

## **Individual Performance Report**

### **Introduction**

An Individual Performance Report is published following each and every gala in which Chichester Cormorant swimmers compete. The aim of the report is to provide swimmers with comparative data so that they can see how their performance compares with their previous personal best time, county qualifying times (either Long Course or Short Course), ASA Grades and FINA points.

### **County Qualifying Times**

The Individual Performance Report compares the swimmers time against the qualifying time for the next county competition. This could be the Long Course (LC) competition which is held in February or the Short Course (SC) competition which is held in October.

Note that the report looks at the next competition at which the swimmer may have moved up an age group. Qualifying times are updated as and when they are reviewed and published by the Sussex ASA.

### **ASA Grades**

The ASA Graded Tables include target times for boys and girls from 9 years to 16 + at four levels for each stroke and distance combination up to 200m.

The grades are AAA, AA, A and B where:

- AAA is approximately the same as national championship qualifying time.
- AA is about regional standard.
- A is about county standard
- B grade is a good club swimmer standard.

A time that is slower than the B grade time is classed as a C grade.

For example – Graded target times for Boys 50m Freestyle are as follows:

	9	10	11	12	13	14	15	16+
AAA	34.9	32.4	30.8	29.1	27.7	26.6	25.8	25.3
AA	37.3	34.7	33.0	31.1	29.6	28.3	27.3	26.7
A	40.7	38.0	35.9	33.9	32.1	30.4	29.1	28.3
B	48.5	45.3	42.3	39.7	37.0	34.4	32.4	31.2

Please note that actual qualifying times for the various levels of competition change from year to year where as graded times will remain constant so as to provide a consistent benchmark against which to measure and compare performance over time.

Swimmers should always check their qualifying times against the ASA personal best database and latest published consideration times in order to determine if they have qualified for a county, regional or national championship gala.

<https://www.swimmingresults.org/individualbest/>

The Individual Performance Report shows the grade achieved and the target time for the next level so that swimmers can see how much they need to improve in order to get to the next grade.

### **FINA Points**

FINA Points allow a comparison of results across different events. The FINA Point scoring system assigns point values to swimming performances, the faster the swim the more points are awarded. A world class swim is typically awarded around 1,000 points or more with fewer points being awarded for slower performances.

The system uses a base time for each stroke and distance from which the FINA points are calculated using the following formula:

$$P = 1,000 \times ( B / T ) ^ 3$$

Where:

P = FINA Points

B = Base Time

T = recorded time

Base times are reviewed and updated annually by FINA and published on their website.

FINA points are really useful when comparing a swimmers performance across a range of events and distances.

**Example 1** - Swimmer A has the following personal best swim times and FINA points for 50m. Even though freestyle is their fastest time the FINA points indicate that backstroke is their strongest stroke.

<u>Stroke</u>	<u>Time</u>	<u>FINA Pts</u>
Backstroke	0:36.57	347
Breaststroke	0:44.24	276
Butterfly	0:36.91	288
Freestyle	0:34.33	311

**Example 2** - Swimmer A also has the following backstroke times. The FINA points show that the swimmers strongest distance is 50m followed very closely by 100m. Their 200m time is comparatively their slowest time.

<u>Distance</u>	<u>Time</u>	<u>FINA Pts</u>
50m	00:36.57	347
100m	01:18.85	344
200m	03:05.69	270

### **Conclusion**

The aim of the Individual Performance Report is to provide swimmers with useful information and feedback regarding their performance to help and encourage them, regardless of their age and ability, to achieve their potential in the swimming pool.

Please contact Phil Rayner, CCSC Team Manager, if you have any questions or would like further information about competitive swimming or the Individual Performance Report.

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