

**CENTRAL AMERICAN AND CARIBBEAN
SWIMMING AMATEUR CONFEDERATION**

C.C.C.A.N.



HAVANA CITY, CUBA

June 26 – July 2, 2010

CENTRAL AMERICAN AND CARIBBEAN SWIMMING AMATEUR CONFEDERATION C.C.C.A.N.

Summons to the IIXX Caribbean Island Swimming Championships

Hereby the C.C.C.A.N summons Member Federations of the Caribbean Islands – Surinam, from the South American Swimming Confederation, and Guadeloupe and Martinique, from the French Swimming Federation - to participate in the above-mentioned Championship as per the following requirements:

BASIS

1. PARTICIPANTS

In order to take part in these Championships, participants shall be a member of a duly-constituted Federation affiliated to this Confederation (CCCAN), and provided his/her Federation is in good standing and in full possession of its rights. Participating teams summoned to these Championships shall represent the country they come from. For the present time, the following countries are considered to be Members of the Confederation through their respective Federations:

- | | |
|------------------------|----------------------------------|
| 1. NETHERLAND ANTILLES | 10. DOMINICAN REPUBLIC |
| 2. ANTIGUA & BARBUDA | 11. GRENADA |
| 3. ARUBA | 12. U.S. VIRGIN ISLANDS |
| 4. BAHAMAS | 13. JAMAICA |
| 5. BARBADOS | 14. PUERTO RICO |
| 6. BERMUDA | 15. SAINT LUCIA |
| 7. CAYMAN ISLANDS | 16. TRINIDAD & TOBAGO |
| 8. CUBA | 17. ST. VINCENT & THE GRENADINES |
| 9. DOMINICA | |

Surinam residents, although not members of the C.C.C.A.N, can also participate in these Championships through their Federation as long as they received the endorsement and authorization of the South American Swimming Confederation (CONSANAT) of which they are a member.

Guadeloupe and Martinique residents can also participate through their respective associations provided they likewise received the endorsement and authorization of the French Swimming Federation of which they are a member.

2. CATEGORIES.

SWIMMING

1. **INFANTILE "B"** Competitors from 11 to 12 years, until December 31, 2009 (midnight). Athletes born in 1997 & 1998.
2. **JUNENILE "A"** Competitors from 13 to 14 years, until December 31, 2009 (midnight). Athletes born in 1995 & 1996.
3. **JUNENILE "B"** Competitors from 15, 16 to 17 years, until December 31, 2009 (midnight). Athletes born in 1992, 1993 & 1994.
4. **SENIORS** Competitors of 18 years and older until December 31, 2009 (midnight). Athletes born in 1991 or before.

OPEN WATER

1. **JUNIOR** Competitors from 14 to 17 years, until December 31, 2009 (midnight). Athletes born in 1995, 1994, 1993 & 1992.
2. **SENIORS** Competitors of 18 years and older until December 31, 2009 (midnight). Athletes born in 1991 or before.

WATER POLO

MEN & WOMEN:

1. **GROUP 1:** Competitors of 16 years and younger, until December 31, 2010 (midnight). Athletes born in 1994 or after.
2. **GROUP 2:** Competitors of 19 years and younger, until December 31, 2010 (midnight). Athletes born in 1991 or after.
3. **GROUP 3:** Competitors of 20 years and older until December 31, 2010 (midnight). Athletes born in 1990 or before.

There will be individual competitions for both men and women.

SYNCHRONIZED SWIMMING (WOMEN)

- GROUP A** Competitors of 12 years and younger, until December 31, 2010 (midnight). Athletes born in 1998 or after.
- GROUP B** Competitors of 13, 14 or 15 years, until December 31, 2010 (midnight). Athletes born in 1997, 1996 or 1995.
- GROUP C** Competitors of 16, 17 or 18 years, until December 31, 2010 (midnight). Athletes born in 1994, 1993 or 1992.
- GROUP D** Competitors of 19, 20 or 21 years, until December 31, 2010 (midnight). Athletes born in 1991, 1990 or 1989.

DIVING

- GROUP A** Competitors of 16, 17 or 18 years, until December 31, 2010 (midnight). Athletes born in 1992, 1993 & 1994.
- GROUP B** Competitors of 14 or 15 years, until December 31, 2010 (midnight). Athletes born in 1995 & 1996.
- GROUP C** Competitors of 12 or 13 years, until December 31, 2009 (midnight). Athletes born in 1997 & 1998.
- GROUP D** Competitors of 11 years and younger, until December 31, 2009 (midnight). Athletes born in 1999 or after.

