



**RODNEY HEIGHTS AQUATIC CENTRE**

**ST. LUCIA WEST INDIES**

***25th* ANNIVERSARY INTER-CLUB  
INVITATIONAL SWIM MEET  
April 10th - 13th, 2025**

# SWIMMING SUMMONS

The Rodney Heights Aquatic Centre in St. Lucia West Indies extends to you a cordial invitation to attend our 25th INTERNATIONAL CLUB INVITATIONAL MEET to be held in St. Lucia from Thursday, April 10th to Sunday, April 13th. 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 8 & Under, 9 – 10, 11 – 12, 13 – 14, 15 - 17, 18 & Over  
Relays 10 & Under, 11 - 14, 15 - Over

The age of the swimmer on December 31, 2024 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 RHAC 2025

<b>Monday, March 13, 2025</b>	Final submissions of forms expected of Team Officials/Volunteers (Attached)
<b>Thursday, March 13, 2025</b>	Entry Deadline Excel File Entries (See Fee Schedule)
<b>Thursday, March 20, 2025</b>	Entry Deadline Hy-Tek File Or Earlier
<b>Thursday, April 10, 2025</b>	<b>DAY 1</b>
8 AM	Pool Open for Warm-up of 1500's Only/Positive Check In Required
10 AM - 11 AM	Session 1 <b>1500 M Freestyle Open Events 1 - 2</b>
11 AM	Tech Meeting Immediately Following 1500 M Freestyle
3:15 - 5:15 PM	Warm- Up Session 2
5:30 PM Start	Session 2 Start Events 2 - 19
<b>Friday, April 11, 2025</b>	<b>DAY 2</b>
8 AM	Pool Open for Warm-up of 800's Only/Positive Check In Required

10 AM - 11:30 AM	Session 3	<b>800 M Freestyle Open Events</b>	20 - 21
12:30 - 2:30 PM	Warm-Up	Session 4	
<b>2:45 PM</b>		<b>Opening Ceremony</b>	
3:15 PM Start	Session 4	Start	Events 22 - 51

**Saturday, April 12                      DAY 3**

7:30 AM - 9:30 AM	Warm-Up	Session 5	
9:45 AM Start	Session 5	Events 52 -87	

**Sunday, April 13                      DAY 4**

7:30 AM - 9:30 AM	Warm-Up	Session 6	
9:45 AM Start	Session 6	Events 88 - 151	

**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 made in Hy-Tek Meet Manager format electronically by Thursday, 20th March. Entries by Excel Spreadsheet must arrive by Thursday, March 13. (Please see the fee schedule for Excel Spreadsheet entries). 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). 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.



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 and will be responsible for the conduct of their athletes 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. Any Team Official/Coach displaying Inappropriate conduct or behavior to deck officials/other team officials or spectators will be asked to leave the facility for the duration of the meet.

17. 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.

18. 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.

19. Warm-up lanes will be posted prior to the start of the meet. The warmup will be 120 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.

20. The meet will be published 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 - 12, 13 - 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 10th at 10 am. 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 (on Meet Mobile) 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 Aquatic Centre or on the grounds. Glass containers of any type are not allowed. No alcohol is allowed to be served on the premises. Please clean up after yourself bins are placed in the appropriate areas. No smoking is permitted in the facility. No 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 2025 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 10</b>
<i>Event</i>	<i>Distance</i>	<i>Stroke</i>	<i>Age Group</i>
1 - 2	1500 M	Freestyle	11 - Over
3 - 4	50 M	Back	8 - Under
5 - 6	50 M	Back	9 - 10
7 - 8	50 M	Back	11 -12
9 - 10	50 M	Back	13 - 14
11 - 12	50 M	Back	15 - Over
13 - 14	400 M	Individual Medley	11 - Over
15 - 16	100 M	Butterfly	11 - Over
17	4 x 50 M	Medley Relay	10 - Under Mixed
18	4 x 50 M	Medley Relay	11 - 14 Mixed
19	4 x 50 M	Medley Relay	15 - Over Mixed
<b>DAY TWO</b>		<b>FRIDAY</b>	<b>April 11</b>
20 - 21	800 M	Freestyle	11 - Over
22 - 23	200 M	Butterfly	11 - Over
24 - 25	50 M	Breaststroke	8 - Under

