THE FAST LANE
A POINT SCORE SERIES
2026 EDITION

CONTENTS

1. What, Who, When, Where, Why?

1.1 What is The Fast Lane?

Point Score is back! Get ready to race in the Fast Lane!

- Four galas across the season, giving swimmers clear goals to work towards.

- At each gala, swimmers race in three events and score points by competing against their own times.

- Our innovative scoring system rewards both improvement on target times and overall speed, meaning **ANYONE CAN WIN**.

- Points count towards awards and team totals at each gala.

It's a fantastic opportunity for swimmers to compete both individually and as part of a team regularly in a friendly, team-focused environment.

1.2 Who can take part?

- This competition is open to **ALL** Junior Squad members. It is also open to select members in Neptune 1, Neptune 3 and Club Fitness (by invitation from Dan Walsh).

- We hope that everyone will make this a target competition, especially if you have not qualified for Counties or Regionals.

- Set a goal and see if you can achieve it!

1.3 When and where do these galas take place?

The four galas will take place on the following Sundays in 2026.

1.	Winter Wonderland	15th February
2.	Splash Into Spring	12th April (**TBC**)
3.	May Madness	17th May (**TBC**)
4.	Summer Sizzler and **GRAND FINAL**	12th July (**TBC**)

All of the galas will take place at Sale Leisure Centre during the normal Sunday training hours, with warm up starting at approximately 4pm.

1.4 Why are we holding this Point Score series?

- So that swimmers get to compete against their own times on a regular basis, under competition conditions, allowing them to challenge for places in teams and prepare for racing.

- The galas will be licensed at Level 4, which means times achieved can be used to enter County Championships, and some other open meets.

It is vital that we have a full team of officials and volunteers. This will enable times to go to Swim England Rankings. If you would like to get involved, please email our Workforce Coordinator (Lisa) at workforcetmbsc@gmail.com.

2.1 Gala Programmes

The current event programmes, for all galas, are below. You may wish to use these to aid in your decision on which events to pick.

Please note, these are subject to change.

Gala 1 - Winter Wonderland - Sunday 15th February

1. 400m Freestyle
2. 100m Freestyle
3. 200m Freestyle
4. 100m Backstroke
5. 200m Backstroke
6. 100m Breaststroke
7. 200m Breaststroke
8. 100m Butterfly
9. 200m Butterfly
10. 50m Freestyle

Gala 2 - Splash Into Spring - Sunday 12th April (TBC)

1. 400m Ind. Medley
2. 100m Ind. Medley
3. 200m Ind. Medley
4. 100m Backstroke
5. 200m Backstroke
6. 100m Breaststroke
7. 200m Breaststroke
8. 100m Butterfly
9. 200m Butterfly
10. 50m Freestyle

Gala 3 - May Madness - Sunday 17th May (TBC)

1. 100m Butterfly
2. 50m Butterfly
3. 100m Backstroke
4. 50m Backstroke
5. 200m Freestyle
6. 100m Freestyle
7. 100m Breaststroke
8. 50m Breaststroke

Gala 4 - Summer Sizzler - Sunday 12th July (TBC)

1. 50m Butterfly
2. 50m Breaststroke
3. 100m Ind. Medley
4. 50m Backstroke
5. 50m Freestyle
6. **The Final**

Relays

- There is the potential to add team relays into the programmes.

- This will be entirely dependent on the time restraints of the gala and will be confirmed after entries have closed.

- If relays are added, each swimmer will be given the option to make themselves available for selection.

- There will be a variety of age groups and squads involved in each relay.

- Relays will be contested by the four new club teams.

2.2   Event Selection

Swimmers will compete in exactly three individual events at each gala. Events must be chosen by following the pathway and instructions for each section. This ensures a range of events are swam.

Which pathway?

Pathway 1   National Seniors, National Competition 1, National Competition 2

Pathway 2   Junior Competition, Junior Development 1, Junior Development 2, Youth Development 1, Youth Development 2

Swimmers in Senior Competition, Senior County 1 and Senior County 2 may choose to follow either pathway. They must stick with the pathway and may not choose events from both within a gala.

Swimmers in Neptune 1, Neptune 3 and Club Fitness will follow Pathway 2. They will be guided by Dan Walsh in which events they will swim.

2.3   Competition Format

- At each gala, swimmers will score up to 100 points with each swim.

- At the end of the gala, a leaderboard for each competition category (Open/Male and Female) will be produced.

- The winner of each gala will earn a space in the SKINS Final, to be contested at the end of Gala 4. If a gala winner is repeated, the 2nd-placed swimmer will be selected.

