



8th ABSF NATIONAL SWIMMING CHAMPIONSHIPS

23RD TO 25TH FEBRUARY 2024

VIPERS POOL

BLUE WATERS ROAD

LANGFORDS

ANTIGUA

WEST INDIES

You are cordially invited to participate in the Antigua & Barbuda Swimming Federation's 8th Annual National Swimming Championships. This championship will serve as the last local event that can be used to make qualifying times for selection onto the 2024 Antigua and Barbuda National Swim Team to the 37th CARIFTA Aquatic Championships to be held in the Bahamas March 28th to April 7th, 2024.

All swimmers who intend to achieve national representation are encouraged to participate in these championships once they are on island.

Pool Specifications: 6 Lane, 25m pool, Electronic Timing System: Automatic touch pads with manual stop watches.

The competition will be conducted under the sanction of the Antigua and Barbuda Swimming Federation and AQUA rules. **AQUA Rule SW 4.4 shall be applied. Throughout the Meet there will be a NO FALSE-START rule for age groups 9-10 and older and a two false start rule for younger age group**

STARTS WILL BE OVER THE TOP WHERE EVER POSSIBLE.

ALL EVENTS are TIMED FINALS.

LIMITS OF PARTICIPATION:

- a. The swimmers will compete among participants of the same gender (MALE / FEMALE).
- b. The swimmers will be scored by age groups and will be organized as such, except for the 10 & under 100IM, 50 back and 50 breast and the 11 & over and open events.
- c. There is no maximum age restriction.
- d. Swimmers registered with the Federation through one of its registered clubs are welcome to participate.
- e. Unattached swimmers are also encouraged to participate.
- f. Swimmers from other jurisdictions can participate once they have sanction from their national federation. NOTE: This is a national swim meet. Non-nationals will be eligible for medals and meet records but NOT points or national records. Non-nationals placing in the top-3 in any event will receive a medal corresponding to their finish; however, nationals will NOT be displaced by non-nationals for medals and will receive a medal based on placing of nationals in any particular event.
- g. The organizers have the right to redistribute and mix the genders of the participants depending on the number of registrations in each event.

AGE GROUPS: Individual Events:- 8 & under, 9 - 10, 11 - 12, 13 - 14, 15 -17, 18 & over

Relays:- There will be no relays

NOTE: OPEN EVENTS WILL BE SCORED ACCORDING TO THE ABOVE AGE GROUPS. Only ages 9 and over are permitted to do Open Events.

The age of the swimmer on 31st December, 2023 determines the age group in which the swimmer is eligible to participate

AGENDA

Wednesday, February 21st, 2024 Technical Meeting –Online 6:30PM – 7:00PM

(NOTE: All scratches must be submitted by this date. If not, the penalty charge will be applied for scratches after the meet is seeded. Scratches and queries can be sent ahead of the meeting via email to the meet director)

Friday February 23	Arrival of Teams	
	Warm up	4:00pm to 5:30pm
	Championships	5:45pm to 8:00pm

Saturday February 24	Warm-up	3:00pm to 4:30am
	Opening Ceremony	4:45pm to 5:00pm
	Championships	5:15pm to 7:45pm

Sunday, February 25, 2024

Warm-Up	8:00AM – 9:30PM
Championships	9:45AM – 12:00PM
BREAK TIME	12:00 NOON - 12:30 PM
Championships	12:45 PM - 2:30 PM
Closing	2:30 PM – 3:00 PM

Registration and Entries:

Entries must be made using the HyTek entry file which accompanies this notice. If teams do not have HyTek, they may submit entries using an Excel spreadsheet. The entries must be returned to the organizers by **Monday, February 12th, 2024**. You may submit entries by e-mail to cleopatra.gittens@gmail.com and it@absf.ag

The following will apply to all entries:

1. Swimmers should be registered for no more than ten (10) events. We advise that swimmers be competent to swim the required distances for their age groups.
2. The Federation reserves the right to cancel an event if there are less than 3 swimmers registered in it.

3. Heats will be announced and swimmers missing their respective heat will not be allowed to take part in the event.

4. Swimmers must report to the marshalling area at least 3 heats before the event in which he/she has been entered. If the swimmer is not in the waiting area by the designated time a decision may be taken that the swimmer has scratched the event.

