

Artistic Swimming of Jamaica (ASJ) invites eligible clubs and swimmers to participate in its **Artistic Swimming Invitational Meet to take place February 14-16, 2025** *in Kingston, Jamaica.* The competition is being held under the sanction of the Aquatic Sports Association of Jamaica.

DATE OF COMPETITION: February 14-16,2025

COMPETITION: The competition will consist of Novice, Intermediate, Age group and Youth figures and routines as well as Junior free routines.

VENUE: NAC, National Aquatic Center, Independence Park, Kingston, Jamaica.

MEET MANAGERS: Olga Novokshchenova, Robyn-Ann Chin Sang, Alissa Moberg, Ashley Johnson

RULES:

- A combination of USA Artistic Swimming and AQUA 2023-2027 rules will be followed. Unless otherwise specified, AQUA and ASAJ Bylaws and Regulations in force at time of competition.
- An Artistic swimmer's age group shall be determined by the age of the swimmer as of midnight on 31st December 2025.
- An athlete may compete in an older age group for the duet, trio and team competition as long as at least one of the swimmers is in the relevant age group.
- Age Group competitors may not swim in a younger age category but are allowed to join the intermediate team routine in their age category or higher.
- Any swimmer who is listed as an alternate for routines shall pay the relevant entry fee.
- Athletes may compete in figures only.
- Coach cards will be used for Age Group and Youth athletes.
- Swimwear for the figure session must be according to AQUA rules. It shall be black, and competitors shall wear white caps. Goggles and nose clips may be worn. Competitors must remove any dangling jewelry prior to the start of the event. No nail polish is permitted.



ELIGIBILITY: All swimmers who are registered members of an AQUA Federation, Club or a school team.

- Novice age categories: 8 & Under, 9-10, 11-12, 13&Over.
- Intermediate age categories: 8 & Under, 9-10, 11-12, 13-15, 16 & Over.
- Age Group age categories: 12 & Under
- Youth (13-15)
- Junior

** If the swimmer can thrust to the hips or executes any rotations more than 90 degrees, he/she must be entered as an intermediate or higher level.

ENTRIES: Complete the prelim entry form: <u>https://forms.gle/qRWP7k4sze91z6NP9</u>

PRELIMINARY entries are due by December 06,2024. In order for us to have a properly planned program we ask that you adhere to the deadlines. Please use the form provided.

FINAL entries must be submitted by January 12,2025. Final entry form must be submitted via email. The form will be sent through the whatsapp group to the teams.

ENTRY FEES:

General Participation Fee: JMD \$3,000 (local swimmers) or USD \$35(includes 1 day of lunch for athletes)

Routine Fee: JMD \$1,500(local swimmers) Or USD \$10 per athlete per routine.

**Any swimmer who is listed as an alternate/reserve for routines shall pay the relevant fees.

MEET SPECTATOR FEE: All persons attending the meet will be required to pay a one time spectator fee for venue entry. JMD \$1000(locals) or USD \$15. (This fee will allow access for the weekend.)



PAYMENT DEADLINE: January,13,2025

Wire Transfer Payment

Account Name: Aquatic Sports Association of Jamaica(ASAJ)-Artistic Swimming Bank: National Commercial Bank Branch: Knutsford Boulevard Account Type: Savings Currency: JMD Account Number: 354-214-334 Swift Code: JNCBJMKX

AIRPORT:

- Norman Manley International Airport (KIN) -nearest option located in Kingston
- Sangster International Airport (MBJ)-(approx 3.5 hours away from Kingston)

HOTELS:

- AC Hotel by Marriot Kingston-(4 mins to pool)
- Spanish Court Hotel(5 mins to pool)
- The Jamaica Pegasus Hotel-(6mins to pool)
- Four season Hotel-(10 mins to pool)

** Group rates to be determined amongst hotel options. Other hotel options are also available.

TRANSPORTATION: TBC (based on indication of interest)

JUDGES: Judges to be determined by the ASAJ and meet officials. Each team/club is to send at least 1 Judge. There is a USD\$150 penalty per 10 athletes for any club not providing a Judge. Practice Judges are allowed. Please know this money helps us bring in extra judges to keep the competition fair and moving quickly.

VOLUNTEERS: Each federation/team is required to have 2-3 volunteers per day. Each volunteer should be available for at least one event. This will ensure that the meet runs efficiently. Volunteers need to report to their designated area 10 minutes before the event.



