



**RODNEY HEIGHTS AQUATIC CENTRE**

**ST. LUCIA WEST INDIES**

24th INTER-CLUB

INVITATIONAL SWIM MEET

April 11th - 14th, 2024

**SWIMMING SUMMONS**

**The Rodney Heights Aquatic Centre in St. Lucia West Indies extends to you a cordial invitation to attend our 24th INTERNATIONAL CLUB INVITATIONAL MEET to be held in St. Lucia from Thursday, April 11th to Sunday, April 14th. Sanctioned by the St. Lucia Aquatics Federation in accordance with World Aquatics Rules.**

Course: 8-lane 25 meter pool with Colorado Electronic Timing. Hy-Tek Software.

False Start WA rule "SW 4.4" will be in effect: NO FALSE STARTS

Over the Top Starts Where Possible. **ALL EVENTS are TIMED FINALS**

**Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms or locker rooms. NO recording equipment will be used as part of a protest to any call by the officials.**

Age Groups: Individual Events 6 - Under, 7 - 8, 9 – 10, 11 – 12, 13 – 14, 15 & Over  
Relays 10 & Under, 11 - 14, 15 - Over

The age of the swimmer on December 31, 2023 will determine the age group that the swimmer is eligible to swim.

Qualifications: Competitors must be amateurs as defined by World Aquatics and registered swimmers with the Federation of the country sanctioning their participation. All local swimmers must be registered by SLAF

The start will be 'over the top' in the freestyle, breaststroke, butterfly and individual medley events.

### **Agenda and Timing**

Monday, April 3, 2024	Final submissions of forms expected of Team Officials/Volunteers	
Sunday, March 24,, 2024	Entry Deadline Or Earlier	
Thursday, April 11, 2024	Technical Meeting	2:00 PM
	Session 1 Warm-Up	3:45 – 5:15 PM
	Session 1 Championships	5:30 PM Start
Friday, April 12, 2024	Session 2 Warm-Up	1:00 PM – 2:30 PM
	Opening Ceremony	2:45 PM
	Session 2 Championships	3:15 PM Start
Saturday, April 13, 2024	Session 3 Warm-Up	8:00 - 9:30 AM
	Session 3 Championships	9:45 AM Start
Sunday, April 14, 2024	Session 4 Warm-Up	8:00 AM - 9:30 AM
	Session 4 Championships	9:45 AM Start
	Sprint Challenge 10 Minutes Following Event 131	

## Closing Awards Ceremony following Sprint Challenge

**\*\*\*NOTE:** The Meet Director will determine if sessions start times will be adjusted or if any age groups need to be moved to a different session based on the number of entries received. Heats may be combined to ensure the flow of the competition.

### Registration and Entries

**All Entries must be made in Hy-Tek Meet Manager format electronically. They must arrive by Thursday, March 7, 2024. (The required Hy-Tek format AND the Excel PDF sheet must be sent to [dsw.slu@gmail.com](mailto:dsw.slu@gmail.com) and [sueswim.758@gmail.com](mailto:sueswim.758@gmail.com). Entries not submitted in Meet Manager or Team Manager format will not be accepted and will be returned. The Meet Director will not be held responsible if there is no time to properly resubmit the entry. NO LATE ENTRIES WILL BE ACCEPTED. Please place in the subject heading in your email "RHAC INVITE ENTRIES" with the club name. All Checks should be made payable to RHAC.**

