



Bahamas Swimming Federation  
CARIFTA Time Trials  
Betty Kelly-Kenning Aquatic Center,  
Nassau Bahamas

## CARIFTA Time Trial

*Friday, March 20-21, 2009 (Open to all swimmers)*

*Session 1- Friday, March 20, 2009, 6:30pm (Warm Up 5pm)*

*Session 2- Saturday, March 21, 2009, 9:30am (Warm Up 8am)*

*Session 3- Saturday, March 21, 2009, 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 2009 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 March 9, 2009 5pm for Carifta Trials*
2. *Hytek Electronic Files only should be forwarded to John Bradley at [jbradley@bs.ibm.com](mailto: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 per individual event*
2. *\$2.00 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 March 13<sup>th</sup>, 2009.*
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 deadlines*

## 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 2009 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.*
- 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 and Flamingos</i>        |
|                | <i>Session 2</i> | <i>Barracudas Swim Club, YMCA and FAC</i>        |
|                | <i>Session 3</i> | <i>Sea Bees Swim Club and Dolphins Swim Club</i> |

## **ORDER OF EVENTS**

Friday, March 20<sup>th</sup>

### **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, March 21<sup>st</sup>

### **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 ... ODD EVENTS ARE WOMEN / EVEN EVENTS ARE MEN**