



**CENTRAL AMERICAN AND CARIBBEAN  
AMATEUR SWIMMING CONFEDERATION  
(C.C.C.A.N.)**

**SUMMONS FOR THE CENTRAL AMERICAN AND  
CARIBBEAN CHAMPIONSHIPS**

**XXIX  
SWIMMING**

**XXI  
SYNCHRONIZED SWIMMING  
V  
OPEN WATER SWIMMING**

**CCCAN 2015**

**BARBADOS**

## SUMMONS FOR CCCAN 2015 CHAMPIONSHIPS

The CCCAN summons all its affiliated countries, Colombia, Guyana, Surinam, and Venezuela of the South American Confederation and Guadeloupe and Martinique of the French Swimming Federation to participate in the Central American and Caribbean championships mentioned above in accordance with the following:

### BASIS

#### 1. Participants

Every participant in these Championships must be a Member of a federation duly constituted and affiliated to this Confederation (CCCAN) and the federation must be up to date in its membership dues and has full use of its rights.

The teams participating in these championships must do so in the name of the country from which they come, with the understanding that they are members of the Confederation through their respective federations.

- |                           |                                  |
|---------------------------|----------------------------------|
| 1. Antigua and Barbuda    | 16. Haiti                        |
| 2. Aruba                  | 17. Honduras                     |
| 3. Bahamas                | 18. Jamaica                      |
| 4. Barbados               | 19. México                       |
| 5. Bermuda                | 20. Nicaragua                    |
| 6. British Virgin Islands | 21. Panamá                       |
| 7. Cayman Islands         | 22. Puerto Rico                  |
| 8. Costa Rica             | 23. Saint Kitts and Nevis        |
| 9. Cuba                   | 24. Saint Lucia                  |
| 10. Curacao               | 25. Saint Vincent and Grenadines |
| 11. Dominica              | 26. Trinidad and Tobago          |
| 12. Dominican Republic    | 27. Turks and Caicos             |
| 13. El Salvador           | 28. US Virgin Islands            |
| 14. Grenada               |                                  |
| 15. Guatemala             |                                  |

Also, the citizens of **Colombia, Guyana, Surinam and Venezuela** may, without being members of the CCCAN, participate in these championships through their respective federations as long as they receive the approval and authorization of the South American Confederation (**CONSANAT**), to which they are affiliated. Additionally, the citizens of **Belize and Sint Maarten** and the residents of **Bonaire, Saba and St. Eustatius** may, without being members of the CCCAN, participate in these championships.

Equally, the residents of, **Guadeloupe and Martinique**, may participate through their respective associations, as long as they obtain the approval of the French Swimming Federation, to which they belong.

Additionally, non-citizens may be entered providing the competitor has been resident in the Country for one year prior to the entry deadline and must not have swum for another Country during that period. All Competitors must also be registered with, or a member of, the Swimming Federation of the Country that they represent. Competitors who are non-citizens would be required to present 'proof of residency' documents which could be proof of club membership, proof of attendance at school or any other organization. If a Country enters a competitor that is not a citizen of that country

by birth or naturalization, the code for that country shall be changed by adding "AG" to the designated three letter FINA Country code and used throughout the competition e.g. BAR shall be changed to BAR-AG.

## **2. Categories:**

### **Swimming**

1. Infantile "B" Competitors 11 and 12 years old at midnight, December 31, 2014. Athletes born in 2003 and 2002 may participate.
2. Juvenile "A" Competitors 13 and 14 years old at midnight, December 31, 2014. Athletes born in 2001 and 2000 may participate.
3. Juvenile "B" Competitors 15, 16 and 17 years old at midnight, December 31, 2014. Athletes born in 1999, 1998 and 1997 may participate.
4. Senior Competitors 18 years old and over at midnight, December 31, 2014. Athletes born in or before 1996 may participate.

