



ASAJ INTER SCHOOL SYNCHRONIZED SWIMMING COMPETITION

- VENUE:** National Stadium Pool – Kingston Jamaica
- DATES:** March 11 – 12, 2005
- Eligibility:** All Primary, Secondary, Tertiary Level school swimmers who are registered with their respective schools. All schools registered with the ASAJ. No limitation on age group as competition is a Tier Level competition.
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| Tier 1 | Star 1-3 |
| Tier 2 | Stars 4-6 |
| Tier 3 | Stars 7-8 |
| Tier 4 | Stars 9-10 |
| Tier 5 | Superstars 1-2 |
| Tier 6 | Superstars 3-4 |
| Tier 7 | Superstars 5-7 |
- Events:**
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| Tier 1 | Solo, Duet, Team |
| Tier 2 | Solo, Duet, Team |
| Tier 3 | Solo, Duet, Teametc. up to Tier 7 |
- Entry Fees:** J\$150.00 per swimmer.
- Entry Limits:** Three (3) Solos, Three (3) Duets and Two (2) Teams per category per tier level.
- Entry Deadline:** March 3, 2005. Entries are to be delivered to ASAJ office, National Stadium Swimming Pool, Kingston, Jamaica
- Rules:** The competition will have two (2) primary components: a Figures competition and a Routines competition. Combined results (50% / 50% weighting) will determine overall scores. Unless otherwise specified, FINA rules in force at time of competition will apply. Figure groups: see attached listing of tier level figures from Synchro Canada Star Programme as on attached sheet.

Technical Meeting:

Thursday, March 10, 2005, 4:00pm-location: SDF.
Draws for order of appearance in Figures and Routines shall be conducted at this time. The Judging panels will be announced. Any questions or clarification will be done at this time. Scratches and entries re-checked.

Awards:

Points will be awarded to the top eight places in each event solo event 9,7,5,4,3,2,1. Points will be doubled for Duets and teams. Ribbons will be awarded for first to eighth place finishes in solos, duets and teams events.

Programme: (Tentative – To be confirmed after receipt of entries)

Practice Times

Friday 12:30 – 2:30pm & 6:00 – 8:00pm. Specific times will be given to each school in approximately half hour blocks and/or depending on numbers of entries.

FIGURES COMPEITION

Friday March 11, 2005 : Session 1-Pool opens for Warm-up at 7:30 am

Start time: 9:00am – 11:30am Diving Pool (Tiers 1 & 2)

Session 2 – Pool opens for Warm-up at 2:30pm

Start time: 3:30pm – 5:30pm Diving Pool (Tiers 3 – 7)

ROUTINES

Pool opens for warm up 7:30am Saturday March 12, 2005

Solo Routines Competition start time 9am Deep End of 50m Pool

Warm up 1:30pm - Duets and Teams Competition start time 3:30pm Deep End of 50m Pool

Events:

Solos for each tier level

Duets for each tier level

Teams for each tier level

RULES AND REGULATIONS

- 1 Passes will be provided for officials, coaches and competitors.
- 2 Each swimmer is required to present the pass at the entrance gate for the meet.

- Swimmers who fail to present their pass will have to pay the prescribed entry fee. Misuse of pass will result in confiscation of the pass and the appropriate disciplinary action taken against the offender and the respective school.
3. Schools are required to provide volunteers to act as runners and perform other functions essential to the smooth running of the competition. Volunteers **MUST** report to the Meet Director at least **60 minutes** before the start of the session. **Schools that do not provide the following number of volunteers will not be allowed to participate in the competition;**
 4. **All music for routines competition must be submitted to person in charge of music at least one and a half hours(1 1/2) before start of competition. Music must be either on tape or CD, clearly labeled with competitors name, team, number and order of appearance.**
 - 1-10 swimmers entered - 1 **volunteer** per session
 - 11 & more swimmers entered - 3 volunteers per session

MARSHALLING

1. There will be no Marshalling area for the meet; the next event must be in holding area while the current event is in progress.
2. The coaches are responsible to get their swimmers to the holding area. It is the responsibility of the swimmer to swim in the correct event.

ENTRIES AND RESULTS

1. Ages for the competition shall be as of midnight on Dec.31. 2005
2. Competitors will only be allowed to swim in their tier level.
3. Competitors entered in a lower skill group than their skill level will be barred from swimming for points and awards in their correct group in the entire competition.
4. All swimmers entered must be registered with their School.
5. Scratches and name spelling corrections and checking of the original entry are to be done at the Technical Meeting. Any rule or technicality requiring clarification will be explained at the Technical Meeting.
6. If a swimmer does not appear on the final programme after the Technical meeting and was not scratched at the Technical Meeting, then correction must be made to the order of appearance.
7. Scratches are allowed at any time.

AWARDS AND POINTS

1. Points for each event will be awarded as follows: 9,7,6,5,4,3,2,1 for places first to eighth respectively for individual events. For duets and teams the points will be doubled.
2. Trophies will be awarded as follows:
 - There will be a trophy for the overall winning school in the High Schools.
 - There will be a trophy for the overall winning school in the Prep Schools
 - There will be a trophy for the overall winning school in the Tertiary Institutions

FIGURES FOR INTER SCHOOL SYNCHRO COMPETITION

TIER 1	STARS 1 – 3	TUB SOMMERSAULT BACK TUCK SAILBOAT FLOWERPOT
TIER 2	STARS 4 – 6	BALLET LEG SINGLE BLOSSOM SOMMERSAULT FRONT PIKE SOMMERSAULT BACK PIKE
TIER 3	STARS 7 – 8	KIP SOMERSUB WALKOVER FRONT ARIANA
TIER 4	STARS 9 – 10	BARRACUDA SUBALINA EIFFEL TOWER PORPOISE
TIER 5	SUPER STARS 1 – 2	STRAIGHT LEG SWORDFISH CATALINA REVERSE SIDE FISHTAIL SPLIT ALBATROSS
TIER 6	SUPER STARS 3 – 4	ALBATROSS SPIN 180 CATALINA BARRACUDA TWIRL KIP SPLIT
TIER 7	SUPER STARS 5 – 7	BARRACUDA SPIN UP 360 MINERVA CATALINA SPIN UP 180 / PORPOISE SPIN 180 ARIANA