

THE BARBADOS AMATEUR SWIMMING ASSOCIATION

Extends A Cordial Invitation To Swimmers Affiliated To Your Federation To Participate In The 2009 Short Course National Competition December 01– 6, 2009

**Events will be swum in the following age categories (female and male):
8 & U, 9-10, 11–12, 13-14, 15-17, 18 -24 & masters.**

We attach an entry form (which can be copied as required) together with an order of events. The entry deadline is Friday, November 20, 2009. We ask that you kindly communicate this information to all your affiliated swim clubs.

**1..POOL SPECIFICATIONS: 8 LANE 50 M POOL WITH 25 M WARM
DOWN FACILITY**

2..SCHEDULE:

Tuesday, December 1	Session 1: Meet starts at 6:00 PM Warm up 4:30 PM
Wednesday, December 2	Session 2 : Meet starts at 6:00 PM Warm up 4:30 PM (Opening Ceremony) 5:45 PM
Thursday, December 3	Session 3: Meet starts at 6:00 PM Warm up 4:30 PM
Friday, December 4	Session 4: Meet starts at 6:00 PM Warm up 4:30 PM
Saturday, December 5	Session 5: Meet starts at 4:00 PM Warm up 2:30 PM
Sunday, December 6	Session 6: Meet starts at 4:00 PM Warm up 2:30 PM

3...COMPETITION RULES:

**The competition will be conducted in accordance with FINA Rules
2005-2009 in force at the start of the competition.**

Fina rule SW 4.4 shall be applied.

3.1.. AGE GROUPS:

- Individual events

8 & U, 9-10, 11-12, 13-14, 15-17; 18 -24; MASTERS.

The Swimmer's age on December 31st, 2008 will determine the age group in which he/she is eligible to participate.

3.2...REGISTRATION & ENTRIES:

Each Club must submit a letter of sanction to the Meet Director from its Federation indicating that participating swimmers and the club are in good financial standing. Competitors must be registered swimmers with the Federation of the Country sanctioning their participation.

Entries must be made on the accompanying ENTRY FORMS in EXCEL FORMAT and sent via email to: basa@caribsurf.com. All entries must be returned to the Barbados Amateur Swimming Association by **Friday, November 20th 2009, the deadline date**. Entry form and summons will be posted on the BASA website.

The following rules will apply to all entries:

- 1.. There shall be no restrictions on the number of events in which an individual competitor may participate.
- 4.. Heats will be announced and swimmers missing their respective heat will not be allowed to take part in that event.
- 5.. There shall be no preliminaries. All events are timed finals.
- 6...The pool will be opened 90 minutes before each session for warm-up.
- 7...The warm up routine will be an open lane format with sprinting taking place in lanes 1 & 8 starting from the stadium end of the pool 30 minutes before the end of the warm up period. Pace laps will take place in the inner lanes.
- 8... Swimmers desiring to swim exhibition events must make the entry on a separate entry form labeled EXIBITION SWIM to be submitted on or before the deadline date.
- 9... Ad hoc deck entries will not be accepted.
- 10.. Swimmers must report to the waiting area at least 4 heats before the event in which the swimmer has been entered. If the swimmer is not in the waiting area by the designated time a decision may be taken that the swimmer has scratched the event.
- 11 Scratches without penalty will be accepted on or before November 26th, 2009 sent via the internet or faxed to the Association and signed by the Coach.
- 12 **A scratch penalty fee of Bds 8.00/US\$4.00 must be paid after November 26th, 2009.**

3.3...Entry fees:

Entry fees are as follows:

- (a) US\$2.00 per event

Clubs/Federations from overseas must pay entry fees on arrival. The Psyche sheet will be posted on the website www.swimbarbados.com on November 26, 2009.

4 ...AWARDS:

- 4.1 Medals will be awarded to the first three (3) swimmers in each event. Additionally medals for these places will be shared with local swimmers.

SCORING:

Scoring shall be as follows:

First Place	-	9 points
Second Place	-	7 points
Third Place	-	6 points
Fourth Place	-	5 points
Fifth Place	-	4 points
Sixth Place	-	3 points
Seven Place	-	2 points
Eight Place	-	1 point

5...TECHNICAL OFFICIALS:

The Barbados Amateur Swimming Association in conjunction with the affiliated Swim Clubs in Barbados will provide the Officials for the competition. Overseas clubs are invited to submit the names of any qualified persons willing to serve as Timekeepers / Judges during the meet.

All meet officials are required to check in with the Meet Referee and Chief Timer one hour before the start of the competition.

Refreshment will be served to Meet Officials during the Competition.

6..TECHNICAL MEETING:

A meeting with all coaches and team managers will take place on the first day of the competition 5 minutes prior to the start of session one.

JURY OF APPEAL:

The Jury of Appeal, comprising three disinterested persons, to adjudicate all appeals against a Referee's rejection of a protest will be formed out of the Council of the Association. All protests to the Referee's decision must be submitted to the Referee in writing within 30 minutes after the event, signed by the Team Manager of the participating Club and accompanied by US \$25.00. If the protest is upheld the fee will be returned to the Team Manager.

