of these rules and any matter relating to County Swimming Competitions not covered by these rules and not covered by ASA Law providing for Protest or Complaint and thus falling to the decision of the Promoter, shall be determined on its behalf by the Emergency Committee.
- 3) Officials shall be appointed in accordance with ASA Laws and requirements for the purpose of licensing and shall be selected by the Hon. Secretary for Swimming Officials.
- 4) All competitors shall be registered (category two) as per ASA Law.
- 5) Wherever possible the length of the course shall be 25 metres.

### **Eligibility**

- 6) All competitions shall be open to competitors who are eligible under current ASA Laws and who are, on the closing date of entry, members of the ASA for the club they are to represent and:
  - a) Who have resided within the County (as defined in the County Constitution as published in the current ASA South West Region Handbook) for 3 continuous months immediately prior to the closing date of entry, or
  - b) Who have been born within the County (as defined above), or
  - c) Who are members of HM Forces, whose unit is affiliated under ASA Law and based within the County (as defined above) and whose name is on the books of that unit at the closing date of entry, or
  - d) Provided that they hold the longest unbroken membership of a club, affiliated to Gloucester County ASA for 60 days immediately prior to the closing date of entry.
  - e) The club shall be responsible for compliance with this condition and shall furnish evidence of this compliance, if requested.
- 7) All questions as to eligibility of a competitor shall be decided by the Emergency Committee, who shall in their absolute discretion, have the power to relax the residential qualification where they consider that there are sufficiently extenuating circumstances.
- 8) No swimmer, who shall have been a competitor in County Age Group or Championship events of another English county, in the year of competition, shall be eligible in that year.
- 9) A competitor may represent only one club in the same year of competition.
- 10) For clarification, a competitor is so regarded as soon as his/her entry has been received by the Meet Manager and shall cease to be a competitor only if the entry is rejected or withdrawn by written notice received by the Meet Manager, not less than 48 hours prior to the event.

### **Year of Competition**

- 11) The year of competition is 1<sup>st</sup> April to 31<sup>st</sup> March inclusive and age grouping shall be determined as age on 31<sup>st</sup> March in the year of the competition. (As an example, the competition year for 2008 runs from midnight on 31<sup>st</sup> March 2007 to midnight on 31<sup>st</sup> March 2008).
- 12) All ages shall be those attained by the swimmer in the year of competition.
  - a) Swimmers may compete only in the age group for their own age including Team Events and not compete in any other age group.
  - b) No swimmer who shall not reach the age of 9yrs in the year of competition may compete in any event.
- 13) **Note:** Qualification for Regional Competitions now requires swimmers to achieve times in a licensed meet. Swimmers whose birth date falls between 31<sup>st</sup> March and the age qualifying date for the Regional Competitions, will be permitted to enter the GCASA Competitions for the purpose of achieving Regional qualification. They will not be eligible for any award.

### **Entries & Seeding**

- 14) Swimmers must enter on the prescribed form, which shall be returned along with the entry disk by the swimmer's club. Entries are to be transferred by the club to a prepared disk provided by the County.
  - a) If all the information required is not given or is found to be materially incorrect and is not corrected by the closing date for entry, the entry shall be void and the entry fee forfeited.
  - b) It will be the clubs responsibility to ensure accuracy of all information provided.
- 15) Entry fees for all events shall be set by the County Executive Committee. Disk, entry forms, and correct fees must reach the Meet Manager by the date specified.
- 16) Cards will be issued for the control of entries. Cards must be posted in the box provided and by the time indicated on the card for each session, failure to do so will result in the competitor losing their right to swim.
- 17) For individual events, competitors will be accepted providing their entry time is within the relevant Qualifying Time. Qualifying Times shall be published with the Entry Conditions.
- 18) The stations of the competitors (seeded in time order i.e. slowest to fastest) shall be as follows:
  - a) In Championship Events, spearheaded on the basis of times achieved in the Age Group Event.
  - b) In Age Group Events with a single age group, spearheaded in the fastest heat.
  - c) In Age Group Events with multi age groups, cyclically seeded in the last 3 heats.
  - d) In Team events, heats shall be random and by spearheading in finals.

### **Age-group Events**

- 19) In all Age-group Events, event placings, event and category awards for each age group shall be declared on heat times (adjusted as necessary to accord with the heat placings) and there shall be no separate Age-group final.
- 20) Events, apart from those that are 800m or over, shall be swum separately for age groups 9 to 12yrs Boys, 9 to 11yrs Girls and collectively for Boys aged 13yrs/Ov and Girls aged 12yrs/Ov.
- 21) Events 800m and over shall be swum in age groups 12/Ov for boys, 11/Ov for girls and as a separate competition i.e. will not be included in the BAGCAT schedule.
- 22) Ages for Individual Events shall be:

Girls 9yrs/Ov	Boys 9yrs/Ov	50m All Events, 100m IM & 200m All Events
Girls 10yrs/Ov	Boys 10yrs/Ov	400m All Events
Girls 11yrs/Ov	Boys 12yrs/Ov	100m All Events, 800m & 1500m Free

### **Championship Events**

- 23) For distances of 50m, 100m, 200m and 400m for Boys 13yrs/Ov and for Girls 12yrs/Ov a Championship shall be held.
  - a) Times achieved may not rank as Age-group Best Times and will not affect age-group placings or awards earlier determined.
- 24) Swimmers shall be selected for the Championship Event at the completion of the relevant Age-group heats, on the basis of 8 swimmers and 4 reserves. Any of these 12 swimmers unable to compete, must give notice of this to the Meet Manager within 10 minutes of the announcement of Championship allocation, whereupon the event will be reprocessed to include the reserve swimmer(s).

