



NESTLE ICE CREAM PREP/PRIMARY SCHOOLS SWIMMING CHAMPIONSHIP– 2010
ASAJ SANCTION #: 31012

VENUE: National Stadium Pool (50 M)

DATES & TIMES: Friday June 11, 2010 8:30 AM and 1:30 PM (Preliminary heats)
Saturday June 12, 2010 9:00 AM (Finals)

Pool will be open for warm-up 1½ hrs. before the session starting time.

OPENING CEREMONY: Friday June 11, 2010 8:15 AM

ELIGIBILITY: All Prep and Primary Schools are invited to attend.
Ages for the competition shall be as of midnight on August 31, 2009.

ENTRY LIMITS: Number of events per swimmer - five (5) including relays and open events.
Number of entries per school (individual) - three (3) per event (see note below).
Number of entries per school (relays) - two (2) per relay event.

- ◆ **Entry limit in the 50 metre freestyle is five (5)**
- ◆ **All 50 and 100 M Individual and 200 M Relay events will have preliminary heats with one (1) final**
- ◆ **All 200 M Individual events will be swum as timed finals**

ENTRY FEES: J\$160.00/swimmer. J\$100/relay entry
NB: J\$150.00/swimmer & J\$80/relay entry if entries submitted using Hy-Tek software

FEES MUST ACCOMPANY ENTRIES
DATE OF BIRTH OF EACH SWIMMER MUST BE PLACED ON ENTRY FORM

RULES: FINA rules and ASAJ By-Laws in force at time of competition will apply. Additional Rules and Regulations see attached.

PROGRAMME: All events will be swum as heats and finals. The eight fastest swimmers/relay teams in the preliminary heats will swim in the final on Saturday. See attached programme.

ENTRY DEADLINE: 4:00 PM, Friday May 28th, 2010. Entries are to be delivered to the ASAJ office at the NATIONAL STADIUM POOL, faxed to 920-6129 or e-mailed to asaj@swimjamaica.com. Entries may be made using Hy-Tek software. Schools submitting entries sent by fax or email **MUST** call telephone number 920-6230 or 920-6229 to confirm pages received and that the pages are legible.

TECHNICAL MEETING: Tuesday June 8th, 2010 at 6:30 PM in the Training Room of the Room 1, Sports Development Foundation, 31 Phoenix Avenue, Kingston 10.

NOTE

1. **ENTRY TIMES MUST BE STATED FOR EACH ENTRY FOR EACH EVENT**
2. **RELAY ENTRIES MUST BE INDICATED ON ENTRY FORM WITH ENTRY TIME**
3. **DATE OF BIRTH OF EACH COMPETITOR MUST BE PLACED ON ENTRY FORM**
4. **ENTRY FEES MUST ACCOMPANY FORM – NB: ENTRY FEES PAID AFTER THE START OF COMPETITION WILL INCUR A 15% LATE PAYMENT PENALTY.**
5. **RESULTS WILL BE POSTED ON - www.swimjamaica.com**

RULES AND REGULATIONS

1. Passes will be provided for officials, coaches and competitors.
2. Each swimmer is required to present the pass at the entrance gate for the meet. Swimmers who fail to present their pass will have to pay the prescribed entry fee.
3. SCHOOL VOLUNTEERS - Each school entering less than 20 swimmers must provide a minimum of two (2) volunteers e.g. timekeepers per session. Schools entering 20 or more swimmers must provide at least three. PLEASE NOTE:
 - THE NAMES OF THE REQUIRED SCHOOL TECHNICAL OFFICIALS MUST BE SUBMITTED WITH THE ENTRY FORMS (SCHOOL PASSES WILL NOT BE ISSUED UNTIL THE NAMES ARE SUBMITTED TO THE ASAJ OFFICE).
 - SCHOOL VOLUNTEERS MUST REPORT TO THE OFFICIALS COORDINATOR AT LEAST 60 MINUTES BEFORE THE START FOR THE SESSION.
 - SCHOOLS THAT DO NOT PROVIDE THE REQUIRED NUMBER OF OFFICIALS WILL NOT BE ALLOWED TO PARTICIPATE IN THE SESSION.
4. FINA Starting rule SW4.4 will apply - Any swimmer starting before the starting signal has been given, shall be disqualified.

MARSHALLING

1. There will be no Marshalling area for the preliminary heats. The next heat must be behind the blocks while the current heat is in progress. 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. If a swimmer swims in the wrong lane or heat then the swimmer will automatically be disqualified.
2. Marshalling will be provided for the **FINALS ONLY** – the 1st and 2nd alternates must be in the marshalling area at least three events prior to their event.

ENTRIES AND RESULTS

1. Competitors will only be allowed to swim in their age group.
2. All swimmers entered must be registered with their School.
3. Scratches and name spelling corrections and checking of the original entry are to be done at the Technical Meeting.
4. **Deck entries and times trials will not be allowed.**
5. Scratches are allowed at any time.
6. Relay cards must be handed in to the Recorder 30 (thirty) minutes before the start of the first event of the session. The swimmers must be named in order of swimming in accordance with FINA rules. Any change must be made at least four (4) events prior to the scheduled event number, after that on presentation of a medical certificate. Relay teams who qualify for the finals may substitute swimmers.

