



## Category Awards



### BAGCAT Award Schedule

Age	Boys	
10 Years	Sprints	Best 50m
	Form	Best 200m form stroke
	Distance	Best 200 / 400 Free
	IM	Best 100 / 200 / 400 IM
11 Years	Sprints	Best 50m
	Form	Best 200m form stroke
	Distance	Best 200 / 400 Free
	IM	Best 100 / 200 / 400 IM
12 - 14 Years	Sprints	Best 50m
	100s	Best 100m
	Form	Best 200m form stroke
	Distance	Best 200 / 400 / 800 / 1500 Free
	IM	Best 100 / 200 / 400 IM

Age	Girls	
10 Years	Sprints	Best 50m
	Form	Best 200m form stroke
	Distance	Best 200 / 400 Free
	IM	Best 100 / 200 / 400 IM
11 - 13 Years	Sprints	Best 50m
	100s	Best 100m
	Form	Best 200m form stroke
	Distance	Best 200 / 400 / 800 / 1500 Free
	IM	Best 100 / 200 / 400 IM

To gain a BAGCAT award, a competitor must compete successfully in all sections e.g. (a Sprint, (a 100 where applicable) a Form, a Distance, & an IM) of the award schedule and be within the relevant Qualifying Time.

### Stroke Award Schedule

Age	Boys	
15 – 18/Over	Free	50 / 100 / 200m
	Back	50 / 100 / 200m
	Breast	50 / 100 / 200m
	Fly	50 / 100 / 200m
	IM	100 / 200 / 400m
	Distance	400 / 800 / 1500m

Age	Girls	
14 – 18/Over	Free	50 / 100 / 200m
	Back	50 / 100 / 200m
	Breast	50 / 100 / 200m
	Fly	50 / 100 / 200m
	IM	100 / 200 / 400m
	Distance	400 / 800 / 1500m

To gain a Stroke award, a competitor must compete successfully in each category e.g. For the Free category Award: (the 50m, the 100m and the 200m) of the award schedule and be within the relevant Qualifying Time.