

RODNEY HEIGHTS AQUATIC CENTRE



ST. LUCIA WEST INDIES

18th INTER-CLUB INVITATIONAL SWIM MEET **April 6th - 10th, 2017**

SWIMMING SUMMONS

The Rodney Heights Aquatic Centre in St. Lucia West Indies extends to you a cordial invitation to attend our 18TH INTERNATIONAL CLUB INVITATIONAL MEET to be held in St. Lucia from Thursday, April 6th to Sunday, April 9th for Swimming and Monday April 10th for our First Open Water Competition, 2017. 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

STARTS WILL BE OVER THE TOP 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, 2016 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 6, 2017	Arrival of Teams	
	Technical Meeting	3:00 PM
	Session 1 Warm-Up	4:00 – 5:20 PM
	Session 1 Championships	5:30 PM Start
Friday, April 7, 2017	Session 2 Warm-Up	7:00 AM – 8:30 AM
	Session 2 Championships	8:45 AM Start
Friday, April 7, 2017	Session 3 Warm-Up	4:00 PM – 5:30 PM
	Opening Ceremony	5:40 PM – 6:00 PM
	Session 3 Championships	6:00 PM Start
Saturday, April 8, 2017	Session 4 Warm-Up	7:00 AM – 8:30 AM
	Session 4 Championships	8:45 AM Start
Saturday, April 8, 2017	Session 5 Warm-Up	4:00 PM – 5:30 PM
	Session 5 Championships	5:45 PM Start
Sunday, April 9, 2017	Session 6 Warm-Up	7:00 AM – 8:30 AM
	Session 6 Championships	8:45 AM Start
	Sprint Challenge	Immediately following Event 164

Closing Awards Ceremony 30 min following finish of meet

***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 17th. A time line will be established and forwarded to each team by Friday, March 24th.

Monday, April 10, 2017	Open Water Swim	6:30 AM registration
	Pidgeon Island, Gros Islet	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 17th 2017. (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.

Entries should be returned to the following address:

Rodney Heights Aquatic Centre
Meet Director: Dr. Diane S. Worrell
e-mail: dsw.slu@gmail.com
Phone: (758) 450-7946 or (758) 519-4226 cell

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. **NO DECK ENTRIES ALLOWED UNLESS** they will fill the first heat of an event.
7. The fees are as follows:
 - (i) US\$ 25.00 (EC \$65) - Team Fees
 - (ii) US\$ 2.50 (EC \$5.00) - per swimmer event, no entry limit
 - (iii) US\$ 10.00 (EC \$25)- per entry for Relay Team
 - (iv) US\$ 5.00 (EC \$13) - 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 (EC \$13) - 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 \$20 (EC \$50) admin fee for team entries not submitted in Hy-tek format)
8. ENTRY FEES MUST BE PAID BEFORE START OF MEET IN ONE CHECK PER CLUB.

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.
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: Five (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.

AWARDS

1. Medals will be awarded to the first three (3) places in each individual event. Ribbons will be awarded for 4th to 8th place.
2. Trophies will be awarded to the swimmer in each group, male and female, with the highest number of points. Medals will be awarded to the swimmers with the 2nd and 3rd place points in each age group. **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. The top one swimmer in each age group (8 & under, 10 - 12, and 13 & over) will win in each age group. 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 special prize.

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 6th 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 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.

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)

Gate Entry Fees: The entry fee for spectators will be \$10 EC per session for Adults and \$5 EC for Children Under 10. The season pass will be \$50 EC which includes all sessions. Please make note of how many passes your team requires prior to your arrival and the passes will be made available on arrival.

Heat Sheets: The Heat Sheets will be available for EC \$10 per session.

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.

FOOD AND FACILITY NOTE

Coolers are not allowed in the Aquatic Centre. There is no food or drink (except water and sports drink) allowed in the pool area. Glass containers of any type are not to be anywhere in the Aquatic Centre. Please clean up after yourself. No smoking is permitted in the facility. No loud noise makers 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.

18th RHAC INTER-CLUB INVITATIONAL April 6th - 10th, 2017 SCHEDULE OF EVENTS (All Events are Timed Finals)

2016 RHAC 18th INVITATIONAL		
Event No.	Event	Age Group
Thursday 5:30 p.m. START		
1 - 2	100 M Individual Medley	8 - Under
3 - 4	400 M Individual Medley	9 - 10
5 - 6	400 M Individual Medley	11 - 12
7 - 8	200 M Individual Medley	13 - 14
9 - 10	200 M Individual Medley	15 - Over
11 - 12	200 M Freestyle	9 - 10
13 - 14	1500 M Freestyle	11 & Over
	1500 QT is 30:00.00 Must Submit Proof of Time	
Friday 8:45 a.m. START		
15 - 16	25 M Butterfly	8 & Under
17 - 18	100 M Butterfly	9 - 10
19 - 20	100 M Butterfly	11 - 12
21 - 22	100 M Butterfly	13 - 14
23 - 24	100 M Butterfly	15 & Over
25 - 26	50 M Freestyle	8 & Under
27 - 28	50 M Freestyle	9 - 10
29 - 30	50 M Freestyle	11 - 12
31 - 32	50 M Freestyle	13 - 14
33 - 34	50 M Freestyle	15 & Over
35 - 36	50 M Breaststroke	8 - Under
37 - 38	200 M Breaststroke	9 - 10
39 - 40	200 M Breaststroke	11 - 12

