



Synchronized Swimming Development Competition

***26th March, 2010
Bournemouth Bath Pool Kingston***

Official Meet Summons

*ASAJ invites eligible Swimmers (School and Clubs) to participate in its
Synchronized Swimming Development Competition,
26th of March in Kingston
The Competition is sanctioned by the ASAJ*

COMPETITION DATE: Friday, 26th March, 2010

TIME: 3:00pm – 5:00pm

LOCATION: Bournemouth Bath Pool, Kingston, Jamaica.

HOSTED BY: ASAJ

ASAJ SANCTION NUMBER: 031007

RULES: Unless otherwise specified, FINA rules in force at time of competition.

- Figure Groups: See attached listing
- Age Group - Routine Time Limits:
FINA SSAG 6 (Penalties will not be given for routines shorter than required time allowance)
- Athletes may compete in figure competition only.
- Athletes competing in routine competition must also compete in figure competition.

ELIGIBILITY: ASAJ Club and School Age Group synchronized swimmers.

JUDGES: Judges will be provided by the ASAJ

PRACTICE JUDGES: Practice judging will be allowed.

COMPETITION: The competition will consist of Age Group categories.

EVENTS:

Age Group Category (see figures list)

12 & under, 13 –15, 16 –18 Figure, Solo, Duet, & Team
(All athletes must compete in the Figures Competition)

MEET ENTRY FEES:

JA\$200 per figure entry competitor

JA\$200 per routine entry per competitor (Competitors may enter more than one routine event)

SCHEDULE: Finalized schedule below.

AWARDS:

ASAJ will present each athlete with a participation Certificate. A participation certificate will be awarded to each Club delegate.

AGE GROUP – AWARDS:

Ribbons will be awarded for first, second and third place finishes in Figures, Solos, Duets, and Teams (routines combined with figures score) per age group.

DEADLINES: *Final Meet Entry: Tuesday, 23rd of March 2010.*

SUBMIT ENTRIES TO:

Meet Manager: Helen Eyre, VP Synchronized Swimming (ASAJ)

Email: Hm_eyre@yahoo.com

Phone: 919-6089

CANCELLATION POLICY:

Cancellations will be submitted to meet manager via email prior to arrival.

(Final cancellations/adjustments will be made at the coaches/officials meeting day of meet).

POOL FACILITIES:

Bournemouth Bath Swim Pool - Competition Pool is 25 M X 22 M. Deep end is 11' 6" and the shallow end 6' 6".

FIGURE & ROUTINE WARM-UP:

Figure warm-up in the competition pool beginning at 3:15 PM. A warm-up for each age group then immediately followed by age group figure competition. I.E. 12 & Under Figure warm-up immediately followed by 12 & Under figure competition, 13-15 figure warm-up followed by 13-15 figure competition, 16-18 figure warm-up followed by 16-18 figure competition.

Routine warm-up of all routines will begin immediately following 16-18 Age Group Figure competition with routine competition for all age group to immediately follow with routine competition beginning with 12 & Under Age Group, 13-15 Age Group, 16-18 Age Group.

SOUND EQUIPMENT: A variable speed CD player will be provided. CDs should contain only one routine per CD. CDs should be clearly marked with competitor name, club name and event.

FOR INFORMATION:

ASAJ website: www.swimjamaica.com

Helen Eyre: Email: Hm_eyre@yahoo.com
 Phone: 919-6089

FINAL SCHEDULE:

FRIDAY, 26th MARCH

3:00 PM – Arrival & Figure Group Draw with Coaches/Officials

LAP SWIM

3:00 – 3:15 PM

FIGURE WARM-UP

3:15 – 3:35 PM – 12 & Under Figure Warm-up, Immediately followed by figure competition

13-15 Figure warm-ups (20 minute session) followed by figure competition will immediately follow completion of 12 & Under Figure Competition

16-18 Figure warm-ups (20 minute session) followed by figure competition will begin immediately following the completion of 13-15 figure competition

ROUTINE WARM-UPS

20 minute routine warm-up session for all age group routines, competition immediately follows beginning with 12 & Under Age Group continuing with 13-15 age group followed by 16-18 age group (there will not be a routine warm up prior to each age group – all age groups will warm up routines in the same 20 minute session).

AGE GROUP FIGURES:

12 & U Age Group Compulsory:	101 Ballet Leg single	1.6
	360 Walkover Front	2.1

Figure Group 1, 2, or 3 to be drawn at 3:00 PM Coaches/Officials Meeting

13-15 Age Group Compulsory:	420 Walkover Back	2.0
	355e Porpoise Spinning 360	2.1

Figure Group 1, 2, or 3 will be drawn at 3:00 PM Coaches/Officials Meeting

16-18 Age Group Compulsory:

313 Kip Split Closing 180	2.5
112f Ibis Continuous Spin (720)	2.8

Figure Group 1, 2, or 3 will be drawn at 3:00 PM Coaches/Officials Meeting