### RULES AND REGULATIONS:

1. There is **NO** limit to the number of swimmers which your club can enter in an individual event, however, only the two fastest swimmers will score team points. There shall be neither substitutes nor alternatives in individual events.
2. There is no limit to the number of Relay Teams a Club can enter in an event, However, only The A relay team will score points.
3. There are no restrictions on the number of events in which an individual competitor may participate IN ANY SESSION but no more than 10 EVENTS per competitor for the entire meet will count as points for high point awards. A swimmer may swim in additional events. These swims should be submitted with the team entry file as exhibition. Any exhibitions requested later will only be accepted if space exists in a heat. Meet Fees Apply to exhibition swims.
4. Heats will be announced and any swimmer missing their respective heat will not be allowed to take part in that event. Swimmers should present to the call area 5 heats before their respective heat.
5. Where an event is not available in a specific age group, SWIM UPS WILL BE ALLOWED ONLY IF SPACE IS AVAILABLE IN A HEAT IN THAT EVENT. Swimmers will score points in their age group only if that event is one of the ten events for that swimmer to be scored, otherwise it should be submitted as an exhibition. No new heats will be created for swim-ups. Request for swim ups must be submitted with the meet entry file. Meet fees apply.
6. Timed Trials are not available UNLESS with prior notice and payment of entry fee. DECK ENTRIES ALLOWED ONLY IF SPACE IS AVAILABLE IN A HEAT IN THAT EVENT and must be requested before the start of the session. Deck entries must be exhibition swims.
7. The fees are as follows:
  - (i) US\$ 25.00 / EC \$70 - Team Fees
  - (ii) US\$ 3.00 / EC \$8 - per swimmer event, no entry limit
  - (iii) US\$ 8.00 / EC \$20 - per entry for Relay Team
  - (iv) US\$ 5.00 / EC \$13 - per late/exhibition/deck entry after Entry Deadline. Entries will only be allowed in heats with open lanes in an already seeded event.
  - (v) US\$10.00 / EC \$25.00 - Penalty fee for swimmers who fail to scratch, or fail to swim. This penalty must be paid before the swimmer is permitted to swim further this Meet. Each club must submit the name of their scratch coordinator, i.e. the person responsible to pay the scratch fee on behalf of the Club.
  - (vi) US \$50 - **Admin fee for team entries not submitted in Hy-tek format**

- (vii) Spectators Gate Entry      EC \$20/ US \$8 per session Adults,  
EC \$8 / US \$3 per child (6 - 16 years).  
Children 5 years and Under No Charge  
Season Pass EC \$80 / US \$30 all sessions  
Season Pass with Heat Sheets for Each Session \$100  
Meet Program EC \$10 per session
- (viii) Timed Trials US \$10.00 / EC \$ 25.00

8. ENTRY FEES MUST ACCOMPANY ENTRES AND PAID IN ONE CHECK PER CLUB. The entry fees will be calculated based on the final club report as confirmed by coaches.  
NB: If the entry fees are not paid before the start of the competition, a penalty equal to 15% of the entry fees will be added.

Participating overseas clubs are required to pay entry fees before the start of the meet based on submitted entries.

9. Swimmers competing in relay events must be registered in the meet and swim in at least One (1) individual event.

10. Relay cards are in duplicate, the original must be handed in to the Computer Room thirty (30) minutes before the start of the first event of the Session; the copy must be handed to the Head Lane Timekeeper at the beginning of the event.  
The swimmers must be named in order of swimming in accordance with WA rules.

11. Each Club may enter multiple relay teams. Only the "A" designated team can score team points. A swimmer may only swim on 1 relay team.

12. There will be positive check in forty-five (45) minutes before the start of each session for all events 400m and above. Positive check in will be **by signature** and any swimmer NOT signed in will be scratched from the event. Once a swimmer has been scratched, they will be allowed to swim ONLY if the event has empty lanes(s) available in the SLOWEST HEAT on a first come basis. Additional heats will not be added.

13. **Participating Clubs are responsible for providing a counter for the 800 metre and 1500 metre events.** Clubs are required to submit, at least one week before the start of the meet, a list of volunteers to act as Technical Officials and to perform other duties essential to the smooth running of the competition. Clubs must submit the names of volunteers to the RHAC Office at least one week before the start of the competition. Volunteers MUST report to the volunteer desk at least 1 hour before the start of the competition for registration and assignment. Clubs are expected to provide the following number of volunteers (non-compliant clubs will be excluded from participation as per the decision of the meet director):

- 1 - 10 swimmers entered: One (1) volunteer per session
- 11 - 20 swimmers entered: Four (4) volunteers per session
- 21 - 40 swimmers entered: Six (6) volunteers per session
- 41 or more swimmers entered: Eight (8) volunteers per session
- Unattached swimmers: One (1) volunteer for one (1) session