AWARDS AND POINTS

1. Points will be awarded for the top eight (8) places in each individual events, as follows: 9,7,6,5,4,3,2,1.
2. For all relay event, points will be awarded to the top eight places: 18,14,12,10,8,6,4,2.
3. Medals will be awarded to the 1st, 2nd and 3rd place swimmers in each timed final event and in the Championships Final. Swimmers who finish 4th to 8th in the finals of the **individual** events will be awarded ribbons.
4. Trophies will be awarded as follows:
 - ❖ The Nestle Ice Cream Shield will be awarded to the overall winning school (combined points).
 - ❖ Trophies will be awarded to the second and third place schools (combined points).
 - ❖ A trophy will be awarded to the Prep School that wins the female and/or male division.
 - ❖ A trophy will be awarded to the first, second and third place Primary schools.
 - ❖ An award will be given to the school deemed to have the best team spirit (cheering, sportsmanship etc.)

PROGRAMME FOR NESTLE ICE CREAM SCHOOLS SWIMMING CHAMPIONSHIPS - 2010

PREP AND PRIMARY SCHOOLS

FRIDAY 8:30 AM PRELIMINARY HEATS

EVENT NO.	EVENT	F - Female M - Male	Age Group
1/2	200 M IND. MEDLEY	F/M	10 & Under
3/4	200 M IND. MEDLEY	F/M	11 - 12
5/6	50 M BACKSTROKE	F/M	6 & Under
7/8	50 M BACKSTROKE	F/M	7 - 8
9/10	50 M BACKSTROKE	F/M	9 - 10
11/12	50 M BACKSTROKE	F/M	11 - 12
13/14	50 M FREESTYLE	F/M	6 & Under
15/16	50 M BUTTERFLY	F/M	7 - 8
17/18	50 M BUTTERFLY	F/M	9 - 10
19/20	50 M BREAST	F/M	6 & Under
21/22	50 M BUTTERFLY	F/M	11 - 12
23/24	4X50 M FREE RELAY	F/M	6 & Under
25/26	4X50 M MED. RELAY	F/M	8 & Under
27/28	4X50 M MED. RELAY	F/M	9 - 10
29/30	4X50 M MED. RELAY	F/M	11 - 12

FRIDAY 1:30 PM PRELIMINARY HEATS

EVENT NO.	EVENT	F - Female M - Male	Age Group
31/32	50 M FREESTYLE	F/M	7 - 8
33/34	50 M FREESTYLE	F/M	9 - 10
35/36	50 M FREESTYLE	F/M	11 - 12
37/38	50 M BREAST	F/M	7 - 8
39/40	50 M BREAST	F/M	9 - 10
41/42	50 M BREAST	F/M	11 - 12
43/44	100 M FREESTYLE	F/M	10 & Under
45/46	100 M FREESTYLE	F/M	11 - 12
47/48	4X50 M FREE RELAY	F/M	7 - 8
49/50	4X50 M FREE RELAY	F/M	9 - 10
51/52	4X50 M FREE RELAY	F/M	11 - 12

SATURDAY 9:00 AM FINALS

EVENT NO.	EVENT	F - Female M - Male	Age Group
1/2	200 M IND. MEDLEY	F/M	10 & Under
3/4	200 M IND. MEDLEY	F/M	11 - 12
5/6	50 M BACKSTROKE	F/M	6 & Under
7/8	50 M BACKSTROKE	F/M	7 - 8
9/10	50 M BACKSTROKE	F/M	9 - 10
11/12	50 M BACKSTROKE	F/M	11 - 12
13/14	50 M FREESTYLE	F/M	6 & Under
15/16	50 M BUTTERFLY	F/M	7 - 8
17/18	50 M BUTTERFLY	F/M	9 - 10
19/20	50 M BREAST	F/M	6 & Under
21/22	50 M BUTTERFLY	F/M	11 - 12
23/24	4X50 M FREE RELAY	F/M	6 & Under
25/26	4X50 M MED. RELAY	F/M	8 & Under
27/28	4X50 M MED. RELAY	F/M	9 - 10
29/30	4X50 M MED. RELAY	F/M	11 - 12
31/32	50 M FREESTYLE	F/M	7 - 8
33/34	50 M FREESTYLE	F/M	9 - 10
35/36	50 M FREESTYLE	F/M	11 - 12
37/38	50 M BREAST	F/M	7 - 8
39/40	50 M BREAST	F/M	9 - 10
41/42	50 M BREAST	F/M	11 - 12
43/44	100 M FREESTYLE	F/M	10 & Under
45/46	100 M FREESTYLE	F/M	11 - 12
47/48	4X50 M FREE RELAY	F/M	7 - 8
49/50	4X50 M FREE RELAY	F/M	9 - 10
51/52	4X50 M FREE RELAY	F/M	11 - 12