

Rodney Heights Aquatic Centre



ST. LUCIA WEST INDIES

**10th INTER-CLUB INVITATIONAL
SWIM MEET**

April 2 – 5, 2009

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The Rodney Heights Aquatic Centre in St. Lucia West Indies extends to you a cordial invitation to Celebrate with us our TENTH INTERNATIONAL CLUB INVITATIONAL MEET to be held in St. Lucia, April 2 – 5, 2009. We will once again be swimming MASTERS along side Age Group Swimming.

Course: 8-lane 25 meter pool with Colorado Electronic Timing. Hy-Tek Software.
False Start FINA rule "SW 4.4" will be in effect: NO FALSE STARTS 8 and Over

STARTS WILL BE OVER THE TOP WHEREEVER POSSIBLE.

Age Groups: Individual Events	6 & Under, 7 – 8, 9 – 10 , 11 – 12 , 13 – 14, 15 – 18, MASTERS
Relays	8 – Under, 9 – 12, 13 – 18, Masters

MASTERS Age Groups: Ind. 18-24,25-29,30-34,35-39,40-44,45-49,50-54,55-59, 60-64,65-69,70-74,75-79 etc.
Relays 76-99,100-119,120-159,160-199,200-239, 240-279,280-319,320-359, etc.

OPEN EVENTS WILL BE SCORED ACCORDING TO THE ABOVE AGE GROUPS.

The age of the swimmer on December 31, 2008 will determine the age group that the swimmer is eligible to swim.

Qualifications : Competitors must be amateurs as defined by FINA and registered swimmers with the Federation of the country sanctioning their participation.

Agenda

Thursday, April 2, 2009	Arrival of Teams	
	Warm-Up	5:00 PM – 5:45 PM
Session 1	Day 1 – Championships	6:00 PM Start
	ONLY 1500 AND 800 AND 400 IM WILL BE SWAM ON THUR EVENING	
	Technical Meeting	7:00 PM
Friday, April 3, 2009	Warm-Up	7:30 AM – 8:50 AM
Session 2	Day 2 – Championships	9:00 AM Start
	ONLY 400 WILL BE SWAM ON FRIDAY MORNING	
	Warm-Up	4:00 PM – 5:20 PM
Session 3	Opening Ceremony	5:30 PM – 6:00 PM
	Day 2 – Championships	6:00 PM – 8:30 PM
Saturday, April 4, 2009	Warm-Up	7:30 AM – 8:50 AM
Session 4	Day 3 – Championships	9:00 AM Start
	Warm-Up	4:00 PM – 5:20 PM
Session 5		

	Day 3 – Championships	5:30 PM – 8:30 PM
Sunday, April 5, 2009	Warm-Up	7:30 AM – 8:50 AM
Session 6	Day 4 – Championships	9:00 AM Start
	Closing Awards Ceremony	30 min following finish

Registration and Entries

Entries must be made on the entry form, which accompanies this Notice. The entries must be returned to the Centre by **Wednesday, March 28, 2009** although we would appreciate a verbal response of your desire to participate as soon as possible with number of swimmers. Entries should be sent in Team Manager Format or on Excel spreadsheet. Entries should be returned to the following **address:**

Rodney Heights Aquatic Centre
 Meet Director: Dr. Diane S. Worrell
 P.O. Box 908
 Castries, St. Lucia West Indies
 Phone: (758) 450-7946 e-mail: dsw.slu@gmail.com
 Fax: (758) 458-0772 aquatic@candw.lc

The following will apply to all entries:

1. **There is no limit to the number of swimmers which your club can enter in an event, however, only the two highest placed swimmers will score team points.**
2. **Unattached swimmers encouraged to participate.**
3. There shall be neither substitutes nor alternatives in individual events.
4. Each Club may enter a maximum of two teams per relay event only one team will score points.
5. There is no restriction on the number of events in which an individual competitor may participate.
6. Heats will be announced and swimmers missing their respective heat will not be allowed to take part in the event.
7. The fees are as follows:
 - (i) EC\$20.00 (US\$ 8.00) - Team Fees
 - (ii) EC\$5.00 (US\$ 2.00) - per swimmer per entry, no entry limit
 - (iii) EC\$10.00 (US\$ 4.00)- per entry for Relay Team
 - (iv) EC\$10.00 (US\$ 4.00) - for each scratch after Technical meeting
 - (v) EC\$12.50 (US\$ 5.00) - Penalty fee for swimmers who fail to scratch, or fail to swim. This penalty must be paid before the swimmer is permitted to swim further in this Meet.
 - (vi) EC 10.00(US\$ 4.00) - per late entry after Technical meeting. Late entries will be only allowed in heats with open lanes in an already seeded event.
8. Entry Fees must accompany entry forms or be paid on arrival of team. No team will be allowed to start the competition without payment of meet fees.
9. Swimmers competing in relay events must be registered in the meet.

