



Armadale Masters Swimming Club

Club Championships Rules (Most Improved)

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| By-Law: 7 | Club Championships Rules |
| Date Implemented: 18/11/2010 | |
| Last Amended: 7/07/2013 | Inclusion of 2nd step process for awarding of points |

Baseline Time

The Baseline Time is your best time swum in the previous year for each stroke and distance. New members and members with no previous year swim times will have their Baseline Time set after their first swim in that stroke and distance.

The Baseline Time is the method used to slowly allow a member swim times to increase with age. Long standing members Personal Best Times may have been achieved some years earlier. It becomes increasingly difficult to swim Personal Best Times as the years tick by therefore the Baseline Time is used for comparison purpose in the first instance.

Awarding Of Points

The awarding of points is decided by a twostep process. After each event the swimmers time is compared to their Baseline Time to work out their improvement percentage. Then the swimmers time is compared to their Personal Best Time to work out their improvement percentage. Whichever results in the most improvement will be used to determine the points awarded as per the point's table.

When the swimmer improves on their Baseline Time or their Personal Best that time then becomes their Current Year Best Time and from then on points are awarded as per the points table using their Current Year Best Time. The swimmers Current Year Best Time will be updated throughout the year as they steadily improve.

Members with no previous year swim will receive 1 point for their first swim unless a comparison to their Personal Best Time results in the awarding of more than 1 point. In this case the swimmers time becomes their Current Year Best Time.

New members will receive 1 point for their first swim and that time becomes their Baseline Time.

In the case of any tie at the end of the year, a count back will be used to determine the swimmer who improved by the greatest margin.

Points Table

- **1 point** For 1st swim or a time greater than 5% slower than the baseline time or current year best time. (Approximately 2+ seconds slower for 50m swim)
- **2 points** For a time 5% – 2.5% slower than the baseline time or current year best time. (Approximately 2~1 seconds slower for 50m swim)
- **3 points** For a time less than 2.5% slower and up to and equal with the baseline time or current year best time. (Approximately 1~0 seconds slower for 50m swim)
- **4 points** For a time greater than and up to 2% faster than the baseline time or current year best time. (Approximately 0~1 seconds faster for 50m swim)
- **5points** For a time greater than 2% faster than the baseline time or current year best time. (Approximately 1+ seconds faster for 50m swim)