### **Open Water Swimming**

1. Group "A" Competitors 14 years old at midnight December 31, 2015 through 17 years old at midnight, December 31, 2015. Athletes born in 1998, 1999, 2000, and 2001 may participate.
2. Group "B" Competitors 18 years old or more at midnight December 31, 2015. Athletes born on or before 1997 may participate

### **Synchronized Swimming (Feminine)**

1. Group "1" Competitors 12 years old or less at midnight, December 31, 2015. Athletes born in 2003 or later may participate.
2. Group "2" Competitors 13, 14 & 15 years old at midnight, December 31, 2015. Athletes born in 2002, 2001 and 2000 may participate.
3. Group "3" Competitors 16, 17 & 18 years old at midnight, December 31, 2015. Athletes born in 1999, 1998 and 1997 may participate.
4. Group "4" Competitors 19 years and older at midnight, December 31, 2015. Athletes born in 1996 and before may participate.

## **3. Host**

The host country for these championships will be Barbados. For this reason, the Barbados Amateur Swimming Association will be in charge of the organization of the Championships and will assist the CCCAN in the preparation and development of the competitions.

The championships will be held at the following locations in accordance with the itinerary shown below:

**Swimming:** Aquatic Center, Wildey

**Open Water:** Carlisle Bay, St. Michael

**Synchronized swimming:** Aquatic Center, Wildey

**Dates of Arrival**

Swimming: June 21, 2015.  
Open water: June 26, 2015.  
Synchronized Swimming: June 27, 2015.

**Technical Meetings**

Swimming: June 22, 2015 at 12:00 pm  
Open water: June 27, 2015 at 9:00 am  
Synchronized Swimming: June 28, 2015 at 9:00 am

**CCCAN Congress:** June 22, 2015 at 9:30 am

**Opening Ceremony:** June 23, 2015 at 5:00 pm

**Dates of competitions**

Swimming: June 23 to 27, 2015  
Open water: June 28 and 30, 2015  
Synchronized Swimming: June 29 and 30, 2015

Date of familiarization and training for OW: June 27<sup>th</sup> following technical OW meeting.

**Start Times of Competitions**

Swimming: Prelims at 9:00 am and Finals at 5:30pm  
Synchronized Swimming: 9:00 am and 5:30 pm  
Open water: 8:00 am

**Closing Ceremony:** June 27, 2015 for Swimming  
June 30, 2015 for Synchronized Swimming and Open Water

**Dates of Departure**

Swimming June 28, 2015  
Open Water July 1, 2015  
Synchronized Swimming July 1, 2015

#### **4. Competitors**

For a competitor to represent the country that enters him/her, he/she must comply with the following requirements:

- A. Prove his / her exact age by means of an official birth Certificate or passport.
- B. The competitor shall be a citizen, whether by birth or naturalization, of the country he/she represents. (see FINA Rule GR2.5).
- C. In case of non-citizens, they may be entered providing the competitor has been resident in the Country for one year prior to the entry deadline and must not have swum for another Country during that period. All Competitors must also be registered with, or a member of, the Swimming Federation of the Country that they represent. Competitors who are non-citizens would be required to present 'proof of residency' documents which could be proof of club membership, proof of attendance at school or any other organization. If a Country enters a competitor that is not a citizen of that country by birth or naturalization, the code for that country shall be changed by adding "AG" to the designated three letter FINA Country code and used throughout the competition e.g. BAR shall be changed to BAR-AG.
- D. FINA Rule "GR-1" shall apply. There is no restriction to the participation of a competitor, if he/she has obtained some international classification in Olympic or regional games.
- E. In Open Waters, it is obligatory that each swimmer is accompanied by a companion during the competition. If he/she doesn't have a representative from his/her country to accompany him/her, he/she must make a request for a companion to the Organizing Committee during the Technical Meeting.

#### **5. Entries:**

The organizing committee will provide entry forms and instructions to all invited teams on or before May 7, 2015.