Age Group Awards

1. **Medals** will be awarded to the top three (3) places in each event and ribbons will be awarded for 4th to 8th place.
2. **Trophies** will be awarded to the swimmer in each group, male and female, with the highest number of points. **Medals** will be awarded to the swimmers with the 2nd and 3rd place points in each age group.
3. **Trophies** will be awarded to the 1st, 2nd, and 3rd placed Teams in the competition.
4. Scoring shall be as follows:

Individual Events	9, 7, 6, 5, 4, 3, 2, 1	Relays Double Points
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5. Starts will be over the top wherever possible.
6. RELAYS WILL BE AWARDED RIBBONS NOT MEDALS.

MASTERS Awards: Ribbons will be awarded for first through third places in each age group in each individual event.

Officials : Each club participating will be asked to provide TWO officials for each session of the meet. Officials names should be sent with the entries if possible. Volunteers would be appreciated.

Sanctioned By : St. Lucia Amateur Swimming Association in accordance with FINA Rules.

Protests : The designated team representative must file a signed protest to a referee decision with the meet referee within one hour of the posted results of the event. The cost of the protest will be \$20 USD. The protest will go to the protest committee that will be named prior to the meet start. If the protest is upheld the fee will be returned to the team official.

Finishes : Swimmers will remain in their lane until all swimmers finish the race.

Programme : There will be no Heats or Preliminaries. All events are Timed Finals and seeded according to entry time. **Note: For a seed time the FINA rule needs to be observed, it is a BEST OFFICIAL TIME ACHIVIED IN A LAST 12 MONTHS not a time you hope to achieve.** Only if you have no seed time should you enter NT.

The pool will be open each day 90 minutes prior to the meet for warm-up. Lane assignments will be given at the beginning of day one of the meet.

Refreshments: Food and drinks will be available on the premises throughout the meet. Group meal rates will be available each day and orders must be placed by 9:30 am each morning to be picked up during the lunch hours. Heat Sheets will be on sale during the meet.

10TH RHAC INVITATIONAL

2 - 5 April 2009

DAY ONE Session One: THURSDAY April 2nd 2009

Warm-up 5:00 pm Start 6:00 pm.

<u>Event</u>	<u>Age Group</u>	<u>Distance/Stroke</u>
1	OPEN	800 m Free Female
2	OPEN	1500 m Free
3 - 4	11 & OVER	400 IM

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DAY TWO Session Two: FRIDAY April 3, 2009

Morning Warm-Up 7:30 am – 8:50 am. Start of Meet 9:00 am.

<u>Event</u>	<u>Age Group</u>	<u>Distance/Stroke</u>
5 – 6	8 & Under	200 m Free
7 – 8	9 – 12	400 m Free
9 – 10	13 – 14	400 m Free
11 – 12	15 – Over (includes Masters)	400 m Free

DAY TWO Session Three: FRIDAY April 3rd

Afternoon Warm-up 4:00 pm – 5:20 pm. March past 5:30 pm. Start of Meet 6:00 pm

<u>Event</u>	<u>Age Group</u>	<u>Distance/Stroke</u>
13 – 14	8 & Under	100 m IM
15 – 16	9 – 10	100 m IM
17 – 18	11 – 12	200 m IM
19 – 20	13 – 14	200 m IM
21 – 22	15 – 17	200 m IM
23 – 24	MASTERS	100 m IM
25 – 26	6 & Under	25 m Breast
27 – 28	7 – 8	25 m Breast
29 – 30	9 – 10	50 m Breast
31 – 32	11 – 12	50 m Breast
33 – 34	13 – 14	50 m Breast
35 – 36	15 – 17	50 m Breast
37 – 38	MASTERS	50 m Breast
39 – 40	8 & Under	25 m Fly
41 – 42	9 – 10	100 m Fly
43 – 44	11 – 12	100 m Fly
45 – 46	13 – 14	100 m Fly
47 – 48	15 – 17	100 m Fly
49 – 50	MASTERS	100 m Fly
51	8 & Under Mixed	4 x 50 m Fr Relay
52	9 – 12 Mixed	4 x 50 m Fr Relay
53	13 – 17 Mixed	4 x 50 m Fr Relay
54	MASTERS Mixed	4 x 50 m Fr Relay

