

- i. The Swimming League will be run during the Age Group Time Trials held between October and July and the International Easter Meet. 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.
- ii. A Trophy for each Champion will be awarded. These awards will be presented during the season's National Swimming Championships. For this reason, the awards of the previous season will have to be returned to the ASA latest 1 month prior to the start of the National Swimming Championships.
- 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	10. 50m Fly
2. 100m Free	11. 100m Fly
3. 200m Free	12. 200m Fly
4. 400m Free	13. 50m Backstroke
5. 800m Free	14. 100m Backstroke
6. 1500m Free	15. 200m Backstroke
7. 50m Breaststroke	16. 200m Individual Medley
8. 100m Breastwork	17. 400m Individual Medley
9. 200m Breaststroke	
- 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 FINA 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.