

The Iberostar Open Ocean Swim will be held on Saturday, October 23, 2010 commencing at 3:30 p.m. in Montego Bay, St. James.

The Organizer's of this Meet have invited all interested members of the ASAJ National Swim Squads to participate in this event which will also serve as background training in preparation for next year's busy swimming season. Could you kindly therefore contact the swimmers within your respective Clubs to ascertain whether they would be interested in participating in this event.

In an effort to ensure the participation of our swimmers, a bus has been provided for the first thirty (30) swimmers and the bus will depart the National Stadium Swimming Pool **at 8:00 a.m. on Saturday morning** and it is hoped that we will leave Montego Bay by the latest 5:00 p.m. to arrive at the National Stadium between **8:30 p.m. to 9:00 p.m.** Any interested ASAJ Registered Club Swimmer, not currently in one of the Squads, may take part in the Swim but it will be on a first come first serve basis and also swimmers are free to participate on their own initiative once they are supervised by a responsible adult duly approved by their parent/guardian.

Lunch will be provided for the swimmers at 1:00 p.m. so we ask that all Coaches instruct their swimmers concerning what they should eat and at what time to ensure that they are properly prepared for the Swim at approximately 3:00 p.m. Immediately after lunch, there will be a special Session on "Nutrition" and **we invite the active participation of all our swimmers at this session.**

There will be three (3) Distances from which swimmers can chose to participate in the Open Ocean Swim: 3000m, 1500m and 500m. We have been advised that the ASAJ Swimmers will not be charged an admission fee and swim caps will be provided for all swimmers.

The ASAJ has endorsed this event and members of the ASAJ Swimming Technical Committee along with other ASAJ officials will be in attendance in Montego Bay and we will identify two (2) Chaperones and two (2) Coaches to travel down with the Team.

N.B. Coaches/ Club Officials are being asked to ensure that they have the written permission of the Parents/Guardians of all the National Squad swimmers who will be participating in this event. These permission slips will have to be presented prior to the swimmer(s) boarding the bus for the trip to Montego Bay.

Further details about this weekend Multi Sports Festival which includes Organized Bike Ride, the Rose Hall Triathlon, a kids Triathlon, a 5K/10K Run-Walk and an Ocean Spray WATA Schools Challenge Workshop can be obtained by visiting the website www.rosehalltriathlon.com.

All interested persons are asked to register with Mr. Allan Roy Marsh, Vice President – Swimming, through the ASAJ Office at asaj@cwjamaica.com or telephone 920-6230.

Carol R. Cuffley
Office Administrator

October 21, 2010