3. VENUE.

THE Cuban Swimming Federation will be in charge of the organization and holding of these competitions under the supervision of the C.C.C.A.N. Competitions will be held in Havana City, Cuba, under the following program:

1. Arrival of teams – June 26, 2010
2. Technical Meetings – June 27, 2010 at 09.00 hours
3. CISC Meeting – June 27, 2010 after the Technical Meetings
4. Opening Ceremony – June 27 at 18.00 hours
5. Competitions – from June 28 to July 2, 2010
6. Awarding Ceremonies of CISC – July 2, 2010, after the Finals and the Closing.
7. Departure of teams – July 3, 2010.

4. COMPETITORS.

In order to compete as well as to represent the country entering him or her, the competitor must meet the following requirements:

1. Proof of age through an official Birth Certificate or passport.
2. Competitor shall be citizen, by birth or naturalization of the nation he represents. (See FINA Rule GR 2.5).
3. It is important to take into account what it is stated in FINA Rule GR 1.

5. ENTRIES

In order to participate, countries shall send their entries by FAX or email to the Organizing Committee of this Championship, addressed to:

Organizing Committee C.I.S.C. 2010

Cuban Swimming Federation

Mr. Guillermo Martínez Ginoris

FAX (53-7) 833 4541

E-mail: cubapolo@inder.cu; natación@inder.cu; hacesnat@inder.cu

Preliminary entry (per team) shall be done in written and must be received by the Organizing Committee, to the address included above, **no later than March 31st 2010**. Entries must indicate the following:

1. The swimming categories where the National Federation shall participate.
2. The Open Waters Swimming categories where the National Federation shall participate.
3. The Water Polo categories where the National Federation shall participate.
4. The Synchronized Swimming categories and events where the National Federation shall take part.
5. The Diving categories where the National Federation shall take part.
6. The approximate number of people in the official delegation, with the list of female and male athletes as well as the number of officials of the delegation and the Technical Officials.

Though the last day of the preliminary entry shall be on **March 13th 2010**, we shall appreciate this information to be submitted to the Organizing Committee, as soon as possible, to give the host country a maximum time to arrange local transportation, accommodation and meal.

The final entries per group or specific event must be in the hands of the Organizing Committee no later than **June 10th 2010**. The host country shall not

be responsible of the expenses incurred by the person or the people in charge of taking in person the final entries to Havana.

To all disciplines, the final entries shall be sent in a format provided by the Organizing Committee.

6. ENTRIES RULES.

SWIMMING AND DIVING.

1. Each country can enter a maximum of two (2) competitors per each individual swimming event.
2. There's no limitation concerning the number of events where an individual competitor can participate.
3. Substitutes are no allowed to participate in individual events.
4. In relay events, each country can entry only a team made up by four (4) competitors. FINA's rule SW 10.13 shall be applied
5. No competitor shall be able to participate in a category out of his age, even if it were a category of an older age for the competitor.
6. The swimmers order in relay events shall be handed to the control table, no later than one hour prior to the beginning of the session in the event competitor shall swim.
7. The exact number of divers per competitor shall be handed to the Diving Referee at least 24 hours prior to the official participation of the divers.
8. Each country can enter fifty (50) swimming competitors as maximum.
9. A competitor can participate in both Water Polo and Swimming

OPEN WATER

1. Each country shall be able to enter a maximun of two (2) competitors per indiviual event ; in men and women.
2. Those athletes whose ages are among 14 and 17 years old, will participate only if they are represented by their parents or the delegate from their country at the championship. The competitors representatives shall sign and shall be included in the registration form , the exonaration of responsibility.
3. All competitors shall be subject to a compulsorily medical examination in the venue of the event, information on this will be provided at the Technical Meeting.
4. The place and time for the competitions, as well as the plan with the charactristics of the route will be provided to Delegations in the Technical Meeting.

WATER POLO.

1. Each country can enter no less than nine (9) and no more than thirteen (13) competitors per each category.
2. Each country can add in groups up to 2 polo players to complete the team provided he has no participation in the previous group.
3. The specific "roster" of the team for a certain match shall be in the hands of the Water Polo referee, thirty (30) minutes the later before the hour arranged for the match.
4. No player will be able to participate in more than a team.
5. A competitor can participate in both Water Polo and swimming.
6. The competition format shall be determined at the Technical Meeting.

SYNCHRONIZED SWIMMING.

1. Each country can enter only two (2), two (2) duets and one (1) team per age group.
2. The team must be made up by a minimum of four (4) and a maximum of eight (8) competitors.
3. No competitor shall participate out of her age group even in an older age group than the age of the competitor.

