



**2015
NATIONAL
SWIMMING CHAMPIONSHIPS**

October 15th - 18th, 2015

ANTIGUA - WEST INDIES

**VENUE – ANTIGUA ATHLETIC CLUB
No. 24 Pavillion Drive (Coolidge, Antigua, W.I.)**

Tel. (268) 726-6666 or 783-0578

You are cordially invited to participate in the Antigua & Barbuda Swimming Federation 2nd Annual National Swimming Championships.

This championship will also be used as a time trial for selection of our 2015 National Swim Team to the OECS Swimming Championships to be held here in Antigua November 5-8. 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 Short Course Pool.

The competition will be conducted in accordance with FINA rules in force at the start of the competition. FINA rule “SW 4.4” will be applied: There will be a NO FALSE START rule for ages groups 9 and over, and a 2 false start rule for younger age groups.

- STARTS WILL BE OVER THE TOP WHEREEVER POSSIBLE.

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.
- c. There is no maximum age restriction.
- d. Participants must be citizens or residents of Antigua & Barbuda.
- e. Unattached swimmers are encouraged to participate.
- f. Swimmers from other jurisdictions can participate once they have sanction from their national federation.
- g. The organizers have the right to redistribute and mix the genders of the participants depending on the number of registrations.

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

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, 2014 determines the age group in which the swimmer is eligible to participate.

AGENDA

Tuesday 13 th October, 2015	Technical Meeting – AAC	6:30PM – 7:00PM
Thursday 15 th October	Warm up	5:00 PM – 5:45PM
	Championships	6:00PM – 8:00PM
Friday 16 th October 2015	Arrival of Participants	
	Warm up	4:45 PM – 5:45PM

	Championships	6:00PM – 8:00PM
Saturday 17 th October, 2015	Arrival of Participants	
	Warm-Up	7:45 AM - 9:15 AM
	Opening Ceremony	9:30 AM – 9:45 AM
	Championships	9:45 AM - 1:00 PM
	BREAK TIME	1:00 PM – 1:45 PM
	Championships	1:45 PM – 3:00 PM
Sunday 18 th October, 2015	Arrival of Participants	
	Warm-Up	8:00AM – 9:30PM
	Championships	9:45AM – 1:00PM
	BREAK TIME	1:00 PM - 1:45 PM
	Championships	1:45 PM - 3:00 PM
	Closing	3:00 PM – 4:00 PM

Registration and Entries

Entries must be made on the official “[2015 OECS Swim Trial Swim Meet Entry Form](#)” (Excel spreadsheet or Hy-Tek Meet Manager Software), which accompanies this Notice. The entries must be returned to the organizers by **Wednesday 7th October, 2015**. You may submit entries by e-mail to: roy@harpersoffice.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 waiting 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\$ 5.00 - for each scratch after Technical meeting
 - (III) EC\$10.00 - penalty fee for swimmers who scratch 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 be only 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.

Exhibition Swims:

All requests for exhibition swims must be submitted along with the main entries by the deadline date of Wednesday, October 7, 2015. 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 required to take place. Swimmers requesting time trials must pay EC\$10.00 for each event requested. Time trials will only be allowed for events 100m and under.

Awards:

Awards will be distributed for 1st, 2nd & 3rd places in each event (male & female). A high point trophy will be awarded to for each age group, male & female.

Scoring:

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

Scoring: 1st – 9 pts; 2nd - 7pts; 3rd – 6pts; 4th – 5pts; 5th – 4pts; 6th – 3pts; 7th - 2pts; 8th - 1pt

Officials:

Clubs (local and overseas) are invited to submit the names of any qualified persons willing to serve as Timers / Judges during the meet.

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

Refreshment will be served to Meet Officials during the Competition.

Stop Line: Pool Attendants & Lifeguards (optional)

Disqualification: 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 out of the Association's Technical and Main Council Committees. All protests to the Referee's decision must be submitted to the Referee in writing within 30 minutes after the event, 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: The Organizers will have available drinks and food for sale throughout the meet. Non-Swimmer admission is EC\$10.00 per day; children under 10 years; EC\$5. Week-end pass is EC\$25.00 (persons over 10yrs). Each team is allowed 2 coaches at no charge. Unattached swimmers will be allowed 1 official at no charge.

There will be no entry charge on the Thursday.

CLUBS OR NATIONAL FEDERATIONS REQUIRING ASSISTANCE WITH ACCOMMODATION OR TRANSPORTATION PLEASE CONTACT THE ABSF AT TEL #268-783-0578, OR VIA EMAIL AT techdir@absf.ag.

