



BARBADOS AQUATIC SPORTS ASSOCIATION
Presents
THE BASA LONG COURSE NATIONAL CHAMPIONSHIPS
AUGUST 03rd - 08th, 2021

MEET INVITATION

DATE: July 12, 2021,

The Barbados Aquatic Sports Association extends a cordial invitation to all local swimmers and Countries from the OECS who are in good standing with their Federation to participate in **THE BASA LONG COURSE NATIONAL CHAMPIONSHIPS 2021**. Those overseas participants please visit the website <https://gisbarbados.gov.bb/> for the up to date Barbados Travel Protocols.

AQUATIC CENTRE COVID-19 SAFETY PROTOCOLS

All persons inside the Aquatic Centre must remain at least 6 feet apart from any non-household persons and wear masks during the following procedures:

- Avoid all physical contact (high-five/hugging/hand shaking).
- Practice respiratory hygiene.
- Monitor your health and stay home if feeling unwell or if you have a cold or flu.
- Changing Room and water fountain use is prohibited other than to fill bottles or to Shower and quickly change at the end of training. Bathrooms will ONLY be used for toilet use and always sanitized.
- Athletes must bring a full water bottle (larger the better) as sharing water bottles and other swimming equipment is prohibited.
- All Aquatic Centre members (including all family members in the household) must practice safe social distancing and personal protection away from the pool while swimming with the Aquatic Centre.
- Coaches & team managers will wear mask and remain 6 feet away at all times prior to, during and after each practice until all Aquatic Centre members are in their vehicles or have left the Centre.
- They are to be absolutely **NO SPITTING** in the pools or the facility.
- Hand hygiene upon arrival at the pool.
- Physical distancing at the facility must be practiced.
- No athlete will be allowed to enter the facility if their temperature reads higher than 37.5 degrees Celsius. In the event of an athlete having a fever, they will be moved to a safe socially distanced location and parents will be notified to pick them up.
- Users of the pools at the Aquatic Centre will be permitted to use the Showers and changing rooms immediately after training should they wish, subject to adhering to distancing protocols. 6 feet distancing must be maintained at all times in the changing rooms and showers. **A maximum of 8 Persons will be permitted in the Changing Rooms and Showers at any one time.**
- Avoid congregation of athletes
- At the end of each event swimmers should exit the pool as soon as possible as long as it does not prohibit the progress of another swimmer.
- At the end of the race swimmers must not congregation behind timekeepers.
- Only one heat will be seated behind the timekeepers.

- Only two heats will be allowed in the clerk of course at any time.
- Swimmers are not allowed on the deck except when swimming or during warm up.
- Swimmers are not allowed in the Officials' area.
- Mask must be worn during medal presentations with no hand shaking.
- All Official must adhere to the COVID-19 Protocols.

THERE WILL BE NO SPECTATORS (This will be subject to Government COVID-19 Protocol updates)

POOL SPECIFICATIONS: 10 lane 50 M pool with 25 M warm down facility
Daktronics 10 lane automatic timing equipment

1...ENTRY FORM – (Entry form attached, please copy as required.)

2.... Rules of Participation:

- The 800 & 1500 M freestyle & **400 M IM** events will be swum as open events. Medals and points awarded within each age group.
 - Events may be combined on the discretion of the Meet Referee.
 - **Deadline for entries is 6:00 PM, Wednesday, July 21st, 2021.**
 - All entries submitted after **6:00 PM on Wednesday, July 21st, 2021** will be deemed as late entries.
 - **The late entry deadline date is 6:00 PM Monday, July 26th, 2021.**
 - A \$15.00 surcharge will be applied to all late entries.
 - Any changes to the entries after July 21st, 2021 will be charged the late entry fee of \$15.00 in addition to the entry fees.
 - Any changes/additions required after Monday, July 26th, 2021, the absolute final deadline date, will be charged \$60.00 in addition to the entry fees.
 - Fees must accompany the entry forms.
 - All entry forms must be handed in to Office Staff; i.e. entry forms must not be left in the office.
 - Deck entries will **NOT** be accepted including ad hoc requests for exhibition swims.
 - Requests for time trials for the particular day must be made on the prescribed form (available from the office) and must be handed in to the **Meet Referee BEFORE** the start of the day's session. Time trials of like distances and dissimilar events and strokes maybe swum together.
 - Requests for exhibition swims must be handed in to the Office on or before the deadline date of Wednesday, July 21st, 2021 on a separate entry form clearly labeled **EXHIBITION. Exhibition requests after Monday, July 26th, 2021 will be charged the late entry fee of \$15.00 after which no further requests for exhibitions will be entertained.**
 - Swimmers not entered in the meet but requesting a time trial must pay a participation fee of \$10.00 per event.
- Entry times must be times that the swimmer has accomplished at a competition for which results are available should verification be required. Times must not be devised to manipulate heats or lanes. **THIS IS DISHONEST.** Times that cannot be verified or not evidenced in results of a competition will be changed to NT.
- **Entries will not be processed for swimmers whose Aquatic Centre Membership fees are not current as stated in the BASA By-Laws and Constitution.** That is, membership fees must cover the period of the meet. **The deadline date for the payment of Aquatic Centre membership fees to qualify to swim in the competition is WEDNESDAY JULY 21ST, 2021.**

SWIMMERS WILL NOT BE ALLOWED TO PARTICIPATE IN THE COMPETITION IF FEES ARE NOT PAID PRIOR TO OR BY THE DEADLINE DATE OF WEDNESDAY JULY 21st, 2021.

