



BAHAMAS SWIMMING F E D E R A T I O N

2010 Time Trials
Betty Kelly-Kenning Aquatic Center,
Nassau Bahamas

Time Trial

February 12-13, 2010 (Open to all swimmers)

Session 1- Friday, February 12, 2010, 6:30pm (Warm Up 5pm)

Session 2- Saturday, February 13, 2010, 9:30am (Warm Up 8am)

Session 3- Saturday, February 13, 2010, 6:30pm (Warm Up 5pm)

CARIFTA Time Trial

March 5-6, 2010 (Open to swimmers 11 & Over ONLY)

Session 1- Friday, March 5, 2010, 6:30pm (Warm Up 5pm)

Session 2- Saturday, March 6, 2010, 9:30am (Warm Up 8am)

Session 3- Saturday, March 6, 2010, 6:30pm (Warm Up 5pm)

Eligibility

- 1. All BSF Registered Swimmers as at Entry Deadline Date. Any registration after entry deadline date will be considered a late entry and applicable penalties will apply.*
- 2. Swimmers, whose BSF registration has expired as at entry deadline date will be ineligible to compete in the Time Trial and if renewed after entry deadline date, will be considered a late entry and applicable penalties will apply.*
- 3. Clubs who have not renewed their 2010 Registration will be ineligible to enter swimmers into the Time Trial. If renewal is completed after entry deadline, all Club Entries will be considered late and the applicable penalties will apply.*
- 4. International Swimmers are eligible to compete as long as they have been duly authorized by their Federation.*

Entries

- 1. Deadline February 1, 2010 5pm for Trial 1 and February 23rd, 2010 5pm for Carifta Trials*
- 2. Hytek Electronic Files only should be forwarded to John Bradley at jbradley@bs.ibm.com. Confirmation emails will be sent on receipt of all entries. Paper entries are to be delivered to Kathy Dilletta at St. Andrews School.*
- 3. A \$25 surcharge will apply to all clubs not submitting entries using Hytek Electronic file format. The fee will be waived for unattached swimmers only. Clubs that choose to pay the entry penalty should submit entries using the attached entry grid.*
- 4. No Deck Entries will be accepted.*

Fees

- 1. Entry Fee - \$3.00 per individual event*
- 2. \$3.00 BSF Surcharge per swimmer*
- 3. All fees due with entries. If sent electronically, fees must be delivered to Kathy Dilletta at St. Andrews School or John Bradley at IBM Bahamas. Entries will not be processed until fees are received and will be considered late if fees received after the entry deadline.*
- 4. No Late entries will be accepted without penalty. A \$50 fee (applicable to all clubs and/or individuals) will apply for all late entries that will be accepted until February 10, 2010 for Trial1 and March 2nd, 2010 for Trial 2.*
- 5. A \$50 penalty will apply to all clubs and/or unattached swimmers to all changes made to entries submitted and a further \$50 penalty will apply if changes are required after the entry deadline*

Marshalling

1. *There will be no Marshalling at these Time Trials.*
2. *Swimmers who do not report to the start of their race as per existing swimming rules will automatically be recorded as no-show.*
3. *Races will not be delayed for any late arriving swimmers.*

Restrictions

1. *Swimmers not competing should not be present in any of the competition restricted areas.*
2. *Coaches should not enter the competition restricted areas.*
3. *Parents are not allowed on the pool deck.*
4. *Swimmers not in possession of a 2010 BSF ID Card will be required to pay entrance fees.*

NO EXCEPTIONS

Competition

1. *Over-The-Top Starts will be used for all events except backstroke, unless altered for any race by the Referee and/or Starter.*
2. *This is an Open Category competition. Swimmers will be seeded according to entry times.*
3. *Rest Periods for swimmers entering successive events will be at the Meet Director's Discretion. Swimmers are strongly discouraged to enter successive events unless they can compete in these events without a supplemental rest period.*

Meet Director - John Bradley

<i>Timers:</i>	<i>Session 1</i>	<i>SWIFT Swimming, SWAT, Abaco Swim Club and Flamingos</i>
	<i>Session 2</i>	<i>Barracudas Swim Club, YMCA, FAC and BMA</i>
	<i>Session 3</i>	<i>Sea Bees Swim Club, Dolphins Swim Club and Orca</i>

ORDER OF EVENTS

Friday, February 12th & March 5th

Session 1

Warm Up 5:00 PM

Start Time 6:30 PM

Event 1	800m Freestyle (mixed)
Event 2	1500m Freestyle
Events 3-4	200m Breast
Events 5-6	50m Back
Events 7-8	100m Butterfly

Saturday, February 13th & March 6th

Session 2

Warm Up 8:00 AM

Start Time 9:30 AM

Events 9-10	400m Ind Medley
Events 11-12	200m Freestyle
Events 13-14	50m Butterfly
Events 15-16	50m Breast
Events 17-18	100m Back
Events 19-20	200m Ind. Medley

Session 3

Warm Up 5:00 PM

Start Time 6:30 PM

Events 21-22	100m Freestyle
Events 23-24	200m Butterfly
Events 25-26	400m Freestyle
Events 27-28	50m Freestyle
Events 29-30	100m Breast
Events 31-32	200m Back

NOTE: ALL EVENTS ARE OPEN TO ELIGIBLE COMPETITORS. ODD EVENTS ARE WOMEN / EVEN EVENTS ARE MEN