7. MINIMUM NUMBER OF PARTICIPANTING COUNTRIES.

To hold a "Championship" in any discipline (Swimming, Open Waters Swimming, Water Polo, Synchronized swimming or diving) and their respective categories, we shall require the participation of at least two (2) countries.

If in a discipline or event the minimal number of the participating countries is not reached, then the Organizing Committee shall inform the President of the C.C.C.A.N. seven (7) days prior to the opening of the Championship (June 21st, 2010) who will cancel this event. All participating countries shall be immediately informed on the decision made by the C.C.C.A.N.

8. RULES.

The championships shall be governed by the Rules of the International Swimming Federation (FINA), applicable to the date of such championships and the proposals approved by the members in the last Extraordinary Congress of the CCCAN held in Barquisimeto, Venezuela, 2009.

9.- INTERPRETATIONS.

The Executive Committee of the CCCAN shall have a complete authority to answer and solve any interpretation, resolution and appeal regarding those Championships.

10. JUDGES.

The CCCAN, shall appoint, at due time, the judges and the referees for the Championships with the idea that at least 90% of them shall be provided by the host country. The participating federations can include in their delegations Technical Officials with a maximum of three (3) per discipline. The list with the names and the experience of each technical official proposed shall be submitted before **May 1st 2010** to the Vice-president of the CCCAN, to the following address:

Lilliam Jacobs de Solano
Post office Box 30066
Santo Domingo, República Dominicana
Telephone (809) 530-6008
E-mail: fdna1@hotmail.com

Representative, Lilliam Jacobs de Solano shall notify to each federation and to the Organizing Committee the technical officials appointed to work in the event.

11. AWARDS.

Awards up to the eighth place shall be given in each event. A Trophy will be presented to each high point Champion in each of the categories and disciplines. All of these awards shall have the CCCAN initials.

From the first to the third place, gold, silver, bronze medals shall be granted respectively. From fourth to the eight place, certificates shall be granted.

The frequency of the Award Ceremony shall be announced at the technical meeting, by the representative of the CCCAN. The flags of the three first places shall be raised and the National Anthem of the winner shall be played.

In water polo, swimming relay, synchronized swimming duets and team events, each participant shall receive the corresponding award for their country.

Scoring in Swimming and Diving

First Place, 9 points; Runner-up, 7 points; Third Place, 6 points; Fourth Place, 5 points; Fifth Place, 4 points; Sixth Place, 3 points; Seventh Place, 2 points and Eighth Place, 1 point.

These points will be double for the Relay, Open Water and Water Polo events.

Scoring in Synchronized Swimming

Points will be awarded the Figures and Routines independently.

Points will be scored on the format stated per events:

Place	Figures	Solos	Duets	Teams
1°	24 pts	24 pts	36 pts	72 pts
2°	22 pts	22 pts	33 pts	66 pts
3°	20 pts	20 pts	30 pts	60 pts
4°	18 pts	18 pts	27 pts	54 pts
5°	16 pts	16 pts	24 pts	48 pts
6°	14 pts	14 pts	21 pts	42 pts
7°	12 pts	12 pts	18 pts	36 pts
8°	10 pts	10 pts	15 pts	30 pts

The runner-up for each Country in Solos and Duets will be taken into account for the final scoring, considering it is an honorary participation.

Independent scoring will be taken in each discipline, category and sex, to decide the Champion Country. The country which achieves the greatest number of points in all the disciplines and categories will be given a trophy.

12. SWIMMING PROGRAM.

1. The preliminary heats in accordance with the FINA SW 3 Rules will be held in the morning and the swimmers with the eight (8) fastest times in each event will swim as finalists in the afternoon on the same day. The ninth (9) and tenth (10) fastest times in the heats will be designated as alternating for the finals if one or two of the finalists may not participate in their events.
2. The slowest series in 800 metres Women Freestyle and 1500 Men Freestyle will be held in the morning as timing finals and will be seeded in accordance with FINA Regla SW 3. The (8) swimmers with the best registration time will swim the final per time in the afternoon on the same day. The time subjected to the registration form, will be the time used to

seed the swimmers. **All the swimmers** registered in the heat, will have compulsory to appear before the **Clerk of Course** upon the event call in the morning, otherwise, they may not **take part in the Final in the afternoon**, those athletes whose registration time might have that right.