5. There will be no relay events.

6. Ad hoc deck entries will not be accepted.

7. There will be no team points.

8. The fees are as follows:

- (I) A \$50 team fee
- (II) EC\$75.00 - per swimmer. Fees must be paid before any swimmer will be allowed to participate in the meet.
- (III) EC\$15.00 - for each scratch after meet is seeded and programmes printed.
- (IV) EC\$15.00 - penalty fee for swimmers who scratch during the meet or fail to swim. This penalty must be paid before the swimmer is permitted to swim further in this Meet.
- (V) EC 15.00 - per late entry after Technical Meeting. Late entries will only be allowed in heats with open lanes in an already seeded event.

Entry Fees must accompany entry forms or be paid on arrival of team or individuals. No individual will be allowed to start the competition without payment of meet fees.

Entry fees are due for all swimmers seeded in the meet after the scratch date, even if they do not show up. Clubs will not be allowed to have their swimmers swim if these fees are not paid.

Exhibition Swims:

All requests for exhibition swims must be submitted along with the main entries by the deadline date of Monday, February 12, 2024. Such requests must be clearly marked 'exhibition' and submitted at the end of the main entries within the age group and on the same entry form or email. Exhibition swims will only be allowed for swimmers entered in the meet and will not contribute to a swimmer's point standing.

Time Trials:

All requests for time trials must be submitted each day before the start of the day's session on the prescribed form indicating the following:

Name of Swimmer, Sex, Age, Club affiliation, event and the approximate time the Time Trial is requested to take place. Swimmers requesting time trials must pay EC\$15.00 for each event requested. Middle and long distance time trails will be allowed based on the referees discretion and time permitting

Awards:

Awards will be distributed for 1st, 2nd & 3rd places in each event (male & female).

A high point trophy will be awarded for each age group, male & female (points allocated to nationals only).

Medals will be distributed to coaches or team managers.

There will be no podium ceremony for individual events.

Podium and medal ceremony will be restricted to top-3 high-point achievers in each of the national gender and age groups.

Scoring:

Place	Points
1 st place	9
2 nd place	7
3 rd place	6
4 th place	5
5 th place	4
6 th place	3
7 th place	2
8 th place	1

Overall age group champions will be determined using up to the top 10 finishes.

In the event of a tie, the swimmer with the higher number of individual victories shall be given the trophy. Should there be an equal number of victories, then the number of 2nd place, then 3rd place finishes shall be the determining factor.

Officials:

Clubs (local and overseas) are invited to submit the names of any qualified persons willing to serve as Timers and Judges during the meet. Each club must submit the names of timers/volunteers based on the number of swimmers they are submitting. These are the number of volunteers needed per session.

1 – 10 swimmers – 3 timers

11 – 20 swimmers – 6 timers

20+ swimmers - 8 timers

All meet officials are required to check in with the Meet Referee and Chief Timer one hour before the start of the competition.

Refreshments will be served to Meet Officials and Timers during the Competition.

Stop Line, Pool Attendants & Lifeguards (optional)

Disqualifications:

All disqualifications will be announced on the public address system so that swimmers, coaches and parents are made aware.

Protests:

The Jury of Appeal, comprising three disinterested persons, to adjudicate all appeals against a Referee's rejection of a protest will be formed at the discretion of the clubs. Clubs are asked to submit the name of representative for the Jury of Appeal with their entries. All protests to the Referee's decision must be submitted to the Referee in writing within 30 minutes after the disqualification has been announced or results indicating the disqualification have been posted. It must be signed by an authorized Club Official and accompanied by EC \$100.00. If the protest is upheld the fee will be returned to the Club Official.

Finishes:

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

Programme:

There will be no Heats or Preliminaries.

All events are Timed Finals and seeded according to entry time.

Note: For a seed time, it is a BEST OFFICIAL TIME ACHIEVED IN THE LAST 12 MONTHS, not a time you hope to achieve. Only if you have no seed time should you enter NT.

The pool will be open 90 minutes prior to the meet for warm-up. Lane assignments will be given at the beginning of the meet.

Refreshments and Sales:

Refreshments will be on sale. Teams are encouraged to submit their orders for meals early to the front desk.

Admission:

Spectator admission is as follows:

Weekend pass (Adults) – EC\$25

Adults – EC\$10 per day

Children 5 -12 years old – EC\$5 per day

Children under 5 years old – FREE

Each team is allowed 2 coaches at no charge.