14. **In granting this sanction it is understood and agreed that SLAF (St. Lucia Aquatics Federation), RHAC and all other persons or entities in any way connected with sponsoring or holding this swim meet, shall be free from any liabilities, claims, demands, actions, causes of action, losses, damages or expenses, of whatever kind of character, for damages arising out of or in connection with any injury to any person or any property damage during the conduct of the event. RHAC is not responsible for lost items. By sending entries to this meet your club agrees with this release and hold harmless agreement.**

15. Coaches must be registered with their respective federations. Coaches are responsible for the

conduct of their athletes and families and friends, as well as maintaining clean team areas during and following each session. Only athletes, coaches and officials working the session are allowed on the deck.

16. As per World Aquatics Rules, NO TAPING of swimmers will be allowed unless a letter from a Medical Doctor is submitted prior to the start of the technical meeting. This must be on approval of the Meet Referee.

17. The Meet Director and Meet Referee will take breaks and announce the lunch break based on the entries received. The clubs will be notified prior to the start of the meet.

18. Warm-up lanes will be posted prior to the start of the meet. The warmup will be 90 min. with each team assigned a 30 min period to warm up on a rotational basis. The pool will close 15 min before the start of a session. Coaches will have information emailed should changes occur to any of the sessions.

19. The meet will be on meet mobile.

## AWARDS

1. Medals will be awarded to the first three (3) places in each individual event. Ribbons will be awarded for 4th to 8th places.
2. Trophies will be awarded to the top three swimmers in each group, male and female, with the highest number of points (based on 10 Events). **Please note that there are no ties for the age-group high-point awards. In the event of more than one swimmer amassing the same number of points at the end of the meet, the swimmer with the higher number of individual victories will be given the award. Should there be an equal number of victories, the number of second place finishes, third place etc. shall be the determining factor.**
3. Trophies will be awarded to the 1st, 2nd, and 3rd placed Teams in the competition.
4. Scoring shall be as follows:  
Individual Events 9, 7, 6, 5, 4, 3, 2, 1                      **Relays Double Points**
5. Starts will be over the top wherever possible.
6. RELAYS WILL BE AWARDED MEDALS for 1st to 3rd place ONLY.

## SPRINT CHALLENGE

The top 8 swimmers in 8 & Under, 9 - 10, 11 - 14, 15 - 17 & 18 & Over Age Groups Male and Female 50 freestyle events will be **invited** to take part in the **Sprint Challenge**. Round one will be a 50 Meter Sprint. Four swimmers will be eliminated and the Final Four will go to Round Two, which is a 25 Meter Dash from a push off on the shallow end. The top swimmer in each age group Male and Female will win the challenge. If either of the top 8 invited swimmers does not swim, the swimmer with the next top time will be invited to participate in the Challenge ensuring 8 swimmers take part.

**Sprint Challenge Winners will receive a trophy.**

THIS EVENT WILL TAKE PLACE AT THE CLOSE OF ALL SCORED EVENTS DURING THE 30 MINUTES AWAITING THE CLOSING CEREMONY.

**Technical Meeting:** A short briefing will take place in the Officials Room for all coaches and team officials prior to the start of session 1 on Thursday, April 11th at 2 pm. All changes to the scheduled events for swimmers should have been done at the time confirmation of your entries were sent by return email. This is not a scratch meeting.

**Protests:** The designated team representative must file a signed protest to a referee decision with the meet referee within 30 minutes of the posted results of the event. The cost of the protest will be \$25 USD. The protest will go to the jury of appeals that will be named prior to the meet start. No coaches will be allowed to be on the jury of appeals. If the protest is upheld the fee will be returned to the team official.

All clubs are invited to submit names of persons to voluntarily serve on the Jury of Appeals. 3 names will be drawn from these submissions to serve on the Jury of Appeals.

**Swimwear:** All swimwear used shall be approved by WA in accordance with rules set forth in the WA Requirements for Swimwear Approval (FRSA) issued by the WA Bureau and valid on the date of approval. No taping of swimmers allowed.

