

RODNEY HEIGHTS AQUATIC CENTRE



ST. LUCIA WEST INDIES

16th INTER-CLUB INVITATIONAL SWIM MEET **April 9 - 12, 2015**

SUMMONS

The Rodney Heights Aquatic Centre in St. Lucia West Indies extends to you a cordial invitation to attend our 16TH INTERNATIONAL CLUB INVITATIONAL MEET to be held in St. Lucia from Thursday, April 9th to Sunday, April 12th 2015. Sanctioned by the St. Lucia Amateur Swimming Association in accordance with FINA Rules.

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

STARTS WILL BE OVER THE TOP IN BUTTERFLY, BREAST AND FREESTYLE EVENTS.
ALL EVENTS are TIMED FINALS

Age Groups: Individual Events 6 - Under, 7 - 8, 9 – 10, 11 – 12, 13 – 14, 15 – Over
 Relays 8 & Under, 9 – 12, 13 – Over

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

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

Agenda

Thursday, April 9, 2015	Arrival of Teams	
	Technical Meeting	3:00 PM
	Session 1 Warm-Up	4:00 – 5:20 PM
	Session 1 Championships	6:00 PM Start
Friday, April 10, 2015	Session 2 Warm-Up	8:00 AM – 8:55 AM
	Session 2 Championships	9:00 AM Start
Friday, April 10, 2015	Session 3 Warm-Up	4:00 PM – 5:20 PM
	Opening Ceremony	5:30 PM – 6:00 PM
	Session 3 Championships	6:00 PM Start
Saturday, April 11, 2015	Session 4 Warm-Up	7:00 AM – 8:30 AM
	Session 4 Championships	8:30 AM Start
Saturday, April 11, 2015	Session 5 Warm-Up	4:00 PM – 5:30 PM
	Session 5 Championships	5:45 PM Start
Sunday, April 12, 2015	Session 6 Warm-Up	7:30 AM – 8:50 AM
	Session 6 Championships	9:00 AM Start

Closing Awards Ceremony 30 min following finish of meet

Registration and Entries

All Entries must be made in Hy-Tek Meet Manager format electronically. They must arrive by Wednesday, March 18th 2015. (The required Hy-Tek format and the Excel PDF sheet must be sent to dsw.slu@gmail.com . **Entries not submitted in Meet Manager or Team Manager format will not be accepted. Your entries will be acknowledged when received.**

Entries should be returned to the following address:

Rodney Heights Aquatic Centre

Meet Director: Dr. Diane S. Worrell P.O. Box 908, Castries, St. Lucia West Indies

Phone: (758) 450-7946 e-mail: dsw.slu@gmail.com

RULES AND REGULATIONS:

1. There is **NO** limit to the number of swimmers which your club can enter in an individual event, however, only the two fastest swimmers will score team points. There shall be neither substitutes nor alternatives in individual events.
2. There is no limit to the number of Relay Teams a Club can enter in an event, however, only one relay team will score points.
3. There is 10 Event restriction on the number of events in which an individual competitor may participate and score points. A swimmer may swim exhibition for additional events. Meet Fees Apply.
4. Heats will be announced and all swimmers missing their respective heat will not be allowed to take part in that event.
5. Where an event is not available in an event in a specific age group, Swim Ups will only be allowed if space is available in a heat in that event. No new heats will be created for swim-ups. All swim ups will be exhibition only. Meet fees apply.
6. Timed Trials are available and meet fees will apply.
7. The fees are as follows:
 - (i) US\$ 20.00 - Team Fees
 - (ii) US\$ 2.50 - per swimmer per entry, no entry limit
 - (iii) US\$ 10.00 - per entry for Relay Team
 - (iv) US\$ 3.00 - for each entry after the entry deadline
 - (v) US\$ 3.00 - Penalty fee for swimmers who fail to scratch, or fail to swim. This penalty must be paid before the swimmer is permitted to swim further this Meet.
 - (vi) US\$ 5.00 - per late entry after Technical meeting. These entries will only be allowed in heats with open lanes in an already seeded event.
8. ENTRY FEES MUST BE PAID BEFORE START OF MEET.

NB: If the entry fees are not paid before the start of the competition, a penalty equal to 15% of the entry fees will be added.
9. Swimmers competing in relay events must be registered in the meet.
10. Relay cards are in duplicate, the original must be handed in to the Computer Room 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 no later than four (4) events prior to the scheduled event number; after that, only on the presentation of a valid medical certificate. The swimmers must be named in order of swimming in accordance with FINA rules.
11. There will be positive check in forty five (45) minutes before start of each session for all events 400m and above.