FIGURES:

Novice figures:

- 100 Bent Knee, alternate 1.1
- 201 Dolphin 1.4
- 302 Blossom 1.4
- 316 Kipnus 1.4

Intermediate B figures:

- 101 Ballet Leg, Single 1.6
- 301 Barracuda 1.8
- 369 Walkover, Front 1.9
- 318 Kip, Bent Knee 1.8

AG12&U figures:

- 363 Water Drop 1.8
- 401 Swordfish 2.1

Youth (13-15) figures:

- 356f Whip Continuous Spin 720° 3.0
- 441 Saturn 2.5

ROUTINES-Each federation/club/school may register the following per category/level:

- Solos(Female or Male)
- Duets(Female or Mixed)
- Trio
- Team

Novice may enter Three Solos, Three Duets, ONE Trio and ONE Team per age category. Routine time limits 1:30 +/-5 for all routines. Required technical elements must be performed in the following order: **Somersault Back Tuck** (fg310), **Bent Knee Alternate** (fg100), **No-Arm Boost** (body totally submerged or back of the head/torso flush to the surface), **Blossom** (fg302), **Kipnus** (fg316). All elements must be performed simultaneously and facing the same direction parallel to the sides of the pool where judge panels are seated. Mirror actions are not permitted during technical elements. One optional free hybrid may be added to the routine and performed at any time. However, the free hybrid may not be attached to one of the elements listed above. No coach card required.



Intermediate may enter Three Solos, Three Duets, and TWO Trios, ONE Team. Routines time limits are 1:45 +/-5(solo), 2:05 +/-5(duet), 2:35 +/-5(team). Required Technical elements must be performed in the following order: **Tower** (Fg.348), **Boost with one arm** (a rapid, head-first rise, with a maximum amount of the body above the surface of the water. The Boost is begun with the body totally underwater or with the back of the head and/or torso flush with the surface. The Boost is completed upon total submergence), **Ballet Leg single** (Fg. 101) and **Kip**, **Bent Knee** (Fg.318), **Barracuda** (Fg.301). All elements must be performed simultaneously and facing the same direction, parallel to the sides of the pool where judge panels are seated. Mirror actions are not permitted during technical elements.

Solos allowed 1 x Free Hybrid, Duet/Mixed Duet maximum of 2 x Free Hybrids, OR 1 x Free Hybrid and 1 x Pair Acrobatic

Team – maximum of 2 x Free Hybrids OR 1 x Free Hybrid and 1 x Acrobatic Movement. Placement of the free hybrids and acrobatics within the routine is optional. Safety limits for DD of acro: Group A 1.8, Group B 1.8, Group C not allowed. Group P1.3. No coach card required.

Age Group& Youth- These routines are free routines, with standard required times. Coach cards must be completed.

Junior- Free routines which are separate events. Coach cards must be completed.

MUSIC: Each delegation should upload their music in Mp3 format to the google drive provided by February 02, 2025. Please label the file with Name, Age Category, Level (Nov,Int,AG,Youth,Jun,)Routine/Event. Example: K.Smith_9-10_Nov_Solo.mp3

GELLING: No gelling application allowed in changing rooms or bathrooms. Touch-ups will be allowed only at the designated gel station. Competitors must come pre- gelled if being used. No gel removal on the property. Teams will incur a US\$80 penalty for any gel applications and removal on property.

CONCESSIONS: A concession stand is available to purchase snacks and drinks throughout the day.

LUNCH: Light lunch for the athletes is included in the participation fee for Saturday. Coaches and Officials will receive lunch and beverages on Saturday.



POOL: A 25m diving pool. Outdoors and unheated. Comfortable temperature year round.



SEATING: Limited seating by the diving pool, feel free to bring your own. Tent rental at an additional USD \$70. No shaded area, tent rental is recommended.

SCHEDULE: Tentative Schedule listed. The final meet schedule will be sent along with the order of draw.
Friday, February 14, 2025
AM-Judges Meeting
PM-Figures & Junior Routines
Saturday, February 15,2025
AM- Solo and Team Routines
PM- Duet Routines

Sunday, February 16,2025

AM- Awards, Closing Ceremony & Fun Camp

AWARDS: Medals will be awarded for 1st through 3rd place and ribbons/buttons for 4th-8th place.

CLOSING CEREMONY: Teams should bring flags of their country being represented. Athletes designated time to exchange little gifts representative of their team/country as a way to interact with swimmers from all nations in attendance.