**Programme:** ALL EVENTS ARE TIMED FINALS. Note: For a seed time the WA rule needs to be observed, it is a BEST OFFICIAL TIME ACHIEVED IN the LAST 12 MONTHS not a time you hope to achieve. Only if you have no seed time should you enter NT. The Meet Referee may call an intermission if he/she deems it necessary to do so.

The pool will be open each session 90 minutes prior to the meet for warm-up. The Meet Director will decide the lanes for warmup and times before the start of the competition and this will be posted for each club in advance. (Some adjustments may be made based on the number of Team Entries, TBA)

**Refreshments:** Food and drinks will be available on the premises throughout the meet. Group meal rates will be available each day and orders must be placed by 9:30 am each morning to be picked up during the lunch hours.

#### **OFFICIALS:**

**THE meet director in conjunction with The St Lucia Aquatics Federation (SLAF) will be responsible for appointing officials.** All participating clubs will be responsible for submitting prior to the start of the meet, names of personnel from their individual clubs to serve as timekeepers, stroke judges, turn judges, and any other necessary officials during the meet.

Officials are requested to be present no later than 1 hour (60 minutes) before the start of the session for which they have volunteered to work.

A volunteer Form for Officials is included with this Summons. We invite as many officials as are interested to assist us for the smooth running of the meet. This includes: referees, timers, stroke judges, turn judges, and marshalls. Names should be submitted in advance to be scheduled and waived from the GATE entrance fee for the session they will work the deck. If you are available for multiple sessions each session must be listed on the Volunteer Form. All persons will be given an opportunity to assist and only on that session will the gate entry fee be waived.

#### **FOOD AND FACILITY NOTE**

**Coolers are not allowed in the Aquatic Centre unless with water or sports drinks for the swimmers. NO food or drink (except water and sports drink) are allowed in the pool area. Glass containers of any type are not to be anywhere in the Aquatic Centre. Please clean up after yourself bins are placed in the appropriate areas. No smoking is permitted in the facility. No loud noise makers or whistles will be allowed. Flash cameras are not permitted during starts. Spectators are asked to be silent for the starts.**

### **Order of Events For The 2024 RHAC Invitational Swim Meet**

**All mixed events or events with combined age groups will be scored according to the age groups listed under individual age groups in the summons.**

<b>DAY ONE</b>		<b>THURSDAY</b>	<b>April 11</b>
<i>Event</i>	<i>Distance</i>	<i>Stroke</i>	<i>Age Group</i>
1	1500 M	Freestyle	11 - Over Mixed
2 - 3	50 M	Back	8 - Under
4 - 5	50 M	Back	9 - 10

6 - 7	50 M	Back	11 -12
8 - 9	50 M	Back	13 - 14
10 - 11	50 M	Back	15 - Over
12	400 M	Individual Medley	11 - Over Mixed
13 - 14	100 M	Butterfly	11 - Over
15	4 x 50 M	Medley Relay	10 - Under Mixed
16	4 x 50 M	Medley Relay	11 - 14 Mixed
17	4 x 50 M	Medley Relay	15 - Over Mixed
<b>DAY TWO</b>		<b>FRIDAY</b>	<b>April 12th</b>
18 - 19	200 M	Butterfly	11 - Over
20 - 21	50 M	Breaststroke	8 - Under
22 - 23	100 M	Breaststroke	9 - 10
24 - 25	100 M	Breaststroke	11 - 12
26 - 27	100 M	Breaststroke	13 - 14
28 - 29	100 M	Breaststroke	15 - Over
30 - 31	200 M	Backstroke	9 - Over
32 - 33	100 M	Freestyle	8 - Under
34 - 35	200 M	Freestyle	9 - 10
36 - 37	200 M	Freestyle	11 - 12
38 - 39	200 M	Freestyle	13 - 14
40 - 41	200 M	Freestyle	15- Over
42 - 43	4 x 100 M	Freestyle Relay	10 - Under
44 - 45	4 x 100 M	Freestyle Relay	11 - 14
46 - 47	4 x 100 M	Freestyle Relay	15 - Over
<b>DAY THREE</b>		<b>Saturday</b>	<b>April 13th</b>
48	800 M	Freestyle	11 - Over Mixed
49 - 50	50 M	Butterfly	8 - Under
51 - 52	50 M	Butterfly	9 - 10
53 - 54	50 M	Butterfly	11 -12