##### **5a. Preliminary Entries:**

The preliminary entries (by team) must be made on the forms attached and must be sent by email to the following addresses to be in the hands of the Organizing Committee and the President of CCCAN no later than **May 8, 2015**:

E-mail's: [basa@caribsurf.com](mailto:basa@caribsurf.com)/[meetentries@cccان.info](mailto:meetentries@cccان.info)

The preliminary entries must indicate the following:

- 1. In what swimming categories they will participate.
- 2. In what synchronized swimming categories they will participate.
- 3. In what open water swimming category they will participate
- 4. The approximate number of persons in the official delegation

Indicating: number of female athletes, number of male athletes, and the number of delegation officials and technical officials.

##### **5b. Final Entries:**

The participating countries must send their Final Entries in the specified formats with the seal of the federation by email to the championship Organizing Committee with copy to the President of CCCAN at:

**E-mail's: [basa@caribsurf.com](mailto:basa@caribsurf.com) / [meetentriescccan@cccan.info](mailto:meetentriescccan@cccan.info)**

It is very important that all communications be addressed in this manner and be copied to all email addresses.

Final entries, by group or specific event, must be in the hands of the Organizing Committee **no later than midnight, May 22 2015**. The host country will not be responsible for the expenses incurred by the person, or persons that personally deliver the Final Entries.

**For swimming, the final entries must be sent in the “Meet Manager” format and the other disciplines must be sent in the forms provided by the Organizing Committee.**

## **6. Entry rules**

### **Swimming:**

- A. Each country may enter a maximum of two (2) competitors in each individual event. Each country may enter only one team in relays
- B. There is no limit in the number of events in which an individual competitor may participate
- C. No alternates or substitutes will be allowed in individual events.
- D. In relay events, each country may enter four (4) competitors, but any member of the country's team, duly entered in the championships, may be a substitute.
- E. In swimming, no competitor may participate out of his/her age group, even in an older one.
- F. The order of the swimmers in the relay events must be turned into the scoring table no later than (1) hour prior to the start of the session in which the event is to be held.
- G. Timed Trials are permitted, as long as they comply with the following requisites:
  - Completing the provided Timed Trial Request form with 24hr anticipation to the day of the timed trial. For Timed Trials on the first day of competition, the completed Timed Trial Request form has to be submitted at the Swimming Technical Meeting. (June 22 @ 12:00 pm)
  - Pay a \$10 US Dollar fee per Timed Trial
  - Will be swum after the preliminary sessions only.
  - Will be swum in events 200m and under.
  - Timed Trials will only be allowed for swimmers entered in the meet in events for which they were also entered in the meet.
  - The completed Timed Trial Request form, will be checked and decided upon by the CCCAN Technical Swimming Committee. A request with a “NT” entry time will not be considered.
  - There is a limit of two (2) Timed Trials per swimmer.

**Synchronized Swimming (Female):**

- A. Each country may enter two (2) solos, two (2) duets and one (1) team per age group.
- B. The teams must each be composed of a minimum of four (4) swimmers and a maximum of eight (8). FINA Rule SS18.1 will apply.
- C. No competitor may participate out of her age group, even in an older one.

**Open Water Swimming:**

- A. Each country may enter a maximum of three (3) competitors per individual event; male and female
- B. All competitors must be subject to a medical physical examination at the host country prior to their event. Time and place to be communicated to each delegation at the technical meeting.
- C. Those competitors of ages between 14 and 17 years old shall only participate if they are represented by their parents or by the delegate of their country at the championships. The competitor's representatives must sign and include with the entry form a document exonerating others of all responsibilities.

**7. Minimum of Participating Countries:**

For the celebration of a "championship" in any of the disciplines (swimming, synchronized swimming, and open water) and their respective categories, participation of at least two (2) countries is required. If in a discipline and /or event, there is not at least two (2) countries participating, the Organizing Committee shall advise the President of the CCCAN at least thirty (30) days prior to the arrival date, who shall take the appropriate action to eliminate those events.

