

## POINTSCORE RULES & PROGRAMME

### **Object**

The object of the competition is for swimmers to compete against their own times on a regular basis under competition conditions. This will allow them to challenge for places in teams and prepare them for competition. They will be gaining experience of the distances that are part of the national qualifying programme. Points are scored for any improvements gained and are aggregated for the purpose of making periodic and annual awards. The competition is open to all members of the club.

### **Conditions**

The competition is split into three groups, ONE, TWO and THREE and promotion between groups is gained by achieving qualifying times. Each group has its own program of events.

ONE	25m all strokes + 50m freestyle, backstroke & breaststroke + 100m individual medley Promotion to Bravo Group is gained by achieving Bronze BSCA award in 25metres freestyle and two other events.
TWO	50m all strokes + 100m freestyle & individual medley + 200m freestyle & I.M. Promotion to Alpha Group is gained by achieving Silver BSCA award in 50metres freestyle and two other events.
THREE	50m freestyle + 100m all strokes + 200m all strokes including individual medley Swimmers will aim to achieve the Gold BSCA award, and then to improve their grade on the national grading table.

- A swimmer must compete in a maximum of three events at any one pointscore meet.
- A swimmer must compete in all four strokes at least three times in the pointscore calendar, (backstroke, breaststroke, butterfly and freestyle), an Individual Medley swim will count as one other chosen stroke.
- Swimmers may choose any three events from the program for their group.
- A swimmer may only compete in events for their own pointscore group.
- Times will be rounded off to the nearest tenth of a second.
- Five gold times must be achieved to enter platinum.
- Awards will be presented to the swimmer in each pointscore group who has gained the most points in the previous pointscore meet.
- In order to be eligible for such an award, a swimmer must have gained a minimum of 10 points.
- In the event of a tie, the award will be made by comparing times.
- An annual trophy will be presented to the boy and girl gaining the most points throughout the pointscore competition year.
- All pointscore meets will be run under A.S.A. laws.

Each swimmer competes against his or her pointscore time and points will be awarded when a swimmer equals or betters his or her pointscore time as follows:-

<b>Points Awarded</b>	<b>25m and 50m swims</b>	<b>100m swims</b>	<b>200m swims</b>
2 points	equal to	equal to	equal to
4 points	0.1 to 0.4	0.1 to 0.4	0.1 to 0.4
6 points	0.5 to 0.9	0.5 to 0.9	0.5 to 0.9
10 points	1.0 +	1.5 +	2.0

Once a gold BSCA award has been gained points will be awarded as follows:-

Points Awarded	Improvement
2 points	equal to
4 points	0.1 to 0.4
6 points	0.5 to 0.9
10 points	1.0 +

### Entries

To ensure the efficient running of the program swimmers are requested to enter one week before the pointscore date, (please see below). Entry cards will be produced and handed out to each swimmer on the night of competition.

**Last Entry for all Pointscore Competitions is the Sunday the Week before**

**ENTRIES AFTER THIS DATE WILL NOT BE ACCEPTED.**

**ANY PROBLEMS PLEASE CONTACT K Muscroft Mobile [07890004120](tel:07890004120) or e-mail via [pointscore@altrinchamsc.org.uk](mailto:pointscore@altrinchamsc.org.uk)**

### Pointscore Date

February 10 <sup>th</sup> 2008	July 13 <sup>th</sup> 2008
April 20 <sup>th</sup> 2008	Sept 14 <sup>th</sup> 2008
May 11 <sup>th</sup> 2008	October 19 <sup>th</sup> 2008
June 22 <sup>nd</sup> 2008	December 14 <sup>th</sup> 2008

- Entry forms can be collected from and handed in to the club desk on Sunday evenings in the foyer.
- The pointscore entry fee is £1 per competition.

### Group Qualifying Times

Event	Stroke	Bronze	Silver	Gold	Platinum
25m	Freestyle	19.6			
25m	Backstroke	22.1			
25m	Breastroke	24.3			
25m	Butterfly	23.0			
50m	Freestyle	41.4	37.1	33.1	
50m	Backstroke	46.9	42.7	38.6	
50m	Breastroke	52.0	47.5	43.2	
50m	Butterfly	49.8	45.3	41.2	
100m	Freestyle	1.29.0	1.18.0	1.08.2	1.05.9
100m	Backstroke	1.41.3	1.30.2	1.20.2	1.14.7
100m	Breastroke	1.52.9	1.41.1	1.30.2	1.23.8
100m	Butterfly	1.50.2	1.38.0	1.27.1	1.12.2
200m	Freestyle	3.12.5	2.44.5	2.21.4	2.19.2
200m	Backstroke	3.30.5	3.05.6	2.45.9	2.41.8
200m	Breastroke	3.56.9	3.31.6	3.15.4	3.10.9
200m	Butterfly	3.45.7	3.25.8	3.09.5	2.55.9
100m	Ind. Medley	1.50.5	1.38.1	1.27.0	
200m	Ind. Medley	4.03.7	3.29.7	3.01.4	2.44.2

## Programme of Events

	<b>Group 3</b>	<b>Group 2</b>	<b>Group 1</b>
<b>Pointscore 1</b>	200m Freestyle	100m Ind Medley	25m Butterfly
<b>February 10<sup>th</sup> 2008</b>	100m Backstroke	50m Breastroke	25m Freestyle
	50m Butterfly	50m Freestyle	100m Ind Medley
<b>Pointscore 2</b>	200m Breastroke	50m Butterfly	25m Breastroke
<b>April 20<sup>th</sup></b>	100m Butterfly	100m Freestyle	25m Backstroke
	50m Freestyle	50m Backstroke	25m Freestyle
<b>Pointscore 3</b>	200m Backstroke	50m Freestyle	25m Breastroke
<b>May 11<sup>th</sup></b>	100m Freestyle	50m Breastroke	25m Butterfly
	50m Backstroke	100m Backstroke	100m Ind Medley
<b>Pointscore 4</b>	100m Backstroke	50m Backstroke	25m Butterfly
<b>June 22<sup>nd</sup></b>	50m Breastroke	50m Butterfly	50m Freestyle
	200m Ind Medley	100m Breastroke	25m Backstroke
<b>Pointscore 5</b>	50m Butterfly	50m Breastroke	25m Backstroke
<b>July 13<sup>th</sup> 2008</b>	100m Breastroke	100m Backstroke	25m Freestyle
	200m Backstroke	50m Freestyle	100m Ind Medley
<b>Pointscore 6</b>	50m Freestyle	50m Butterfly	25m Butterfly
<b>September 14<sup>th</sup></b>	100m Butterfly	50m Backstroke	25m Breastroke
	200m Breastroke	100m Ind Medley	25m Backstroke
<b>Pointscore 7</b>	100m Breastroke	50m Freestyle	25m Backstroke
<b>October 19<sup>th</sup></b>	50m Backstroke	50m Breastroke	25m Freestyle
	200m Freestyle	100m Freestyle	100m Ind Medley
<b>Pointscore 8</b>	50m Breastroke	50m Backstoke	50m Freestyle
<b>December 14<sup>th</sup></b>	100m Freestyle	50m Butterfly	25m Butterfly
	200m Ind Medley	100m Breastroke	25m Backstroke