



NATIONAL TIME TRIALS

October 5th – 6th, 2013

ANTIGUA – WEST INDIES

VENUE – ANTIGUA ATHLETIC CLUB
No. 24 Pavillion Drive (Coolidge, Antigua, W.I.)

Tel. (268) 726-6666 or 464-8971

You are cordially invited to participate in the Antigua National Open Swim Trials. These trials will be conducted under the auspices and sanction of the Antigua & Barbuda National Swimming Federation (ABSF) and will be used to determine selections to the team for the OECS Swimming Championships to be held in St.Lucia.

Course: 6-lane 25 meter Short Course Pool.

The competition will be conducted in accordance with FINA rules in force at the start of the competition. FINA rule “SW 4.4” will be applied: There will be a NO FALSE START rule for ages groups 9 and over, and a 2 false start rule for younger age groups.

- STARTS WILL BE OVER THE TOP WHEREEVER POSSIBLE.

LIMITS OF PARTICIPATION:

- a. The swimmers will compete among participants of the same gender (MALE / FEMALE).
- b. The swimmers will be organized in age groups.
- c. There is no maximum age restriction.
- d. Participants must be citizens or residents of Antigua & Barbuda
- e. The organizers have the right to redistribute and mix the genders of the participants depending on the number of registrations.

AGE GROUPS: Individual Events 8 & under, 9 - 10, 11 - 12, 13 - 14, 15 & over

**OPEN EVENTS WILL BE SCORED ACCORDING TO THE ABOVE AGE GROUPS.
Only ages 9 and over are permitted to do Open Events**

The age of the swimmer on 31st December, 2012 determines the age group in which the swimmer is eligible to participate.

AGENDA

Thursday 3 rd October, 2013	Technical Meeting – AAC	6:30PM – 7:00PM
Saturday 5 th October, 2013	Arrival of Participants	
	Warm-Up	8:00 AM - 9:30 AM
	Opening Ceremony	9:45 AM – 9:55 AM
	Events	10:00 AM - 1:00 PM
	BREAK TIME	1:00 PM – 1:45 PM
	Events	1:45 PM – 4:00 PM

Sunday 6 th October, 2011	Arrival of Participants	
	Warm-Up	8:00AM – 9:30 PM
	Events	9:45AM – 1:00PM
	BREAK TIME	1:00 PM - 1:45 PM
	Events	1:45 PM - 4:00 PM
	Closing	4:00 PM – 4:30 PM

Registration and Entries

Entries must be made on the official “2013 OECS Swim Trial Swim Meet Entry Form” (Excel spreadsheet or Hy-Tek Meet Manager Software), which accompanies this Notice. The entries must be returned to the organizers by **Friday 27th September, 2013**. You may submit entries by e-mail to: roy@absf.ag or roy@harpersoffice.com.

The following will apply to all entries:

1. There is no limit to the number of swimmers which your club can enter in the meet. However we advise that swimmers be competent to swim the required distances for their age groups.
2. Unattached swimmers are encouraged to participate. This is an open trial.
3. There is no restriction on the number of events in which an individual competitor may participate in.
4. Heats will be announced and swimmers missing their respective heat will not be allowed to take part in the event.
5. There will be no relay events.
6. The fees are as follows:
 - (I) EC\$75.00 - per swimmer. Fees must be paid before any swimmer will be allowed to participate in the meet.
 - (II) EC\$ 5.00 - for each scratch after Technical meeting
 - (III) EC\$10.00 - penalty fee for swimmers who scratch or fail to swim.. This penalty must be paid before the swimmer is permitted to swim further in this Meet.
 - (IV) EC 10.00 - per late entry after Technical Meeting. Late entries will be only allowed in heats with open lanes in an already seeded event.

Entry Fees must accompany entry forms or be paid on arrival of team or individuals. No individual will be allowed to start the competition without payment of meet fees.

NO Awards will be distributed. This is strictly a time trial.

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

Stop Line: Pool Attendants & Lifeguards

Disqualification: All disqualifications will be announced on the public address system so that swimmers, coaches and parents are made aware.

Protests : The designated swimmer's representative must file a signed protest to a referee decision with the meet referee within one hour of the posted results of the event. The cost of the protest will be \$40 ECD. 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. Three members of the Technical Committee will arbitrate any protests. These members will not be coaches of any of the clubs.

Finishes : 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 it is a BEST OFFICIAL TIME ACHIEVED IN THE 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 90 minutes prior to the meet for warm-up. Lane assignments will be given at the beginning of the meet.

Refreshments and Sales: The Organizers will have available drinks and food for sale throughout the meet. Non-Swimmer admission EC\$10.00 per day, children under 10 years, \$5.00. Each team is allowed 2 coaches at no charge. Unattached swimmers will be allowed 1 official at no charge.

