



KAIZEN INVITATIONAL SWIM CHAMPIONSHIPS
October 5th- 7th, 2018
The National Aquatic Centre
Sanction # 21822

Facilities:

Olympic Swimming Pool 8 Lane 50 M, with 25 M warm up and warm down pool
 Colorado Electronic Timing System (CTS6): pads with back-up buttons

Session Times:

Pure Fun	Friday, October 5, 2018	5:30 p.m.
Pure Excitement	Saturday, October 6, 2018	8:30 a.m.
Pure Joy	Saturday, October 6, 2018	4:00 p.m.
Pure Energy	Sunday, October 7, 2018	9:00 a.m.

The pool will be opened one hour before each session for warm up.

Eligibility:

All Clubs and Swimmers, in good standing, registered with the ASAJ or other FINA affiliated Federations.
 Registration: The ASAJ register closes on Friday September 21, 2018 at 4:00pm.
 Age Group ages for the meet shall be as of midnight December 31, 2017.
 Masters ages for the meet shall be as of midnight December 31, 2018.

Entry Limit:

Individual Entries – No limit	Relays - Maximum two (2) teams per club per event
400 m, 800 m, 1500 m Individual Events – Maximum two (2) swimmers per club per event.	

N. B.: - For all Events 200 metres and above, swimmers MUST have achieved a minimum time standard of "BB" times for the particular event in their respective Age Group. Proof of time MUST be submitted with entries.

Entry Fees – Hy Tek:

J\$300 per swimmer per individual event
 J\$400 per relay team

Entry Fees – Non Hy Tek:

J\$350 per swimmer per individual event
 J\$500 per relay team

Deck Entry and Time Trial

Absolutely no deck entry will be allowed. Time trial (J\$500) must be submitted before the start of the first event of the session.

Surcharge:

\$200 per swimmer

Entry Deadline:

Friday September 21, 2018 at midnight.
 Late entries will be treated and billed at \$350 per individual event and \$450 per relay.
 Entries are to be emailed to kaizenswimclubja@gmail.com or delivered to the ASAJ office.
 Entry fees are to be paid before the meet. Late payments will attract a 15% penalty fee.

Concession:

Meals, drinks, fruits & snacks will be on sale during the meet

Programmes:

Will be available on sale at the meet

Rules and Regulations:

1. FINA Rules and ASAJ By-Laws in force at the time of the competition will apply, except as modified in this Summons. FINA Masters Rules will apply to Masters Events. See additional Rules and Regulations below.
2. ALL EVENTS ARE TIMED FINALS.
3. Relay cards are in duplicate, the original must be handed in to the Recorder 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.

4. 2nd year 9 - 10 and 11 – 12 age group swimmers, who will be swimming in the 11 - 12 and 13 – 14 age group in 2019, will be permitted to swim as exhibition swimmers in the higher age group for the events that are not available at 9 – 10 and 11 – 12 age group.
5. There will be no marshalling area for the meet. The next heat must be behind the blocks while the current heat is in progress. It is the responsibility of the coaches to get their swimmers to the starting block. It is the responsibility of the swimmer to swim in the correct lane and heat assigned to him/her. If a swimmer swims in the wrong lane or heat then the swimmer will automatically be disqualified.
6. Once the swimmers are under the starter's orders and he/she has taken control of the race, no swimmer may then enter the race. If this occurs, the swimmer will be disqualified.
7. Competitors will only be allowed to swim in their respective Age Group.
8. Scratches are allowed at any time.
9. Time Trails will be held at the end of each session upon request.
10. The swimwear of all competitors shall be in good moral taste. The referee has the authority to exclude any competitor whose costume does not comply with this Rule.
11. False starts – The FINA starting rules (SW4) will apply.

Protests:

Protests are possible if the rules and regulations for the conduct of the competition are not observed; if other conditions endanger the competition and/or competitors; or against decisions of the referee. All protests to the Referee's Decision must be submitted to the Referee in writing within 30 minutes after the announcement of the disqualification, signed by the Team Manager or Head Coach and accompanied by J\$500 Protest Fee. If the protest is upheld the fee will be returned to the Club.

Jury of Appeal:

- A. There shall be a Jury of Appeal to adjudicate all appeals against a Referee's rejection of a protest.
- B. Each club shall be entitled to nominate a representative to serve on the Jury of Appeal. Nominations will be submitted in writing along with the entries.

C. The Jury of Appeal shall be comprised of 3 persons drawn from the pool of nominees submitted by each club. Nominees shall be members of the ASAJ Council or Swimming Committees.

Pre Competition Warm-up Rules:

In the 50m pool, in the interest of the swimmers' safety, the rules outlined below will be observed during warm-up prior to the start of each session. There shall be NO DIVING IN CIRCLE SWIMMING LANES AND TURN PRACTICE LANES, entry to these lanes is to be feet first, from a sitting position. A Safety Marshal will ensure compliance.