- The 3rd-placed swimmer is selected if the 2nd-placed and 1st-placed swimmers have already been selected for the Final.

- If any of the finalists cannot attend the final, the next-placed swimmer in the gala they were selected from will be chosen.

2.4   THE FINAL

- The Champion for each category will be decided through a 50m PB Skins knockout.

- The knockout will consist of three rounds, with one swimmer being knocked out after each round.

- The first three rounds will be a randomly chosen stroke, with the only exception being strokes where, for the swimmers in that round, there is one with no official time in the 12 months preceding the gala.

- The swimmer furthest above their PB (the relative slowest) will be knocked out.

- If all swimmers break their PBs, then the swimmer who broke their PB by the least will be eliminated.

- The final round will always be the 50m Freestyle. The remaining swimmers will occupy Lanes 3 and 4. The winner will be crowned the 2026 Point Score Champion.

2.5   Awards

- 1st, 2nd, and 3rd-placed swimmers in each category, at each gala, will receive a corresponding medal.

- The winner of the overall series, for each category, will be awarded a trophy.

APPENDIX 1 - PATHWAY DETAILS

Gala 1 - Winter Wonderland

Pathway 1

Section A - Pick 1 event
- 400m Freestyle
- 200m Freestyle

Section B - Pick 1 event
- 200m Butterfly
- 200m Backstroke
- 200m Breaststroke

Section C - Mandatory
- 50m Freestyle

Pathway 2

Section A - Pick 1 event
- 200m Freestyle
- 100m Freestyle

Section B - Pick 1 event
- 100m Butterfly
- 100m Backstroke
- 100m Breaststroke

Section C - Mandatory
- 50m Freestyle

Gala 2 - Splash Into Spring

Pathway 1

Section A - Pick 1 event
- 400m Ind. Medley
- 200m Ind. Medley

Section B - Pick 1 event
- 200m Butterfly
- 200m Backstroke
- 200m Breaststroke

Section C - Mandatory
- 50m Freestyle

Pathway 2

Section A - Pick 1 event
- 200m Ind. Medley
- 100m Ind. Medley

Section B - Pick 1 event
- 100m Butterfly
- 100m Backstroke
- 100m Breaststroke

Section C - Mandatory
- 50m Freestyle

Gala 3 - May Madness

Pathway 1

Pathway 2

Section A - Pick 1 event
200m Freestyle
100m Freestyle

Section A - Pick 1 event
200m Freestyle
100m Freestyle

Section B - Pick 2 events
100m Butterfly
100m Backstroke
100m Breaststroke

Section B - Pick 2 events
50m Butterfly
50m Backstroke
50m Breaststroke

Gala 4 - Summer Sizzler

Pathway 1

Pathway 2

Section A - Mandatory
100m Ind. Medley

Section A - Mandatory
