

**ASAJ PRE-MASTERS & MASTERS SERIES – MEET 1, MARCH 20 2010**

ASAJ SANCTION #:

VENUE:

TO BE CONFIRMED. Venue will be confirmed on ASAJ website
by March 01, 2010

DATES & TIMES:

March 20, 2010 2:30 PM

Pool will be opened 1 hour before starting time for warm-up.

ELIGIBILITY:

All MASTERS SWIMMERS AND ORGANIZATIONS in good standing with the ASAJ. Ages for the meet shall be as of midnight DECEMBER 31, 2010. As this is a Development Meet, swimmers do not have to be registered with the ASAJ HOWEVER, unregistered swimmers will be entered as Exhibition Only and will not qualify for points or ASAJ/Jamaica National Masters Records. There will be overall performance award for top female and top male. ASAJ registration deadline is March 12 2010.

AGE GROUPS:

PRE MASTERS 18-25 & MASTERS 25-34, 35-44, 45 & OVER
ALL SWIMMERS WILL COMPETE TOGETHER BUT SCORE
SEPARATELY.

ENTRY LIMITS:

ENTRIES WILL BE LIMITED TO THE FIRST 250 SWIMMERS ("first come first serve" - based on time entries are received by the ASAJ). Swimmers may choose to swim 25m or 50m events in each stroke except for freestyle. 400m free and IM events are mixed. Where less than 3 entries are received per event, the event will be swam as a mixed event. Where there are less than 3 mixed entrants per event the event will be scratched.

ENTRY FEES:

JA\$800 per ASAJ registered swimmer if the entry is submitted before the entry deadline. (\$400 for swimmers swimming only 1 event)

\$1,000 if swimmer is not registered with the ASAJ or the entry is submitted after the entry deadline (including deck entries). (\$500 for swimmers swimming only 1 event)

Note 1: ENTRY FEES MUST BE PAID BEFORE START OF MEET

NB: If the entry fees are not paid before the start of the competition, a penalty equal to 15% of the entry fees will be added

RULES:

FINA Rules and ASAJ By-Laws in force at time of competition will apply. ALL EVENTS ARE TIMED FINALS.

ENTRY DEADLINE:

4:00 PM on March 18, 2010. Entries are to be delivered to the ASAJ Office or the ASAJ Mail Box at the National Stadium Pool.

Entries forms are available online, at the ASAJ Office or by email (send request to asaj@cwjamaica.com). Entries are preferred on diskette using Hy-Tek software. Deliver as indicated above or email to asaj@cwjamaica.com

REGISTRATION FORMS: ASAJ registration forms are available at the ASAJ Office and on www.swimjamaica.com. Email requests should be sent to asaj@cwjamaica.com REGISTRATION DEADLINE IS Friday March 12, 2010

SCORING: Points will be awarded to the 16 fastest swimmers in each event and age group as follows: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1

ASAJ PRE-MASTERS & MASTERS SERIES – ORDER OF EVENTS

PROGRAMME:

1-2	100 IM	F/M
3-4	25 M Backstroke	F/M
5-6	50 M Backstroke	F/M
7-8	25 M Breaststroke	F/M
9-10	50 M Breaststroke	F/M
11-12	100 M Freestyle	F/M
13	400 M Freestyle	Mixed
15-16	25 M Butterfly	F/M
17-18	50 M Butterfly	F/M
19-20	25 M Freestyle	F/M
21-22	50 m Freestyle	
23	200 IM	Mixed