

**XXV CARIFTA SWIMMING  
CHAMPIONSHIPS  
April 3-6, 2010**

**NATIONAL STADIUM POOL  
KINGSTON, JAMAICA**

**MEET SUMMONS**

# XXV CARIFTA 2010 SWIMMING COMPETITION

## SWIMMING, WATER POLO and SYNCHRONISED SWIMMING

### 1. DATE AND VENUE

<b>DATE:</b>	April 3 <sup>rd</sup> – 6 <sup>th</sup> , 2010
<b>VENUE 1:</b>	National Stadium Pool
<b>POOL SPECIFICATIONS:</b>	8 Lane, 50 Metre pool with Colorado Electronic Timing 25 Metre warm up pool available
<b>VENUE 2:</b>	Bournemouth Bath Pool
<b>POOL SPECIFICATIONS:</b>	8 Lane, 25 Metre pool (17 ad Under Womens, 15 & Under Male Water Polo and Synchronized Swimming) Warm up pool
<b>GAMES VILLAGE:</b>	Knutsford Court, New Kingston

### 2. SCHEDULE

**Friday, April 2<sup>nd</sup>:** Arrival of teams  
Technical Meeting - 7:00 PM (Games Village)  
Technical Officials Meeting - 8:30 PM (Games Village)

**Saturday, April 3<sup>rd</sup> (Day 1):** Swimming Preliminary Heats - 9:00 AM  
Synchronized Swimming Figures  
Water Polo Competition  
Opening Ceremony 5:30 PM – 5:55 PM (Stadium Pool)  
Swimming Finals – 6:00 PM

**Sunday, April 4<sup>th</sup> (Day 2):** Swimming Preliminary Heats - 9:00 AM  
Synchronized Swimming Solos  
Water Polo Competition  
Swimming Finals – 6:00 PM

**Monday, April 5<sup>th</sup> (Day 3):** Swimming Preliminary Heats - 9:00 AM  
Synchronized Swimming Duets  
Water Polo Competition  
Swimming Finals – 6:00 PM

**Tuesday, April 6<sup>th</sup> (Day 4):** Swimming Preliminary Heats - 9:00 AM  
Synchronized Swimming Solos  
Water Polo Competition  
Congress 12:30PM – 2:30PM at the Games Village  
Swimming Finals – 6:00 PM  
Closing ceremony after the Swimming Finals

**Wednesday April 7<sup>th</sup>:** Departure of Teams

### 3. INVITED FEDERATIONS

- |                      |                                 |
|----------------------|---------------------------------|
| 1. Antigua & Barbuda | 11. Jamaica                     |
| 2. Aruba             | 12. Netherlands Antilles        |
| 3. Bahamas           | 13. Martinique                  |
| 4. Barbados          | 14. St Lucia                    |
| 5. Bermuda           | 15. St Vincent & The Grenadines |
| 6. Cayman Islands    | 16. Suriname                    |
| 7. Dominica          | 17. Trinidad & Tobago           |
| 8. Grenada           | 18. Turks & Caicos Islands      |
| 9. Guadeloupe        | 19. US Virgin Islands           |
| 10. Guyana           |                                 |

**The Organizing Committee reserves the right to invite additional Countries for the Water Polo and Synchronized Swimming Competition in accordance with the current CARIFTA Guidelines.**

### 4. COMPETITION RULES

#### 4.1. THE COMPETITION

The Competition will be conducted in accordance with FINA Rules 2009-2013 in force at the start of the competition. In the preliminary heats of swimming, the start will be "over the top" in the freestyle, breaststroke and butterfly events.

#### 4.2. INTERPRETATIONS

The Organizing Committee of CARIFTA 2010 and the Jury of Appeal shall have complete authority to answer and resolve any interpretation, resolution and call relating to these Competitions. Nominations for the Jury of Appeal should be submitted at the Technical Meetings.

#### 4.3. AGE GROUPS

##### Swimming:

- A. Competitors will compete in the following age groups:
- |       |               |
|-------|---------------|
| 11-12 | Female & Male |
| 13-14 | Female & Male |
| 15-17 | Female & Male |

The swimmer's age group shall be determined by the age of the swimmer as of **midnight on 31<sup>st</sup> December 2009.**

##### Synchronized Swimming:

- A. Competitors will compete in the following age groups:
- |            |        |
|------------|--------|
| 12 & Under | Female |
| 13-15      | Female |
| 16-18      | Female |

A synchronized swimmer's age group shall be determined by the age of the swimmer as of **midnight on 31<sup>st</sup> December 2010.**

## Water Polo

The age groups for the CARIFTA Water Polo Competition will be published as soon as FINA announces the Age Groups for the next FINA Junior Water Polo World Championships.