**8. Rules:**

The Championships shall be governed by the rules of the Federation International of swimming (FINA) in force at the time of the competitions.

**9. Swimwear, Goggles and Swim Caps:**

The swimwear, goggles and swim cap used shall be those approved by FINA and included in the current "approved list" published by FINA each year. They must be worn in Preliminary and Final events and must carry the approved FINA mark.

**10. Interpretations:**

The Members of the CCCAN Executive Committee present at the Championship shall have complete authority to answer and resolve all interpretations, resolutions or appeals related to these championships.

## **11. Technical Officials:**

The President of the CCCAN, with the recommendation from the Technical Swimming Committee for each discipline, will name the judges and referees for the Championships, with the understanding that at least 90% will be provided by the host country. The federations participating in these championships may include in their delegation a maximum of two (2) technical officials per discipline for whom the Organizing Committee will provide local transportation, accommodation and three (3) meals per day at the daily rate stated below in Item 15 of this Summons.

In Synchronized Swimming, it is mandatory for each entered team to send two (2) judges.

The forms with the names and experience of each technical official shall be sent no later than **May 8, 2015** to the President of the CCCAN at the following address:

Felix A. Calderon

E-mail: [president@cccan.info](mailto:president@cccan.info)

The President will notify each Federation and the Organizing Committee of the names of those technical officials selected to work at the Championships.

## **12. Awards:**

A championship trophy shall be awarded to the country with highest points in each age group (male and female) in every discipline and category. In addition, an overall championship trophy will be awarded to the country gaining the highest total points in all disciplines combined. Each award shall have the logo and the initials of the CCCAN and the design shall be approved by the CCCAN.

First to third place shall be awarded medals-gold, silver and bronze respectively, for each event in each discipline. Each medal shall have the logo and the initials of the CCCAN and the design shall be approved by the CCCAN.

The awards shall be presented on the awards podium as determined by the Organizing Committee in consultation with the President of CCCAN or his nominee. Only the first three places will go to the awards podium. The flags of the first three places shall be raised and the anthem of the winning country shall be played.

In relays in swimming, duets and teams in synchronized swimming, each participant shall receive the award corresponding to his / her country.

In synchronized swimming awards will be given in figures and free routine separately. For the figures the qualification obtained by the athlete, awarded from 1 through 8, complying with FINA Rule SS12.1 independent of the country where she belongs. For the free routine, the qualification obtained in the figures should be added to the qualifications obtained in the free routine and divided by 50% incompliance with FINA Rules SS12.2, SS12.3 and SS13.



For **Swimming** the points will be as follows:

Place	1 <sup>o</sup>	2 <sup>o</sup>	3 <sup>o</sup>	4 <sup>o</sup>	5 <sup>o</sup>	6 <sup>o</sup>	7 <sup>o</sup>	8 <sup>o</sup>
Points	9	7	6	5	4	3	2	1

Points will be doubled for the relays in swimming.

For **Open Water**, points will be awarded as follows:

Place	1 <sup>o</sup>	2 <sup>o</sup>	3 <sup>o</sup>	4 <sup>o</sup>	5 <sup>o</sup>	6 <sup>o</sup>	7 <sup>o</sup>	8 <sup>o</sup>	9 <sup>o</sup>	10	11 <sup>o</sup>	12 <sup>o</sup>
Points	18	16	14	12	10	8	6	5	4	3	2	1

For **Synchronized Swimming** the points will be as follows:

Place	1 <sup>o</sup>	2 <sup>o</sup>	3 <sup>o</sup>	4 <sup>o</sup>	5 <sup>o</sup>	6 <sup>o</sup>	7 <sup>o</sup>	8 <sup>o</sup>
Solo and figures points:	24	22	20	18	16	14	12	10
Duets points:	36	33	30	27	24	21	18	15
Team points:	72	66	60	54	48	42	36	30

**Notes:**

- In the solo and duet events only 1 solo and 1 duet per country will receive awards and points. The second solos and duets will receive an honorary participation.