Mixed Relays comprise of 2 Males and 2 Females in Each Age Group

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DAY THREE Session Four: SATURDAY April 4th, 2009
Morning Warm-up 7:30 am - 8:50 am. Start of Meet 9:00 am

<u>Event</u>	<u>Age Group</u>	<u>Distance/Stroke</u>
55 - 56	6 & Under	25 m Free
57 - 58	7 - 8	25 m Free
59 - 60	9 - 10	50 m Free
61 - 62	11 - 12	50 m Free
63 - 64	13 - 14	100 m Free
65 - 66	15 - 17	100 m Free
67 - 68	MASTERS	100 m Free
69 - 70	OPEN	200 m Breast
71 - 72	6 & Under	25 m Back
73 - 74	7 - 8	25 m Back
75 - 76	9 - 10	50 m Back
77 - 78	11 - 12	100 m Back
79 - 80	13 - 14	100 m Back
81 - 82	15 - 17	100 m Back
83 - 84	MASTERS	100 m Back

DAY THREE Session Five: SATURDAY April 4th, 2009
Afternoon Warm-up 4:20 pm. - 5:50 pm. Start of Meet 6:00 pm

<u>Event</u>	<u>Age Group</u>	<u>Distance/Stroke</u>
85 - 86	8 - Under	100 m Free
87 - 88	9 - 10	100 m Free
89 - 90	11 - 12	100 m Free
91 - 92	13 - 14	50 m Free
93 - 94	15 - 17	50 m Free
95 - 96	MASTERS	50 m Free
97 - 98	OPEN	200 m Fly
99 - 100	6 & Under	50 m Back
101 - 102	7 - 8	50 m Back
103 - 104	9 - 10	100 m Back
105 - 106	11 - 12	50 m Back
107 - 108	13 - 14	50 m Back
109 - 110	15 - 17	50 m Back
111 - 112	MASTERS	50 m Back
113 - 114	10 & Under	4 x 50 Medley Relay
115 - 116	11 - 14	4 x 50 Medley Relay
117 - 118	15 - Over	4 x 50 Medley Relay

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DAY FOUR Session Six: SUNDAY April 5th 2009

Morning Warm-up 7:30 am - 8:50 am. Start of Meet 9:00 am

<u>Event</u>	<u>Age Group</u>	<u>Distance/Stroke</u>
119 - 120	6 & Under	50 m Free
121 - 122	7 - 8	50 m Free
123 - 124	9 - 10	200 m Free
125 - 126	11 - 12	200 m Free
127 - 128	13 - 14	200 m Free
129 - 130	15 - 17	200 m Free
131 - 132	MASTERS	200 m Free
133 - 134	7 - 8	50 m Fly
135 - 136	9 - 10	50 m Fly
137 - 138	11 - 12	50 m Fly
139 - 140	13 - 14	50 m Fly
141 - 142	15 - 17	50 m Fly
143 - 144	MASTERS	50 m Fly
145 - 146	OPEN	200 m Back
147 - 148	6 & Under	50 m Breast
149 - 150	7 - 8	50 m Breast
151 - 152	9 - 10	100 m Breast
153 - 154	11 - 12	100 m Breast
155 - 156	13 - 14	100 m Breast
157 - 158	15 - 18	100 m Breast
159 - 160	MASTERS	100 m Breast
161 - 162	10 & Under	4 x 50 m Free Relay
163 - 164	11 - 14	4 x 100 m Free Relay
165 - 166	15 & Over	4 x 100 m Free Relay
167 - 168	MASTERS	4 X 50 m Free Relay

AWARDS CEREMONY 30 MIN AFTER CLOSE OF MEET

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Accommodations:

FOR THIS 10TH INVITATIONAL SWIM MEET THE AQUATIC CENTRE HAS RECEIVED SOME CONCESSIONARY RATES AT THE AREA HOTELS SINCE WE HAVE MADE BLOCK BOOKINGS. IF YOU DESIRE TO TAKE ADVANTAGE OF THESE RATES PLEASE CONTACT TRAVELWINDIES AS SOON AS POSSIBLE. WE ALSO HAVE SPECIAL RATES WITH THE AIRLINES FOR THIS 10TH INVITATIONAL.

AIR, HOTEL AND GROUND Transport will be arranged for teams who request. EMAIL INFO ATTENTION ORGANIZING COMMITTEE: Transport.