START/FINISH END (NORTH)							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
15m Dive Sprint Only	25m Dive Sprint Only	Circle Swim Only	Circle Swim Only	Circle Swim Only	Circle Swim Only	50m Pace Lane Only	Turn Practice Only
Turn Practice Only	Turn Practice Only	Circle Swim Only	Circle Swim Only	Circle Swim Only	Circle Swim Only	50m Pace Lane Only	25m Dive Sprint Only
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
TURN END (SOUTH)							

In the 25m pool all lanes will be circle swimming, with feet first entry from a sitting position at all times.

Awards and Points:

13 & Over individual events will be placed and scored according to the Age Groups: 13-14, 15-17, 18 & Over.

11 & Over individual events will be placed and scored according to the Age Groups: 11-12, 13-14, 15-17, 18 & Over.

10 & Under individual events will be placed and scored according to the Age Groups: 8 & Under, 9-10.

8 & Under individual events will be placed and scored according to the Age Groups: 6 & Under, 7-8.

Masters will be placed and scored according to the Age Groups: 25-29, 30-34, 35-39, 40-44, 45-49, etc.

Points for each individual event by age group will be awarded as follows: 9, 7, 6, 5, 4, 3, 2, and 1 for 1st to 8th place, respectively.

Points for relay teams will be awarded as follows: 18, 14, 12, 10, 8, 6, 4, 2 for 1st to 8th place, respectively.

Medals will be awarded to the first three places in all events by age group, including Masters. Ribbons will be awarded for 4th to 8th place in the 10 & Under age groups only.

A Trophy will be awarded to the 1st place club.

EVENTS

PURE FUN

Friday October 5th, 2018

1-2	200m Individual Medley	F/M 10 & UNDER
3-4	200M Individual Medley	F/M 11 & OVER
5-6	50M BUTTERFLY	F/M 11-12
7-8	50M BUTTERFLY	F/M 13 & OVER
9	800M FREESTYLE	F 11 & OVER
10	1500M FREESTYLE	M 11 & OVER

PURE EXCITEMENT

Saturday October 6th, 2018

11-12	200M FREESTYLE	F/M 11 & OVER
13-14	50M BREASTSTROKE	F/M 11-12
15-16	50M BREASTSTROKE	F/M 13 & OVER
17-18	50M BACKSTROKE	F/M 8 & UNDER
19-20	50M BACKSTROKE	F/M 9-10
21-22	100M BACKSTROKE	F/M 11-12
23-24	50M BUTTERFLY	F/M 8 & UNDER
25-26	100M BACKSTROKE	F/M 13 & OVER
27	200M BUTTERFLY	MIXED 13 & Over
28-29	200M MEDLEY RELAY	F/M 10 & UNDER
30-31	200M MEDLEY RELAY	F/M 11-12
32-33	200M MEDLEY RELAY	13 & OVER

PURE JOY

Saturday October 6th, 2018

34-35	200M BREASTSTROKE	F/M 11 & OVER
36-37	50M BACKSTROKE	F/M 11-12
38-39	50M BACKSTROKE	F/M 13 & OVER
40-41	50M BACKSTROKE	F/M MASTERS
42-43	100M BUTTERFLY	F/M 11-12
44-45	100M BUTTERFLY	F/M 13 & OVER
46-47	50M BUTTERFLY	F/M 9-10
48-49	50M BUTTERFLY	F/M MASTERS
50	400M INDIVIDUAL MEDLEY	Mixed 13 & OVER
51-52	100M FREESTYLE	F/M 10 & UNDER
53-54	100M FREESTYLE	F/M 11-12
55-56	100M FREESTYLE	F/M 13 & OVER

PURE ENERGY

Sunday October 7th, 2018

57-58	200M BACKSTROKE	F/M 11 & OVER
59-60	50M BREASTSTROKE	F/M MASTERS
61-62	50M BREASTSTROKE	F/M 8 & UNDER
63-64	50M BREASTSTROKE	F/M 9-10
65-66	100M BREASTSTROKE	F/M 11-12
67-68	100M BREASTSTROKE	F/M 13 & OVER
69	400M FREESTYLE	Mixed 11 & OVER
70-71	50M FREESTYLE	MASTERS
72-73	50M FREESTYLE	F/M 8 & UNDER
74-75	50M FREESTYLE	F/M 9-10
76-77	50M FREESTYLE	F/M 11-12
78-79	50M FREESTYLE	F/M 13 & OVER
80-81	200M FREESTYLE RELAY	F/M 10 & UNDER
82-83	200M FREESTYLE RELAY	F/M 11-12
84-85	200M FREESTYLE RELAY	F/M 13 & OVER