Independent scoring will be kept in each specialty, category, and sex to decide the champion teams. The team with the most total points, in all disciplines and categories, will receive a trophy and will also receive the CCCAN flag to keep until the next championships.

**13. Swimming Program:**

The Heats in Swimming will be held in the morning and the eight (8) finalists will be selected based on time. The Finals will be held in the afternoon.

In the 800 free for women and the 1500 free for men, the slower heats will be held in the morning as “timed finals” and will be seeded in accordance with FINA Rule SW 3.1.1.6. The competitors with the eight (8) fastest times registered will swim in the finals in the afternoon. Evidence (name and date of competition in which time has been achieved) of all entry times for 800 free and 1500 free shall be submitted along with the Final Entries. If the evidence is not submitted, the swimmer will be entered with no time (NT).

For the 200 butterfly and 200 breaststroke for the 11-12 age group and the 400 IM for 13-14 age group, the slower swimmers with accepted entry times will swim in the morning, and the fastest eight (8) swimmers will be seeded and swim during the finals. For these events, entries with “NT” will not be accepted. All entries must show “proof of time” when entered by Team Manager entry format.

**All swimmers in the Timed Final events (200 Breaststroke & 200 Butterfly 11-12, 400 Individual Medley 13-14, and all 800 free and 1500 free) must report to the Clerk of Course in the morning in order to account for any scratches and determine that there will be 8 swimmers in the Finals.**

**14. Synchronized Swimming Program:**

The synchronized swimming program shall conform with that set forth in the FINA age group rules. The order and development of the competition will be

determined in accordance with the number of participants in each category. Therefore the final order of events will be organized following preliminary entries. The Organizing Committee shall send to each participating country, no later than May 20, 2015 the information indicated in FINA Rule SS24.2. Including a pool diagram with depth and music format.

**15. Living Expenses:**

Each participating country has the right to include in its official delegation, at the costs indicated below, the following team officials:

**A. Swimming**

1. Delegations with 10 competitors or less – 3 team officials
2. Delegations with more than 10 competitors but less than 31 – 4 team officials.
3. Delegations with more than 30 competitors but less than 51 – 5 team officials.
4. Delegations with more than 50 competitors – 6 team officials.

**B. Synchronized Swimming:**

1. Delegations of five (5) competitors or less will be allowed two (2) team officials.
2. Delegations of six (6) to ten (10) competitors will be allowed three (3) team officials.
3. Delegations of eleven (11) to twenty four (24) competitors will be allowed four (4) team officials.
4. Delegations of more than 24 competitors will allowed five (5) team officials

**C. Open Water Swimming:**

3 team officials per country.

**D. Every visiting team will pay the organizing committee the following rates:**

- a) Meet fee of **US\$ 75.00** per person per night for room, board and local transportation in hotel in quadruple occupancy per room. Rates for **triple, double and single** occupancy will be different and can be supplied by the Organizing Committee on request. **Fifty percent (50%) of this estimated cost shall be paid in advance not later than June 1, 2015 for each member of the official delegation in order to secure reservation of the room. The remainder of this payment shall be made no later than June 21, 2015**
  - Triple occupancy: US\$ 105.00 per person, inclusive of meals and local transportation.
  - Double occupancy: US\$ 120.00 per person, inclusive of meals and local transportation.
  - Single occupancy: US\$ 160.00 per person, inclusive of meals and local transportation.

**If you prefer to make payment by bank transfer, you must include in the payment the related bank charges that will be incurred by the Organizing Committee when the funds are deposited in its bank account.**

The above-mentioned daily rate includes transportation from and to the airport and also to and from the pool/open water venue during the competition and for previously arranged training before or after the competition dates. Federations **must** indicate on their preliminary entries if they require to be scheduled for training before the start of competition, as well as on the arrival date and after the completion of their competition.