- Occasional swimmers, who are not members of the Aquatic Centre, but who are taking part in the competition, must pay \$20.00 per hour or part thereof to train in the 50 M pool along with the appropriate entry fees.
- 50 M pool use for Learn to swim participants is restricted to one week prior to the start of the competition. Each participant must pay \$20.00 for the week in question to the BASA for the week's training period leading up to the competition. Training fees must be paid prior to the swimmer's use of the pool. Coaches/Club Presidents will be held responsible for submitting the names of these children to the Office staff. Children will not be entered in the meet until the training fee has been collected. Entry fees are applicable to all participants.
- In an effort to reduce or eliminate scratches a scratch penalty fee of Bds \$15.00 will be charged for all scratches made after the final deadline date. Scratches without penalty should be submitted on the scratch forms provided by **Monday, July 26th, 2021**. Scratch sheets are available from the Office. Scratches will only be accepted on the form provided, signed by the individual authorizing the scratch. Verbal scratches or scratches submitted on paper other than the official scratch form will not be accepted. **The scratch penalty will only be waived for swimmers presenting medical certificates.** Swimmers will not be allowed to participate in the next race until the scratch penalty fee for the previous race is paid. Swimmers refusing to pay the scratch fee will be denied participation in subsequent meets.

3...COMPETITION RULES:

The competition will be conducted in accordance with FINA Rules 2019-2021 in force at the start of the competition.

FINA rules applicable to approved swimwear effective January 1, 2010 will be enforced. Swimmers will not be allowed to compete in two swim suits.

Fina rule SW 4.4 –No false starts -shall be applied.

3.1... AGE GROUPS:

- Individual events

8 & Under, 9-10, 11-12, 13-14, 15-17; 18-24; 25 & Over.

The Swimmer's age on December 31st, 2020 will determine the age group in which he/she is eligible to participate.

3.2...REGISTRATION & ENTRIES:

The following rules shall apply to all entries:

- 1.. There shall be no restrictions on the number of events in which an individual competitor may participate.
- 2.. Heats will be announced and swimmers missing their respective heat will not be allowed to take part in that event.
- 3.. There shall be no preliminaries. All events are timed finals.
- 4... The pool will be opened 90 minutes before each session for warm-up.
- 5... The warm up routine will be an open lane format with sprinting taking place in

lanes 1 & 8 starting from the stadium end of the pool 30 minutes before the end of the warm up period. Pace laps will take place in the inner lanes.

- 6.. Swimmers must report to the waiting area at least 4 heats before the event in which the swimmer has been entered. If the swimmer is not in the waiting area by the designated time a decision will be taken that the swimmer has scratched the event.

4.. Protests & Jury of Appeal:

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 Staff & Council of the Association. 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 officer of the participating Club/Federation and accompanied by US \$25.00. If the protest is upheld the fee will be returned to the authorized Officer.

OFFICIALS –

The BASA will be holding the Long Course National Championship from August 03rd- 08th, 2021. The meet will be held in 6 sessions over 6 days and will need a full complement of Officials to ensure its smooth management. Each Club is responsible for providing the BASA with **one official to every five swimmers** entered to ensure the required number of officials for the support of the swimmers. Officials required are timers, starters, judges, referees, clerks of course, award coordinators, computer personnel etc. All Club Presidents are responsible for submitting the names of volunteers to the Office by Monday, August 02nd, 2021. Your cooperation will be greatly appreciated. You are reminded as per Council ruling that failure to provide officials may result in the Club's swimmers being scratched from the meet. Volunteer officials are exempted from the contributions to the sport taken at the door as their contribution is being made via their volunteer work. All persons volunteering as officials are asked to be on deck one hour before the start of the day's session. Refreshment will be served to volunteers.

PROGRAMME:

The sessions for **LONG COURSE NATIONALS** will be organized as follows:

SESSION 1 – TUESDAY, AUGUST 03 rd	6:00 PM WARM UP 4:30 PM
SESSION 2 – WEDNESDAY, AUGUST 04 th	6:00 PM WARM UP 4:30 PM
SESSION 3 – THURSDAY, AUGUST 05 th	6:00 PM WARM UP 4:30 PM
SESSION 4 – FRIDAY, AUGUST 06 th	6:00 PM WARM UP 4:30 PM
SESSION 5 – SATURDAY, AUGUST 07 th	4:00 AM WARM UP 2:30 PM
SESSION 6- SUNDAY, AUGUST 08 th	4:00 PM WARM UP 2:30 PM

The pool will be closed 20 minutes before the start of each session to facilitate the presentation of medals. Medal presentation for events swum on Tuesday, AUGUST 03rd will take place immediately after the Opening Ceremony.

***A short opening ceremony will take place on Wednesday, AUGUST 04th at 5:45 PM.

** A closing ceremony will take place immediately after the conclusion of the events on Sunday, AUGUST 08th, 2021.

AWARDS: Medals will be awarded to 1st, 2nd and 3rd places in each event. Overseas participants placing 1-3 in any event will be awarded medals. However local swimmers displaced by overseas participants will also receive a medal. Points will be scored for each event – 1st through 8th place. A trophy will be given to the local swimmer-male and female in each age group scoring the highest number of points.

A trophy will be given to the Most Outstanding Junior and Senior male and female swimmer on the following merit:

Junior Male and Female: 12 & under - Points awarded based on the HY TEK Age Group points system which enables an equal assessment of times by assigning points to times done across all strokes and distances. The trophy will be awarded to the swimmer scoring the highest aggregate of points.

Senior Male and Female: 13 & over – Points awarded to times achieved based on the FINA points calculator system which enables an equal assessment of times by assigning points to times done across all strokes and distances. The five best events swum will be assessed based on this system. The trophy will be awarded to the swimmer scoring the highest aggregate of points.

Have a great and rewarding meet