



**KAIZEN INVITATIONAL SWIM CHAMPIONSHIPS**  
**October 4<sup>th</sup>- 6<sup>th</sup>, 2019**  
**The National Aquatic Centre**  
**Sanction # 21912**

**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

**Session Times:**

Fun	Friday, October 4, 2019	5:30 p.m.
Excitement	Saturday, October 5, 2019	8:30 a.m.
Joy	Saturday, October 5, 2019	4:00 p.m.
Energy	Sunday, October 6, 2019	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 13, 2019 at 4:00pm.

Age Group ages for the meet shall be as of midnight December 31, 2018.

Masters ages for the meet shall be as of midnight December 31, 2019.

**Entry Limit:**

**Individual Entries** – No limit

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

**400 m, 800 m, 1500 m Individual Events** – Maximum three (3) swimmers per club per event.

**N. B.:** - For all Events 200 metres and above, swimmers **MUST** have achieved a minimum time standard of “BB” times for the particular event in their respective Age Group. Proof of time **MUST** be submitted with entries.

**Entry Fees – Hy Tek:**

J\$300 per swimmer per individual event

J\$400 per relay team

**Entry Fees – Non Hy Tek:**

J\$350 per swimmer per individual event

J\$500 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.

**Surcharge:**

\$250 per swimmer

**Entry Deadline:**

Friday September 20, 2019 at midnight.

Late entries will be treated and billed at \$350 per individual event and \$450 per relay.

Entries are to be emailed to [kaizenswimclubja@gmail.com](mailto:kaizenswimclubja@gmail.com) or delivered to the ASAJ office.

Entry fees are to be paid before the meet. Late payments will attract a 15% penalty fee.

**Concession:**

Meals, drinks, fruits & snacks will be on sale during the meet

## Programmes:

Will be available on sale at the meet

## 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.** Armbands will be issued to the clubs who submit the names of their volunteers with the entries. 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 – 3 volunteers per session
  - ❖ 21 & more swimmers entered – 4 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 2<sup>nd</sup> year 9 - 10 age group swimmers, who will be swimming in the 11 - 12 age group in 2020, 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 2<sup>nd</sup> year 11 - 12 age group swimmers, who will be swimming in the 13 - 14 age group in 2020, 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 Trails will be held at the end of each session upon request.
11. The swimwear of all competitors shall be in good moral taste. The referee has the authority to exclude any competitor whose costume does not comply with this 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\$1,500.00 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
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 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. Ribbons will be awarded for 4th to 8th place in the 10 & Under age groups only.

A Trophy will be awarded to the 1<sup>st</sup> place club.

## Events

### FUN

#### FRIDAY OCTOBER 4, 2019

##### 5:30 p.m.

1-2	200 M Individual Medley	F/M 10 & Under
3-4	200 M Individual Medley	F/M 11 & Over
5-6	50 M Butterfly	F/M 11-12
7-8	50 M Butterfly	F/M 13 & Over
9	800 M Freestyle	Mixed 13 & Over
10	1500 M Freestyle	Mixed 13 & Over

### EXCITEMENT

#### SATURDAY OCTOBER 5, 2019

##### 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	Mixed 13 & 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

### JOY

#### SATURDAY OCTOBER 5, 2019

##### 4:00 p.m.

34-35	200 M Breaststroke	F/M 11 & Over
36-37	50 M Backstroke	F/M 11-12
38-39	50 M Backstroke	F/M 13 & Over
40-41	50 M Backstroke	F/M Masters
42-43	100 M Butterfly	F/M 11-12
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

### ENERGY

#### SUNDAY OCTOBER 6, 2019

##### 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 11-12
80-81	200 M Freestyle Relay	F/M 10 & Under
82-83	200 M Freestyle Relay	F/M 11-12
84-85	200 M Freestyle Relay	F/M 13 & Over