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'Y' SPEEDOS SWIM CLUB

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'Y' SPEEDOS SWIM CLUB'S KARL DALHOUSE MEMORIAL SPRINT SWIM MEET JANUARY 29, 2005

SANCTION # 20501

VENUE: NATIONAL STADIUM POOL, KINGSTON 6, JAMAICA

FACILITY: EIGHT LANE (8), 50m POOL; ELECTRONIC TIMING WITH 8 PLACE SCORE BOARD; HY-TEK WINDOWS MEET MANAGEMENT; WARM DOWN 25m EIGHT LANE (8) POOL.

DATES: SATURDAY, JANUARY 29, 2005

TIMES: SESSION 1 – SATURDAY, JANUARY 29, 2005 , Warm up 7.00 am. Meet starts 8.30 am
SESSION 2 – SATURDAY, JANUARY 29, 2005 , Warm up 2.30 pm. Meet starts 4.00 pm

ENTRY LIMITS: NUMBER OF EVENTS PER SWIMMER 3 INDIVIDUAL EVENTS PER SESSION
NUMBER OF ENTRIES PER EVENT PER CLUB NO LIMIT
NUMBER OF RELAY TEAMS PER CLUB 2 PER EVENT (excepting host team)

ALL EVENTS ARE TIMED FINALS

ENTRY FEES: Ja\$70 per swimmer per event (For ASAJ registered swimmers)
Ja\$100 per team per relay (For ASAJ registered Clubs)
Ja\$10 surcharge per swimmer
Please make cheques payable to 'Y' Speedos Swim Club.
Entry fees must be paid in full before the end of the meet.

ELIGIBILITY: ALL SWIMMERS MUST BE REGISTERED WITH THEIR NATIONAL ASSOCIATION.
JAMAICAN SWIMMERS MUST BE REGISTERED WITH THE ASAJ BEFORE JANUARY 08, 2005.

ENTRY DEADLINE: **4.00 p.m. FRIDAY, JANUARY 14, 2005**
Local Team entries are to be delivered to the 'Y' Speedos Swim Club Office, YMCA, 21, Hope Road, Kingston 10. before 4.00 pm,

Overseas entries mailed to P.O. Box 296, KINGSTON 6, JAMAICA to arrive by 4.00 pm January 14, 2005

Hy-tec diskettes or Emailed entries to be received by 4.00pm Saturday, January 15, 2005.
Email address: yspeedos@anngel.com.jm

Faxed copies to **876 702 1632** by 4.00pm **FRIDAY, JANUARY 14, 2005**

NO LATE ENTRIES WILL BE ACCEPTED

ENTRY FORMS: Seed times must be stated for each individual entrant on the entry form. If no seed time then the entry will be as NT.
Relay entries must be indicated on each form with seed times.

RULES: FINA RULES and ASAJ Bye-Laws in force at the time of competition will apply. (FINA one start rule (SW. 1a) will apply.)

Karl Dalhouse Age Group Competition: age as on the first day of the meet (January 29, 2005).

Competitors will only be allowed to swim in their age group i.e. Age Group 8 & Under, 9-10, 11-12, 13 and Over

Masters must be 25 years and over on December 31, 2005.

Masters competitors **MAY SWIM IN EITHER THE KARL DALHOUSE AGE GROUP COMPETITION OR THE KARL DALHOUSE MASTERS COMPETITION.** The Age Group for Masters will be i.e.25-34, 35-44, 45-54, 55-64, 65-74.

There will be no marshalling area for the meet. The next heat must be behind the blocks while the current heat is in progress.

Coaches are responsible to get their swimmers to the starting block.

Any swimmer swimming in the wrong heat and/or lane will be disqualified.

Once the starter has taken control of the race no swimmer may then enter the race.

The original relay cards must be handed to the Meet Director thirty (30) minutes BEFORE the beginning of the session. The duplicate copy must be handed to the chief lane judge prior to the start of the race. Swimmers must be named in the order of swimming on the card. Any change to the order of swimming may be made up to four (4) events before the race.

SCORING: Individual Events: 9,7,6,5,4,3,2,1. Relays: 18,14,12,10,8,6,4,2.
Points will be awarded to the first two finishers in each club.
Masters will receive points for the first two finishers in each club per age group in each event.

AWARDS: Medals will be awarded to the first three (3) places in all events; ribbons from 4th –8th places in Individual events.
Medals will be awarded to the first three places regardless of the clubs the swimmers represent. (Masters in an event not an age group.)
The Karl Dalhouse Age Group Trophy will be awarded to the overall winning club.
The Karl Dalhouse Masters Trophy will be awarded to the overall winning Masters Team

ACCOMMODATION: Housing for approximately 10 overseas swimmers on a first come first served basis from Friday, January 28- Sunday January 30, 2005. **Age limit for housing 7-17 years.**

ADMISSION : Adults: Ja \$200 per SESSION
OR
Ja\$500 per DAY (includes admission to two sessions and the complete meet programme)
Children: Ja\$100 per session.

PROGRAMMES ONLY: \$200 each (includes heat sheets for the two sessions)

CONCESSIONS: Snacks, fruit, meals and drinks on sale throughout the meet.

Any additional information please call Maureen Williams: Tel: 876 927 7735/ 876 999 3949

Email: yspeedos@angel.com

Maureen Williams,
Meet Co-ordinator,
K.D. 2005.
November 08, 2005.