The athletes age group shall be determined by the age of the player as of **midnight on December 31<sup>st</sup>, 2010.**

### 5. ELIGIBILITY

- A. All participating Federations must be registered and in good financial standing with FINA, or, affiliated with a member of FINA in good financial standing
- B. Participating Federations must be in good financial standing with all Federations invited to participate in the CARIFTA Swimming Championships.
- C. Competitors must be either citizens of the Country they represent whether by birth or naturalization, provided that a naturalized citizen shall have lived in that Country for at least one year prior to the entry deadline for the Championships. Additionally, non-citizens may be entered providing the competitor has been resident in the country for one (1) year prior to the entry deadline and must not have swum for another country during that period. All Competitors must also be registered with, or a member of, the swimming Federation.
- D. If a Country enters a competitor that is not a citizen of that country by birth or naturalization, the code for that country shall be changed by adding "AG" to the designated three letter FINA country code and used throughout the competition e.g. JAM shall be changed to JAMAG.

### 5. PRELIMINARY ENTRIES

Preliminary Entries in each discipline must be made using the Preliminary Entry forms attached or through the form provided on the [www.swimjamaica.com](http://www.swimjamaica.com) and must reach the Chairperson of the Organizing Committee by **Friday, January 8<sup>th</sup>, 2010.**

The Amateur Swimming Association of Jamaica  
Organizing Committee CARIFTA 2010 Swimming Competition  
National Stadium Pool  
Independence Park, Kingston  
Jamaica  
P.O. Box 15, Kingston 10  
Jamaica

Tel: (876)920-6230 / 920-6229  
Fax: (876) 920-6129  
Email: [asaj@cwjamaica.com](mailto:asaj@cwjamaica.com)

### 7. FINAL ENTRIES

The Final Entries must be submitted to the Organizing Committee by **Thursday, March 11<sup>th</sup>, 2010 by 4:00 pm.** Swimming entries must be submitted using HY-TEK Software.

Final Entries must include the following details:

- A. Name, sex and date of birth of each swimmer/synchronized swimmer.

- B. Events being entered by each swimmer/synchronized swimmer.
- C. Entry time for seeding purposes (swimming only)
- D. Names of Team Officials and the position held by each official
- E. Names of qualified persons and capacity in which they are willing to serve as Meet Officials.
- F. Passport size photographs of each athlete, team and meet official. Photographs must be submitted in electronic format as **.jpg** files. Each picture (.jpg file) must specify the full name and Country of the competitor. Photographs must also be compressed in Zip format for efficient transmission. The zip file must be labeled with the name of the Country and discipline. Please submit separate zip files for each discipline.
- G. A profile of each swimmer, team and meet official. Profiles should include National and International achievements.
- H. Details of arrival and departure of all swimmers, team and meet officials (See attached form)
- I. Despite entry submission in electronic format a team or meet manager's printout, signed by the President or General Secretary of the Federation with the Association's stamp affixed must be faxed or sent to the Organizing Committee Organizing Committee by the **deadline date of Thursday, March 11<sup>th</sup>, 2010**.

## 8. ENTRY RULES:

### **SWIMMING:**

- A. There will be a limit of 8 Competitors in each sex per age group to a maximum of 36 swimmers
- B. There is no limit to the number of events per swimmer.
- A. No substitutions or alternates will be accepted after the final entries have been submitted, except in relays. All relay participants must have been entered in the meet.
- B. No Competitor will be able to participate in an age group outside of his age group even if it were in an age group older than the competitor.
- C. Each Country will be limited to two (2) competitors per individual event and one (1) team per relay event.
- D. In the relays each Country must enter 4 competitors. The order of the swimmers in each relay of the day's proceedings must be handed in to the Clerk of Course one hour before the start of each session.
- G. Individual events longer than 200 Metres will be Timed Finals. All other events will have preliminary heats with one final event.