100m Ind. Medley

Section B - Pick 2 events
200m Butterfly
200m Backstroke
200m Breaststroke

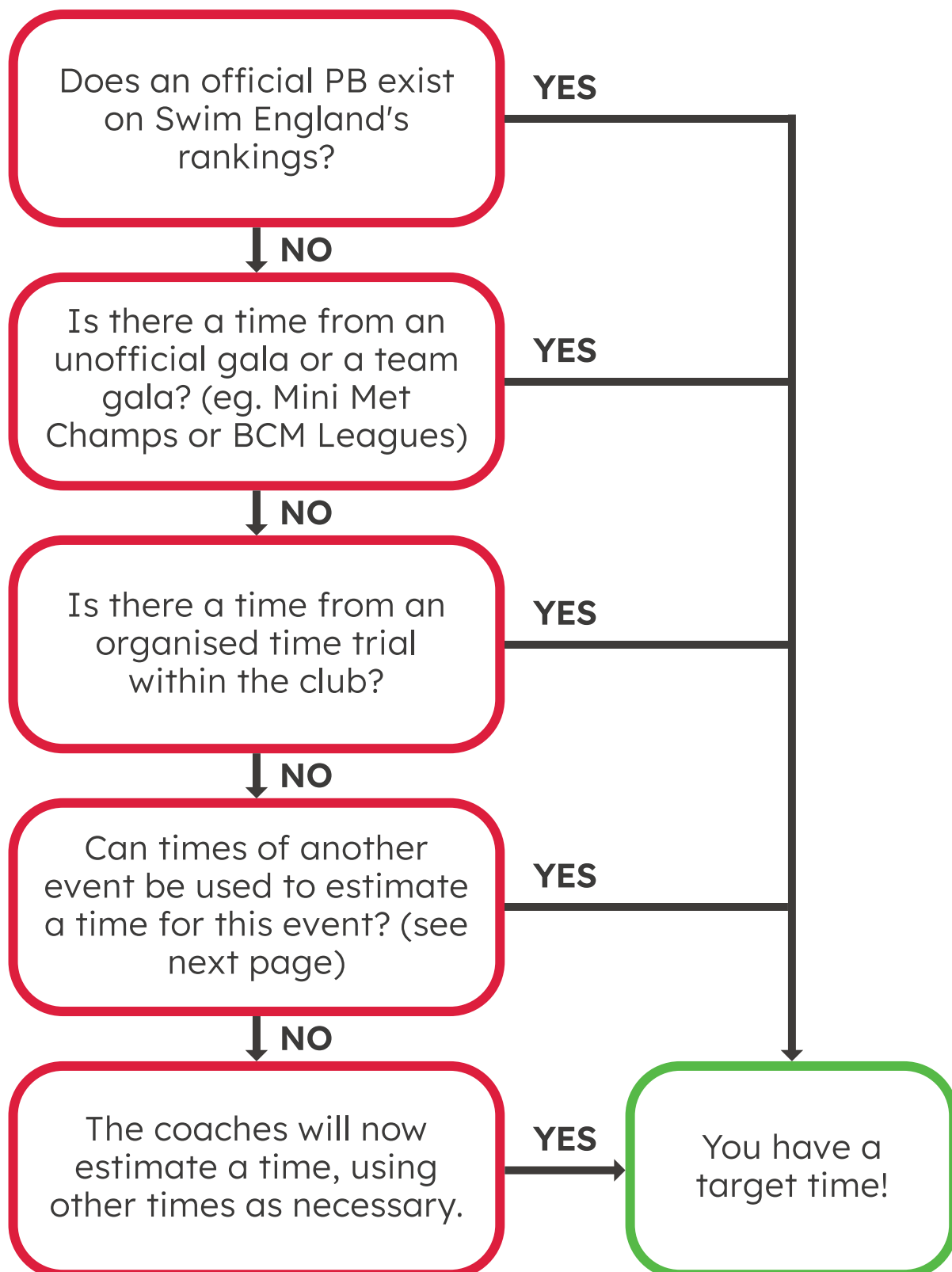### Section B - Pick 2 events
100m Butterfly
100m Backstroke
100m Breaststroke

APPENDIX 2 - TARGET TIMES

What are the target times?

The target time is the time used in scoring. In most cases this will be the swimmer's personal best. If a personal best does not exist, a target time can be estimated using the flow chart below.

Does an official PB exist on Swim England's rankings?

YES

NO

Is there a time from an unofficial gala or a team gala? (eg. Mini Met Champs or BCM Leagues)

YES

NO

Is there a time from an organised time trial within the club?

YES

NO

Can times of another event be used to estimate a time for this event? (see next page)

YES

NO

The coaches will now estimate a time, using other times as necessary.

YES

You have a target time!

Dates

All target times will have a date attached to them. This is used in the scoring to calculate the time decay. In the fourth box, in the flowchart, the time of the event used to estimate the target time will be used. If it is a medley estimate that has used four other time, the average date will be calculated and used. In the fifth box, any times used as evidence will offer their date.

Estimating Times

In order to have the same process for all, set multipliers and formulae will be used to estimate target times, if using the fourth box in the flowchart. We will use the tables and calculations below to set target times.

FREESTYLE		TO			
		50	100	200	400
FROM	50	x1	x2.19	x4.86	x10.35
	100	-	x1	x2.24	x4.70
	200	-	-	x1	x2.14
	400	-	-	-	x1

BUTTERFLY		TO		
		50	100	200
FROM	50	x1	x2.28	x5.18
	100	-	x1	x2.29
	200	-	-	x1

BACKSTROKE		TO		
		50	100	200
FROM	50	x1	x2.18	x4.84
	100	-	x1	x2.24
	200	-	-	x1

BREASTSTROKE		TO		
		50	100	200
FROM	50	x1	x2.22	x4.85
	100	-	x1	x2.25
	200	-	-	x1

100 IM — (SUM OF 50 TIMES) divided by 2.24

200 IM — (SUM OF 50 TIMES) divided by 1.16

400 IM — (SUM OF 50 TIMES) multiplied by 2.56

APPENDIX 3 - SCORING SYSTEM

Please note this section is a work in progress until a week before the first gala, in February. The notation is not perfect. The formulae have been put together bit by bit and have been tested on results from the 2025 Point Score.

Points Formula

Every swim counts. Each of a swimmer's three races will count towards their points total for the gala. They will also contribute points to the team total, as explained in Section 4.2.