**VISA REQUIREMENTS: Some countries will have to apply for VISAS for entry into Barbados. Each federation is responsible to apply for entry visas to Barbados. Contact BASA for specific information and entry requirements for each country. [basa@caribsurf.com](mailto:basa@caribsurf.com)**

**16. Pools and villas**

On receipt of preliminary entries, the organizing committee will provide all participating countries with information regarding the hotel / villa for accommodation.

**SWIMMING PROGRAM**

First Day of Swimming Program (June 23, 2015) is:

1 – 2	100 M Backstroke	13 – 14
3 – 4	100 M Backstroke	11 – 12
5 – 6	800 / 1500 M Freestyle	18 & Over
7 – 8	800/1500 M Freestyle	15 – 17
9 – 10	800/1500 M Freestyle	13 – 14
11 – 12	200 M Breaststroke	11 – 12
13 – 14	100 M Breaststroke	18 & Over
15 – 16	100 M Breaststroke	15 – 17
17 – 18	50 M Freestyle	13 – 14
19 – 20	50 M Freestyle	11 – 12
21 – 22	200 M Individual Medley	18 & Over
23 – 24	200 M Individual Medley	15 – 17
25 – 26	200M Individual Medley	13 – 14
27 – 28	400 M Medley Relay	11 – 12

Second Day of Swimming Program (June 24, 2015) is:

29 – 30	200 M Freestyle	15 – 17
31 – 32	200 M Freestyle	18 & Over
33 – 34	200 M Butterfly	11 – 12
35 – 36	200 M Freestyle	13 – 14
37 – 38	100 M Backstroke	15 – 17
39 – 40	100 M Backstroke	18 & Over
41 – 42	400 M Freestyle	11 – 12
43 – 44	100 M Butterfly	13 – 14
45 – 46	100 M Butterfly	15 – 17
47 – 48	100 M Butterfly	18 & Over
49 – 50	100 M Breaststroke	11 – 12
51 – 52	200 M Breaststroke	13 – 14
53 – 54	200 M Breaststroke	15 – 17
55 – 56	200 M Breaststroke	18 & Over
57 - 58	400 M Freestyle Relay	11 – 12
59 - 60	400 M Freestyle Relay	13 – 14

Third Day of Swimming Program (June 25, 2015) is:

61	200 M Mixed Free Relay	11 - 12
62	200 M Mixed Free Relay	13 - 14
63 - 64	50 M Freestyle	15 - 17
65 - 66	50 M Freestyle	18 & Over
67 - 68	100 M Butterfly	11-12
69 - 70	200 M Butterfly	13-14
71 - 72	200 M Butterfly	15-17
73 - 74	200 M Butterfly	18&Over
75 - 76	50 M Backstroke	11-12
77 - 78	50 M Backstroke	13-14
79 - 80	50 M Backstroke	15-17
81 - 82	50 M Backstroke	18&Over
83 - 84	100 M Breaststroke	13-14
85 - 86	200 M Freestyle	11-12
87 - 88	800 M Freestyle Relay	15-17
89 - 90	800 M Freestyle Relay	18&Over
91 - 92	800 M Freestyle Relay	13-14

Fourth Day of Swimming Program (June 26, 2015) is:

93 - 94	400 M Freestyle	18 & Over
95 - 96	400 M Freestyle	15 - 17
97 - 98	400 M Freestyle	13 - 14
99 - 100	50 M Breaststroke	18 & Over
101 - 102	50 M Breaststroke	15 - 17
103 - 104	50 M Breaststroke	13 - 14
105 - 106	50 M Breaststroke	11 - 12
107 - 108	200 M Backstroke	18 & Over
109 - 110	200 M Backstroke	15 - 17
111 - 112	200 M Backstroke	13 - 14
113 - 114	200 M Backstroke	11 - 12
115 - 116	400 M Medley Relay	18 & Over
117 - 118	400 M Medley Relay	15 - 17

