

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 or 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 Finnish formulae. Both Long Course and Short Course swims are included with swims in each course scored using the relevant table.
5. At the end of the year for each swimmer the 10 swims are selected from each of 6 categories. The points awarded for these swims are combined to give a total points score for the year.
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.
In 2009 the prizes will be

Individual	1 st - £100	2 nd - £50	3 rd - £25	4 th -10 th - Cap
Club	1 st - £400			

7. The swims which count towards the total points score are selected as being, the highest points scoring event in each of the 6 categories, and then the 4 highest next highest points scoring event.
8. The 18 events are separated into 6 categories –

Group 1	50 Freestyle 100 Freestyle 200 Freestyle	Group 2	400 Freestyle 800 Freestyle 1500 Freestyle	Group 3	50 Breaststroke 100 Breaststroke 200 Breaststroke
Group 4	50 Backstroke 100 Backstroke 200 Backstroke	Group 5	50 Butterfly 100 Butterfly 200 Butterfly	Group 6	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.

Example

In this example the points awarded are shown for the best swim in the events in which the swimmer competed in.

Group 1	50 Freestyle	875	Group 2	400 Freestyle	730	Group 3	50 Breaststroke	670
	100 Freestyle	830		800 Freestyle			100 Breaststroke	700
	200 Freestyle	856		1500 Freestyle			200 Breaststroke	695
Group 4	50 Backstroke	850	Group 5	50 Butterfly	710	Group 6	100 Ind. Medley	850
	100 Backstroke	825		100 Butterfly	780		200 Ind. Medley	
	200 Backstroke			200 Butterfly	690		400 Ind. Medley	780

In this example
the highest points scoring event in each of the 6 categories =

50 Free	400 Free	100 Br/s	50 back	100 Fly	100 IM	Total
875	730	700	850	780	850	4785

the 4 highest next highest points scoring event =

200 Free	100 Back	50 Fly	400 IM	Total
856	825	710	780	3171

Giving a total of 4785 + 3171 = **7956 Points**

Age Conversion Factor – the Finnish formula*

1. The Conversion Factor is the (Square Root of (98-Age) x (98+Age)) divided by 94.757585. The Age of the swimmer is taken as at 31st December in the year of competition.
2. Thus for a 30 year old the (Square Root of (98-Age) x (98+Age)) divided by 94.757585 is 0.982.
3. For a 60 year old the (Square Root of (98-Age) x (98+Age)) divided by 94.757585 is 0.816.

FINA Points Scoring Tables

For full details on FINA Points please see visit <http://www.fina.org/>

$$\text{Points} = 1000 * (\text{Base Time} / \text{Age Adjusted Swim Time})^3$$

Base times for 1000 FINA Points

The base times are recalculated every four years after the Olympic Games, based on the average of the Top Ten of the All Time World Rankings.

The current Base Times calculated in Oct 2008 are as follows

Men Short Course		Womens Short Course		Men Long Course		Women Long Course	
50m F/S	21.10	50m F/S	23.81	50m F/S	21.49	50m F/S	24.21
100m F/S	46.45	100m F/S	52.42	100m F/S	47.56	100m F/S	53.44
200m F/S	1:42.47	200m F/S	1:54.05	200m F/S	1:45.07	200m F/S	1:55.73
400m F/S	3:37.85	400m F/S	3:59.87	400m F/S	3:42.68	400m F/S	4:03.13
800m F/S	7:36.85	800m F/S	8:11.55	800m F/S	7:45.63	800m F/S	8:18.82
1500m F/S	4:27.07	1500m F/S	15:48.47	1500m F/S	14:42.75	1500m F/S	15:56.73
50m Bk/s	23.46	50m Bk/s	26.82	50m Bk/s	24.86	50m Bk/s	28.00
100m Bk/s	50.47	100m Bk/s	57.50	100m Bk/s	52.98	100m Bk/s	59.19
200m Bk/s	1:50.18	200m Bk/s	2:03.62	200m Bk/s	1:55.28	200m Bk/s	2:06.95
50m Br/s	26.56	50m Br/s	30.07	50m Br/s	27.42	50m Br/s	30.66
100m Br/s	57.82	100m Br/s	1:04.93	100m Br/s	59.60	100m Br/s	1:06.37
200m Br/s	2:05.13	200m Br/s	2:19.52	200m Br/s	2:08.80	200m Br/s	2:22.74
50m Fly	22.79	50m Fly	25.55	50m Fly	23.33	50m Fly	25.86
100m Fly	50.20	100m Fly	56.41	100m Fly	51.03	100m Fly	57.21
200m Fly	1:51.38	200m Fly	2:04.13	200m Fly	1:53.79	200m Fly	2:05.64
100m I.M	52.23	100m I.M	59.75				
200m I.M	1:53.86	200m I.M	2:08.19	200m I.M	1:57.22	200m I.M	2:09.97
400m I.M	4:02.85	400m I.M	4:29.03	400m I.M	4:09.28	400m I.M	4:32.99

Conditions

1. The Competition will be managed and promoted by the British Swimming Masters Committee.
2. The Competition runs from 1st January 2009 to 31st December 2009 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 the ASA, 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 2009,
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 to whom they have been member of the longest. 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 2010 and will be published on the website and in the Masters News publication.
10. Awards will be given as follows for both male and female

Men's competition	1 st - £100, 2 nd - £50, 3 rd - £25, 4 th -10 th - Cap
Women's competition	1 st - £100, 2 nd - £50, 3 rd - £25, 4 th -10 th - Cap
Top Men's club	1 st - £ 400
Top Women's club	1 st - £ 400
11. All matters not dealt with above shall be subject to decision by the British Swimming Masters Committee