The point scoring formula is:

$$P = \frac{I}{\tau} + S + B \, ,$$

where P is points scored, I is the improvement score, τ is the time decay, S is the speed score, and B is the breakthrough score.

P will be rounded to the nearest integer and capped at 100 points, although it will require an extraordinary combination of record-breaking speed and an exceptional level of improvement within a very short time frame for this to be reached.

The challenge is to find the events that will score the right combination of points. Do you swim an old event, looking for huge improvements? Do you swim a recent event, that you know will score highly in the speed score? In testing, improvement held the biggest significance for higher scores. Although, approximately 4 out of the top 10 scored very well on speed, still with good improvements.

For example, for a swimmer with a PB of 30.00, set a year ago. If they swim a 28.50, it would be a 5% improvement (~49 points), divided by 1.32 (~37 points). The record is 27.00 (speed score of ~21 points). The breakthrough score would be 7 points. This would result in a swim of ~65 points.
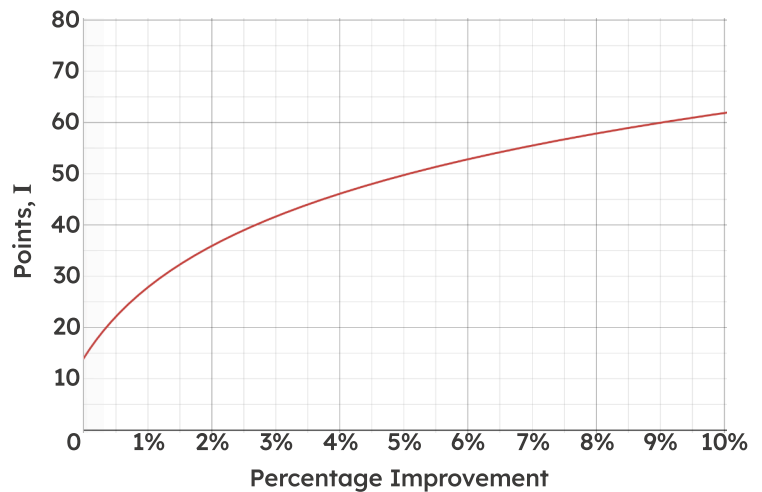
Improvement Score, I

The improvement score formula is:

$$I = 19.98 \times \ln\left(1 + 100\left(\frac{T_0 - T_1}{T_0}\right)\right) + 14 \, ,$$

where T_0 is the target time, and T_1 is the time recorded on the day. This is used if the target time is broken. If not, the swimmer will be awarded 8 points.

$\mathbf{I}$ is worth up to **60 points** of the total, although exceptional improvements (above 9%) may score more.


Time Decay, τ

The time decay formula is:

$$\tau = \begin{cases} 1, & T_1 > T_0 \ or \ \dfrac{\Delta t}{365} \leq 0.5 \\ 1 + 0.8\ln\left(0.5 + \dfrac{\Delta t}{365}\right), & \text{otherwise} \end{cases},$$

where Δt is the change in time, so the number of days between the date attached to the target time and the date of the gala.

The above formula states that if less than half a year has passed, there will be no reduction to the improvement score. For when more than half a year has passed, the improvement score will be **divided** by the resulting τ.
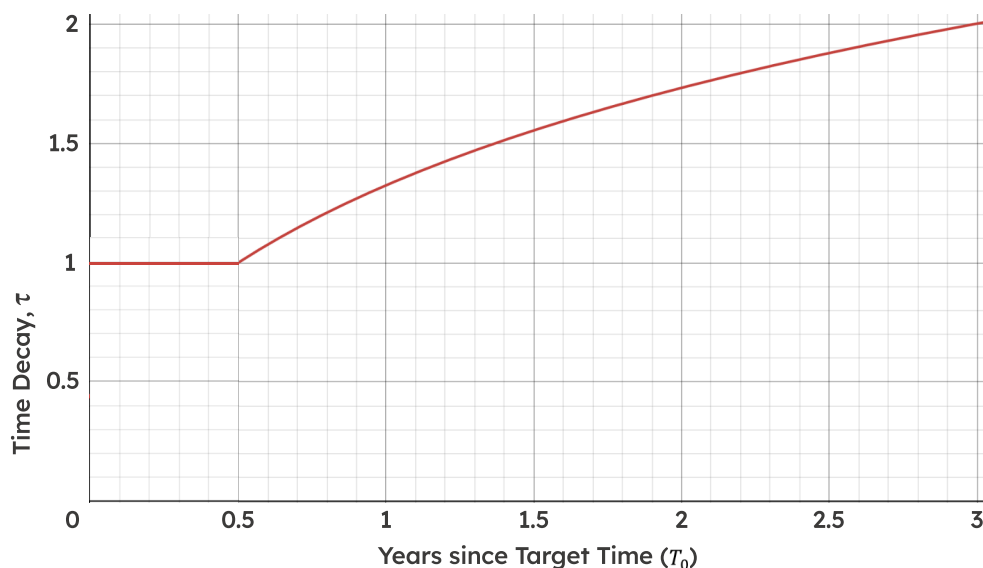
Speed Score, S

The speed score formula is:

$$S = 25 \times \left(\frac{R_{i,j}}{T_1}\right)^3 ,$$

where $R_{i,j}$ is the Trafford Record in event i for age group j.