26 - 27	100 M	Breaststroke	9 - 10
28 - 29	100 M	Breaststroke	11 - 12
30 - 31	100 M	Breaststroke	13 - 14
32 - 33	100 M	Breaststroke	15 - Over
34 - 35	200 M	Backstroke	9 - Over
36 - 37	100 M	Freestyle	8 - Under
38 - 39	200 M	Freestyle	9 - 10
40 - 41	200 M	Freestyle	11 - 12
42 - 43	200 M	Freestyle	13 - 14
44 - 45	200 M	Freestyle	15- Over
46 - 47	4 x 100 M	Freestyle Relay	10 - Under
48 - 49	4 x 100 M	Freestyle Relay	11 - 14
50 - 51	4 x 100 M	Freestyle Relay	15 - Over
<b>DAY THREE</b>		<b>Saturday</b>	<b>April 12th</b>
52 - 53	50 M	Butterfly	8 - Under
54 - 55	50 M	Butterfly	9 - 10
56 - 57	50 M	Butterfly	11 -12
58 - 59	50 M	Butterfly	13 - 14
60 - 61	50 M	Butterfly	15 - Over
62 - 63	200 M	Individual Medley	9 - 10
64 - 65	200 M	Individual Medley	11 - 12
66 - 67	200 M	Individual Medley	13 - 14
68 - 69	200 M	Individual Medley	15- Over
70 - 71	50 M	Freestyle	8 - Under
72 - 73	50 M	Freestyle	9 - 10
74 - 75	50 M	Freestyle	11 -12
76 - 77	50 M	Freestyle	13 - 14
78 - 79	50 M	Freestyle	15 - Over
80 - 81	100 M	Backstroke	9 - Over
82 - 83	4 x 50 M	Medley Relay	10 - Under
84 - 85	4 x 50 M	Medley Relay	11 - 14
86 - 87	4 x 50 M	Medley Relay	15 - Over
<b>DAY FOUR</b>		<b>Sunday</b>	<b>April 13th</b>
88 - 89	400 M	Freestyle	9 - Over
90 - 91	50 M	Breaststroke	9 - 10



92 - 93	50 M	Breaststroke	11 - 12
94 - 95	50 M	Breaststroke	13 - 14
96 - 97	50 M	Breaststroke	15 - Over
98 - 99	100 M	Individual Medley	8 - Under
100 - 101	200 M	Breaststroke	9 - 10
102 - 103	200 M	Breaststroke	11 - 12
104 - 105	200 M	Breaststroke	13 - 14
106 - 107	200 M	Breaststroke	15 - Over
108 - 109	100 M	Freestyle	9 - 10
110 - 111	100 M	Freestyle	11 - 12
112 - 113	100 M	Freestyle	13 - 14
114 - 115	100 M	Freestyle	15 - Over
116 - 117	4 x 50 M	Freestyle Relay	10 - Under
118 - 119	4 x 50 M	Freestyle Relay	11 - 14
120 - 121	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>	
122 - 123	50 M Freestyle	F/M 8 & Under	
124 - 125	50 M Freestyle	F/M 9 - 10	
126 - 127	50 M Freestyle	F/M 11 - 12	
128 - 129	50 M Freestyle	F/M 13 - 14	
130 - 131	50 M Freestyle	F/M 15 - 17	
132 - 133	50 M Freestyle	F/M 18 - Over	
	<b>Top 4 in Each Group Based on Events 118 - 125</b>		
134 - 135	25 M Freestyle	F/M 8 & Under	
136 - 137	25 M Freestyle	F/M 9 - 10	
138 - 139	25 M Freestyle	F/M 11 - 12	
140 - 141	25 M Freestyle	F/M 13 - 14	
142 - 143	25 M Freestyle	F/M 15 - 17	
144 - 145	25 M Freestyle	F/M 18 - Over	

**AWARDS CEREMONY IMMEDIATELY FOLLOWING SPRINT CHALLENGE**

**RHAC 25TH INVITATIONAL  
APPLICATION FORM FOR TECHNICAL OFFICIALS**

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

**Signature:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Country:** \_\_\_\_\_

**The position/s I can fill is** \_\_\_\_\_

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

**National:**

\_\_\_\_\_  
\_\_\_\_\_

**International:**

\_\_\_\_\_  
\_\_\_\_\_

**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, March 20th, 2025.**
- (3) **Please submit a passport size photo with your application.**