



Bear Trophy Time Trials



Bear Trophy is an internal competition aiming to encourage swimmers to compete with their club peers in a friendly atmosphere. It's unlike galas as they are not run under ASA laws with no swimmers being disqualified however swimmers are expected to abide by the rules to the best of their ability. Swimmers use the trials as method of measuring their own progression and the club uses the times as aid to team selection. 2016 has seen a few changes and in particular that they have been reduced to 4 Sundays with the emphasise shifting to measuring and rewarding improvements. They are open to all main pool swimmers, those swimmers still within the Yellow Jackets should speak to their respective teacher before participating and although run on a Sunday, Tuesday only swimmers can also take part.

Age Groups

Ages are as of 31st December of the current year.

Novice swimmers

These are swimmers who are in the top learn to swim classes of Levels 5/6 and into teaching pool

They swim together regardless of their age and parents should seek advice from their class teacher before entering.

Once a swimmer moves to the main pool they are grouped into their respective age group.

Distances swum

	Back	Breast	Fly	Free	Ind Med
Novice	25m	25m	25m	25m	
8's & Under not classified as a novice	25m	25m	25m	25m	
9 years not classified as a novice	50m	50m	25m	50m	
10 years	50m	50m	50m	50m	100m
11 years and over	50m	50m	50m	50m	100m

Optional with times not used for award purposes.
We encourage swimmers to take part

After each round the times are published on the club website.

Your times should then be inputted onto your personal record on the clubs data base Swim Club Manager. If you don't have a log in please contact Sue Phillips.

suziestar17@hotmail.com

End of Season Awards

A swimmer must complete a minimum of two full rounds to be eligible for any award.

The main Bear Trophy award will be awarded to the swimmers in each age group attaining the fastest aggregate time of the season.

This will be calculated using the PB times of the season achieved in each stroke including the IM if applicable.

Improver's awards will be given to the top three swimmers in each age group attaining the highest aggregate improvement calculated using the difference between an aggregate base time and the aggregate best time for the season.

As in previous years the swimmers of the main awards are ineligible for an improver's award.

In addition there will be grade progression certificates.

These will be awarded to all swimmers who progress from one or more grade to another during the course of the season.

The grades have been calculated to give all swimmers at all levels an opportunity to achieve the times required to progress to the next grade within a season.

Full details of the grading system can be obtained from Lead Diddy Coach John Edwards. jre_f1@hotmail.com

Awards are presented at the clubs presentation evening at the end of the season.

Below is an example of how times are recorded by the club for each swimmer and how the aggregate times and improvements are calculated. These will be published at the end of the season.

A Swimmer		Y.O.B	AGE			
		2004	12			
		Boys 11 +yrs Improvement Grades				
		Grade 16		03:00.00		
		15		03:07.50		
		14		03:15.00		
		13		03:22.50		
		12		03:30.00		
		11		03:37.50		
		10		03:45.00		
		9		04:00.00		
		8		04:15.00		
		7		04:30.00		
		6		04:52.50		
		5		05:15.00		
		4		05:37.50		
		3		06:00.00		
		2		06:22.50		
		1		06:45.00		
