



12 RUSSELL HEIGHTS
KINGSTON 8
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***Invitational Swim Meet 2010
July 9 – 11, 2010
Kingston Jamaica***

ASAJ Sanction #:

Venue UWI (University of the West Indies)
6 lane 50 M Pool
Electronic Timing and Hy- Tek Meet Manager will be used.

Dates & Times	Fri	July 9, 2010	3.30 p.m	(all swimmers)
	Sat	July 10, 2010	8.30 a.m	(10 & Under only)
	Sat	July 10, 2010	2.00 pm	(11 & over & masters only)
	Sun	July 11, 2010	9.00 am	(all swimmers)

Eligibility All clubs and swimmers, in good standing, registered with the ASAJ and other FINA affiliated Federations. Age Group ages for the meet shall be as of midnight December 31, 2009. Masters ages shall be as of December 31, 2010.

Entry Limit **Individual Entries** – Maximum three (3) events per session plus relays
Each club can have unlimited entries in all events except
10 & under events 200 meters and over (4 entries per club)
11 & over events 400 meters and over (4 entries per club)
Relays- 2 entries per club per event

Entry Fees J\$150.00 (for ASAJ registered swimmer) or US\$2.00 per individual event.

J\$200 (for ASAJ registered Clubs) or US\$ 2.50 per relay team per event.

Rules FINA Rules and ASAJ Bye-Laws in force at the time of the competition will apply, and FINA Masters Rules will apply to Masters events except as modified in this summons.

Programme See schedule of events on page 4 of this summons.

Registration The ASAJ register closes at **4.00 p.m on Friday June 18, 2010**

Entry Deadline

No later than 4.00 p.m on Wednesday June 23,2010

Entries are to be delivered to the ASAJ office at the National Stadium Pool or emailed to

jewalt@cwjamaica.com or carlettap@hotmail.com

using **Hy-tek software**. There will be a surcharge of J\$200 for manual entries per club. Entry times and date of births must be included on all entries

Note

Entry fees must be paid by Friday July 9, 2010

Clubs who have outstanding fees will not be allowed to enter until all outstanding balances are paid in full.

Rules and Regulations

1. FINA Warm up Guidelines will be used
2. Relay cards must be completed in duplicate, the original must be handed in to the recorder thirty (30) 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. The swimmers must be named in order of swimming in accordance with FINA rules.

Marshalling.

3. There will be no Marshalling area for the meet. The next heat must be behind the blocks while the current heat is in progress.
4. The coaches are responsible for getting their swimmers to the starting block on time. It is the responsibility of the swimmer to swim in the correct lane and heat assigned to him/her. If a swimmer swims in the wrong lane or heat, the swimmer will automatically be disqualified.
5. Once the swimmers are under the starter's orders and he has taken control of the race (after the second whistle), no swimmer may enter the race. If this occurs, the swimmer will be disqualified and not allowed to swim
6. Competitors will only be allowed to swim in their age group
7. Deck entries will be accommodated, provided the swimmer is entered in the meet. Swim times will be included in the final results but they will not score points. A fee of J\$200 per event will be charged.
8. Scratches are allowed at any time.

Points

9. Points will be awarded to club swimmers only. Unattached swimmers will receive their awards but will not score any points. Points will be awarded as follows

Individual events:

- 9 points to the highest club finishers
- 7 points to the second highest club finisher
- 6, 5, 4, 3, 2, 1 to the 3rd - 8th place club finishers

Relay events:

- 18, 14, 12, 10, 8, 6, 4, 2 points to top eight club teams

- 10. Masters events will score as individual events in their age groups (25-34) (35-44) (45 & over)
- 11. Medals will be awarded to the first three (3) places in all events, excluding masters.
- 12. Ribbons will be awarded from 4th-8th places in the 10 & under individual events only.
- 13. A trophy will be awarded to the overall winning club.

Gate entry fees	Adults J\$200 per session Season pass J\$500.00 Children J\$100 per session
Programmes	Will be sold at the entry gate.
Concession	Snack, fruits, meals and drinks will be on sale throughout the meet.
Additional Information	Please contact Lavinia McClure 876-792-1443 (Meet Director) or Jackie Walter 876-330-4496 (Head Coach)

ORDER OF EVENTS

Friday July 9, 2010 3:30 pm (all swimmers)

Timed Finals

Events 1-4 will be swum together but scored by age group.

