



Q. WHAT ARE BAGCATS?

The BAGCATs stand for the British Age Group Categories, which introduce a points system to measure and compare swimmers' performance. The latest thinking is that swimmers at an early stage of their development should compete to win an overall category award rather than specialising in a particular event.

The BAGCATs therefore define four different categories:

1. sprint
2. form
3. distance
4. medley

The BAG Points are calculated from a set of age-related tables for each of the above categories as follows:

- Sprint - best 50m-sprint performance (i.e. 50m back, breast, butterfly and freestyle)
- Form - best form stroke performance (i.e. form strokes are those with a defined form according to ASA Law) thus best performance at 200m back, breast or butterfly)
- Distance - best performance at 200m, 400m or 1500m Freestyle)
- Medley - best performance at 100m, 200m or 400 Individual Medley)

To work out the BAGCAT points for an individual swimmer, you must complete at least one swim from each of the categories and the points for the best performance in each are totalled to give a single score.

For further information, please visit the [Amateur Swimming Association \(ASA\) web site](#)

Q. What does age on 31st December mean?

Most galas are run for swimmers of different age groups such as Under 12, Under 14, Under 16 and Open. If a gala is run on an 'age on 31st December' basis, it refers to how old the swimmer must be on the 31st December in the year of competition. It does not necessarily mean the age of the swimmer on the day of the competition. Thus under 12 on 31st December 2007, means no older than 11 on that date and so the swimmer must be born in or after 1996.

Similarly, Under 11 on 31st December 2007 means no older than 10 and so the swimmer must be born in 1997 or later. Some events are 'age on the day' and this is self explanatory.

Q. What does U12, U14 U16, Open mean?

Most galas are run for swimmers of different age groups such as Under 12, Under 14, Under 16 and Open though some galas refer to 11/U (11 & Under), 13/U (13&Under) 15/U (15 & Under) and Open. Both mean the same thing.