

RACE NIGHT POINT SCORE RULES

The purpose behind the 'Point Score' night is to encourage greater participation from members both in the competitive and development squads within the program.

These evenings will be limited on events to force and encourage swimmers to select and race in events that may not be their favorite but will help to build race practice and confidence.

Some athletes will get the chance to try new events that they may choose to swim again on an official night to achieve a qualifying time.

The point score nights will not be official. All swimmers will be divided into their respective age groups, based on their age at the beginning of the season (16th October).

10 Years and Under events:

- 25m
- 50m
- 100m
- 200m (10 Years Only)

11/12 Years events:

- 50m
- 100m
- 200m
- 400m (pending coach approval)
- 800m (pending coach approval)

13 Years and Over events:

- 50m (Freestyle only)
- 100m
- 200m
- 400m
- 800m (pending coach approval)
- 1500m (pending coach approval)

Points will be awarded to each swimmer depending on the length of the event they swim and their age group. Bonus points will be awarded for:

- Attendance - 1 point
- Entering 3 Races - 1 point
- Time Improvement - 2 points

All entries will be through [Swim Central](#)