Accommodation:

Teams are responsible for arranging their own accommodation and the costs thereof. The following hotels are all within a 10-15min drive of the Championship Venue:

Hodges Bay Resort and Spa
Hodges Bay
Website: www.hodgesbay.com

Ocean Point Resort & Spa
Hodges Bay
Tel: 1(268)562-8330
Website: www.oceanpointantigua.com

Anchorage Inn
Dickenson Bay
Tel: 268-462-4065 Fax: 268-462-4066
E-mail: info@antiguaanchorageinn.com
Website: www.antiguaanchorageinn.com

Siboney Beach Club
Dickenson Bay
Tel: 268-462-0806 or 462-3356
E-mail: Website: www.siboneybeachantigua.com
Siboney Antigua Car Rentals – 268-462-0806

Contact Information:

VP – Pool Swimming & Meet Director Kem Warner Tel: 1 (268) 764-3898 Email: vppools@absf.ag
Secretary – Andrea Nicholas: Email: secretary@absf.ag ABSF

Technical Director Cleopatra Gittens Tel: 1 (268) 764-5362 E-mail: cleopatra.gittens@gmail.com

2024 ABSF National Championships

23 to 25 February 2024

Events

Age Group Distance/Stroke

8 & under

25 m Free

25 m Back

25 m Breast

25 m Fly

50 m Free

50 m Breast

50 m Back

50 m Fly

100 m Free

100 m Breast

100 m Back

100 m IM

9 – 10

50 m Free

50 m Back

50 m Breast

50 m Fly

100 m Free
100 m Breast
100 m Back
100 m Fly
200 m Free
200 m Breast
200 m Back
400 m Free
100 m IM

11 & over

50 m Free
50 m Back
50 m Breast
50 m Fly
100 m Free
100 m Breast
100 m Back
100 m Fly
200 m IM
400 m IM
200 m Free
200 m Breast
200 m Back
200 m Fly
400 m Free
800 m Free
1500 m Free

(F): Female

(M): Male

PROGRAMME FOR ABSF NATIONALS 2024		
DAY 1 FRIDAY FEBRUARY 23RD		
EVENT/GENDER	AGE GROUP	DISTANCE/STROKE
1(F)/2(M)	8 & Under	100M Freestyle
3(F)/4(M)	9 & Over	400M Freestyle
5(F)/6(M)	10 & Under	50M Backstroke
7(F)/8(M)	11 & Over	50M Backstroke
9(F)/10(M)	8 & Under	25 M Breaststroke
11(F)/12(M)	11 & Over	100M Breaststroke
13(F)/14(M)	9 - 10	100M Breaststroke
DAY 2 SATURDAY FEBRUARY 24TH		
15(F)/16(M)	11 & Over	800M Freestyle
17(F)/18(M)	11 & Over	1500M Freestyle
15 minute break		
19(F)/20(M)	10 & Under	100M IM
21(F)/22(M)	11 & Over	200M IM
15 minute break		
23(F)/24(M)	11 & Over	200M FLY
25(F)/26(M)	10 & Under	50M Breaststroke
27(F)/28(M)	11 & Over	50M Breaststroke
15 minute break		
29(F)/30 (M)	8 & Under	100M Backstroke
31(F)/32(M)	9 & Over	200M Backstroke
33(F)/34(M)	8 & Under	25M Butterfly
35(F)/36(M)	9-10	50M Butterfly
37(F)/38(M)	11 & Over	50M Butterfly
15 minute break		
39(F)/40(M)	8 & Under	50M Freestyle
41(F)/42(M)	9-10	100M Freestyle
43(F)/44(M)	11 & Over	100M Freestyle

DAY 3 SUNDAY FEBRUARY 25TH		
EVENT/GENDER	AGE GROUP	DISTANCE/STROKE
45(F)/46(M)	9 & over	200M Freestyle
15 minute break		
47(F)/48(M)	11 & Over	400M IM
10 Minute break		

49(F)/50(M) 51(F)/52(M) 53(F)/54(M)	8 & Under 9-10 11 & Over	25M Backstroke 100M Backstroke 100M Backstroke
55(F)/56(M) 57(F)/58(M)	8 & Under 9 & Over	100M Breaststroke 200M Breaststroke
LUNCH BREAK 30 MINUTES		
59(F)/60(M) 61(F)/62(M)	8 & Under 9 & Over	50M Butterfly 100M Butterfly
63(F)/64(M) 65(F)/66(M) 67(F)/68(M)	8 & Under 9-10 11 & Over	25M Freestyle 50M Freestyle 50M Freestyle
CLOSE OF MEET		