

# **RODNEY HEIGHTS AQUATIC CENTRE**

## **ST. LUCIA WEST INDIES**

### **11th INTER-CLUB INVITATIONAL SWIM MEET MARCH 25 – 28, 2010**

**The Rodney Heights Aquatic Centre in St. Lucia West Indies extends to you a cordial invitation to Celebrate with us our TENTH ANNIVERSARY OF OPENING OUR FACILITY BY ATTENDING ITS 11<sup>TH</sup> INTERNATIONAL CLUB INVITATIONAL MEET to be held in St. Lucia, MARCH 25 – 28, 2010.**

**We will once again be swimming MASTERS along side Age Group Swimming.**

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 8 and Over

**STARTS WILL BE OVER THE TOP WHEREEVER POSSIBLE.  
ALL EVENTS ARE TIMED FINALS**

Age Groups: Individual Events 6 & Under, 7 – 8, 9 – 10 , 11 – 12 , 13 – 14,  
15 – 24, MASTERS  
Relays 10 – Under, 11 -14, 15 - Over

OPEN EVENTS WILL BE SCORED ACCORDING TO THE ABOVE AGE GROUPS.

The age of the swimmer on December 31, 2009 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.

#### Agenda

Thursday, March 25, 2010      Arrival of Teams  
Session 1 Warm-Up    5:00 PM – 5:45 PM  
Session 1 Championships 6:00 PM Start

Technical Meeting 7:30 PM

Friday, March 26, 2010      Session 2 Warm-Up 7:30 AM – 8:50 AM  
Session 2 Day 2 – Championships 9:00 AM Start

Friday, March 26, 2010      Session 3 Warm-UP 4:00 PM – 5:20 PM  
Opening Ceremony 5:30 PM – 6:00 PM  
Session 3 Championships 6:00 PM – 8:30 PM

Saturday, March 27, 2010    Session 4 Warm-Up 7:30 AM – 8:50 AM  
Session 4 Championships 9:00 AM Start

Saturday, March 27, 2010    Session 5 Warm-Up 4:00 PM – 5:20 PM  
Session 5 Championships 5:30 PM – 8:30 PM

Sunday, March 28, 2010      Session 6 Warm-Up 7:30 AM – 8:50 AM  
Session 6 Championships 9:00 AM Start

Closing Awards Ceremony 30 min following finish of meet

### **Registration and Entries**

Entries must be made in Hy-Tek format. The entries must be returned to the Centre by Wednesday, March 11, 2010. We would appreciate a verbal response of your desire to participate as soon as possible with number of swimmers. Entries must be made in Hy-Tek Meet Manager format. (The required Hy-Tek format or the Excel entry spread sheet will be distributed separately by electronic mail and will be posted on [www.slasa.info](http://www.slasa.info)). Entries must be sent to [dsw.slu@mail.com](mailto:dsw.slu@mail.com). All entry forms with the inserted times must be in the hands of the Organizing Committee by Wednesday March 11<sup>th</sup> 2010. Entries not submitted in the prescribed entry forms or Meet Manager format will not be accepted.

Entries should be sent in Team Manager Format or on Excel spreadsheet. Entries should be returned to the following address:

Rodney Heights Aquatic Centre  
Meet Director: Dr. Diane S. Worrell  
P.O. Box 908  
Castries, St. Lucia West Indies  
Phone: (758) 450-7946 e-mail: [dsw.slu@mail.com](mailto:dsw.slu@mail.com)  
Fax: (758) 458-0772

The following will apply to all entries:

1. There is no limit to the number of swimmers which your club can enter in an event, however, only the two highest placed swimmers will score team points.
2. Unattached swimmers encouraged to participate.
3. There shall be neither substitutes nor alternatives in individual events.
4. There is no limit to the number of Relay Teams a Club can enter in an event, however, only one team will score points.
5. There is no restriction on the number of events in which an individual competitor may participate.

6. Heats will be announced and swimmers missing their respective heat will not be allowed to take part in the event.
7. The fees are as follows:
  - (i) EC\$20.00 (US\$ 8.00) - Team Fees
  - (ii) EC\$5.00 (US\$ 2.00) - per swimmer per entry, no entry limit
  - (iii) EC\$10.00 (US\$ 4.00) - per entry for Relay Team
  - (iv) EC\$10.00 (US\$ 4.00) - for each scratch after Technical meeting
  - (v) EC\$12.50 (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 in this Meet.
  - (vi) EC 10.00(US\$ 4.00) - per late entry after Technical meeting. Late entries will only be allowed in heats with open lanes in an already seeded event.
8. 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.**
9. Swimmers competing in relay events must be registered in the meet.
10. Masters will swim as part of 15 and over events but scored as Masters where no Masters category is designated. Masters are 25 and over.

### **Age Group Awards**

1. Medals will be awarded to the top three (3) places in each event and 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.
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
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5. Starts will be over the top wherever possible.
6. RELAYS WILL BE AWARDED RIBBONS NOT MEDALS.

**MASTERS Awards:** Ribbons will be awarded for first through third places in each age group in each individual event.

***Officials: Each club participating will be asked to provide TWO officials for each session of the meet. Official's names should be sent with the entries if possible. Volunteers would be appreciated.***

Sanctioned By: St. Lucia Amateur Swimming Association in accordance with FINA Rules.

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 \$20 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.

Starts & Finishes: Starts will be over the top where possible. Swimmers will remain in their lane until all swimmers finish the race.

Programme: There will be no Heats or Preliminaries. All events are 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 ACHIVIED IN A LAST 12 MONTHS not a time you hope to achieve. Only if you have no seed time should you enter NT.

The pool will be open each day 90 minutes prior to the meet for warm-up. Lane assignments will be given at the beginning of day one of the meet.

