

Bedfordshire ASA Masters Decathlon Rules

Introduction

The Bedfordshire County Masters Swimming Decathlon is a competition based on the National Masters Decathlon in which swimmers accumulate points for up to 10 swims out of the 18 different swimming events (from the 17 long course and 18 short course) available.

The Competition runs from 1 January to 31 December each year and will only include performances within this period.

The competition uses a method of ranking individuals fairly no matter what their age.

The aim of the decathlon competition is to encourage greater participation in all four strokes and available distances, and to encourage competition across the age groups, thus rewarding the best all-round swimmers.

Rules

Promoter

1. The Competition will be promoted by the Bedfordshire County ASA Executive and managed by the Masters Secretary.
2. All matters not dealt with in these rules shall be subject to decision by the Promoter who can be contacted via email: masters@bedscountyasa.com.

Entry

1. Entry to the Bedfordshire County Masters Decathlon Competition is free for registered swimmers and is automatic as described below. There are no entry forms to complete, nor entry fees to pay.
2. To take part, the swimmer must be registered as a Swim England CAT2 registered Master Swimmer (25 years and over) or Senior Swimmer (18 to 24 years)
3. The swimmer must be a member of a club that is affiliated to the Bedfordshire ASA and which must be the swimmer's ranked club

Scoring

1. The swimmer will automatically start aggregating points as soon as they take part in one or more qualifying Masters competitions. These competitions are listed on the ASA Masters rankings web site.
2. Each swim time is age adjusted using the Rowson formulae (See the Swim England web site). Then it is awarded points as per the FINA Points Scoring tables (See <http://www.fina.org/>)
3. The swimmer's 10 highest scoring swims throughout the year are selected, with no more than 2 from each category, to give a total points score

Results

1. The Bedfordshire Masters Decathlon results are obtained by extracting Bedfordshire swimmers' results from the National Masters Decathlon results.
2. The final Bedfordshire Masters Decathlon results will be announced at the end of the year in the Beds ASA Masters Newsletter and the winners will be informed by the Masters Secretary
3. The final results will be announced after the results of the National Masters Decathlon have been finalised
4. Intermediate summary results will be published in the Beds ASA Masters Newsletter so swimmers can review their progress.

Awards

1. A trophy will be awarded to the top overall Male and Female swimmers with the highest total points scores.
2. If possible, the trophies will be presented by the Bedfordshire ASA President at a Beds ASA event (such as the County Swimming Championships), or at a meeting of the winner's club at which the winner is present.

Further Information

How to Score Well

To get a good score a swimmer should aim to complete ten swims with one or two swims in each of the six categories. The categories cover Freestyle, Distance Freestyle, Breaststroke, Backstroke, Butterfly and Individual Medley as in the following table.

Category	Events included
Category 1	50 Freestyle 100 Freestyle 200 Freestyle
Category 2	400 Freestyle 800 Freestyle 1500 Freestyle
Category 3	50 Breaststroke 100 Breaststroke 200 Breaststroke
Category 4	50 Backstroke 100 Backstroke 200 Backstroke
Category 5	50 Butterfly 100 Butterfly 200 Butterfly
Category 6	100 Ind Medley 200 Ind Medley 400 Ind Medley

No more than 2 swims per category are counted, and each event can only be considered once.

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