

## PERSONAL CHALLENGE

### **A competition for swimmers in Red, Orange, Yellow , Green & Green+**

Personal Challenge runs from January to June and the dates are published on the events page [[www.cheshamswimmingclub.org.uk](http://www.cheshamswimmingclub.org.uk)]. Swimmers should turn up for their normal squad time. The challenge to each swimmer is to show a consistent improvement in swimming times over a six month period. To this end each swimmer chooses a stroke and is timed swimming 50m of that stroke. (As the stroke has to be swum according to the rules of racing, swimmers will be discouraged from swimming a stroke at which they are not technically correct.)

Swimmers are timed the first time they swim at Personal Challenge and again at roughly 4 weekly intervals through 6 months - see the dates on the website. Please remember, those of you who have raced before, that if you swim a time in your first round that is much slower than your existing pb, Liz reserves the right to adjust your time to a more realistic figure! Swimmers score points for improvements in their times and lose points for swimming slower.

**To be eligible for awards, swimmers must take part in at least 4 rounds of the competition.** The winners, declared in June, are the 4 boys and the 4 girls who accumulate most points over the period of competition. **Even if you will be unable to compete in all the rounds of the competition it is important that you take part, as the competition provides YOU with race practice in a familiar setting and us coaches with an indication of how well you are progressing.**

### **The Points:**

In every round a swimmer scores 10 points for taking part. In every round a swimmer loses 5 points for a disqualification.

In rounds 2 - 6 points are gained or lost relative to **the previous fastest time swum.**

In rounds 2 - 6 swimmers score 1 point for every 0.1 second improvement in their time.

In rounds 2 - 6 swimmers lose 1 point for every 0.1 second worsening in their time.

### **Dates**

The dates in 2008 are 20<sup>th</sup> Jan, 24<sup>th</sup> Feb, 30<sup>th</sup> Mar, 27<sup>th</sup> Apr, 1<sup>st</sup> June & 29<sup>th</sup> June.

### **Presentations:**

These are held the Sunday following the last Personal Challenge swim date,

**Swim fast!!!!**

Liz Waddy

29<sup>th</sup> July 2008