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. Heat Sheets will be on sale during the meet.

**11TH RHAC INVITATIONAL  
25 – 28 March 2010**

DAY ONE Session One: THURSDAY March 25, 2010

Warm-up 5:00 pm Start 6:00 pm.

Technical Meeting at the End of This Session

Event	Age Group	Distance/Stroke
1	8 – Under	200 m Freestyle
2	9 – Over	800 m Freestyle
3	9 – Over	1500 m Free

\*\*\*\*\*15 min break\*\*\*\*\*

4	11 – Over	400 IM
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DAY TWO Session Two: FRIDAY March 26, 2010

Morning Warm-Up 7:30 am – 8:50 am. Start of Meet 9:00 am.

Event	Age Group	Distance/Stroke
5 – 6	8 & Under	100 m Free
7 – 8	9 – 12	400 m Free
9 – 10	13 – 14	400 m Free
11 – 12	15 – Over	400 m Free

DAY TWO Session Three: FRIDAY March 26, 2010

Afternoon Warm-up 4:00 pm – 5:20 pm. March past 5:30 pm.

Start of Meet 6:00 pm

Event	Age Group	Distance/Stroke
13 – 14	8 & Under	100 m IM
15 – 16	9 – 10	100 m IM
17 – 18	11 – 12	200 m IM
19 – 20	13 – 14	200 m IM
21 – 22	15 & Over	200 m IM
23 – 24	MASTERS	100 m IM
25 – 26	6 & Under	25 m Breast
27 – 28	7 – 8	25 m Breast
29 – 30	9 – 10	50 m Breast

31 – 32	11 – 12	50 m Breast
33 – 34	13 – 14	50 m Breast
35 – 36	15 & Over	50 m Breast

37 – 38	8 & Under	25 m Fly
39 – 40	9 – 10	100 m Fly
41 – 42	11 – 12	100 m Fly
43 – 44	13 – 14	100 m Fly
45 – 46	15 & Over	100 m Fly

47	10 & Under Mixed	4 x 50 m Fr Relay
48	11 – 14 Mixed	4 x 50 m Fr Relay
49	15 – Over Mixed	4 x 50 m Fr Relay

**Mixed Relays comprise of 2 Males and 2 Females in Each Age Group**

DAY THREE Session Four: SATURDAY March 27, 2010  
 Morning Warm-up 7:30 am - 8:50 am. Start of Meet 9:00 am

Event	Age Group	Distance/Stroke
50 – 51	6 & Under	25 m Free
52 – 53	7 – 8	25 m Free
54 – 55	9 – 10	50 m Free
56 – 57	11 – 12	50 m Free
58 – 59	13 – 14	100 m Free
60 – 61	15 – Over	100 m Free

\*\*\*\*\*15 Min Break\*\*\*\*\*

62 – 63	OPEN	200 m Breast
64 – 65	6 & Under	25 m Back
66 – 67	7 – 8	25 m Back
68 – 69	9 – 10	50 m Back
70 – 71	11 – 12	100 m Back
72 – 73	13 – 14	100 m Back
74 – 75	15 – Over	100 m Back
76	10 & Under	4 x 50 m Free Relay
77	11 – 14	4 x 50 m Free Relay
78	15 – Over	4 x 50 m Free Relay

DAY THREE Session Five: SATURDAY March 27, 2010  
 Afternoon Warm-up 4:20 pm. – 5:50 pm. Start of Meet 6:00 pm

Event	Age Group	Distance/Stroke
79 – 80	8 & Under	50 m Free

81 – 82	9 – 10	100 m Free
83 – 84	11 – 12	100 m Free
85 – 86	13 – 14	50 m Free
87 – 88	15 – Over	50 m Free

\*\*\*\*\*15 min Break\*\*\*\*\*

89 – 90	OPEN	200 m Fly
91 – 92	6 & Under	50 m Back
93 – 94	7 – 8	50 m Back
95 – 96	9 – 10	100 m Back
97 – 98	11 – 12	50 m Back
99 – 100	13 – 14	50 m Back
101 – 102	15 – Over	50 m Back
103 – 104	10 & Under	4 x 50 Medley Relay
105 – 106	11 - 14	4 x 50 Medley Relay
107 – 108	15 – Over	4 x 50 Medley Relay

DAY FOUR Session Six: SUNDAY March 28, 2010  
Morning Warm-up 7:30 am - 8:50 am. Start of Meet 9:00 am

Event	Age Group	Distance/Stroke
109 – 110	9 – 10	200 m Free
111 – 112	11 – 12	200 m Free
113 – 114	13 – 14	200 m Free
115 – 116	15 – Over	200 m Free
117 – 118	7 – 8	50 m Fly
119 – 120	9 – 10	50 m Fly
121 – 122	11 – 12	50 m Fly
123 – 124	13 – 14	50 m Fly
125 – 126	15 – Over	50 m Fly

\*\*\*\*\*15 min Break\*\*\*\*\*

127 - 128	OPEN	200 m Back
129 – 130	6 & Under	50 m Breast
131 – 132	7 – 8	50 m Breast
133 – 134	9 – 10	100 m Breast
135 – 136	11 – 12	100 m Breast
137 – 138	13 – 14	100 m Breast
139 – 140	15 – Over	100 m Breast
141 – 142	10 & Under	4 x 100 m Free Relay

143 – 144	11 – 14	4 x 100 m Free Relay
145 – 146	15 & Over	4 x 100 m Free Relay

AWARDS CEREMONY 30 MIN AFTER CLOSE OF MEET

AIR, HOTEL AND GROUND Transport will be arranged for teams who request. EMAIL  
INFO ATTENTION ORGANIZING COMMITTEE: Transport.