# ST LUCIA AMATEUR SWIMMING ASSOCIATION

## PRESENTS

# THE LONGITUDINAL AXIS STROKES MEET

## LONG AXIS MEET

# SUMMONS

## Saturday 31 January 2015

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## RODNEY HEIGHTS AQUATIC CENTRE

**The Saint Lucia Amateur Swimming Association (SLASA) extends to you a cordial invitation to celebrate with us our First Development Meet for 2015 to be held at the Rodney Heights Aquatic Centre, January 31st 2015. We will be swimming all Age Groups together based on Entry Time as Open Female & Open Male, however it will be scored per age group (6&udner up to 18&Over).**

**This is a developmental meet designed to encourage all swimmers to swim for best times in long axis strokes (i.e. Freestyle and Backstroke events). This will be the continuation of a series of development meets designed to encourage swimmers to compete on a regular basis and attempt to achieve motivational "AAAA", "AAA", "AA", "A", "BB" and "B" times.**

**As in our other Development Meets, *Time Trials will be held on request*. There will be a maximum of 3 time trials. Requests to swim time trials must be submitted to the meet officials along with other entries and it would be preferred if swimmers with a chance of making a AA time or better would be considered.**

**Course: 8-lane 25 meter pool with Colorado Electronic Timing. Hy-Tek Software.**
**False Start FINA rule "SW 4.4" will be in effect: NO FALSE STARTS.**

**Age Groups: 6 & Under, 7-8, 9 – 10, 11 – 12, 13 – 14, 15 – 17, 18 & over**
**ALL PARTICIPANTS WILL BE PLACED ACCORDING TO THE ABOVE AGE GROUPS.**

The age of the swimmer on December 31, 2014 will determine the age group that the swimmer is eligible to swim.

All events will be swum according to seed times regardless of age group or gender, however they will be ranked according to age group and gender in tabulating the final results.

**Qualifications:** Competitors must be amateurs as defined by FINA and registered swimmers with the Federation of the country sanctioning their participation.

## Agenda

Saturday, January 31st, 2015

| | |
|---|---|
| Warm-Up | 12:00 PM-12:50 PM |
| Events commence | 1:00 PM |

## Registration and Entries

Entries for clubs must be made in team manager format; all other entries must be on entry form. The entries must be returned to the Secretary of SLASA by **Thursday 29th January,** although we would appreciate a verbal response of your desire to participate as soon as possible with number of swimmers. Entries should be sent in **Team Manager Format**, and should be returned to the following **address:**

John Bruce, SLASA VP Tech
Phone: (758) 719- 9906 e-mail:micoudjb@gmail.com

OR

Joyce Huxley, SLASA Secretary General
Phone: (758) 718-7600 e-mail: secretary@slasa.info

**The following will apply to all entries**:

1. There is no limit to the number of swimmers, which your club can enter in an event.
2. Unattached swimmers are encouraged to participate.
3. **Only swimmers in the 6 & under, 7-8 age groups or who are designated beginner swimmers will be allowed to swim 25 meter events.**
4. Designated beginner swimmers are swimmers who have competed for the first time in a stroke within the last 6 months from the date of this meet.
5. All swimmers not in the categories identified in (#3) are required to swim in events of 50 meters or longer.
6. There shall be neither substitutes nor alternatives in individual events.
7. **A swimmer may enter up to THREE individual events only, plus relays.**
8. Heats will be announced and swimmers missing their respective heat will not be allowed to take part in the event.
9. The fees are EC$20.00 - per swimmer.
10. **Entry Fees must accompany entry forms or be paid on arrival of team. No team will be allowed to start the competition without payment of meet fees.**
11. **NO LATE ENTRIES WILL BE ALLOWED.**

**Officials:** Each club participating will be asked to provide FOUR officials for the meet. Officials' names should be sent with the entries

****Please note that failure to provide any officials may result in any swimmer from your respective club being asked to sit out of a race as per random selection by the meet referee.***

**Sanctioned By:** St. Lucia Amateur Swimming Association in accordance with FINA Rules.

**Protests:** The designated team representative must file a signed protest form to protest a decision made by the meet referee, within thirty minutes of the posted results of the event. The cost of the protest will be EC$20.00. The protest will go to the protest committee that will be named prior to the start of the meet. If the protest is upheld the fee will be returned to the team official.

**Starts**: Over the top for Freestyle & the pool will be cleared after each heat in Backstroke events.

**Finishes:** Swimmers will remain in their lane until all swimmers finish the race.

## Long Axis Meet Programme:

There will be no Heats or Preliminaries. All events are Timed Finals and seeded according to entry time.

***Please Note:*** **For a seed time the FINA rule needs to be observed, it is a BEST OFFICIAL TIME ACHIEVED during the LAST 12 MONTHS, and not a time that you hope to achieve**.

*(Only if you have no seed time should you enter NT**)**

| EVENT # | AGE GROUP | EVENT |
|---|---|---|
| 1 | OPEN | 200M Medley Relay |
| 2 | OPEN | 200M Free |
| 3 | OPEN | 25M Back |
| 4 | OPEN | Time Trial # 1 |
| 5 | OPEN | 50M Back |
| 6 | OPEN | 400M Free |
| 7 | OPEN | 100M Free |
| 8 | OPEN | 800M Free |
| 9 | OPEN | Time Trial # 2 |
| 10 | OPEN | 25M Free |
| 11 | OPEN | 100MBack |
| 12 | OPEN | 50MFree |
| 13 | OPEN | 200M Back |
| 14 | OPEN | Time Trial # 3 |
| 15 | OPEN | 200M Free Relay |

CHECK IN: 12:00 pm
START TIME: 1:00 pm
END TIME: 4:00 pm

PROTESTS: Must be submitted to referee within 30 minutes after finish of event.

**CONTACT PERSONS:**

**Joyce Huxley** Secretary, St. Lucia Amateur Swimming Association
Tel: 718 7600 e-mail: secretary@slasa.info

**John Bruce** Vice President-Technical, St. Lucia Amateur Swimming Association
Tel: 719- 9906 e-mail: micoudjb@gmail.com