

BAGCATS EXPLAINED!!!!!!

BAGCATS stands for **British Age Group Categories** and in a way are similar to perhaps how a pentathlon or decathlon work in athletics.

They exist for girls aged 9 to 13 years old and boys aged 9 to 14 years old.

For instance your child will compete in various events at the County Championships, depending on their age and finishing time they will get points for each event.

Lets take the example of a 9 year old the categories at the County Championships would be;

Sprint (best 50m time goes towards score)

Freestyle (best time from 200m Free goes towards score)

Form (best 200m time from either Backstroke, Fly or Breaststroke goes towards score).

Medley (best time from either 100m or 200m Medley goes towards score)

The Meet's Computer will recognise the best points score from each category and add them together and whoever has the highest points tally at the end of the Championships wins the Meet's BAGCATS Award.

The categories vary depending on age and the relating Championships. For example when a 12yr old girl competes at the County Championships there are 5 categories. In addition to the 4 categories mentioned above for 9yr olds, the best 100m time will also contribute to her score

At the Regional and National Championships there are 4 categories (the 50m sprint is dropped)

I hope this goes some way to clarifying things for you and good luck to all those swimming in the County Championships.