

**2019
6th NATIONAL
SWIMMING CHAMPIONSHIPS**



March 1st – March 3rd, 2019

ANTIGUA – WEST INDIES

VENUE – ANTIGUA ATHLETIC CLUB

No. 24 Pavillion Drive (Coolidge, Antigua, W.I.)

Tel. (268) 725-5000 or (268) 720-6126

vppools@absf.ag or techdir@absf.ag

You are cordially invited to participate in the Antigua & Barbuda Swimming Federation 6th 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 2019 Antigua and Barbuda National Swim Team to the 34th CARIFTA Swimming Championships to be held in Barbados, April 19-23. All swimmers who intend to achieve national representation are encouraged to participate in these championships once they are on island.

Course: 6-lane, 25 meter pool

The competition will be conducted in accordance with FINA rules in force at the start of the competition. **FINA 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 groups.**

**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 organized in age groups except for 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 on 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, 2018 determines the age group in which the swimmer is eligible to participate.

AGENDA:

Tuesday, February 26th, 2019 Technical Meeting – AAC 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)

Friday, March 1st, 2019 Arrival of Participants
Warm up 4:00 PM – 5:30PM
Championships 5:45PM – 8:00PM

Saturday, March 2nd, 2019 Arrival of Participants
Warm-Up 8:00 AM - 9:30 AM
Opening Ceremony 9:45 AM – 10:00 AM
Championships 10:00 AM - 12:00 PM
BREAK TIME 12:00 PM – 12:45 PM
Championships 12:45 PM – 2:30 PM

Sunday, March 3rd, 2019 Warm-Up 8:00AM – 9:30PM
Championships 9:45AM – 12:00PM
BREAK TIME 12:00 NOON - 12:45 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 25th, 2019. You may submit entries by e-mail to techdir@absf.ag or jwuilliez@hotmail.com

The following will apply to all entries:

1. There is no limit to the number of swimmers which your club can enter in the meet. However, we advise that swimmers be competent to swim the required distances for their age groups.
2. There is no restriction on the number of events in which an individual competitor may participate in.
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) EC\$75.00 - per swimmer. Fees must be paid before any swimmer will be allowed to participate in the meet.
 - (II) EC\$10.00 - for each scratch after meet is seeded and programmes printed.
 - (III) EC\$10.00 - 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.
 - (IV) EC 10.00 - 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 Wednesday, February 20, 2019. 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. Exhibition swims will only be allowed for swimmers entered in the meet.

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\$10.00 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:

Points will be awarded to individual swimmers for the purpose of determining the winners of the high point award for each age group.

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

Overall age group champions will be determined using the top 10 finishes only, regardless of the total number of events swum.

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.

Lane assignments will be given at the beginning of the meet.

Refreshments and Sales:

No outside food will be allowed in the facility. This is a private club and their no outside food policy must be adhered to.

The Facility will have available drinks and food for sale throughout the meet. 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:

Halcyon Cove Hotel
Dickenson Bay
Tel: 268-462-0256
Fax: 268-462-0271
E-mail: reschanu@rexresorts.net
Website: www.rexresorts.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
Darren Derrick
Tel: 1 (268) 725-5000
Email: vppools@absf.ag

Secretary
Cheryl Appleton
Email: secretary@absf.ag

ABSF Technical Director
Mark Mitchell
Tel: 1 (268) 720-6126
E-mail: techdir@absf.ag

2019 ABSF National Championships

1st – 3rd March 2018

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 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 (Females)	
1500 m Free (Males)	

(F): Female

(M): Male

DAY 1 – Friday, March 1, 2019

Event/Gender	Age Group	Distance/Stroke
1(F)/2(M) 3(F)/4(M)	8 & under Open	100m Freestyle 400m Freestyle
Event/Gender	Age Group	Distance/Stroke
5(F) /6(M) 7(F) /8(M) 9(F) /10(M)	8 & Under 9-10 11 & Over	50m Backstroke 50m Backstroke 50m Backstroke
Event/Gender	Age Group	Distance/Stroke
11(F)/12(M) 13(F)/14(M) 15(F)/16(M)	8 & under 9 – 10 11 & over	25m Breaststroke 100m Breaststroke 100m Breaststroke

DAY 2 – Saturday, March 2, 2019

Event/Gender	Age Group	Distance/Stroke
17(F) 18(M)	11 & over 11 & over	800m Freestyle 1500m Freestyle
Event/Gender	Age Group	Distance/Stroke
19(F)/20(M) 21(F)/22(M) 23(F)/24(M)	8 & under 9-10 11 & over	100m Ind. Medley 100m Ind. Medley 200m Ind. Medley
Event/Gender	Age Group	Distance/Stroke
25(F) / 26(M)	11 & Over	200m Butterfly

15 min. break

Event/Gender	Age Group	Distance/Stroke
27(F) / 28(M) 29(F) / 30(M) 31(F) / 32(M)	8 & under 9 – 10 11 & over	50m Breaststroke 50m Breaststroke 50m Breaststroke

LUNCH BREAK (45 min)

Event/Gender	Age Group	Distance/Stroke
37(F) / 38(M) 39(F) / 40(M)	8 & under Open	100m Backstroke 200m Backstroke
Event/Gender	Age Group	Distance/Stroke
49(F) /50(M) 51(F) /52(M) 53(F)/54(M)	8 & under 9 – 10 11 & over	25m Butterfly 50m Butterfly 50m Butterfly

15 min. break

Event/Gender	Age Group	Distance/Stroke
41(F)/42(M)	8 & Under	50m Freestyle
43(F) /44(M)	9 – 10	100m Freestyle
45(F)/46(M)	11 & Over	100m Freestyle

DAY 3- Sunday, March 3, 2019

Event/Gender	Age Group	Distance/Stroke
47(F) /48(M)	11 & Over	400m Ind. Medley

Event/Gender	Age Group	Distance/Stroke
59(F)/60(M)	Open	200m Freestyle

15 min break

Event/Gender	Age Group	Distance/Stroke
15(F) /16(M)	8 & under	25m Backstroke
17(F) /18(M)	9-10	100m Backstroke
19(F)/20(M)	11 & over	100m Backstroke

Event/Gender	Age Group	Distance/Stroke
55(F) /56(M)	8 & Under	100m Breaststroke
57(F)/58(M)	Open	200m Breaststroke

LUNCH BREAK (45min)

Event/Gender	Age Group	Distance/Stroke
33(F) / 34 (M)	8 & under	50m Butterfly
35(F) / 36 (M)	Open	100m Butterfly

Event/Gender	Age Group	Distance/Stroke
67(F) /68(M)	8 & under	25m Free
69(F) /70(M)	9-10	50m Free
71(F) /72(M)	11 & over	50m Free

CLOSE OF MEET