



KAIZEN INVITATIONAL SWIM CHAMPIONSHIPS
October 7th – 9th 2022
The National Aquatic Centre
Sanction #22214

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

It is understood and agreed that Kaizen Swim Club and the facility operators shall be free from any liabilities or claims for damages arising by reason of injuries to anyone during the conduct of the meet.

An inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the World Health Organization (WHO), senior citizens and individuals with underlying medical conditions are especially vulnerable.

Kaizen Swim Club, cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in the Kaizen Invitational. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in our meet, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS EVENT, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS KAIZEN SWIM CLUB AND EACH OF THEIR OFFICERS, DIRECTORS, AGENTS, EMPLOYEES OR OTHER REPRESENTATIVES FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSES, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORESEEN OR UNFORESEEN, IN CONNECTION WITH EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THE MEET.

We have taken enhanced health and safety measures – for you, our coaches, swimmers, officials, and volunteers. You must follow all posted instructions while attending this event. By participating in this event, you voluntarily assume all risks related to exposure to COVID-19.

Session Times:

Fun	Friday, October 7, 2022	5:30 p.m.
Excitement	Saturday, October 8, 2022	8:30 a.m.
Joy	Saturday, October 8, 2022	3:00 p.m.
Energy	Sunday, October 9, 2022	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 16, 2022 at 12:00pm.

Age Group ages for the meet shall be as of midnight December 31, 2021.

Masters ages for the meet shall be as of midnight December 31, 2022.

Entry Limit:

Individual Entries – No limit

Relays- Maximum two (2) teams per club per event

400 m, 800 m, 1500 m Individual Events – Maximum four (4) swimmers per club per event.

The Meet Director reserves the right to change meet warm-up, start times, or drop/move events, add breaks in order to hold an efficient meet.

Entry Fees – Hy Tek:

J\$500 per swimmer per individual event
J\$800 per relay team

Entry Fees – Non Hy Tek:

J\$650 per swimmer per individual event
J\$950 per relay team

Deck Entry and Time Trial

Absolutely no deck entry will be allowed. Time trial must be submitted before the start of the first event of the session and attract a fee of \$900.

Surcharge:

\$500 per swimmer to offset miscellaneous costs

Entry Deadline:

Friday September 23, 2022 at midnight.

Late entries will be treated and billed at \$650 per individual event and \$1000 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 start of the meet. Late payments will attract a 15% penalty fee.

Concession:

TBC.

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. 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.
5. **Clubs are required to provide volunteers to act as timekeepers and perform other functions essential to the smooth running of the competition.** Volunteer name list will be at the entrance for persons who attend virtual officials' sessions and selected by referee. Volunteers **MUST** report to the Meet Director at least **sixty (60) minutes** before the start of the session. **Clubs that do not provide the following number of volunteers will not be allowed to participate in the competition;**
 - ❖ 1-10 swimmers entered – 1 volunteer per session
 - ❖ 11-20 swimmers entered – 2 volunteers per session
 - ❖ 21 & more swimmers entered – 3 volunteers per session

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. The 2nd year 9 - 10 age group swimmers, who will be swimming in the 11 - 12 age group in 2023, will be permitted to swim as exhibition swimmers in the 11 -12 age group for the events that are not available at the 9 - 10 age group. The 2nd year 11 - 12 age group swimmers, who will be swimming in the 13 - 14 age group in 2023, will be permitted to swim in the 400 metre I.M. and the 800/1500 metre freestyle events as exhibition swimmers. No exhibition swim will allow the swimmer to earn points individually or for their team.
9. Scratches are allowed at any time.
10. Time Trials will be held at the end of each session upon request and at the referee discretion.
11. The swimwear of all competitors shall be in good moral taste and comply with FINA Rules. The referee has the authority to exclude any competitor whose costume does not comply with this FINA Rule.
12. False starts – The FINA starting rules (SW4) will apply.
13. Intermission will be held at the discretion of the meet Referee.
14. Mixed events will be scored separately by gender and age group.

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\$2,500.00 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
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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:

The 11-12, 13 – 14 and 15 & Over 800/1500m Freestyle events will be swum combined/mixed for seeding purposes, but will be scored separately per gender and age group. The top 24 entry times received will form these events, i.e. maximum three heats per event.

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.

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

Events

FUN			JOY		
FRIDAY OCTOBER 7, 2022			SATURDAY OCTOBER 8, 2022		
5:30 p.m.			3:00 p.m.		
1-2	200 M Individual Medley	F/M 10 & Under	34-35	200 M Breaststroke	F/M 11 & Over
3-4	200 M Individual Medley	F/M 11 & Over	36-37	50 M Backstroke	F/M 11-12
5-6	50 M Butterfly	F/M 11-12	38-39	50 M Backstroke	F/M 13 & Over
7-8	50 M Butterfly	F/M 13 & Over	40-41	50 M Backstroke	F/M Masters
9	800 M Freestyle	Mixed 13 & Over	42-43	100 M Butterfly	F/M 11-12
10	1500 M Freestyle	Mixed 13 & Over	44-45	100 M Butterfly	F/M 13 & Over
			46-47	50 M Butterfly	F/M 9-10
			48-49	50 M Butterfly	F/M Masters
			50	400 M Individual Medley	Mixed 13 & Over
			51-52	100 M Freestyle	F/M 10 & Under
			53-54	100 M Freestyle	F/M 11-12
			55-56	100 M Freestyle	F/M 13 & Over

EXCITEMENT**SATURDAY OCTOBER 8, 2022****8:30 a.m.**

11-12	200 M Freestyle	F/M 11 & Over
13-14	50 M Breaststroke	F/M 11-12
15-16	50 M Breaststroke	F/M 13 & Over
17-18	50 M Backstroke	F/M 8 & Over
19-20	50 M Backstroke	F/M 9-10
21-22	100 M Backstroke	F/M 11-12
23-24	50 M Butterfly	F/M 8 & Under
25-26	100 M Backstroke	F/M 13 & Over
27	200 M Butterfly	Mixed13&Over
28-29	200 M Medley Relay	F/M 10 & Under
30-31	200 M Medley Relay	F/M 11-12
32-33	200 M Medley Relay	F/M 13 & Over

ENERGY**SUNDAY OCTOBER 9, 2022****9:00 a.m.**

57-58	200 M Backstroke	F/M 11 & Over
59-60	50 M Breaststroke	F/M Masters
61-62	50 M Breaststroke	F/M 8 & Under
63-64	50 M Breaststroke	F/M 9-10
65-66	100 M Breaststroke	F/M 11-12
67-68	100 M Breaststroke	F/M 13 & Over
69	400 M Freestyle	Mixed 11 & Over
70-71	50 M Freestyle	F/M Masters
72-73	50 M Freestyle	F/M 8 & Under
74-75	50 M Freestyle	F/M 9-10
76-77	50 M Freestyle	F/M 11-12
78-79	50 M Freestyle	F/M 13 & Over
80-81	200 M Freestyle Relay	F/M 10 & Under
82-83	200M Freestyle Relay	F/M 11-12
84-85	200M Freestyle Relay	F/M 13 & Over