### **County and Junior Champions**

- 25) A Junior Competitor shall be one who will not have reached the age of 16 years by 31<sup>st</sup> March in the year of competition.
- 26) Where there is a separate Championship Event, the winner will be the County Champion and the Junior Champion will be the highest placed junior.
  - a) Where there is no qualifying junior in a Championship Event, the Junior Champion will be the eligible swimmer returning the fastest time in the relevant Age-group Event.
- 27) Where there is not a separate Championship Event, e.g. 800/1500m Free, the County and Junior Champion, will be the eligible swimmer(s) returning the fastest time in the relevant Age-group event.
- 28) The County Champion will be selected from the age groups, i.e. 13/Ov boys and 12/Ov girls and the Junior Champion will be selected from the age groups, i.e. 13 to 15yrs boys and 12 to 15yrs girls.

## **Team Events**

- 29) There will be an Interclub Team Events Age-group Competition, organised in heats and finals. In heats, each club may enter more than one team. The number of heats for each Team Event shall be a maximum of 4 and additional teams will be accepted to fill this number of heats after precedence has been given to first teams; likewise with further addition, precedence is given to second over third. Where the number of additional teams exceeds the spaces available to them, entry selection shall be by lot.
- 30) Events shall be swum as per programme i.e. there will be no straight finals.
- 31) In finals, the 8 fastest clubs, based upon times achieved in the heats, shall compete. (Clubs may only be represented by one team in any final)
- 32) Teams shall consist of 4 eligible swimmers from the club, each of whom shall swim the designated distance. The name, order of swim and date of birth for each swimmer shall be recorded on the event registration form by each club, which shall be handed in before the event. Any change shall be notified to the Meet Manager 20 minutes before the race commences.
  - a) Swimmers from any team disqualified in a heat are not eligible to swim in a final.
  - b) Any first leg swimmer wishing to use their time for ranking, qualification or record purposes, must inform the Referee and Meet Manager 15 minutes before the event.
- 33) All other relevant conditions for Team Events are the same as for Individual Events.
- 34) In addition to Age-group Team Events there will be Men's and Women's Championship Team Event. For these Events a club may only enter one team per event.
- 35) Age Groups for Team Events shall be:  
Boys & Girls – 4x50 Freestyle Team and 4x50 Medley Team  
9/10yrs, 11/12yrs, 13/14yrs & 15/16yrs.  
  
Mixed (2 Female & 2 Male) – 4x50 Freestyle Team and 4x50 Medley Team  
17yrs/Ov.  
  
Championship/Men & Women – 4x100 Freestyle Team and 4x100 Medley Team  
Open.

## **Awards**

- 36) An award shall be made to the top 3 swimmers competing in a Championship Event. These awards shall be Championship – 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup>. An Award shall also be made to the County and Junior Champion.
- 37) An award shall be made to competitors who swum in the top 3 Teams in the Team Championship Finals. These awards shall be Team Championship – 1<sup>st</sup>, 2<sup>nd</sup> & 3<sup>rd</sup>.
- 38) An award shall be made to competitors who are placed in the first 3 places in all Age-group Individual Events.
  - a) In addition awards shall be made in Individual Events to competitors placed 4<sup>th</sup> to 8<sup>th</sup>, in the BAGCAT age groups, 9 to 13yrs girls and 9 to 14yrs boys.
  - b) Age-groups shall be: 9, 10, 11, 12, 13, 14, 15, 16 and 17yrs/Ov.
- 39) To gain an award, where applicable a swimmer must achieve the relevant Qualifying Time.
- 40) The winner of any perpetual trophy that may be awarded for an event shall provide satisfactory security to the Trophy Controller. While the winner holds such trophy, it's safekeeping shall be the sole responsibility of that winner.
  - a) Any such trophy shall be returned clean and in good condition immediately upon request from the Trophy Controller.
- 41) BAGCAT Awards: up to 8 awards per age group, male / female.
  - a) To gain a BAGCAT award, a competitor must compete successfully in all sections of the award schedule. See attached sheet.
- 42) Any swimmer or team who do not present them self, or arrange for a substitute, to receive an award during the presentations, will lose that award.