3. The swimming pool will be open ninety (90) minutes before each competition session.

13. OPEN WATER

1. The event to be swum will be 5 kilometres, both categories and sex, in the morning.
2. The competition circuit will be totally marked on the day before the event. The venue shall guarantee the indispensable support for the training at the facility.
3. According to the number of participants and the technical features of the competition line, the Technical Committee will inform at the Technical Meeting whether one or two exits will be allowed.

14. DIVING PROGRAM

The Diving Program will be in accordance with the provision in the FINA "DAG" Rules (Age Groups Rules) and exceptions authorized by FINA.

1. Every competition will be finals to be held in the afternoon. In case of there might be more than twelve (12) swimmers in a heat, they will performance the first part of the competition (diving with limit) at night schedule to be determined.
2. FINA regulations for "DAG" age groups will apply for groups "A, B and C" without exception.
3. For "D" group, is applied as follows:

WOMEN

- a. Divingboard (1 and 3 metres):
 - i. 3 voluntary diving with 5.4 limit
 - ii. 2 free diving
- b. Plataform (5 metres).
 - i. 3 diving with 5.4 limit
 - ii. 2 free diving

MEN

- a. Divingboard (1 y 3 metres)
 - i 3 voluntary diving with 5.4 limit
 - ii 3 free diving
- b. Plataform (5 metres)
 - i. 3 voluntary diving with 5.4 limit
 - ii 3 free diving

15. WATER POLO PROGRAM

The matches and travel schedule system will be set at the Technical Meeting, in accordance with the number of participating teams in each category. The system make a decision concerning tie matches will be set on the FINA book.

For every category, the ball to be used will be one which fulfills the FINA technical requirements. The ball choice will be done by the Organizing Committee, prior consultation with the CCCAN.

16. SYNCHRONIZED SWIMMING PROGRAM

The Synchronized Swimming Program will be in accordance with thr provision on the FINA book. The order and development of the competetions will be set in accordance with the number of participants in each category, so as the final orden of the EVENTS will be organized according to the preliminary registrations. All of this, will be discussed at the Technical Meeting.

The participating countries shall inform the Categories and the Events to be participated by March 15th , 2010.

The Organizing Committee shall send the afilliated and invited countries, by March 15th , 2010, the information concerning FINA “SS 24.2” Regulation corresponding to the diagram and pool depth, as well as the music formats.

17. EXPENSES.

Each country will have the right to include in its Delegation, at the rate stated below, the Team Officials as follows:

A. - Swimming and Diving.

- a. Delegations made of 10 or less swimmers, 3 Team Officials.
- b. Delegations made of 10, but less than 31 swimmers, 4 Team Officials.
- c. Delegations made of more than 30, but less than 51 swimmers, 5 Team Officials.

B. - Open Water – 2 Team Officials

C. Synchronized Swimming – 3 Team Officials

D. Water Polo – 2 Team Officials

Every visiting country shall pay the Organizing Committee \$45.00 USD per day for each member of the Official Delegation.

The Organizing Committee will provide local transportation, including the International Airport - Village round trip, meals and accommodation from June 26th, 2010 to July 3rd, 2010.

18. POOLS AND VILLAGES.

The Organizing Committee has informed all the called countries which also took part at the CCCAN Championship held en Barquisimeto, Venezuela, the pool provision for the development of the deferent disciplines:

- Swimming, Diving and Synchronized Swimming, at the Pan American Water Sports Complex.
- Water Polo, "*Ciudad Deportiva*" Water Sports Complex
- Open Waters, along the seaboard area in Havana City near the "*Marcelo Salado*" National Training Centre.
- In addition to the abovementioned facilities, it will be used for training, the Olympic pools:
 - "*Marcelo Salado*" National Training Centre
 - "*Giraldo Córdova Cardín*" High Athletic Performance Centre
 - Sports University

SWIMMING PROGRAM

First Day: June 28th, 2010

Event #	Event	Category
1-2	50 meters Butterfly	11-12
3-4	50 meters Butterfly	13-14
5-6	50 meters Butterfly	15-17
7-8	50 meters Butterfly	18 and over
9-10	200 meters Individual Medley	11-12
11-12	400 meters Free Style	13-14
13-14	200 meters Individual Medley	15-17
15-16	200 meters Individual Medley	18 and over
17-18	100 meters Freestyle	11-12
19-20	400 meters Individual Medley	13-14
21-22	400 meters Freestyle	15-17
23-24	400 meters Freestyle	18 and over
25-26	100 meters Backstroke	11-12
27-28	100 meters Backstroke	15-17
29-30	100 meters Backstroke	18 and over

