

RODNEY HEIGHTS AQUATIC CENTRE



ST. LUCIA WEST INDIES

**20th ANNIVERSARY INTER-CLUB
INVITATIONAL SWIM MEET
April 11th - 15th, 2019**

SWIMMING SUMMONS

The Rodney Heights Aquatic Centre in St. Lucia West Indies extends to you a cordial invitation to attend our 20TH ANNIVERSARY INTERNATIONAL CLUB INVITATIONAL MEET to be held in St. Lucia from Thursday, April 11th to Sunday, April 14th for Swimming and Monday April 15th for our THIRD Open Water Competition, 2019. 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
Over the Top Starts Where Possible. **ALL EVENTS are TIMED FINALS**

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. NO recording equipment will be used as part of a protest to any call by the officials.

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, 2018 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 11, 2019	Technical Meeting	3:00 PM
	Session 1 Warm-Up	4:00 – 5:20 PM
	Session 1 Championships	5:30 PM Start
Friday, April 12, 2019	Session 2 Warm-Up	7:30 AM – 9:00 AM
	Opening Ceremony at	9:15 AM
	Session 2 Championships	9:45 AM Start
Saturday, April 13, 2019	Session 3 Warm-Up	7:30 AM – 9:00 AM
	Session 3 Championships	9:15 AM Start
Sunday, April 14, 2019	Session 4 Warm-Up	7:30 AM – 9:00 AM
	Session 4 Championships	9:15 AM Start
	Sprint Challenge 10 Minutes Following Event 97	
	Closing Awards Ceremony following sprint challenge	

***NOTE: Meet Director will determine if sessions start times will be adjusted or if any age groups need to be moved to a different session based on the number of entries received. Entry deadline : Friday, March 16th. A time line will be established and forwarded to each team by Friday, March 23th.

Monday, April 15, 2019	Open Water Swim	6:30 AM registration
	St. Lucia Yacht Club	
	Rodney Bay	7:30 AM Start

Registration and Entries

All Entries must be made in Hy-Tek Meet Manager format electronically. They must arrive by Friday, March 15th 2019. (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 and will be returned. The Meet Director will not be held responsible if there is no time to properly resubmit the entry. **NO LATE ENTRIES WILL BE ACCEPTED.** Please place in the subject heading in your email "RHAC INVITE ENTRIES" with the club name. All Checks should be made payable to RHAC.

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 3 Event restriction on the number of events in which an individual competitor may participate IN ANY SESSION but no more than 10 events per competitor for the entire meet. A swimmer may swim exhibition for additional events only if space exists in a heat. 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 not available without prior notice and payment of late entry fee. **NO DECK ENTRIES ALLOWED UNLESS** there is an open lane.
7. The fees are as follows:
 - (i) US\$ 30.00 - Team Fees
 - (ii) US\$ 2.50 - per swimmer event, no entry limit
 - (iii) US\$ 10.00 - per entry for Relay Team
 - (iv) US\$ 5.00 - per late/exhibition/deck entry after Entry Deadline. Entries will only be allowed in heats with open lanes in an already seeded event.
 - (v) US\$ 5.00 - 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 \$40 - admin fee for team entries not submitted in Hy-tek format
 - (vii) Spectators Gate Entry EC \$15 per session Adults EC \$5 per child (5 - 16 years).
Season Pass EC \$50 all sessions / EC \$75 with program
Meet Program EC \$10 per session
8. ENTRY FEES MUST BE PAID BEFORE START OF MEET IN ONE CHECK PER CLUB. The entry fees will be calculated based on the final club report as confirmed by coaches.
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 and swim in at least One (1) individual event. If they do not swim at least one individual event the relay team will not count for points.
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. Positive check in will be **by signature** and any swimmer NOT signed in will be scratched from the event. Once a swimmer has been scratched, they will be allowed to swim **ONLY** if the event has empty lanes(s) available in the SLOWEST HEAT on a first come basis. Additional heats will not be added.
12. Participating Clubs are responsible for providing a counter for the 800 metre and 1500 metre events. Clubs are required to submit, at least one week before the start of the meet, 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 one week 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: Six (6) volunteers per session
 - 41 or more swimmers entered: Eight (8) volunteers per session
 - Unattached swimmers: One (1) volunteer for one (1) session

13. In granting this sanction it is understood and agreed that SLASA (St. Lucia Amateur Swimming Association), RHAC and all other persons or entities in any way connected with sponsoring or holding this swim meet, shall be free from any liabilities, claims, demands, action, causes of action, losses, damages or expenses, of whatever kind of character, for damages arising out of or in connection with any injury to any person or any property damage during the conduct of the event. RHAC is not responsible for lost items. By sending entries to this meet your club agrees with this release and hold harmless agreement.

