

ISLAND AQUATICS INVITATIONAL 2008

SYNCHRONIZED SWIMMING COMPETITION INVITATION

- VENUE:** National Stadium Pool - Kingston, Jamaica
- DATES & TIMES:** Feb. 16, 2008
- Eligibility** Novice [8 & under, 9-10, 11-12, 13 & over]; Intermediate A & B; and Age group. Ages to be determined as per FINA SSAG 2.1.
All clubs and swimmers must be registered with the ASAJ or other FINA Affiliation.
- Events:**
- Novice Category (see figures list)**
(Pre-written Free Routine)
8 & under, 9-10, 11-12, 13 & over Solo, Duet, Trios, Team
- Intermediate A & B Category**
(Free Routine with USSS Technical elements)
10 & under, 11-12, 13 – 15, 16 -18 Solo, Duet, Trios, Team
- FINA Age group Category**
12 & under, 13 –15, 16 –18 Solo, Duet, Trios, Team
- Entry Fees:** J\$350.00/US\$5.00 per Solo; J\$700/US\$10.00 per Duet and J \$1400.00
US \$20.00 Team.
- Entry Limits:** Two Solos, Two Duets, Two Trios and One Team per category per age group.
- Entry Deadline:** Thurs Jan .31, 2008. Entries are to be sent to Katherine Lim Sang at 6 Ruthven Road, Kgn.10. Kingston, Jamaica W.I.
(876) 926-7998/ 388-0637
Kathylim1@hotmail.com
- Rules:** Unless otherwise specified. FINA rules in force at time of competition
Figure groups: SSAG 3.2 (age group) (see attached listing of Novice & Intermediate figures and routine time limits). Intermediate Category will do required technical elements (2007 –2009) as stated by USSS appendix L 2007.
Age group - Routine Time Limits: FINA SSAG 6
- Technical Meeting:** Fri. Jan 15, 2008, 7:30 pm - location:
National Stadium Pool
National Stadium Complex.
Draw for order of appearance will be conducted at this time. The Judging Panels will be announced.

Awards: Points will be awarded to the top eight places in each event solo event 9, 7, 6, 5, 4, 3, 2, 1. Points will be doubled for Duets and Teams. Medals will be awarded for first, second and third place finishes in Solos, Duets and Teams events. First place Trophy will be awarded to the overall winning team.

Housing: A limited number of swimmers/officials will be housed on a first come first serve basis. Please contact Coach Katherine Lim Sang for details. Hotel rates are available on request.

Programme

(Tentative - To be confirmed after receipt of entries)

<u>DATES</u>	<u>Events</u>	<u>Time</u>	<u>Venue</u>
	Figures		
	Pool opens for warm-up at 7:00 am		
<u>Sat. Feb. 16, 2008</u>	Figures Novice Figures Intermediate A & B Figures Age Group (All ages)	8:00am	Stadium
	ROUTINES		
	Pool opens for Warm-up at 1:30 pm		
<u>Sat. Feb. 16, 2008</u>	Solos - all categories Duets - all categories Trios – all categories Teams - all categories	2:30 pm 3:30 pm 4:00 pm 4:30 pm	Stadium

Figures Lists for 2008

(All Figures are compulsory, hence no draw for figures will be done for this meet)

Novice

- (101) Ballet Leg Single (1.6)
- (302) Blossom (1.4)
- (320) Somersault, Front Pike(1.7)
- (310) Somersault Back Tuck (1.1)

Intermediate A & 13 –15 AG

- (346) Side Fishtail split(2.0)
- (140) Flamingo, Bent Knee (2.4)
- (345) Reverse Catalina (2.1)
- (311c) Kip, Twirl (2.3)

Intermediate B & 12 & Under AG

- (360) Walkover, Front (2.1)
- (301) Barracuda (2.0)
- (355) Porpoise (1.9)
- (101) Ballet Leg, Single Right/Left (1.6)

16 – 18 AG

- (355f) Porpoise Continuous Spin (2.4)
- (128) Eiffel Walk (2.8)
- (435c) Nova Twirl (2.8)
- (347) Beluga (2.3)

Time Limits for Beginners Routines

<i>Category/ Age group</i>	<i>Solos</i>	<i>Duets/Trios</i>	<i>Team</i>
Novice		[prescribed routines]	
Intermediate	2:00	2:20	2:50
12 & under	2:00	2:30	3:00
13 – 15	2:30	3:00	3:30
16 –18	3:00	3:30	4:00