Second day: June 29,2010

Event #	Event	Category
31-32	50 metres Freestyle	18 & Over
33-34	50 metres Freestyle	15-17
35-36	50 metres Freestyle	13-14
37-38	200 metres Butterfly	11-12
39-40	200 metres Butterfly	18 & Over
41-42	200 metres Butterfly	15-17
43-44	100 metres Butterfly	13-14
45-46	200 metres Breaststroke	11-12
47-48	100 metres Breaststroke	18 & Over
49-50	100 metres Breaststroke	15-17
51-52	200 metres Breaststroke	13-14
53-54	400 metres Freestyle relay	11-12
55-56	800 metres Freestyle relay	18 & Over
57-58	800 metres Freestyle relay	15-17
59-60	400 metres Freestyle relay	13-14

Third day : June 30, 2010

Event #	Event	Category
61-62	800/1500 metres Freestyle	13-14
63-64	800/1500 metres Freestyle	18 & Over
65-66	800/1500 metres Freestyle	15-17
67-68	50 metres Backstroke	11-12
69-70	100 metres Breaststroke	13-14
71-72	50 metres Backstroke	18 & Over
73-74	50 metres Backstroke	15-17
75-76	100 metres Butterfly	11-12
77-78	200 metres Backstroke	13-14
79-80	50 metres Breaststroke	18 & Over
81-82	50 metres Breaststroke	15-17
83-84	200 metres Freestyle	11-12
85-86	200 metres Butterfly	13-14
87-88	400 metres Medley relay	18 & Over
89-90	400 metres Medley relay	15-17

Fourth day: July the first, 2010

Event #	Event	Category
91-92	50 metres Breaststroke	13-14
93-94	50 metres Breaststroke	11-12
95-96	100 metres Butterfly	15-17
97-98	100 metres Butterfly	18 & Over
99-100	50 metres Backstroke	13-14
101-102	400 metres Freestyle	11-12
103-104	200 metres Freestyle	15-17
105-106	200 metres Freestyle	18 & Over
107-108	200 metres Freestyle	13-14
109-110	200 metres Backstroke	11-12
111-112	400 metres Individual medley	15-17
113-114	400 metres Individual medley	18 & Over
115-116	400 metres Medley Relay	13-14

Fifth day: (July 2, 2010)

Aquatic Marathon:

09.00 hours.....5 kilometres to be swum in the sea.

Categories.....14-17 years

18 & over

Event #	Event	Category
117-118	100 metres Freestyle	18 & Over
119-120	100 metres Freestyle	15-17
121-122	100 metres Backstroke	13-14
123-124	100 metres Breaststroke	11-12
125-126	200 metres Backstroke	18 & over
127-128	200 metres Backstroke	15-17
129-130	100 metres Freestyle	13-14
131-132	50 metres Freestyle	11-12
133-134	200 metres Breaststroke	18 & over
135-136	200 metres Breaststroke	15-17
137-138	200 metres Individual medley	13-14
139-140	400 metres Medley Relay	11-12
141-142	400 metres Freestyle relay	18 & Over
143-144	400 metres Freestyle relay	15-17

DIVING PROGRAM

1st Day (June 28, 2010)

Spring board	1 m	Group D	Men
Spring board	3 m	Group C	Women
Fixed board	5-7 ½ m	Group B	Men
Spring board	1 m	Group A	Women
Spring board	3 m	Group B	Women

2nd Day (June 29, 2010)

Fixed board	3 m	Group D	Men
Fixed board	3 m	Group D	Women
Springboard	3 m	Group C	Men
Fixed board	5-7 ½ m	Group B	Women
Springboard	1 m	Group A	Men

3rd Day (June 30, 2010)

Springboard	3 m	Group D	Men
Springboard	1 m	Group D	Women
Fixed board	5 m	Group C	Women
Springboard	1 m	Group B	Men
Springboard	3 m	Group A	Women and Men

4th Day (July the first, 2010)

Spring board	3 m	Group D	Women
Fixed board	5 m	Group C	Men
Spring board	1 m	Group B	Women
Spring board	3 m Synchro	Group A, B and C	Women and Men

5th Day (July 2, 2010)

Springboard	1 m	Group C	Women
Springboard	1 m	Group C	Men
Springboard	3 m	Group B	Men
Fixed board	5-7 ½ mts-10 m	Group A	Women and Men

SYNCRONIZED SWIMMING PROGRAM

- Day 1 Free Routines**
- Day 2 Figures**
- Day 3 Figures**
- Day 4 Free Duets Routines**
- Day 5 Free Teams Routines**

Reviewed by: Lic. Guillermo Martínez
Cuban Swimming Federation President

Approved by: Eng. Orban Mendoza
CCCAN President