14. Coaches must be registered with their respective federations. Coaches are responsible for the conduct of their athletes and families and friends, as well as maintaining clean team areas during and following each session. Only athletes, coaches and officials working the session are allowed on the deck.

15. As per FINA Rules, No Taping of swimmers will be allowed unless a letter from a Medical Doctor is submitted prior to the start of the technical meeting. This must be on approval of the Meet Referee.

16. The Meet Director and Meet Referee will take breaks and announce the lunch break based on the entries received. The clubs will be notified prior to the start of the meet.

17. Warm-up lanes will be posted prior to the start of the meet. Coaches will have information emailed should changes occur to any of the sessions.

18. The meet will be on meet mobile.

AWARDS

1. Medals will be awarded to the first three (3) places in each individual event. Ribbons will be awarded for 4th to 8th places.
2. Trophies will be awarded to the top three swimmers in each group, male and female, with the highest number of points (based on 10 Events). **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 ONLY.

SPRINT CHALLENGE

7. The top 8 swimmers in 8 & Under, 9 - 12 & 13 & Over Age Groups Male and Female 50 freestyle events 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 from a push off on the shallow end. The top swimmer in each age group (8 & under, 10 - 12, and 13 & over) will win the challenge. 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 trophy.

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 5th 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 jury of appeals that will be named prior to the meet start. No coaches will be allowed to be on the jury of appeals. If the protest is upheld the fee will be returned to the team official.

Swimwear: All swimwear used shall be approved by FINA in accordance with rules set forth in the FINA Requirements for Swimwear Approval (FRSA) issued by the FINA Bureau and valid on the date of approval.

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 session 90 minutes prior to the meet for warm-up. The Meet Director will decide the lanes for warmup and times before the start of the competition and this will be posted for each club in advance. (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.

OFFICIALS:

THE meet director in conjunction with The Amateur Swimming Association of ST. Lucia (SLASA) will be responsible for appointing officials. All participating clubs will be responsible for submitting prior to the start of the meet, names of personnel from their individual clubs to serve as timekeepers, stroke judges, turn judges, and any other necessary officials during the meet.

Officials are requested to be present no later than thirty minutes (30) before the start of the session for which they have volunteered to work.

A volunteer Form for Officials is included with this Summons.

FOOD AND FACILITY NOTE

Coolers are not allowed in the Aquatic Centre. NO food or drink (except water and sports drink) are allowed in the pool area. Glass containers of any type are not to be anywhere in the Aquatic Centre. Please clean up after yourself bins are placed in the appropriate areas. No smoking is permitted in the facility. No loud noise makers or whistles will be allowed. Flash cameras are not permitted during starts. Spectators are asked to be silent for the starts.

CLUBS REQUIRING ASSISTANCE WITH ACCOMMODATION OR TRANSPORTATION PLEASE CONTACT Dr. Worrell at dsw.slu@gmail.com.

Order of Events For The 2019 RHAC Invitational Swim Meet

All open events or events with combined age groups will be scored according to the age groups listed under individual age groups in the summons.

THURSDAY AFTERNOON

WARM-UP 3:30 - 5:00 PM, START 5:15 PM

1 - 2	200 M Individual Medley	F/M 10 & Under
3 - 4	200 M Individual Medley	F/M OPEN
5 - 6	50 M Butterfly	F/M 11 - 12
7 - 8	50 M Butterfly	F/M 13 & Over
9	1500 M Freestyle	OPEN

