

POINTSCORE COMPETITION RULES and DATES

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OBJECT

The object of the competition is to encourage swimming within the Club, covering all levels of ability.

The competition is divided into three groups;
Bronze Group swimming over 25 metres.
Silver Group swimming mainly over 50 metres.
Gold Group swimming mainly over 100 metres.

Each swimmer competes against his / her personal pointscore time which is known as the 'standard time' (ST) and points are awarded in accordance with these times.(See Points Awarded)

Trophies are awarded annually to the boy and girl gaining the most points over the years' competition. These trophies are kept for one year.

RECOMMENDED TIMES & PROMOTION

The recommended maximum times to enter the competition are as follows:-

25m Freestyle	30secs
25m Backstroke	35secs
25m Breaststroke	35secs
25m Butterfly	35secs

Swimmers should ask for a timed swim if necessary.

Promotion from Bronze Group is compulsory on gaining Bronze Promotion time in Freestyle plus one other stroke.

Promotion from Silver Group to Gold Group is compulsory on gaining Silver Promotion time in Freestyle plus one other stroke.

STANDARD TIMES

Entry into the competition must be into Bronze Group unless the swimmer can submit times from an Open Meet or on a form authorised by the Chief Coach. These times will become the swimmers S T.

When a swimmer is promoted, or does not have a standard time for an event, then the first recorded Pointscore time will be their ST. All new members without time will be entered into BRONZE GROUP.

All the swimmers times are held on computer and are updated after each meet.

All events will be seeded according to the swimmers standard time eg. the slowest swimmers in heat 1 to the fastest swimmers in the final heat.

200m Freestyle events shall be swum as Frontcrawl. Any competitor wishing to swim any other stroke will be allowed to do so only after a 200m Frontcrawl time has been established and the Referee informed.

If a swimmer fails to equal or better a ST after 3 consecutive swims, in a particular event, then the swimmers ST will revert to the previous fastest time.

Young, inexperienced, swimmers MUST have the recommendation of their Teacher, before being allowed to enter.

New members must be a member for 4 weeks prior to event to be eligible for entry to enable admin. to be completed. If a swimmers name is not on the data base their time cannot be entered.

POINTS AWARDED

Points will be awarded as follows:-

1	Disqualification	Nil
2	More than 2.00 sec slower than S.T.	1 pt.
3	1.01 - 2.00 sec slower than S.T.	2 pts
4	0.01 - 1.00 sec slower than S.T.	3 pts
5	Equal to Standard Time	5pts
6	First Swim with no S.T.	5 pts
7	0.01 - 1.00 sec faster than S.T.	9 pts
8	More than 1.00 sec faster than S.T.	10 pts

A.S.A. LAW

A.S.A. Law covering strokes, starts and turns will be applied at all Pointscore meets.

PROGRAMME OF EVENTS

A swimmer may swim a maximum of three events at any Pointscore meet.

RESULTS

On completion of the swim the swimmer will be handed the Pointscore card with the recorded time. The time is also recorded for the computer update and the results will be displayed on the Club notice board with, times, points and swimmers promotion lists. Please note and check this information since it may be required for entry at the next Pointscore.

DATES & PROGRAMME OF POINTSCORE MEETS

The list of Pointscore dates and the card entry dates for the current season are available on the Website at <http://www.stretfordasc.org.uk>

NO LATE ENTRIES ACCEPTED

Promotion Times - Bronze to Silver Group (Times must be better than these)

Event	Times (Secs)
25m Free	21.00
25m Back	24.70
25m Breast	27.20
25m Fly	23.20

Promotion Times - Silver to Gold Group (Times must be better than these)

Event	Times (Secs)
50m Free	41.00
50m Back	47.50
50m Breast	52.70
50m Fly	45.70

ADVICE FOR COMPETITORS

Pointscore is held on Sunday evenings.

Warm Up Time - 5.45pm

Start Time: - 6.00pm

As when swimming any gala it is of the utmost importance that you bring as many costumes/trunks & towels as possible to the Pointscore meet. You should also bring AND wear poolside clothing to wear between swims to keep your muscles warm. This should include footwear (NO OUTDOOR shoes are allowed on poolside for Health & Safety reasons) socks, track suit bottoms and preferably a long sleeved T shirt/top. (not your best clothes) Remember poolside may feel warm but muscles do get cold and cold muscles do not perform well and leave you liable to injury.

After your warm up and after every swim, dry off and put on a dry costume/trunks where possible and then poolside clothes BEFORE you sit down.

Keep a check on the running order and be aware of your Marshal to avoid missing your race or holding up the start of it.

Encourage other swimmers during their races. BUT -
Remain silent for the start of all races.

Swimmers MUST NOT leave the poolside during Pointscore without permission from their Marshall.