

Swimming “Points”

Every swim has associated “points” indicating the quality of the swim, either at a developmental level (ages 12-18) or at the Senior international level (no associated age).

- The points associated with developing swimmers at the age-group level are called “Malaysia Age Points”
- The points associated with elite swimmers at the international level are called “[AQUA Points](#)”.

This point system is used for developmental and elite evaluation in countries all over the world, including the United States, Canada, Australia, and the United Kingdom, facilitating comparison and tracking of the quality of performances across strokes, distances, events, and between age groups.

The point system enables relative performance to be tracked through the developmental ages up to international high performance results. The Power Points are adjusted for each age 12-18 to indicate high performance at each developmental stage, and the AQUA Points indicate overall open category performance. The points scale ranges from 1 to 1100 points.

Examples of Point Applications:

- To assess the strengths between distances and strokes. For example, a swimmer can compare his/her point score in the 100 Back vs. the 200 Back or compare performance in the 100 Fly vs. the 200 IM.
- To determine the quality of short-course vs. long-course swims. This comparison is a great way to measure progress from the end of the short course season through the long course season through a standard point system rather than through the less accurate time conversion process.
- To support Long Term Athletic Development in clubs as they can use combined age points (perhaps in a “cluster” or a certain set of events) as one of their requirements for promotion to higher-level practice groups or in giving awards in developmental areas or to implement talent identification.
- To allow for the evaluation of relative performance improvements over different maturation periods (i.e. 11-12 boys vs. 13-14 boys or 11-12 girls).
- To facilitate fun intrasquad competitions between age groups in a club or state programs, i.e. Group 3 girls vs. 1 boys. 200 Free results can be ranked by points as opposed to times.
- There are several different ways that power points can be used to determine high performance awards at a swim meet.
- To allow meet hosts or teams to use power points as another way to score team points at a swim meet or award “Performance of the Meet” (highest point score), “Most Improved Swim” (greatest number of points improvement), or similar type acknowledgments after each swim meet.

Power Point Calculator: A swimmer can calculate his or her power point score instantly by using the **Malaysia Age Point Calculator**. Just select the course, event, age, and gender and enter the time into the calculator and then click on the *Calculate* button. **Summary**

Swimming Age Points provide a standardized and versatile framework to evaluate and compare performances across all levels of the sport. By bridging developmental milestones through the track to international high performance and standards, this system empowers swimmers, coaches, and organizations to track progress, set goals, and recognize achievements in a meaningful and equitable way.