FRIDAY MORNING

WARM-UP 7:30 - 9:00 AM

OPENING CEREMONY 9:15 AM, START 9:45 AM

10 - 11	100 M Freestyle	F/M 8 & Under
12 - 13	200 M Freestyle	F/M 9 & Over
14 - 15	25 M Breaststroke	F/M 8 & Under
16 - 17	50 M Breaststroke	F/M 11 - 12
18 - 19	50 M Breaststroke	F/M 13 & Over
20 - 21	50 M Backstroke	F/M 8 & Under
22 - 23	50 M Backstroke	F/M 9 - 10
24 - 25	100 M Backstroke	F/M 11 - 12
26 - 27	50 M Butterfly	F/M 8 & Under

28 - 29	100 M Backstroke	F/M 13 & Over
30 - 31	200 M Butterfly	F/M OPEN
32 - 33	200 M Medley RELAY	F/M 8 & Under
34 - 35	200 M Medley RELAY	F/M 9 - 12
36 - 37	200 M Medley RELAY	F/M 13 & Over

SATURDAY MORNING

WARM-UP 7:30 - 9:00 AM, START 9:15 AM

38	800 M Freestyle	OPEN
39 - 40	100 M Breaststroke	F/M 10 & Under
41 - 42	200 M Breaststroke	F/M OPEN
43 - 44	50 M Backstroke	F/M 11 - 12
45 - 46	50 M Backstroke	F/M 13 & Over
47 - 48	100 M Backstroke	F/M 9 -10
49 - 50	25 M Backstroke	F/M 8 & Under
51 - 52	100 M Butterfly	F/M 9 -12
53 - 54	100 M Butterfly	F/M 13 & Over
55 -56	50 M Butterfly	F/M 9 - 10
57 -58	25 M Butterfly	F/M 8 & Under
59 - 60	400 M Individual Medley	F/M Open
61 - 62	50 M Freestyle	F/M 10 & Under
63 - 64	50 M Freestyle	F/M 11 -12
65 - 66	50 M Freestyle	F/M 13 & Over

SUNDAY MORNING

WARM-UP 7:30 - 9:00 AM, START 9:15 AM

67 - 68	400 M Freestyle	F/M OPEN
69 - 70	100 M Individual Medley	F/M 10 & Under
71 - 72	200 M Backstroke	F/M OPEN
73 - 74	50 M Breaststroke	F/M 8 & Under
75 - 76	50 M Breaststroke	F/M 9 - 10
77 - 78	100 M Breaststroke	F/M 11 - 12
79 - 80	100 M Breaststroke	F/M 13 & Over
81 - 82	25 M Freestyle	F/M 8 & Under

83 - 84	100 M Freestyle	F/M 9 - 10
85 - 86	100 M Freestyle	F/M 11 - 12
87 - 88	100 M Freestyle	F/M 13 & Over
89 - 90	200 M Freestyle RELAY	F/M 8 & Under
91 - 92	200 M Freestyle RELAY	F/M 9 - 12
93 - 94	200 M Freestyle RELAY	F/M 13 & Over

SPRINT CHALLENGE 10 MIN AFTER THE CLOSE OF EVENT

Entries based on 50 Free (61 - 66)		Coaches Do Not Submit Entries
95 - 96	50 M Freestyle	F/M 8 & Under
97 - 98	50 M Freestyle	F/M 9 - 12
99 - 100	50 M Freestyle	F/M 13 & Over
Top 4 in Each Group Based on Events 95 - 100		
101 - 102	25 M Freestyle	F/M 8 & Under
103 - 104	25 M Freestyle	F/M 9 - 12
105 - 106	25 M Freestyle	F/M 13 & Over

AWARDS CEREMONY IMMEDIATELY FOLLOWING SPRINT CHALLENGE

OPEN WATER SUMMONS

**RHAC INTERCLUB INVITATIONAL
PRESENTS ITS 3rd OPEN WATER CHAMPIONSHIPS**

500M | 1K | 3K | 5K
Monday, 15th April, 2019
following the 20th RHAC Invitational Swim Meet

6:30 AM Registration
7:30 AM Start

VENUE:

Reduit Beach Outside the St. Lucia Yatch Club
Rodney Bay
St. Lucia

The Rodney Heights Aquatic Centre invites you to come and experience its 3rd Open Water Swim Championships and swim with the finest swimmers from our region.

More Details to Follow. This event will be held in Conjunction with the Saint Lucia Amateur Swimming Association.