55 - 56	50 M	Butterfly	13 - 14
57 - 58	50 M	Butterfly	15 - Over
59 - 60	200 M	Individual Medley	9 - 10
61 - 62	200 M	Individual Medley	11 - 12
63 - 64	200 M	Individual Medley	13 - 14
65 - 66	200 M	Individual Medley	15- Over
67 - 68	50 M	Freestyle	8 - Under
69 - 70	50 M	Freestyle	9 - 10
71 - 72	50 M	Freestyle	11 -12
73 - 74	50 M	Freestyle	13 - 14
75 - 76	50 M	Freestyle	15 - Over
77 - 78	100 M	Backstroke	9 - Over
79 - 80	4 x 50 M	Medley Relay	10 - Under
81 - 82	4 x 50 M	Medley Relay	11 - 14
83 - 84	4 x 50 M	Medley Relay	15 - Over
<b>DAY FOUR</b>		<b>Sunday</b>	<b>April 14th</b>
85	400 M	Freestyle	9 - Over Mixed
86 - 87	50 M	Breaststroke	9 - 10
88 - 89	50 M	Breaststroke	11 -12
90 - 91	50 M	Breaststroke	13 - 14
92 - 93	50 M	Breaststroke	15 - Over
94 - 95	100 M	Individual Medley	8 - Under
96 - 97	200 M	Breaststroke	9 - 10
98 - 99	200 M	Breaststroke	11 - 12
100 - 101	200 M	Breaststroke	13 - 14
102 - 103	200 M	Breaststroke	15 - Over
104 - 105	100 M	Freestyle	9 - 10
106 - 107	100 M	Freestyle	11 -12
108 - 109	100 M	Freestyle	13 - 14
110 - 111	100 M	Freestyle	15 - Over
112 - 113	4 x 50 M	Freestyle Relay	10 - Under



114 - 115	4 x 50 M	Freestyle Relay	11 - 14
116 - 117	4 x 50 M	Freestyle Relay	15 - Over
<b>NO Coach Entries</b>	<b>SPRINT CHALLENGE</b>		
	<b>Top 8 in Each Group Based on Events 67 - 76</b>	<b>Coaches Do Not Submit Entries</b>	
118 - 119	50 M Freestyle	F/M 8 & Under	
120 - 121	50 M Freestyle	F/M 9 - 10	
122 - 123	50 M Freestyle	F/M 11 - 12	
124 - 125	50 M Freestyle	F/M 15 - 17	
126 - 127	50 M Freestyle	F/M 18 - Over	
	<b>Top 4 in Each Group Based on Events 118 - 125</b>		
128 - 129	25 M Freestyle	F/M 8 & Under	
130 - 131	25 M Freestyle	F/M 9 - 10	
132 - 133	25 M Freestyle	F/M 11 - 14	
134 - 135	25 M Freestyle	F/M 15 - 17	
136 - 137	25 M Freestyle	F/M 18 - Over	

**AWARDS CEREMONY IMMEDIATELY FOLLOWING SPRINT CHALLENGE**

**RHAC 24TH INVITATIONAL  
APPLICATION FORM FOR TECHNICAL OFFICIALS**

**Name:**

**Signature:**

**Address:**

**Country:**

**The position I can fill is**

**I have served as a TECHNICAL OFFICIAL during the past years: (Listmeets/events at which officiated)**

**National:**

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**International:**

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**My present position as TECHNICAL OFFICIAL is:**

**a) NATIONAL**

**b) WORLD AQUATICS list #**

**This Form must be signed by the President or Secretary of the National Federation.**

**Name:** \_\_\_\_\_ **Title:**

**Date:**

**NOTES:**

- (1) TEAM OFFICIALS MAY NOT ACT AS TECHNICAL OFFICIALS**
- (2) THIS FORM MUST BE RETURNED BY FAX OR EMAIL TO the organizing committee by Monday, April 3rd, 2024.**