

THE BARBADOS AMATEUR SWIMMING ASSOCIATION

**Extends A Cordial Invitation
To Swimmers Affiliated To Your Federation
To Participate In The
2010 SCOTIA BANK LONG COURSE NATIONALS
SWIMMING COMPETITION
MARCH 2-7, 2010
AQUATIC CENTRE, WILDEY BARBADOS**

ACCREDITED AS A FINA YOUTH OLYMPIC QUALIFIER

**Events will be swum in the following age categories (female and male):
8 & U, 9-10, 11-12, 13-14, 15-17, 18 -24 & 25 & over.**

We attach an entry form (which may be copied as required) together with an order of events. The entry deadline is Friday, FEBRUARY 19, 2010. We ask that you kindly pass on this information to all of your affiliated swim clubs.

**1..POOL SPECIFICATIONS: 10 LANE 50 M POOL WITH 25 M WARM
DOWN FACILITY
DAKTRONICS 10 LANE AUTOMATIC TIMING EQUIPMENT**

2..SCHEDULE:

Tuesday, March 2 nd	Session 1 : Meet starts at 6:00 PM Warm up 4:30 PM
Wednesday, March 3 rd	Session 2 :Meet starts at 6:00 PM Warm up 4:30 PM (Opening Ceremony) 5:45 PM
Thursday, March 4 th	Session 3: Meet starts at 6:00 PM Warm up 4:30 PM
Friday, March 5 th	Session 4: Meet starts at 6:00 PM Warm up 4:30 PM
Saturday, March 6 th	Session 5: Meet starts at 4:00 PM Warm up 2:30 PM
Sunday, March 7 th	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 2009-2013 in force at the start of the competition.

FINA rules applicable to approved swimwear effective January 1, 2010 will be enforced.

Fina rule SW 4.4 –No false starts -shall be applied.

3.1.. AGE GROUPS:

- Individual events

8 & U, 9-10, 11-12, 13-14, 15-17; 18 -24; 25 & Over.

The Swimmer's age on December 31st, 2009 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 either on the accompanying ENTRY FORMS in EXCEL FORMAT and sent via email to: basa@caribsurf.com OR via **hytek** which is the preferred method. All entries must be returned to the Barbados Amateur Swimming Association by **Friday, February 19th 2010, the deadline date**. Summons, entry form and the hytek file will be posted on the BASA website.

The following rules shall 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 EXHIBITION SWIM to be submitted on or before the deadline date.
- 9... Time trials will be allowed and must be requested on the prescribed time trial entry form.
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 will be taken that the swimmer has scratched the event.
- 11 Scratches without penalty will be accepted on or before Wednesday, February 24th ,2010 sent via the internet or faxed to the Association signed by an authorised person.
- 12 **A scratch penalty fee of Bds 8.00/US\$4.00 must be paid after Saturday, , February 27th 2010.**

3.3...Entry fees:

Entry fees are as follows:

- (a) US\$2.00 per event

Overseas participants must pay entry fees on arrival. The Psyche sheet will be posted on the website www.swimbarbados.com on **Thursday, February 25, 2010.**

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/Federations are invited to submit the names of any qualified persons willing to serve as Timers / 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 coaches and team managers from overseas will take place on the first day of the competition immediately after the warm up session to answer any queries or clarify issues pertaining to the conduct of the competition.

7..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 Staff & 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 an authorised officer of the participating Club/Federation and accompanied by US \$25.00. If the protest is upheld the fee will be returned to the authorised Officer.

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

Souvenir Barbados swim caps Bds 9.00 or US\$5.00

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: 246-428-5395
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 / Barbados Olympic Association
425-5366 / 426-5181 / 429-1998

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

Please note that you are required to shower before entering the pool and that swim caps must be worn by both male and female swimmers on all occasions when entering the pool.

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

(SEE ENTRY FORM BELOW)

BARBADOS AMATEUR SWIMMING ASSOCIATION

2010 SCOTIA BANK LONG COURSE NATIONALS

A FINA YOUTH OLYMPIC QUALIFIER

March 2-7 2010- ENTRY FORM

NAME _____ MALE ----- FEMALE-----
(Circle one)

DATE OF BIRTH ____/____/____ AGE ON ____ 31/12/09 yrs
day mth year

FEDERATION/CLUB _____ CONTACT TEL# _____

If you have no club affiliation put: UNAT Email.....

EMAIL:.....

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, February 19, 2010. Entry fees are US \$2.00 per event. All fees must be paid on arrival.

Late entries will NOT be accepted after the deadline date.

(CIRCLE THE APPROPRIATE AGE GROUP)

8 & Under*9&10**

50 Free	50 Fly	50 Back	50 Breast
100 Free	200 Free	200 I.M.	
100 FLY	100 Breast	100 Back	400 m free
9-10 only	9-10 only	9-10 only	9-10 only

11&12 ** 13&14 ** 15&17 ** 18-24 ** 25&OVER

50 Free	50 Fly	50 Back	50 Breast
100 Free	100 Fly	100 Back	100 Breast

200 Free	200 Fly	200 Back	200 Breast	200 I.M.
400 Free	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 or 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.

I agree to comply with the rules of participation outlined.

Signature of Competitor, Parent/or Guardian _____

Please note that parents/guardians are required to co-sign with Competitors under 18 years of age

BARBADOS AMATEUR SWIMMING ASSOCIATION
Scotia Bank Long Course Nationals
March 2-7 2010

Information Sheet

START TIME

Dates:	Session 1 - Tuesday, March 2 ND	6:00pm
	Session 2 - Wednesday, March 3 RD	6:00pm
	Session 3 - Thursday, March 4 th	6:00pm
	Session 4 - Friday, March 5 th	6:00pm
	Session 5 - Saturday, March 6 TH	4:00pm
	Session 6 - Sunday, March 7 TH	4:00pm

Age Groups: 8 & under, 9-10, 11 - 12 / 13 - 14 / 15 - 17 / 18-24/
25 & Over- Male & Female

Entry Deadline: Friday: February 19, 2010 (late entries will NOT be accepted)

Team entry report will be emailed to you as soon as possible after deadline date. Please report any errors or omissions at that time.

Psyche sheet will be posted on the BASA website on Thursday, February 25, 2010. Scratches without penalty may be submitted via email on or before Friday, February 26th 2010 before 6:00 PM

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 90 minutes before the start of the competition.