2013 National Time Trials

5th & 6th October 2013

Events

<u>Age Group</u>	<u>Distance/Stroke</u>
8 & Under	25 m Free 25 m Back 25 m Breast 25 m Fly 50 m Free 100 m Free 100 m IM
9 - 10	50 m Free 50 m Back 50 m Breast 50 m Fly 100 m Free 200 m Free 400 m Free 100 m IM
11 & over	50 m Free 50 m Back 50 m Breast 50 m Fly 100 m Free 100 m Back 100 m Breast 100 m Fly 200 m IM 200 m Free 400 m Free

(F): Female
(M): Male

- DAY 1 -

<u>Event/Gender</u> <u>Distance/Stroke</u>	<u>Age Group</u>	
1(F) / 2 (M)	Open	400 mts Free
3(F) / 4(M)	8 & under	100 mts Free
	25min Break	

<u>Event/Gender</u> <u>Distance/Stroke</u>	<u>Age Group</u>	
5(F) / 6(M)	11 - 12	50 mts Breast
7(F) / 8(M)	13 - 14	50 mts Breast
9(F) / 10(M)	15 -17	50 mts Breast
11(F) / 12(M)	18 & over	50 mts Breast

<u>Event/Gender</u> <u>Distance/Stroke</u>	<u>Age Group</u>	
13(F) / 14 (M)	8 & under	25 mts Fly
15(F) / 16 (M)	9-10	50 mts Fly
17(F) / 18(M)	11-12	100 mts Fly
19(F) / 20(M)	13-14	100 mts Fly
21(F) / 22(M)	15-17	100 mts Fly
23(F) / 24(M)	18 & over	100 mts Fly

Lunch Break

<u>Event/Gender</u> <u>Distance/Stroke</u>	<u>Age Group</u>	
25(F) / 26(M)	11-12	50 mts Back
27(F) / 28(M)	13-14	50 mts Back
29(F) / 30(M)	15-17	50 mts Back
31(F) / 32(M)	18 & over	50 mts Back

<u>Event/Gender</u> <u>Distance/Stroke</u>	<u>Age Group</u>	
33(F) / 34(M)	8 & under	25 mts Free

35(F) / 36(M)	9 - 10	100 mts Free
37(F) / 38(M)	11 - 12	100 mts Free
39(F) / 40(M)	13 - 14	100 mts Free
41(F) / 42(M)	15 & over	100 mts Free
43(F) / 44(M)	18 & over	100 mts Free

– Day 2 –

<u>Event/Gender</u> <u>Distance/Stroke</u>	<u>Age Group</u>	
45(F) / 46(M)	8 & under	100 mts IM
47(F) / 48(M)	9-10	100 mts IM
49(F) / 50(M)	11-12	200 mts IM
51(F) / 52(M)	13-14	200 mts IM
53(F) / 54(M)	15 - 17	200 mts IM
55(F) / 56(M)	18 & over	200 mts IM

15 min break

57(F) / 58(M)	8 & under	25 mts Back
59(F) / 60(M)	9-10	50 mts Back
61(F) / 62(M)	11-12	100 mts Back
63(F) / 64(M)	13-14	100 mts Back
65(F) / 66(M)	15-17	100 mts Back
67(F) / 68(M)	18 & over	100 mts Back

<u>Event/Gender</u> <u>Distance/Stroke</u>	<u>Age Group</u>	
69(F) / 70(M)	11-12	50 mts Fly
71(F) / 72(M)	13-14	50 mts Fly
73(F) / 74(M)	15-17	50 mts Fly
75(F) / 76(M)	18 & over	50 mts Fly

LUNCH BREAK

<u>Event/Gender</u> <u>Distance/Stroke</u>	<u>Age Group</u>	
77(F) / 78(M)	Open	200 mts Free

15 min break

<u>Event/Gender</u> <u>Distance/Stroke</u>	<u>Age Group</u>	
79(F) / 80(M)	8 & under	25 mts Breast
81(F) / 82(M)	9-10	50 mts Breast
83(F) / 84(M)	11-12	100 mts Breast
85(F) / 86(M)	13-14	100 mts Breast
87(F) / 88(M)	15-17	100 mts Breast
89(F) / 90(M)	18 & over	100 mts Breast

<u>Event/Gender</u> <u>Distance/Stroke</u>	<u>Age Group</u>	
91(F) / 92(M)	8 & under	50 mts Free
93(F) / 94(M)	9-10	50 mts Free
95(F) / 96(M)	11-12	50 mts Free
97(F) / 98(M)	13-14	50 mts Free
99(F) / 100(M)	15-17	50 mts Free
101(F) / 102(F)	18 & over	50 mts Free

CLOSE OF MEET