



**2023 Summer Simmer
National Aquatic Centre, Kingston Jamaica
July 15, 2023**

ASAJ Sanction Number: 22303

Facilities: **National Aquatic Center: 8 Lane Competition Pool (with 25m Warm Up Pool)
Colorado Electronic Timing System (CTS6): pads with back-up buttons**

Meet Times: **Morning Session 1 Saturday July 15, 2023 8:30 a.m.**
Afternoon Session Saturday July 15, 2023 2:30 p.m.

The pool will be opened one hour before each session for warm up. All participants, athletes, coaches, officials must leave the pool facility at the end of the Saturday am session to facilitate cleaning.

Eligibility: **All Clubs and Swimmers, in good standing, registered with the ASAJ or other FINA affiliated Federations.**

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

Masters ages for the meet shall be as of midnight December 31, 2023.

Registration: **The ASAJ register closes at 4:00 p.m. June 30, 2023.**

Entry Fees: J\$400 per swimmer per individual event. Relays are J\$800 per relay team

Surcharge: J\$500 per swimmer

Entry Limit: Individual Entries – Maximum four (4) per swimmer; Relays- Maximum three (3) teams per Club per event

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

Deck Entry Fees: J\$1,000 per swimmer per individual event, if space is available on a first come basis. J\$1,600 per relay team, if space is available on a first come basis

Entry Deadline: Entries are to be emailed to asaj.meets@gmail.com by Friday June 30, 2023 at 11:59 p.m. **Entry fees must to be paid by 4:00pm July 12, 2023.** (This will be strictly enforced. There will be no late fees. Clubs/swimmers who do not adhere to this will not be allowed to participate).

No late entries will be accepted.

Date of birth for each swimmer must be included in the entry file.

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

Programmes: Will be available on sale at the meet

Rules: FINA Rules and ASAJ By-Laws in force at the time of the competition will apply. FINA Starting rule SW 4 will apply
Any swimmer starting before the starting signal has been given, shall be disqualified.
See additional Rules and Regulations

All events will be swum as timed finals

Additional Rules:

1. Competitors will only be allowed to swim in their age group. If competitors swim outside of their age group, the offending swimmer will be disqualified from the competition.
2. Substitutions will NOT be allowed. Offending swimmers will be disqualified from the competition.
3. Deck entries will be allowed. Swim times will be included in the final results but will not score points.
4. Masters Records will be credited according to the FINA Masters Age Grouping system
5. Relay cards are to be completed in duplicate with the original 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.
6. The Mixed Relay Teams must comprise 2 females and 2 males from the same Age Group
7. Scratches are allowed at any time.
8. There will be NO time trials.

Officials: Referees and Starters on the FINA Swimming Lists no. 21 & 22 will officiate at each session.

Volunteers: Clubs are required to submit, with their entries, the name and contact information for ONE (1) volunteer per session to act as timekeepers. The list must be emailed to asaj.meets@gmail.com or be submitted to the ASAJ Office at least four (4) days before the start of the competition.

Marshalling: There will be no Marshaling Area for the time trials. The next heat must be behind the blocks while the current heat is in progress.
The coaches are responsible 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. Once the swimmers are under the starter's orders and they have taken control of the race (after second whistle), no swimmer may then enter the race. If this occurs, the swimmer will be disqualified and not allowed to swim.

Protests: 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 or US\$12.00 Protest Fee. If the protest is upheld the fee

will be returned to the Club.

Jury of Appeal:

There shall be a Jury of Appeal to adjudicate all appeals against a Referee's rejection of a protest.

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.

The Jury of Appeal shall comprise 3 persons drawn from the pool of nominees submitted by each Club.

Awards and Points:

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: 6 & Under, 7-8, 9-10.

Open events will be placed and scored according to the Age Groups: 10 & Under, 11-12, 13-14, 15-17, 18 & Over.

Masters will be placed and scored according to the Age Groups: 25-29, 30-34, 35-39, 40-44, 45-49, etc. **Masters points will not contribute to overall team scores.**

Points for each individual event by age group will be awarded as follows: 9, 7, 6, 5, 4, 3, 2, 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.

ASAJ Summer Simmer Meet

Saturday, July 15, 2023

ORDER OF EVENTS

SESSION 1 – 8:30 A.M.

Event #	Event	Age Group
1-2	F/M 200 IM	Open
3-4	F/M 100m Freestyle	Open
5-6	F/M 50m Butterfly	10 & Under
7-8	F/M 50m Butterfly	Masters
9-10	F/M 200m Breaststroke	11 & Over
11-12	F/M 100m Backstroke	Open
13-14	F/M 50m Freestyle	10 & Under
15-16	F/M 50m Freestyle	Masters
17-18	F/M 200m Butterfly	11 & Over
19-20	F/M 200m Medley Relay	10 & Under
21-22	F/M 200m Medley Relay	11 & Over

SESSION 2 – 2:30 P.M.

Event #	Event	Age Group
23-24	Mixed 800m Freestyle	11 & Over
25-26	F/M 50m Freestyle	11 &
27-28	F/M 100m Butterfly	Open
29-30	F/M 50m Breaststroke	10 & Under
31-32	F/M 50m Breaststroke	Masters
33-34	F/M 200m Backstroke	11 & Over
35-36	F/M 100m Breaststroke	Open
37-38	F/M 50m Backstroke	10 & Under
39-40	F/M 50m Backstroke	Masters
41-42	F/M 200m Freestyle	11 & Over
43	200m Mixed Freestyle Relay	10 & Under
44	200m Mixed Freestyle Relay	11 & over