



British Swimming Masters Decathlon Competition

The Decathlon competition is a method of ranking individuals nationally and fairly no matter what their age.

1. The British Swimming Masters Decathlon Competition is an annual competition in which swimmers accumulate points for up to 10 swims out of the 18 different swimming events (17 long course and 18 short course) available.
2. Swims recorded in the Masters Rankings are automatically entered into the competition. There are no entry forms to complete nor entry fees to pay.
3. The aim of the decathlon competition is to encourage greater participation, and to encourage competition across the age groups.
4. Each swim is awarded points as per the FINA Points Scoring tables. The time is age adjusted using the Rowson formulae. Long Course swim times will be converted to Short Course by using the current ASA Equivalent Performance Tables and all swims are scored using the latest Short Course FINA Points Scoring table.
5. At the end of the year the 10 swims are selected for each swimmer, the points are combined and count towards a total points score. Swims are selected as being, the highest points scoring event in each of the 6 categories, and then 4 of the next highest points scoring events in any of the categories.
6. Awards are given to the top three overall Male and Female swimmers with the highest total points scores, and the top Male and top Female clubs. Commemorative swimming hats are given to the top 10 men & women, and the top male and female club.
7. The 18 events are separated into 6 categories –

Cat 1: Freestyle	50 Freestyle 100 Freestyle 200 Freestyle	Cat 2: L/D Freestyle	400 Freestyle 800 Freestyle 1500 Freestyle	Cat 3: Breast	50 Breaststroke 100 Breaststroke 200 Breaststroke
Cat 4: Back	50 Backstroke 100 Backstroke 200 Backstroke	Cat 5: Fly	50 Butterfly 100 Butterfly 200 Butterfly	Cat 6: IM	100 Ind Medley 200 Ind Medley 400 Ind Medley

No more than 2 swims per category are counted, and an event may be taken into account once only.

How are positions calculated?

A set of formulae has been devised giving a separate formula for each individual event, both men's and women's. This gives 36 individual formulae called 'The Alan Rowson Formulae'. These formulae convert the swim time into one that can be compared to anyone of the same sex in the same event no matter what their age.

If you would like to read exactly how this works please see the link below courtesy of Alan Rowson:

<http://www.rowson.co.uk/alan/Masters-Swimming-age-adjustment/>

All ages of swimmers are taken as at 31st December in the year of competition.

This age adjusted swim time is then awarded points based on the **FINA Points Scoring Tables**. If you would like to look at this in more detail please visit <http://www.fina.org/>



British Swimming Masters Decathlon Conditions

1. The Competition will be managed and promoted by the British Swimming Masters Committee.
2. The Competition runs from 1 January to 31 December each year and will only include performances within this period.
3. Entry to the competition for both individuals and clubs is free.
4. The individual competition is open to all swimmers who are registered competitors of Swim England, Scottish ASA or Welsh ASA at the end of the competition period.
5. The team competition shall be open to all clubs affiliated to the ASA, Scottish ASA or Welsh ASA at the end of the competition period.
6. All competitors must be aged 25 years or over at midnight on 31 December in the year of the competition
7. For the Club competition:
 - a. The 4 swimmers with the highest points total from each club will be automatically selected for the male and female club competitions.
 - b. The swimmers are identified as representing the club designated as their Ranking Club. This information is taken from the Registrations Database.
8. Only swims submitted to the Masters rankings in a suitable electronic format will be accepted into the Decathlon Competition. Additional results (e.g. performances achieved at an international Masters competition) may also be included at the discretion of the promoters.
9. Results will be published on the British Swimming Website and will be continually updated throughout the period of the competition. The Final results will be announced during January following the close of the competition on 31st December each year, and will be published on the Masters Hub website.
10. Awards will be allocated at the discretion of the HCMSMG.
11. All matters not dealt with above shall be subject to decision by the British Swimming Masters Committee