This is based on the World Aquatics formula for working out WA Points. It rewards fast times, relative to the Trafford Record. The formula can be worth **25 points**, although record-breaking swims will exceed this. The value within the brackets will approach 1 as a time gets closer to the record.
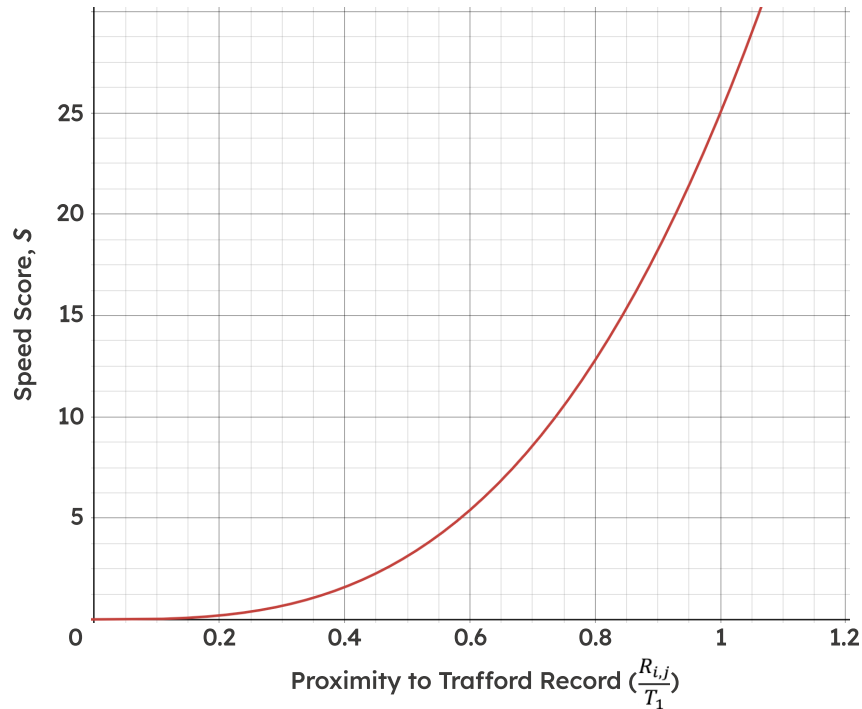
Breakthrough Score, B

The breakthrough score formula is:

$$B = 15 \times \left(\left[\begin{cases} 11 \left(\frac{T_0 - T_1}{T_0}\right), & T_1 \leq T_0 \\ 0.25, & T_1 > T_0 \end{cases} \right] + \left(\frac{R_{i,j}}{T_1}\right)^3 \right),$$

This combines speed and improvement so that 'breakthroughs', where a very fast swim has occurred which is a big improvement on the target time, are rewarded. If the target time was not improved upon, the first part will have the value 0.25. Both the improvement element and the speed element can reach a value of 1.

This is worth **15 points**, although exceptional performances (in terms of both improvement and speed) may score more.

Teams Scoring

After the successful test at the Club Sprint Championships, we are moving forward with having Club Teams. The four newly-formed teams, for 2025-2026, are Team Rose, Team Elliott, Team Letian and Team Sam. They will take to the pool for the first chance to win points at the Winter Wonderland Point Score, in February. They will be able to score points at each Point Score competition and each Club Championships for the remainder of the season. At the end of the season, one of those teams will be crowned Champions!

At Point Score, every point counts! The individual points scored in each swim will go towards the team total. In addition, for each heat, the 1st-placed swimmer will score 30 points and the 2nd-placed swimmer will score 15 points.

Relays! If relays are held at a Point Score meet, the winning team for each category will score 60 points. 2nd will score 30 points. 3rd will score 15 points.

At the end of the gala, the teams will be awarded **League Points**. These add up for the remainder of the season to decide the Champions. At each weekend of Point Score or Club Championships, the winning team of the meet will score 4 League Points, 2nd will score 3 LPs, 3rd will score 2 LPs, 4th will score 1 LP.