***\* 400, 800 & 1500 M Timed Final events: all heats except the fastest heat will be swum in the morning session. The fastest heat will be swum in the evening session. The 13-14 and 15-17 age groups will be swum together, with the results and scoring published by age groups.***

**NB: PROOF OF TIMES MUST ACCOMPANY ENTRIES FOR EVENTS 400 METRES & OVER. ENTRY TIMES WITHOUT PROOF WILL BE ENTERED AS- NT- "No Time".**

***Copies of meet results indicating the location at which the times were achieved, signed by the meet referee or the President of the National Federation, must accompany entries as proof of times. All times must be submitted as long course metres.***

- H. The eight (8) fastest swimmers in the preliminaries will qualify for the finals. The 9th and 10th fastest in each preliminary event will be designated as alternates for the finals.
- I. Seeding for the preliminary events will be in accordance with FINA Rule SW3
- J. Any event containing eight (8) or fewer entries will automatically be a final.

**SYNCHRONISED SWIMMING:**

- A. Each Country may enter two (2) solos, two (2) duets and one (1) team per age group.
- B. The team must comprise a minimum of four (4) and a maximum of eight (8) competitors.
- C. No competitor may participate out of her age group, even it were an older age group than that of the competitor.

**WATER POLO:**

- A. Each Country may enter one (1) team per age group.
- B. The team must comprise a minimum of nine (9) and a maximum of eight (13) players.

**9. TEAM OFFICIALS**

**Each participating Country may include in its delegation, at the cost indicated in Section 11, the following officials:**

**NB:** The following persons are included in the above allocation of team officials: doctors, masseurs, physiotherapists, chaperones, managers/chefs de mission and coaches. Each of these persons must state the capacity in which they are functioning as team officials

**SWIMMING:**

- A. Delegations of twelve (12) competitors or less will be allowed three (3) team officials,
- B. Delegations of thirteen (13) to twenty four (24) competitors will be allowed five (5) team officials,
- C. Delegations of twenty five (25) to thirty six (36) competitors will be allowed seven (7) team officials,

**SYNCHRONIZED SWIMMING:**

- A. Delegations of four (4) competitors or less will be allowed one (1) team official.
- B. Delegations of five (5) or more competitors will be allowed two (2) officials.
- C. Delegations will be allowed two (2) qualified judges in addition to the above.

**WATER POLO:**

- A. Delegations of thirteen (13) competitors or less (1 team) will be allowed three (3) team officials.
- B. Delegations of fourteen (14) to twenty-six (26) competitors (2 teams) will be allowed five (5) team officials.
- C. Delegations of twenty seven (27) to fifty two (52) competitors (3 teams) will be allowed nine (9) team officials.

Teams from non English-speaking countries will also be entitled to an additional official to serve as a translator. The Organizing Committee will endeavor to provide a bilingual Liaison Officer to be available throughout the competition or as required.

## 10. REGISTRATION/ACCREDITATION PROCEDURE

- A. On arriving at the Games Village, teams will be checked in and allocated rooms based on the pre-allocation list. If no room allocation list has been provided the OC will allocate room prior to the team arrival.
- B. The Head of Delegation/Manager will be taken to the Village Office to complete the following:
  - (1) Delegations will pay to the Organizing Committee the sum total of meet fees as invoiced by the host Country based on the final entries. Invoices will be sent to the National Federations prior to arrival. Unless an alternate method is approved in writing by the Organizing Committee, meet and entry fees must be paid prior to arrival by telegraphic transfer to the following account:

### **Telegraphic Transfer Instructions:**

The National Commercial Bank Jamaica Limited  
1-7, Knutsford Boulevard,  
Kingston 5  
Jamaica  
Swift Number JNCBJMKX  
For Credit to Account No. 354249677 in the name of CARIFTA Aquatics Limited

**Should payment by telegraphic transfer be the chosen option, please note that commission charges must be paid by the National Federation and that the meet fees received by the host Country must equate the amount invoiced.**

- (2) The athletes' proof of age and eligibility will be verified at this time. Athletes' proof of age and eligibility must be provided in the form of a passport.
- (3) Accreditation badges will be issued to each member of the official delegation after payment has been made.
- (4) Submission of flags and anthems.
- (5) The accreditation card must be carried at all times. The loss of an accreditation card must be reported to the Competition's secretariat and will be replaced at a cost of US \$25.00.

## 11. FEES

Meet Fees for the Competition are as follows:

1. Meet Fee – US \$55.00 per night per member of the Official Delegation (swimmers, team officials & sanctioned meet officials) based on four (4) persons in a room or such a number determined by the male/female ratio and total number of persons in the delegation.