12. Participating Clubs are responsible for providing a counter for the 800 metre and 1500 metre events. Local clubs are required to submit, with their entries, a list of volunteers to act as Technical Officials and to perform other duties essential to the smooth running of the competition. Clubs must submit the names of volunteers to the RHAC Office at least four (4) days before the start of the competition. Volunteers MUST report to the volunteer desk at least 35 minutes before the start of the competition for registration and assignment. Clubs are expected to provide the following number of volunteers (non-compliant clubs will be excluded from participation):

- 1 - 10 swimmers entered: One (1) volunteer per session
- 11 - 20 swimmers entered: Four (4) volunteers per session
- 21 - 40 swimmers entered: Five (5) volunteers per session
- 41 or more swimmers entered: Eight (8) volunteers per session
- Unattached swimmers: One (1) volunteer for one (1) session

AWARDS

1. Medals will be awarded to the first three (3) places in each event. Ribbons will be awarded for 4th to 8th place.
2. Trophies will be awarded to the swimmer in each group, male and female, with the highest number of points. Medals will be awarded to the swimmers with the 2nd and 3rd place points in each age group. **Please note that there are no ties for the age-group high-point awards. In the event of more than one swimmer amassing the same number of points at the end of the meet, the swimmer with the higher number of individual victories will be given the award. Should there be an equal number of victories, the number of second place finishes, third place etc. shall be the determining factor.**
3. Trophies will be awarded to the 1st, 2nd, and 3rd placed Teams in the competition.
4. Scoring shall be as follows:
Individual Events 9, 7, 6, 5, 4, 3, 2, 1 **Relays Double Points**
5. Starts will be over the top wherever possible.
6. RELAYS WILL BE AWARDED MEDALS for 1st to 3rd place and ribbons for 4th to 8th place.

SPRINT CHALLENGE

7. The top 8 swimmers in 10 & Under Age group AND 11 & Over Age Group Male and Female 50 freestyle event will be **invited** to take part in the **Sprint Challenge**. Round one will be a
50 Meter Sprint.

Four swimmers will be eliminated and the Final Four will go to Round Two which is a 25 Meter Dash. The top one swimmer in each age group (10 & under, 11& over) will win in each

age group. If either of the top 8 invite swimmers does not swim the next top time will be invited to participate in the Challenge ensuring 8 swimmers take part.

THIS EVENT WILL TAKE PLACE AT THE CLOSE OF ALL SCORED EVENTS DURING THE 30 MINUTES AWAITING THE CLOSING CEREMONY.

Sprint Challenge Winners will receive a special prize.

Technical Meeting: A short briefing will take place in the Officials Room for all coaches and team officials prior to the start of session 1 on Thursday, April 10 at 3 pm. All changes to the scheduled events for swimmers should have been done at the time confirmation of your entries were sent by return email. This is not a scratch meeting.

Protests: The designated team representative must file a signed protest to a referee decision with the meet referee within 30 minutes of the posted results of the event. The cost of the protest will be \$25 USD. The protest will go to the protest committee that will be named prior to the meet start. If the protest is upheld the fee will be returned to the team official.

Starts & Finishes: Starts will be over the top where possible. Swimmers will remain in their lane until all swimmers finish the race unless instructed to do so by the referee or meet director.

Programme: ALL EVENTS ARE TIMED FINALS. Note: For a seed time the FINA rule needs to be observed, it is a BEST OFFICIAL TIME ACHIEVED IN A LAST 12 MONTHS not a time you hope to achieve. Only if you have no seed time should you enter NT. The Meet Referee may call an intermission if he/she deems it necessary to do so.

The pool will be open each day 90 minutes prior to the meet for warm-up. PLEASE NOTE THIS IS AN OPEN WARM-UP. SPRINT AND PACE LANES WILL RESTRICTED FOR THE LAST 45 MINUTES BEFORE THE START OF THE COMPETITION. (Some adjustment may be made based on the number of Team Entries, TBA)

Refreshments: Food and drinks will be available on the premises throughout the meet. Group meal rates will be available each day and orders must be placed by 9:30 am each morning to be picked up during the lunch hours. Heat Sheets will be on sale during the meet.

**16th RHAC INTER-CLUB INVITATIONAL
March 26 - 29, 2014
PROGRAMME
(All Events are Timed Finals)**

PROGRAMME FOR 2015 RHAC 16th INVITATIONAL		
Event No.	Event	Age Group
THURSDAY 5:30 p.m. START		
1 - 2	100 M Individual Medley	F/M 8 - Under
3 - 4	100 M Individual Medley	F/M 9 - 10
5 - 6	200 M Individual Medley.	F/M 11-12
7 - 8	200 M Individual Medley	F/M 13-14
9 - 10	200 M Individual Medley	F/M 15 & Over
11	1500 M Freestyle	F Open
12	1500 M Freestyle	M Open
1500 QT is 30:00.00 MUST SUBMIT PROOF OF		