8...REFRESHMENT:

Food and drink will be available on the premises, throughout the meet.

9...CONTRIBUTIONS TO SWIMMING:

Daily Session wrist band -BDS\$6.00 or US\$3.00 (Adults 11 yrs & over) inclusive of daily heat sheet.

Children: 10 years and under (daily wristband) – Bds \$ 3.00. US \$2.00

Additional heat sheets daily -BDS\$2.00 or US\$1.00

Results(Full)-BDS\$20.00 or US\$10.00

Travel arrangements and accommodation are the responsibility of individuals. The area code for Barbados is 246.

10...ACCOMMODATION

1)Sea Foam Haciendas

246-435-7380

Fax:246-435-7384

Email: seafoam@caribsurf.com

2) Dover Beach Hotel

246-428-8076

fax: 246-428-2122

email:resdover@caribsurf.com

website:www.doverbeach.com

3) Coconut Court Hotel

246-427-1655/427-1656

Fax: 246-429-8198

Email: ccourt@sunbeach.net

Website: www.coconut-court.com

5) Plum Tree Club-Rockley Golf Course

246-435-7606;246-435-9345

Fax: 246-435-8282; Toll free: 1-866-978-5007; email:plumtree@rockley.com.bb

Website: www.rockley.com.bb

6) Worthing Court Hotel

246-435-7910/427-0785

Fax: 246-435-7374

11.. TRANSPORTATION:

Boyce's / Johnsons's / BOA
425-5366 / 426-5181/ 429-1998

*Information on the Basa Short Course Nationals maybe found on
the website www.swimbarbados.com*

**We look forward to your participation in what promises to be a very
exciting event.**

BARBADOS AMATEUR SWIMMING ASSOCIATION 2009 SHORT COURSE NATIONALS

December 01 -6th 2009
ENTRY FORM

NAME _____ MALE FEMALE
(Circle one)

DATE OF BIRTH _____ / _____ / _____
day mth year AGE ON 31/12/08 _____ yrs

FEDERATION/CLUB _____
If you have no club affiliation put: UNAT

EMAIL: _____
CONTACT TEL# _____

Enter the event with a seed time. "**Seed time**" is a time you have achieved, **NOT** a time you hope to achieve. If you have no seed time, **enter NT**.

Unrealistic or inaccurate seed times will be changed to NT.

Complete and sign the entry form. Entry Forms must reach the Aquatic Centre, Wildey, Christ Church, Barbados on or before the deadline of 6:00pm on Friday, November 20TH 2009. Entry fees are US \$2.00 per event. All fees must be paid before the start of the meet. **Late entries will NOT be accepted after the deadline date.**

(CIRCLE THE APPROPRIATE AGE GROUP)

8 & UNDER

50 Free	50 Fly	50 Back	50 Breast
100 Free	200 Free	100 I.M	200 I.M

9-10

50 Free	50 Fly	50 Back	50 Breast
100 Free	200 Free	400 Free	100 I.M

200 I.M.	100 FLY	100 BACK	100 BREAST

11&12 ** 13&14 ** 15&17 ** 18-24 ;MASTERS

50 Free	50 Fly	50 Back	50 Breast	
100 Free	100 Fly	100 Back	100 Breast	
200 Free	200 Fly	200 Back	200 Breast	
400 Free	200 I.M.	400 I.M.	800 Free (Girls)	1500 Free (Boys)

The Aquatic Centre shall not be responsible or liable for any loss, damage, injury, illness of any nature whatsoever for the death of any person however caused or sustained or suffered whether directly or indirectly in connection with or arising from the use of any of the facilities at the Aquatic Centre.

SIGNATURE OF CLUB PRESIDENT, COMPETITOR OR PARENT OR COACH

BARBADOS AMATEUR SWIMMING ASSOCIATION **SHORT COURSE NATIONALS**

December 01- 6 2009

Information Sheet

START TIME

Dates: Session 1 - Tuesday, December 1ST 6:00pm
 Session 2 - Wednesday, December 2ND 6:00pm
 Session 3 - Thursday, December 3RD 6:00pm
 Session 4 - Friday, December 4th 6:00pm
 Session 5 - Saturday, December 5th 4:00pm
 Session 6 - Sunday, December 6th 4:00pm

Age Groups: 8& under, 9-10, 11 - 12 / 13 - 14 / 15 - 17 / 18-24/
 MASTERS

Male & Female

Entry Deadline: Friday:November 20th (late entries will NOT be accepted)

Entry Fee: US \$2.00 per event

Awards: Medals for 1,2,3, in each event. Positions shared with local swimmers. Points will be scored for each event, 1st place through 8th place. A high point trophy will be given to the male and female non national scoring the highest number of points in the competition.

NOTE: The 800M & 1500M Freestyle events will be swum as Open events and medals & points will be awarded within each age group.

The pool will be opened for warm up from 3:30pm and 2:30PM on competition days.