If a **specific request** is made by a Federation for accommodation other than 4 persons per room, the following rates will apply (inclusive of breakfast and dinner);

- ❖ Triple rooms – US\$ 75.00 per person per night.
- ❖ Double rooms - US\$ 96.00 per person per night
- ❖ Single rooms – US\$161 per person per night

2. Swimming entry Fee – US \$2.50 per swimmer per event
3. Swimming relay entry fee US \$5.00 per team per event
4. Synchronized swimming entry fee – US \$ 5.00 per Solo, Duet or Team
5. Transportation fee of US\$30.00 per delegation member for the period April 2<sup>nd</sup> – 7<sup>th</sup> inclusive (Arrivals/departures, hotel/competition venue)

## 12. TECHNICAL MEETINGS

- A. The Technical Meetings will be held on Friday, April 2<sup>nd</sup>, 2010 at 7:00 PM at the Games Village observing the following order:
1. Welcome & introductions
  2. Description of Games Village
  3. Description of Competition Venue
  4. Transportation schedule
  5. Breakout meeting for each discipline with the following agenda:

### **Swimming:**

1. Review of Entries
2. Submission of corrections. Corrections must be submitted in writing and signed by the head coach of the delegation or delegation's representative at the meeting.
3. Submission of nominees for the Jury of Appeal
4. Outline of configuration of pool and location of officials
5. Any other technical matters

### **Synchronized Swimming:**

1. Synchronized swimming draw
2. Outline of configuration of pool
3. Any other technical matters

### **Water Polo:**

1. Check passports
2. Determine competition format
3. Competition draw
4. Any other technical matters

- B. A Technical Officials' meeting will be held for each discipline at 8:30 PM on Friday April 2<sup>nd</sup>, 2010 at the Games Village.

## 13. PROTESTS

All protests to the Referees' Decision must be submitted to the referee in writing within 30 minutes after the event, signed by the Team Manager of the delegation and accompanied by US \$25. If the protest is upheld the fee will be returned to the Delegation's leader.

## 14. JURY OF APPEAL

- A. There shall be a Jury of Appeal to adjudicate all appeals against a Referee's rejection of a protest.



- B. Each country shall be entitled to nominate a representative to serve on the Jury of Appeal. Nominations will be submitted in writing at the Technical Meeting on April 2<sup>nd</sup>, 2010.
- C The Jury of Appeal shall be comprised of 3 disinterested persons drawn from the pool of nominees submitted by each country.

**15. SCORING AND AWARDS**

Points will be awarded as follows:

PLACE	INDIVIDUAL (Solos)	RELAYS (Duets/Teams/Water Polo)
1	9	18
2	7	14
3	6	12
4	5	10
5	4	8
6	3	6
7	2	4
8	1	2

- A. Independent scoring will be kept in each discipline with the trophies awarded to the top three teams overall in each discipline.
- B. Swimming - Medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place in each event.
- C. Swimming – A High Point Trophy will be presented to the champion in each age group (female & male).
- D. Swimming - A Performance Trophy will be awarded in each age group to the swimmer who scores the highest FINA points in a single event
- E. Swimming - Medals and trophies will be presented during the evening sessions and at the Closing Ceremony.
- F. Synchronized swimming - places and points will be determined according to the swimmers scores (all entries can score points).
- G. Synchronized Swimming – Medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place in each event – (only one entry per country can win a medal).
- H. Water Polo – Medals will be awarded to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place in each age group (including the team coach).
- I. Water Polo – Trophies will be awarded to the top goal scorer, best defensive player and the best goalie in each age group (determined by a committee to be selected at the Technical Committee Meeting)

**16. OPENING OF POOL**

Swimming - The pool will be opened 90 minutes before the scheduled start of the Competition Session except prior to the Opening Ceremony (session 2) when the pool will be opened 90 minutes before the start of the Ceremony. The pool will be closed 15 minutes before the start of the competition.

Water Polo – The pool will be available for warm up 45 minutes before match time.

## **17. FLAGS AND ANTHEMS**

Each Delegation shall provide:

- A. Two (2) flags of their country no larger than 4 feet by 6 feet.
- B. A compact disk of their National Anthem with a time span of not longer than 30 seconds.

## **18. CEREMONIES**

- A. There will be a 25 minute Opening Ceremony on the first day of the Competition at the National Stadium Pool, April 3<sup>rd</sup>, 2010 from 5:30 to 5:55 PM at the Aquatic Centre.
- B. There will be a Closing Ceremony at the end of the Competition when the trophies will be presented.

