

- i. The Swimming League will be run during the Age Group Time Trials held between October and July and any International Meets. At the end of the season Top Swimmer, Male and Female will be determined in three age groups (as defined in sections v, vi & vii below). Prizes will be awarded. The National Championships are excluded from this League. *(approved 02-10-2023)*
- ii. A Trophy for each Champion will be awarded. These awards will be presented during the season's National Swimming Championships or at the start of the following Season if the National Championships are not the last Meet of the Season. For this reason, the awards of the previous season will have to be returned to the ASA by the end of May. *(approved 02-10-2023)*
- iii. All swimmers who take part in the Age Group Time Trials will automatically be included in the League Table.
- iv. **Events**
  1. 50m Free
  2. 100m Free
  3. 200m Free
  4. 400m Free
  5. 800m Free
  6. 1500m Free
  7. 50m Breaststroke
  8. 100m Breastwork
  9. 200m Breaststroke
  10. 50m Fly
  11. 100m Fly
  12. 200m Fly
  13. 50m Backstroke
  14. 100m Backstroke
  15. 200m Backstroke
  16. 200m Individual Medley
  17. 400m Individual Medley
- v. Open category - Scoring will be based on the best 2 events. Age groups: Male Swimmers aged 19 and older during the year when the Season ends and Female Swimmers aged 18 and older during the year when the Season ends. *(approved 05-02-2020)*
- vi. Junior category - Scoring will be based on the best 4 events. Age groups: Male Swimmers aged 17 and 18 during the year when the Season ends and Female Swimmers aged 16 and 17 during the year when the Season ends. *(approved 05-02-2020)*
- vii. Cadets category - Scoring will be based on the best 8 events. Age groups: Male Swimmers aged 16 and younger during the year when the Season ends and Female Swimmers aged 15 and younger during the year when the Season ends. *(approved 05-02-2020)*
- viii. The points will be calculated according to the current WORLD AQUATICS Point System. These are shown on the results of all ASA Swimming Competitions.
- ix. An event can be swum more than once over the season and the best recorded time will count. Relay swims do not qualify for the league.