



Bear Trophy Information.

- Bear Trophy time trials have been part of Hinckley swimming Club for over 20 years.
- Although it's a competition it is also a way that a swimmer can measure their own performance and ultimately their improvement.
- They are conducted under race conditions but not under ASA Law and Technical rules.
- No swimmers are disqualified
- They are used by coaching and teaching staff to examine swimmers under race conditions and the results are used as a guide towards team selection.
- All main pool swimmers regardless of session or day that they swim are entitled to take part.
- They take place on a Sunday night 8 times a year.
- Dates are published on the events calendar on the club website
- Warm up is at 5-30pm for a 6pm start.
- Swimmers who are 10yrs and above swim 50 metres of all four strokes
- Swimmers who are 9yrs swim 25 metres of Butterfly and 50 metres of Backstroke, Breaststroke & Front crawl. **(please note this is a change for 2012)**
- Swimmers who are 8yrs and below swim 25 metres of all four strokes.
- All ages are as of 31st December of the year of competition.
- The first stroke to be swum is rotated each round.

- Points are allocated for the fastest 10 swimmers in each stroke age group and gender.
- Results are published on the club website each month.
- At the end of the year Bear Trophy awards are given to the top three swimmers of each age group and gender who have attained the highest points score over 7 out of the 8 rounds.
- Improver Awards are also given to the top three swimmers attaining the highest overall improvement over a minimum of 4 rounds.
- Swimmers must compete and fully complete a minimum of 4 rounds to be eligible for any award.
- A swimmer receiving an overall Bear Trophy award is not eligible for an Improver Award.