CHIPPENHAM AMATEUR SWIMMING CLUB

Club Championships 2018 – Points & Proficiency Competition

As part of the Club Championships we also run the Club **Points & Proficiency competition**, which is to find the **best all round swimmers** in each age group. This works on points gained in each heat declared winner race of 50m and above throughout the championships. We use the ASA's standard FINA points. The aim is to encourage swimmers to spread their skill over a wide range of categories rather than specialising in just one too soon in their careers.

For 9 year olds, there are 4 categories:

- **Distance freestyle** [200m]
- **Form stroke** [200 Back, Fly or Breast] which must comply with the precise law of the particular stroke
- **Individual Medley** [100m & 200m]
- and **50m Sprint**

For 10 year olds, there are still 4 categories:

- **Distance freestyle** [200m & 400m]
- **Form stroke** [200 Back, Fly or Breast] which must comply with the precise law of the particular stroke
- **Individual Medley** [100m & 200m]
- and **50m Sprint**

For 11 & 12 year olds, there are 5 categories:

- **Distance freestyle** [200m, 400m & 800m]
- **Form stroke** [200 Back, Fly or Breast] which must comply with the precise law of the particular stroke
- **Individual Medley** [100m, 200m & 400m]
- **50m Sprint**
- and **100m Sprint**

For 13 year olds & over, there are still 5 categories:

- **Distance freestyle** [200m, 400m & 800m for girls/1,500m for boys]
- **Form stroke** [200 Back, Fly or Breast] which must comply with the precise law of the particular stroke
- **Individual Medley** [100m, 200m & 400m]
- **50m Sprint**
- and **100m Sprint**

The best score in each category is counted towards the total, and the highest total score wins in each age group. Gold/Silver/Bronze awards are given separately to Girls & Boys, and the age groups are:

- 9yrs
- 10yrs
- 11yrs
- 12yrs
- 13yrs
- 14yrs
- 15/16yrs
- 17 & over

You can find all your scores on the Club web site as the competition progresses.