



'AB' LONG COURSE SWIMMING CHAMPIONSHIPS
MAY 6-8, 2005 – ASAJ Sanction # 20506

VENUE: National Stadium Pool (50M), Kingston, Jamaica
Electronic Timing

DATES & TIMES:

Friday	May 6, 2005	5:30 PM
Saturday	May 7, 2005	9:00 AM & 4:30 PM
Sunday	May 8, 2005	9:00 AM

Pool will be open 1½ hours before starting time.

ELIGIBILITY: All Clubs and Swimmers, in good standing, registered with the ASAJ or other FINA affiliated Federations.
AB Swimming - Ages for the meet shall be as of midnight Dec 31, 2004. Swimmers over 24 years old may enter the AB Open events, however they cannot score points.
Masters Swimming - Ages for the meet shall be as of midnight Dec 31, 2005

ENTRY LIMITS: Number of events per swimmer - No limit
Number of entries per Club - No limit
Number of relay teams per Club- three (2) per relay event

ENTRY FEES: J\$70.00 (for ASAJ registered swimmers) or US\$2.00 per individual event.
J\$100.00 (for ASAJ registered Clubs) or US\$2.50 per relay team, per event.

RULES: FINA rules in force at time of competition will apply. Additional Rules and Regulations see attached form.

PROGRAMME: See attached.

REGISTRATION: The ASAJ register closes at **4:00 PM on Friday April 15, 2005**

ENTRY DEADLINE: 4:00 PM Friday April 22, 2005. Entries are to be delivered to the ASAJ Mail Box at the NATIONAL STADIUM POOL, attention: Kendis Nangle. Entries are preferred on diskette using Hy-Tek software. Deliver as indicated above or email to asaj@swimjamaica.com.

Note: ENTRY FEES MUST be paid BEFORE the first session of the meet.

RULES AND REGULATIONS

1. False starts – The FINA starting rules (SW4) will apply.
2. Passes will be provided for officials, coaches and competitors.
3. Each Club must provide a minimum of 5 (five) officials per session. Refreshments for officials will be the responsibility of the ASAJ Clubs. Sessions will be assigned prior to the meet.
4. If a swimmer is not at the blocks when the Referee blows the long whistle, the swimmer will be scratched and not allowed to compete in that event.
5. Relay cards are in duplicate, the original must be handed in to the Recorder 30 (thirty) minutes before the start of the first event of the session; the copy must be handed to the head Lane Time Keeper at the beginning of the event. Any change must be made at least four (4) events prior to the scheduled event number, after that on presentation of a medical certificate. Each team may make a maximum of 2 changes per session. The swimmers must be named in order of swimming in accordance with FINA rules.
6. ASAJ Warm Up Guidelines will be used.

ENTRIES AND RESULTS

1. **Open events (AB Events) will be limited to swimmers 11 years and over.** Swimmers over 24 years old may enter the AB Open events, however they cannot score points.
2. **Deck entries and times trials will be allowed at the discretion of the Referee. Swim times will be included in the final results but will not score points. A fee of JA\$150 per event will be charged.**

AWARDS AND POINTS

AB Swimming:

1. Achievement trophies will be awarded as follows:
 - A team trophy will be awarded to the Club with the highest number of points based on the USS Time Standards as follows:

Top 16	AAAA	AAA	AA	A	BB	B
12	10	6	4	3	2	1

(No points will be awarded for relays)

- An Achievement Trophy will be awarded to the male and female swimmer who scored the most 'A' points in the following age groups: 8 & Under, 9-10, 11-12, 13-14, 15-17 and 18-24
Points will be awarded as above:
- A Trophy will be awarded to each swimmer who attains at least one (1) Top 16 Time.
- A certificate will be awarded to each swimmer who attains at least one (1) AAAA time.

NB: Swimmers over 24 years old who are entered in the AB Competition will not score points.

2. Medals will be awarded for the 1st -3rd places in each Individual event. Ribbons will be awarded for 5th (fifth) to 8th (eighth) places in each individual event.

Masters Swimming:

1. Masters Event will be scored separately in the following age groupings: 25-34, 35-44, 45-54, 55-64 etc. Points will be awarded for the top 8 places in each age group (9, 7, 6, 5, 4, 3, 2 & 1)
 - a. There will be a trophy for the Club the highest number of points.
 - b. Medals will be awarded to the 1st – 3rd places in each Masters Age Group
 - c. Records will be assigned according to the FINA Masters Age Grouping System

ORDER OF EVENTS FOR 'AB' SWIMMING CHAMPIONSHIPS 2005

FRIDAY 5:30 PM

1-2	200 M Backstroke	F/M	OPEN
3-4	50 M Backstroke	F/M	9-10
5-6	50 M Backstroke	F/M	8 & Under
7-8	100 M Butterfly	F/M	OPEN
9-10	100 M Freestyle	F/M	10 & Under
11	800 M Freestyle	F	OPEN
12	1500 M Freestyle	M	OPEN

SATURDAY 9:00 AM

13-14	200 M Freestyle	F/M	OPEN
15-16	50 M Breaststroke	F/M	8 & Under
17-18	50 M Breaststroke	F/M	9-10
19-20	100 M Breaststroke	F/M	OPEN
21-22	200 M Freestyle	F/M	10 & Under
23-24	50 M Freestyle	F/M	OPEN
25-26	200 M Freestyle Relay	F/M	8 & Under
27-28	200 M Freestyle Relay	F/M	9-10
29-30	400 M Individual Medley	F/M	OPEN

SATURDAY 4:30 PM

31-32	400 M Freestyle	F/M	OPEN
33-34	50 M Butterfly	F/M	MASTERS
35-36	50 M Butterfly	F/M	8 & Under
37-38	100 M Backstroke	F/M	OPEN
39-40	50 M Butterfly	F/M	9-10
41-42	50 M Breaststroke	F/M	MASTERS
43-44	200 M Individual Medley	F/M	OPEN
45-46	200 M Individual Medley	F/M	9-10
47-48	200 M Freestyle Relay	F/M	11 & Over

SUNDAY 9:00 AM

49-50	200 M Butterfly	F/M	OPEN
51-52	50 M Backstroke	F/M	MASTERS
53-54	200 M Individual Medley	F/M	8 & Under
55-56	100 M Freestyle	F/M	OPEN
57-58	50 M Freestyle	F/M	9-10
59-60	50 M Freestyle	F/M	8 & Under
61-62	50 M Freestyle	F/M	MASTERS
63-64	200 M Breaststroke	F/M	OPEN
65-66	200 M Medley Relay	F/M	9-10
67-68	200 M Medley Relay	F/M	8 & Under
69-70	200 M Medley Relay	F/M	OPEN
71-72	200 M Freestyle Relay	Mixed	MASTERS