# Gloucester County A.S.A. Competitions

(Under ASA Law & Technical Rules)



## Qualifying times for County Competitions

Based on ASASWR – BAGCATS + 15%

Based on ASASWR – Youths + 10%

Boys	9	10	11	12	13	14	15+
50m Free	46.75	40.50	36.50	35.50	34.00	32.00	27.75
100m Free				1:18.00	1:13.00	1:07.00	1:02.00
200m Free	3:46.00	3:11.00	2:52.00	2:46.00	2:39.00	2:29.00	2:16.00
400m Free		6:44.00	6:02.00	5:47.00	5:36.00	5:26.00	4:49.00
800m Free				11:47.00	11:07.00	11:07.00	10:27.00
1500m Free				22:20.00	21:21.00	20:43.00	19:26.00
50m Back	54.00	47.00	43.75	42.50	40.25	39.00	34.00
100m Back				1:30.00	1:25.00	1:21.00	1:13.00
200m Back	4:11.00	3:36.00	3:18.00	3:13.00	3:03.00	2:56.00	2:38.00
50m Breast	1:01.25	53.75	50.25	47.00	44.25	42.75	36.75
100m Breast				1:40.00	1:35.00	1:31.00	1:21.00
200m Breast	4:48.00	4:10.00	3:54.00	3:39.00	3:27.00	3:18.00	2:56.00
50m Fly	52.75	47.75	43.00	40.25	38.25	36.50	31.75
100m Fly				1:28.00	1:23.00	1:19.00	1:10.50
200m Fly	4:39.00	4:00.00	3:29.00	3:14.00	3:03.00	2:55.00	2:36.00
100m IM	1:59.50	1:41.50	1:38.50	1:31.50	1:26.00	1:22.00	1:14.00
200m IM	4:17.00	3:36.00	3:26.00	3:11.00	3:01.00	2:53.00	2:41.00
400m IM		7:40.00	7:01.00	6:36.00	6:32.00	6:18.00	5:42.00

Girls	9	10	11	12	13	14+
50m Free	45.00	41.75	38.25	36.25	35.25	31.75
100m Free			1:21.00	1:17.50	1:14.50	1:08.00
200m Free	3:37.00	3:16.00	2:57.00	2:47.00	2:42.00	2:29.00
400m Free		6:44.00	6:10.00	5:51.00	5:38.00	5:11.00
800m Free			12:28.00	11:53.00	11:07.00	10:38.00
1500m Free			23:58.00	23:35.00	22:26.00	20:43.00
50m Back	52.00	47.00	44.75	42.25	40.75	37.75
100m Back			1:35.50	1:31.00	1:28.00	1:19.00
200m Back	4:00.00	3:36.00	3:21.00	3:09.00	3:04.00	2:51.00
50m Breast	59.25	54.00	50.50	46.75	45.25	39.75
100m Breast			1:47.50	1:42.00	1:38.50	1:33.00
200m Breast	4:35.00	4:10.00	3:52.00	3:33.00	3:27.00	3:11.00
50m Fly	51.00	47.75	43.25	40.25	39.75	34.75
100m Fly			1:33.50	1:29.50	1:26.50	1:17.00
200m Fly	4:29.00	4:00.00	3:29.00	3:12.00	3:10.00	2:49.00
100m IM	1:55.50	1:42.50	1:35.50	1:32.00	1:28.50	1:21.50
200m IM	4:05.00	3:36.00	3:21.00	3:12.00	3:06.00	2:55.00
400m IM		7:40.00	7:16.00	6:56.00	6:44.00	6:07.00



# Gloucester County A.S.A. Competitions

(Under ASA Law & Technical Rules)



## County BAGCAT Awards – 25m pool

		Boys		Girls	
9 years	Sprint Form Distance IM	- Best 50m - Best 200m form stroke - 200 Free - Best 100 / 200 IM	Sprint Form Distance IM	- Best 50m - Best 200m form stroke - 200 Free - Best 100 / 200 IM	
10 years	Sprint Form Distance IM	- Best 50m - Best 200m form stroke - Best 200 / 400 Free - Best 100 / 200 / 400 IM	Sprint Form Distance IM	- Best 50m - Best 200m form stroke - Best 200 / 400 Free - Best 100 / 200 / 400 IM	
11 years	Sprint Form Distance IM	- Best 50m - Best 200m form stroke - Best 200 / 400 Free - Best 100 / 200 / 400 IM	Sprint 100s Form Distance IM	- Best 50m - Best 100m - Best 200m form stroke - Best 200 / 400 Free - Best 100 / 200 / 400 IM	
12 years	Sprint 100s Form Distance IM	- Best 50m - Best 100m - Best 200m form stroke - Best 200 / 400 Free - Best 100 / 200 / 400 IM	Sprint 100s Form Distance IM	- Best 50m - Best 100m - Best 200m form stroke - Best 200 / 400 Free - Best 100 / 200 / 400 IM	
13 years	Sprint 100s Form Distance IM	- Best 50m - Best 100m - Best 200m form stroke - Best 200 / 400 Free - Best 100 / 200 / 400 IM	Sprint 100s Form Distance IM	- Best 50m - Best 100m - Best 200m form stroke - Best 200 / 400 Free - Best 100 / 200 / 400 IM	
14 years	Sprint 100s Form Distance IM	- Best 50m - Best 100m - Best 200m form stroke - Best 200 / 400 Free - Best 100 / 200 / 400 IM			