2015 ABSF National Championships

16th - 18th October 2015

Events

<u>Age Group</u>	<u>Distance/Stroke</u>
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 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
	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
	200 m Breast
	100 m Back
	200 m Back
	100 m Fly
	200 m Fly
	200 m IM
	400 m IM
	200 m Free
	400 m Free
	1500m Free

(F): Female
(M): Male

DAY 1 - Thursday

<u>Event/Gender</u>	<u>Age Group</u>	<u>Distance/Stroke</u>
1(F) / 2 (M)	11 & over	1500 m Freestyle

15min break

3(F) / 4 (M)	11 & over	400 m IM
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- DAY 2 - Friday

<u>Event/Gender</u>	<u>Age Group</u>	<u>Distance/Stroke</u>
5(F) / 6(M)	Open	400 m Freestyle
7(F) / 8(M)	8 & under	100 m Freestyle

10 min break

9(F) /10(M)	11 & over	200 m Backstroke
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10min break

11 (F)/12(M)	8 & under	50 m Breaststroke
13 (F)/14(M)	9-10	100 m Breaststroke
15(F)/16(M)	11-12	100 m Breaststroke
17(F)/18(M)	13-14	100 m Breaststroke
19(F)/20(M)	15-17	100 m Breaststroke
21(F)/22(M)	18 & Over	100 m Breaststroke

- DAY 3 - Saturday

<u>Event/Gender</u>	<u>Age Group</u>	<u>Distance/Stroke</u>
23(F) / 24(M)	Open	200 m Freestyle

15 min break – medal presentation

25(F) / 26(M)	8 & under	25 m Backstroke
27(F) / 28(M)	9 – 10	100 m Backstroke
29(F) / 30(M)	11 - 12	100 m Backstroke
31(F) / 32(M)	13 - 14	100 m Backstroke

33(F) / 34(M)	15 -17	100 m Backstroke
35(F) / 36(M)	18 & over	100 m Backstroke

<u>Event/Gender</u>	<u>Age Group</u>	<u>Distance/Stroke</u>
37(F) / 38 (M)	8 & under	50 m Butterfly
39(F) / 40 (M)	9-10	50 m Butterfly
41(F) / 42(M)	11-12	50 m Butterfly
43(F) / 44(M)	13-14	50 m Butterfly
45(F) / 46(M)	15-17	50 m Butterfly
47(F) / 48(M)	18 & over	50 m Butterfly

Lunch Break

<u>Event/Gender</u>	<u>Age Group</u>	<u>Distance/Stroke</u>
49(F) / 50(M)	8 & under	100 m Ind. Med
51(F) / 52(M)	9 - 10	100 m Ind. Med
53(F) / 54(M)	11-12	200 m Ind. Med
55(F) / 56(M)	13-14	200 m Ind. Med
57(F) / 58(M)	15-17	200 m Ind. Med
59(F) / 60(M)	18 & over	200 m Ind. Med

<u>Event/Gender</u>	<u>Age Group</u>	<u>Distance/Stroke</u>
61(F) / 62(M)	8 & under	25 m Breaststroke
63(F) / 64(M)	9 - 10	50 m Breaststroke
65(F) / 66(M)	11 - 12	50 m Breaststroke
67(F) / 68(M)	13 - 14	50 m Breaststroke
69(F) / 70(M)	15 – 17	50 m Breaststroke
71(F) / 72(M)	18 & over	50 m Breaststroke

10 min break (medal presentation)

73(F) / 74(M)	11 & over	200 m Butterfly
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- Day 4 - Sunday

<u>Event/Gender</u>	<u>Age Group</u>	<u>Distance/Stroke</u>
75(F) / 76(M)	11 & over	200 m Breaststroke
15 min break (medal presentation)		
77(F) / 78(M)	8 & under	50 m Backstroke
79(F) / 80(M)	9-10	50 m Backstroke
81(F) / 82(M)	11-12	50 m Backstroke
83(F) / 84(M)	13-14	50 m Backstroke
85(F) / 86(M)	15-17	50 m Backstroke
87(F) / 88(M)	18 & over	50 m Backstroke

<u>Event/Gender</u>	<u>Age Group</u>	<u>Distance/Stroke</u>
89(F) / 90(M)	8 & under	25 m Freestyle
91(F) / 92(M)	9-10	100 m Freestyle
93(F) / 94(M)	11-12	100 m Freestyle
95(F) / 96(M)	13-14	100 m Freestyle
97(F) / 98(M)	15-17	100 m Freestyle
99(F) / 100(M)	18 & over	100 m Freestyle

LUNCH BREAK

<u>Event/Gender</u>	<u>Age Group</u>	<u>Distance/Stroke</u>
101(F) / 102(M)	8 & under	25 m Butterfly
103(F) / 104(M)	9-10	100 m Butterfly
105(F) / 106(M)	11-12	100 m Butterfly
107(F) / 108(M)	13-14	100 m Butterfly
109(F) / 110(M)	15 - 17	100 m Butterfly
111(F) / 112(M)	18 & over	100 m Butterfly

10 min break

<u>Event/Gender</u>	<u>Age Group</u>	<u>Distance/Stroke</u>
113(F)/ 114(M)	8 & under	50 mts Free
115(F)/ 116(M)	9-10	50 mts Free
117(F)/ 118(M)	11-12	50 mts Free
119(F)/ 120(M)	13-14	50 mts Free
121(F)/ 122(M)	15-17	50 mts Free
123(F)/ 124(M)	18 & over	50 mts Free

FINAL PRESENTATIONS & CLOSE OF MEET