



PRESENTS

11th

“GO THE DISTANCE”

DEVELOPMENT MEET

SUMMONS

Friday 23rd & Saturday 24th January 2026

VIPERS POOL

WADADLI AQUATIC RACERS SWIM CLUB extends to you a cordial invitation to celebrate with us our 11th Annual “Go the Distance Meet” to be held at the VIPERS POOL, Friday 23rd & Saturday 24th January, 2026.

This is an early season developmental meet designed to encourage all swimmers to participate these longer distances to achieve “AAAA”, “AAA”, “AA”, “A”, “BB” and “B” times, best time or to establish a time if they do not have one.

**Course: 6 lane
25meter pool with Automatic ElectronicTiming.**

False Start FINA rule “SW 4.4” will be in effect: NO FALSE STARTS except for the 8 & under age groups.

Age Groups: 8 & under, 9 – 10, 11 – 12, 13 – 14, 15 & Over

ALL PARTICIPANTS WILL BE PLACED ACCORDING TO THE ABOVE AGE GROUPS.

The swimmer’s age on December 31, 2025, will determine the age group the swimmer is eligible to swim in.

All events will be swum as open events, but will be ranked according to age groups in the respective distances. The organizers reserve the right to join heats to fill the lanes. Swimmers will be ranked according to age group and gender in tabulating the final results.

Qualifications: Competitors must be amateurs as defined by World Aquatics (WA) and the event is open to any unattached swimmers.

Agenda

Friday, January 23, 2026

1st Warm up -- 3:30 pm – 5 pm

Event commences at 5:15 pm

Saturday, January 24th, 2026

Warm-up - 2:00 pm – 3:30 pm.

Event commences at 3:45:00 pm

Registration and Entries

The entries must be returned to the Meet Director **Monday, January 12th**, although we would appreciate a verbal response of your desire to participate as soon as possible with the number of swimmers. Entries can be sent in Excel format by email, but preferably in HYtek format. Entries should be returned to the following **addresses:**

Entries – send to: warswimclubanu@gmail.com and copy nmolina2012@yahoo.com

Meet Director: Craig Walter Phone: 764-3476 e-mail: craigjwalter@gmail.com

The following will apply to all entries:

1. All events will be seeded as open events.
2. There is no limit to the number of swimmers which your club can enter in an event.
3. Unattached swimmers are encouraged to participate.
4. Swimmers will be allowed to swim a maximum of three individual events, preferably including a long event and a short event.
5. Novice swimmers should not swim distances over 400m as their long event. Seasoned swimmers are expected to select 400m and over as their long event.
6. There shall be neither substitutes nor alternatives in individual events.
7. Coaches may request **critical time trials only** in advance of the meet or prior to the start of each day's events. Time trials will be restricted to 100 and 50 meter events only. Each time trial requested will cost \$10.
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\$65.00 per individual swimmer and EC\$50 for each participating club.
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. All relays will be mixed by age group.
12. Clubs can enter any number of relay teams, but only one team can place in the top 3 positions.
13. **All scratches will need to be submitted by Tuesday 16th January. Failure to scratch after this date will incur a penalty fee of \$20. Clubs will also have to pay for no shows (\$20) except a medical certificate is submitted in the case of illness.**
14. The results of the competition will be posted and mailed out as soon as Saturday's event is completed.

Awards

Awards: Ribbons will be awarded to 1st, 2nd and 3rd places for the 10 & under age groups only. Swimmers achieving AA times in their events will be given special awards. Special prizes will be given to the 1st place relay teams of each age group.

Officials: Each club participating will be asked to provide a minimum of THREE (3) timers for the meet. Official's names should be sent with the entries if possible. Volunteers would be appreciated.

Sanctioned By: The Antigua & Barbuda Swimming Federation

Protests: The designated team representative must file a signed protest to a referee's decision with the meet referee before the start of the 2nd day of competition (with respect

to the 1st day's results) and within 30min of the posting of the final results of the event. The cost of the protest will be \$50.00. 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.

Finishes: Swimmers will remain in their lane until all swimmers finish the race in their heat. The Referee will determine if starts will be over the top or not.

Programme: All events other than the relays are open timed finals and seeded according to entry time. **Note: For a seed time the FINA rule needs to be observed, 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. Lane assignments will be given at the beginning of the meet.

Order of events

Day 1

1&2 - 1500 Free (11 & over)

(10-15 minute break)

3&4 - 400 Free (all ages)

Day 2

7&8 – 800 Free (9 & over)

(10 minute break)

9&10 -200IM (10 & under)

11&12 - 400IM (11 & over)

(10 or 15 minute break)

13 – 4 x 100 Free Mixed relay (12 & under)

14 – 4 x 100 Free Mixed relay (13 & over)

Refreshments:

Drinks and snacks from the cafeteria will be available.

Entrance fee: A spectator & supporter entrance fee of \$10 for persons over 12 years and \$5 for children over 5 yrs.

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Meet programmes will be on sale for \$5