

Competition Info 2018-2019

August 2018 v2

Guiding Principles

- **Athlete First**
 - Cater for all abilities, all ages, all genders
 - Opportunity to compete/showcase their hardwork
 - Provide opportunity to reach potential for as long as they want to
- **Showcase Synchro**
 - Competition used to improve as an individual, as a team
 - Fun day out for the family
 - Attract sponsors/new clubs
- **Integrated System**
 - Clear pathway for athletes and officials
 - Easy to understand
 - A minimum of one Nationally organised event for everyone.

National Events

- **National Championships**
 - For the best swimmers and clubs in the Country.
 - Min 15 years (Junior and Senior Championships)
 - Minimum standards required
- **National Age Groups**
 - For the best Age-Groups swimmers:
 - 12& Under, 13-15 year olds
 - Minimum standards required
- **Combo Cup**
 - For all swimmers up to 18 years old
 - Open to all regardless of ability and gender
- **National Masters**
 - For all swimmers over 18
 - Open to all regardless of ability and gender

2018/19 Calendar – Dates and Venues

- National Age Groups 2018
• Venue: Gloucester GL1
24/25 November
 - National Age Groups 2019
• Venue: Manchester Aquatics
2/3 March
 - National Champs 2019
• Venue Harvey Hadden, Nottingham
27/28 April
 - Combo Cup 2019 *
 - London (provisionally booked)
6 July
 - National Masters *
 - Rugby (provisionally booked)
2 November
- * Venue and date provisional

Changes to Conditions

Changes to National Champs and Age Groups.

- As our membership and quality is increasing, we are pushing the limits of what we can achieve in a weekend competition. We have to consider the welfare of the athletes and the workforce.
- FINA's introduction of Tech Solos at junior level, removing figures at World level, shows a new direction for the sport and we need to adapt our events to ensure our athletes are prepared throughout the pathway, particularly for those who have ambitions to compete in the National squads.
- For all athletes (except international athletes) their peak competition should be a national event and the calendar is designed to help planning and preparation.

Calendar Planning for 2019 and beyond

Phase	Sep		Oct		Nov		Dec		Jan		Feb		Mar		Apr		May		Jun		Jul		Aug		
	Beg	End	Beg	End	Beg	End	Beg	End	Beg	End	Beg	End	Beg	End	Beg	End	Beg	End	Beg	End	Beg	End	Beg	End	
Phase of Training	General Prep				Specific Prep				Pre Comp		Taper						rest	GP	SP	PC	T				rest
Competition Season																									
Senior/ Junior Int'l	Squad Selection	Training										Early Season Comps				Training		Main Competition							
Age Group Int'l													Squad Selection	Training				Main Competition							
Domestic (National)					Masters								NAGS			Champs					Beacon	Combo Cup			
Region/Counties												RAGS			RChamps					Regions/ Counties					
Clubs								Xmas Show																	
Grade Testing				Testing	Testing					Testing							Testing	Testing							

2018 National Age Group Championships

- Events:

- 12&Under Figures, Free Solo, Free Duet, Free Team,
- 13-15: Figures, Free Solo, Free Duet, Free Team
- 15-18 Elements, Free Solo, Free Duet, Free Team

- Entry Qualifications:

Age Group	Figures	Elements	Free Solo	Free Duet	Mixed Duet	Free Team
12 & Under	3 Bronze	N/A	3 Silver	3 Silver	1 Bronze	3 Bronze
13-15 *	4 Bronze	N/A	4 Silver	4 Silver	1 Bronze	4 Bronze
15-18 *	N/A	5 Bronze	5 Silver	5 Silver	1 Bronze	5 Bronze

* Competitors who are 15 years of age may swim in either but not both 13-15 or 15-18 Age Groups

2019 National Age Group Championships

- Events:

- 9-10: Figures *
- 11-12: Figures *
- 12&Under Free Solo, Free Duet, Free Team, Free Combination
- 13-15: Figures, Free Solo, Free Duet, Free Team, Free Combination

- Entry Qualifications:

Age Group	Figures	Elements	Free Solo	Free Duet	Mixed Duet	Free Team	Combo
9-10	3 Bronze	N/a	3 Silver	3 Silver	1 Bronze	3 Bronze	3 Bronze
12 & Under	3 Bronze	N/A	3 Silver	3 Silver	1 Bronze	3 Bronze	3 Bronze
13-15	4 Bronze	N/A	4 Silver	4 Silver	1 Bronze	4 Bronze	4 Bronze

* All to swim 12&U figures, but separate results sheets will be created

NAG's 2019 - key condition changes

- Top 12 from figures will qualify for Free Solos and Free Duets.
 - 12&Under solos will be selected taken from 9-10 and 11-12 combined results.
- All Mixed Duets and Teams and Combos will swim
- Figures will be compulsory, with the exception of Mixed Duet competitors.
- For swimmers moving up an age group in the following calendar year may take the qualifying grade from 1 September of the previous synchro year.
 - Eg: 12 year old who will be 13 in 2019, can take grade 4 from 1 September 2018.

2019 Swim England National Championships (Junior and Senior)

Updated
16/8

- Events:
 - Technical Solo, Free Solo, Technical Duet, Free Duet, Technical Team, Free Team, Free Combination
 - All Technical Routines will be FINA Junior Elements (2017-2021)
- A maximum of 3 solos and 3 duets per club in either Technical and/or Free events.
- The order of swim will be determined by random draw.
- Minimum Age 15, no maximum age
 - Minimum Entry Qualifications:

Event	Tech Solo	Free Solo	Tech Duet	Free Duet	Mixed Tech Duet	Mixed Free Duet	Tech Team	Free Team	Combo
Figure Grade Qual	5 Silver or 6 Bronze	5 Silver or 6 Bronze	5 Silver or 6 Bronze	5 Silver or 6 Bronze	3 Bronze	3 Bronze	5 Bronze or 6 Bronze	5 Bronze or 6 Bronze	4 Bronze

- Medals will awarded for 1st, 2nd and 3rd places overall in all events
- Medals will be awarded to top 3 highest placed Junior Age Athletes in solos and duets. (15-18 years) The results for the junior athletes in solos and duets will be extracted from the overall results.
- Each event will be standalone – with the exception of the Redwood Trophy which will continue to be the highest total score from the Technical and Free Routine.

Combo Cup Changes

- Minimum number of swimmers in a Combo will be 6
- Clubs will be required to enter the correct age group and division
- Clubs may enter more than one combo in each age group and each division.
- Bonus points towards the overall Combo Cup will be given to teams of 10.
- 12&Under, Division 1 – Grade 2 and below
- 12&Under, Division 2 – Grade 3 and below