Fifth Day of Swimming Program (June 27, 2015) Is:

119	200 M Mixed Free Relay	15- 17
120	200 M Mixed Free Relay	18 & Over
121 - 122	200 M Individual Medley	11 - 12
123 - 124	400 M Individual Medley	13 - 14
125 - 126	400 M Individual Medley	15 - 17
127 - 128	400 M Individual Medley	18 & Over
129 - 130	100 M Freestyle	13 - 14
131 - 132	100 M Freestyle	15 - 17
133 - 134	100 M Freestyle	18 & Over
135 - 136	100 M Freestyle	11 - 12
137 - 138	50 M Butterfly	13 - 14
139 - 140	50 M Butterfly	15 - 17
141 - 142	50 M Butterfly	18 & Over
143 - 144	50 M Butterfly	11 - 12
145 - 146	400 M Medley Relay	13 - 14
147 - 148	400 M Freestyle Relay	18 & Over
149 - 150	400 M Freestyle Relay	15 - 17

### **SYNCHRONIZED SWIMMING PROGRAM**

First Day of Synchro Program (June 29, 2015) is:

**TO BE ORGANIZED BASED ON NUMBER OF PARTICIPANTS**

<b>TIME</b>	<b>DESCRIPTION</b>	<b>AGE</b>
Morning	TECHNICAL SOLOS FIGURES FIGURES FIGURES TECHNICAL DUET	19 AND OVER 12 AND UNDER 13, 14 AND 15 16, 17 AND 18 19 AND OVER

<b>TIME</b>	<b>DESCRIPTION</b>	<b>AGE</b>
Afternoon	SOLO SOLO SOLO SOLO FREE	12 AND UNDER 13, 14 AND 15 16, 17 AND 18 19 AND OVER

Second Day of Synchro Program (June 30, 2015) is:

**TO BE ORGANIZED BASED ON NUMBER OF PARTICIPANTS**

<b>TIME</b>	<b>DESCRIPTION</b>	<b>AGE</b>
Morning	TECHNICAL TEAM DUET DUET DUET FREE DUET	19 AND OVER 12 AND UNDER 13, 14 AND 15 16, 17 AND 18 19 AND OVER

<b>TIME</b>	<b>DESCRIPTION</b>	<b>AGE</b>
Afternoon	TEAM TEAM TEAM FREE TEAM	12 AND UNDER 13, 14 AND 15 16, 17 AND 18 19 AND OVER

### **OPEN WATER SWIMMING PROGRAM**

JUNE 27, 2015	<b>COMPETITION SITE RECONNAISSANCE AND</b>	
	<b>TRAINING IN BOTH DISTANCES</b>	
JUNE 28, 2015	<b>10 K (BOTH CATEGORIES AND SEX)</b>	
JUNE 29, 2015	<b>FREE</b>	
JULY 30, 2015	<b>5K (BOTH CATEGORIES AND SEX)</b>	

First Day of Open Water Swimming Program is:

143 – 144	10 K Open Water	14 – 17
145 – 146	10 K Open Water	18 & Over

Second Day of Open Water Swimming Program is:

147 – 148	5 K Open Water	14 – 17
149 – 150	5 K Open Water	18 & Over

Depending on the number of participants in each event and the design of the competition circuit, the Technical Open Water Committee will decide the type and time of the start.

All swimmers must report to the Clerk of Course area with Cap on which may be shown the three (3) letters identification of their country.

Mr. Andrew Kirby  
President  
Barbados Amateur Swimming Association  
Approved: April 29, 2015  
In Barbados

Felix A Calderon  
President  
CCCAN  
Approved: April 29, 2015  
In San Juan, Puerto Rico