

Entries forms are available online, at the ASAJ Office or by email (send request to asaj@cwjamaica.com). Entries are preferred on diskette using Hy-Tek software. Deliver as indicated above or email to asaj@cwjamaica.com

REGISTRATION FORMS: ASAJ registration forms are available at the ASAJ Office and on www.swimjamaica.com. Email requests should be sent to asaj@cwjamaica.com REGISTRATION DEADLINE IS Friday March 12, 2010

SCORING: Points will be awarded to the 16 fastest swimmers in each event and age group as follows: 20, 17, 16, 15, 14, 13, 12, 11, 9, 7, 6, 5, 4, 3, 2, 1

ASAJ PRE-MASTERS & MASTERS SERIES – ORDER OF EVENTS

PROGRAMME:

1-2	100 IM	F/M
3-4	25 M Backstroke	F/M
5-6	50 M Backstroke	F/M
7-8	25 M Breaststroke	F/M
9-10	50 M Breaststroke	F/M
11-12	100 M Freestyle	F/M
13	400 M Freestyle	Mixed
15-16	25 M Butterfly	F/M
17-18	50 M Butterfly	F/M
19-20	25 M Freestyle	F/M
21-22	50 m Freestyle	
23	200 IM	Mixed