	TIME WITH HY-TEK F/M	
	FRIDAY 9:00 a.m. START	
13 - 14	25 M Butterfly	F/M 8 & Under
15 - 16	100 M Butterfly	F/M 9 - 10
17 - 18	100 M Butterfly	F/M 11-12
19 - 20	100 M Butterfly	F/M 13-14
21 - 22	100 M Butterfly	F/M 15 & Over
23 - 24	25 M Breaststroke	F/M 8 & Under
25 - 26	200 M Breaststroke	F/M 9 - 10
27 - 28	200 M Breaststroke	F/M 11-12
29 - 30	200 M Breaststroke	F/M 13-14
31 - 32	200 M Breaststroke	F/M 15 & Over
33 - 34	50 M Freestyle	F/M 8 & Under
35 - 36	50 M Freestyle	F/M 9-10
37 - 38	50 M Freestyle	F/M 11-12
39 - 40	50 M Freestyle	F/M 13-14
41 - 42	50 M Freestyle	F/M 15 & Over
	FRIDAY 6:00 p.m. START	
	<i>Opening Ceremony 5:30 pm</i>	
43 - 44	25 M Backstroke	F/M 8 & Under
45 - 46	100 M Backstroke	F/M 9 & Under
47 - 48	100 M Backstroke	F/M 11-12
49 - 50	100 M Backstroke	F/M 13-14
51 - 52	100 M Backstroke	F/M 15 & Over
53 - 54	200 M Freestyle	F/M 8 & Under
55 - 56	400 M Freestyle	F/M 9 - 10
57 - 58	400 M Freestyle	F/M 11-12
59 - 60	400 M Freestyle	F/M 13-14
61 - 62	400 M Freestyle	F/M 15 & Over
63 - 64	200 M Free Relay	F/M 8 & Under
65 - 66	200 M Free Relay	F/M 9-12
67 - 68	200 M Free Relay	F/M 13 - Over
	SATURDAY 8:30 a.m. START	
69 - 70	200 M Butterfly	F/M 9-10
71 - 72	200 M Butterfly	F/M 11-12
73 - 74	200 M Butterfly	F/M 13-14
75 - 76	200 M Butterfly	F/M 15 & Over
77 - 78	100 M Freestyle	F/M 8 & Under
79 - 80	100 M Freestyle	F/M 9-10
81 - 82	100 M Freestyle	F/M 11-12
83 - 84	100 M Freestyle	F/M 13-14
85 - 86	100 M Freestyle	F/M 15 & Over
87 - 88	50 M Backstroke	F/M 8 & Under
89 - 90	200 M Backstroke	F/M 9-10
91 - 92	200 M Backstroke	F/M 11-12
93 - 94	200 M Backstroke	F/M 13-14
95 - 96	200 M Backstroke	F/M 15 & Over
	SATURDAY 5:45 p.m. START	

97 - 98	50 M Breaststroke	F/M 8 & Under
99 - 100	50 M Breaststroke	F/M 9-10
101 - 102	50 M Breaststroke	F/M 11-12
103 - 104	50 M Breaststroke	F/M 13-14
105 - 106	50 M Breaststroke	F/M 15 & Over
107 - 108	25 M Freestyle	F/M 8 & Under
109	800 M Freestyle	F Open
110	800 M Freestyle	M Open
	800 Fr QT 16:00.00 MUST SUBMIT PROOF OF TIME WITH HY-TEK F/M	
111 - 112	200 M Medley Relay	F/M 8 & Under
113 - 114	200 M Medley Relay	F/M 9-12
115 - 116	200 M Medley Relay	F/M 13 - Over
	SUNDAY 9:00 a.m. START	
117 - 118	50 M Butterfly	F/M 8 & Under
119 - 120	50 M Butterfly	F/M 9 - 10
121 - 122	50 M Butterfly	F/M 11-12
123 - 124	50 M Butterfly	F/M 13-14
125 - 126	50 M Butterfly	F/M 15 & Over
127 - 128	200 M Freestyle	F/M 9-10
129 - 130	200 M Freestyle	F/M 11-12
131 - 132	200 M Freestyle	F/M 13-14
133 - 134	200 M Freestyle	F/M 15 & Over
135 - 136	50 M Backstroke	F/M 9 - 10
137 - 138	50 M Backstroke	F/M 11-12
139 - 140	50 M Backstroke	F/M 13-14
141 - 142	50 M Backstroke	F/M 15 & Over
143 - 144	100 M Breaststroke	F/M 8 & Under
145 - 146	100 M Breaststroke	F/M 9 - 10
147 - 148	100 M Breaststroke	F/M 11-12
149 - 150	100 M Breaststroke	F/M 13-14
151 - 152	100 M Breaststroke	F/M 15 & Over
153 - 154	200 M Individual Medley	F/M 8 & Under
155 - 156	200 M Individual Medley	F/M 9 - 10
157 - 158	400 M Individual Medley	F/M 11-12
159 - 160	400 M Individual Medley	F/M 13-14
161 - 162	400 M Individual Medley	F/M 15 & Over
	SPRINT CHALLENGE WHILE WAITING FOR THE AWARDS CEREMONY	
	AWARDS CEREMONY 30 MIN AFTER CLOSE OF MEET	