1- 2	F/M	400m individual medley	11-12
3-4	F/M	400m individual medley	13 & over
5-6	F/M	400m freestyle	10 & under
7	F	800m freestyle	Open
8	M	1500m freestyle	Open

Saturday July 10, 2010. 8: 30 am (10 & under swimmers only)

Timed Finals

9-10	F/M	200m individual medley	10 & under
11-12	F/M	50m backstroke	8 & under
13-14	F/M	50m backstroke	9-10
15-16	F/M	100m backstroke	10 & under
17-18	F/M	50m butterfly	8 & under
19-20	F/M	50m butterfly	9-10
21-22	F/M	100m butterfly	10 & under
23-24	F/M	200m freestyle relay	8 & under
25-26	F/M	200m freestyle relay	9-10

Saturday July 10, 2010. 2.00 pm (11 & over, and masters swimmers only)

Timed Finals

Event 53-56 will be swum together but scored by age group

27-28	F/M	400m freestyle relay	Open
29-30	F/M	200m individual medley	11-12
31-32	F/M	200m individual medley	13 & over
33-34	F/M	100m freestyle	11-12
35-36	F/M	100m freestyle	13 & over
37-38	F/M	50m freestyle	Masters
39-40	F/M	200m backstroke	11-12
41-42	F/M	200m backstroke	13 & over
43-44	F/M	100m butterfly	11-12
45-46	F/M	100m butterfly	13 & over
47-48	F/M	200m breaststroke	11-12
49-50	F/M	200m breaststroke	13 & over
51-52	F/M	50m breaststroke	Masters
53-54	F/M	400m freestyle	11-12
55-56	F/M	400m freestyle	13 & over
57-58	F/M	200m freestyle relay	11-12
59-60	F/M	200m freestyle relay	13 & over

ORDER OF EVENTS

Sunday July 11, 2010. 9.00 am (All Swimmers)

Timed Finals

61-62	F/M	200m freestyle	10 & under
63-64	F/M	200m freestyle	11-12
65-66	F/M	200m freestyle	13 & over
67-68	F/M	50m breaststroke	8 & under
69-70	F/M	50m breaststroke	9-10
71-72	F/M	100m breaststroke	10 & under
73-74	F/M	100m breaststroke	11-12
75-76	F/M	100m breaststroke	13 & over
77-78	F/M	50m butterfly	Masters
79-80	F/M	100m backstroke	11-12
81-82	F/M	100m backstroke	13 & over
83-84	F/M	100m freestyle	10 & under
85-86	F/M	200m butterfly	11-12
87-88	F/M	200m butterfly	13 & over
89-90	F/M	50m freestyle	8 & under
91-92	F/M	50m freestyle	9-10
93-94	F/M	50m freestyle	11-12
95-96	F/M	50m freestyle	13 & over
97-98	F/M	50m backstroke	Masters
99-100	F/M	200m medley relay	8 & under
101-102	F/M	200m medley relay	9-10
103-104	F/M	200m medley relay	11-12
105-106	F/M	200m medley relay	13 & over

Novelty Relay

No points

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MASTER ENTRY FORM

TEAM NAME : _____

CALL LETTERS: _____

ADDRESS: _____

Preferred Contact # : _____

Email: _____

HEAD COACH: _____

Name of coaches attending the meet:

(Only coaches, officials and swimmers will be allowed on pool deck, for the duration of the meet) Entries must be received no later than 4.00 p.m on Wednesday June 23, 2010. Entries may be delivered to Jackie Walter or Dale Webber at the National Stadium Pool, or emailed using Hy-Tek software to jcwalt@cwjamaica.com or carlettap@hotmail.com

Financial recap

ASAJ Registered Swimmers JS\$150 per event \$ _____

Swimmers registered with other
FINA affiliated Federations US\$2.00 per event \$ _____

Relays for ASAJ Registered Clubs JS\$200 per relay \$ _____

Relays for Clubs Registered with
Other FINA affiliated Federations US\$2.50 per event \$ _____

TOTAL \$ _____