41 - 42	200 M Breaststroke	13 - 14
43 - 44	200 M Breaststroke	15 & Over
	Friday 6:00 p.m. START	
	Opening Ceremony 5:30 p.m.	
45 - 46	25 M Backstroke	8 & Under
47 - 48	100 M Backstroke	9 - 10
49 - 50	100 M Backstroke	11 - 12
51 - 52	100 M Backstroke	13 - 14
53 - 54	100 M Backstroke	15 - Over
55 - 56	100 M Freestyle	8 & Under
57 - 58	400 M Freestyle	9 - 10
59 - 60	400 M Freestyle	11 - 12
61 - 62	400 M Freestyle	13 - 14
63 - 64	400 M Freestyle	15 - Over
65 - 66	200 M Medley Relay	8 & Under
67 - 68	200 M Medley Relay	9 - 12
69 - 70	200 M Medley Relay	13 & Over
	Saturday 8:30 a.m. START	
71 - 72	100 M Butterfly	7 - 8
73 - 74	200 M Butterfly	9 - 10
75 - 76	200 M Butterfly	11 - 12
77 - 78	200 M Butterfly	13 - 14
79 - 80	200 M Butterfly	15 & Over
81 - 82	200 M Freestyle	8 & Under
83 - 84	100 M Freestyle	9 - 10
85 - 86	100 M Freestyle	11 - 12
87 - 88	100 M Freestyle	13 - 14
89 - 90	100 M Freestyle	15 & Over
91 - 92	50 M Backstroke	8 & Under
93 - 94	200 M Backstroke	9 - 10
95 - 96	200 M Backstroke	11 - 12
97 - 98	200 M Backstroke	13 - 14
99 - 100	200 M Backstroke	15 & Over
	Saturday 5:45 p.m. START	
101 - 102	25 M Breaststroke	8 & Under
103 - 104	50 M Breaststroke	9 - 10
105 - 106	50 M Breaststroke	11 - 12
107 - 108	50 M Breaststroke	13 - 14
109 - 110	50 M Breaststroke	15 & Over
111 - 112	100 M Breaststroke	8 & Under
113 - 114	800 M Freestyle	9 & Over
	800 Free QT 16:00:00 Must Submit Proof	
115 - 116	200 Individual Medley	7 - 8
117 - 118	200 Individual Medley	9 - 10
119 - 120	200 Individual Medley	11 - 12
121 - 122	400 Individual Medley	13 - 14
123 - 124	400 Individual Medley	15 - Over

125 - 126	200 M Freestyle Relay	8 & Under
127 - 128	200 M Freestyle Relay	9 - 12
129 - 130	200 M Freestyle Relay	13 & Over
	Sunday 8:45 a.m. Start	
131 - 132	50 M Butterfly	8 - Under
133 - 134	50 M Butterfly	9 - 10
135 - 136	50 M Butterfly	11 - 12
137 - 138	50 M Butterfly	13 - 14
139 - 140	50 M Butterfly	15 - Over
141 - 142	25 M Freestyle	8 - Under
143 - 144	200 M Freestyle	11 - 12
145 - 146	200 M Freestyle	13 - 14
147 - 148	200 M Freestyle	15 - Over
149 - 150	50 M Backstroke	9 - 10
151 - 152	50 M Backstroke	11 - 12
153 - 154	50 M Backstroke	13 - 14
155 - 156	50 M Backstroke	15 - Over
157 - 158	100 M Breaststroke	9 - 10
159 - 160	100 M Breaststroke	11 - 12
161 - 162	100 M Breaststroke	13 - 14
163 - 164	100 M Breaststroke	15 - Over
Entries based on 50 Free (25 - 34)	SPRINT CHALLENGE	Coaches Do Not Submit Entries
	Top 8 in Each Group Based on Events 25 - 34	
165 - 166	50 M Freestyle	8 & Under
167 - 168	50 M Freestyle	9 - 12
169 - 170	50 M Freestyle	13 & Over
	Top 4 in Each Group Based on Events 169 - 174	
171 - 172	25 M Freestyle	8 & Under
173 - 174	25 M Freestyle	9 - 12
175 - 176	25 M Freestyle	13 & Over

OPEN WATER SUMMONS

RHAC INTERCLUB INVITATIONAL
PRESENTS ITS **1ST** OPEN WATER CHAMPIONSHIPS

1K | 3K | 5K SUNDAY

Monday, 10th April, 2016
following the 18th RHAC Invitational Swim Meet

VENUE:

The Clear Waters of the Pidgeon Island Causeway
Rodney Bay
St. Lucia

The Rodney Heights Aquatic Centre invites you to come and experience its 1st Open Water Swim Championships and swim with the finest swimmers from our region.

Age Groups: Individual Events 12 - Under, 13-15 yrs, 16 -18 yrs, 19-24 yrs, 25-34 yrs, 35-44 yrs, 45 and over.

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