## **19. TRANSPORTATION**

- A. Teams will be responsible for arranging their own transportation to and from Jamaica and the cost there-of.
- B. Official delegations and approved meet officials will be met at the Norman Manley International Airport by Organizing Committee Volunteers and transported to the Games Village.
- C. Official delegations and approved Meet Officials will be transported from the Games Village to the Airport for departure at the end of the Competition.
- D. Official Delegations and approved Meet Officials will be transported between the Games Village and the Competition Venue. A Transportation schedule will be published.
- E. The Jamaica departure tax is US\$ \$27.00 per person. This may be included in the airline ticket but verification is necessary.

## **20. ACCOMMODATION AND MEALS**

- A. Dinner will be provided on Thursday, April 2<sup>nd</sup>, 2010. Breakfast and dinner will be provided from Friday, April 3<sup>rd</sup> to Tuesday, April 6<sup>th</sup> and breakfast on Wednesday April 7<sup>th</sup>, 2010.
- B. Teams will be responsible for their own lunches; however, a boxed take away lunch option will be made available at US \$7.50 per lunch. Details will be provided on the competition website.

NOTE: The rates indicated above are guaranteed only for the period April 2<sup>nd</sup> to April 6<sup>th</sup>, 2010). Please contact the Organizing Committee for rates outside of this period.

## **21. CONTACT INFORMATION**

Mr. John Eyre  
President, ASAJ  
Chairperson, Organizing Committee CARIFTA 2010 Swimming Competition  
National Stadium Pool  
Independence Park, Kingston  
P.O. Box 15, Kingston 10  
Jamaica

Tel: (876) 920-6230 / 920-6229  
Fax: (876) 920-6129  
Email: [asai@cwjamaica.com](mailto:asai@cwjamaica.com) or [jmeyre@cwjamaica.com](mailto:jmeyre@cwjamaica.com)

## **22. TECHNICAL OFFICIALS**

Federations or Individuals may apply to the Organizing Committee to act as a Technical Official in the Swimming or Synchronized Swimming Competition. Application forms ([www.swimjamaica.com](http://www.swimjamaica.com)) should be completed by the Technical Official, signed by the Federation President or Secretary and submitted to the Organizing Committee President of the ASAJ, John Eyre no later than January 8<sup>th</sup>, 2010.

Officials who are accepted to work at the 2010 CARIFTA Competition will enjoy the accommodation and transportation rates quoted in this summons.

Officials who are selected will be notified by January 31, 2010.

## **23. SUPPORTERS**

The Organizing Committee will be arranging a Supporters package that will include accommodation, transportation and accreditation. Information will be posted on the official 2010 CARIFTA website [www.swimjamaica.com](http://www.swimjamaica.com)

## COMPETITION PROGRAMME - SWIMMING

### ORDER OF EVENTS

<b>Session # 1</b>	<b>DAY 1, APRIL 3<sup>rd</sup> - Start 9:00 AM</b>		
Event 1	F 800 M Freestyle (slower heats)	13-14 & 15-17	Timed Finals
Event 2	M 1500 M Freestyle (slower heats)	13-14 & 15-17	Timed Finals
Event 3/4	F/M 200 M Breaststroke	11-12	Prelims
Event 5/6	F/M 200 M Breaststroke	13-14	Prelims
Event 7/8	F/M 200 M Breaststroke	15-17	Prelims
Event 9/10	F/M 50 M Backstroke	11-12	Prelims
Event 11/12	F/M 50 M Backstroke	13-14	Prelims
Event 13/14	F/M 50 M Backstroke	15-17	Prelims
Event 15/16	F/M 100 M Butterfly	11-12	Prelims
Event 17/18	F/M 100 M Butterfly	13-14	Prelims
Event 19/20	F/M 100 M Butterfly	15-17	Prelims
Event 21/22	F/M 4x100 M Freestyle relay	11-12	Prelims
Event 23/24	F/M 4x100 M Freestyle relay	13-14	Prelims
Event 25/26	F/M 4x100 M Freestyle relay	15-17	Prelims

<b>Session # 2</b>	<b>DAY 1, April 3<sup>rd</sup> - Start 6:00 PM</b>		
Event 1	F 800 M Freestyle (fastest heat)	13-14 & 15-17	Timed Finals
Event 2	M 1500 M Freestyle (fastest heat)	13-14 & 15-17	Timed Finals
Event 3/4	F/M 200 M Breaststroke	11-12	Finals
Event 5/6	F/M 200 M Breaststroke	13-14	Finals
Event 7/8	F/M 200 M Breaststroke	15-17	Finals
Event 9/10	F/M 50 M Backstroke	11-12	Finals
Event 11/12	F/M 50 M Backstroke	13-14	Finals
Event 13/14	F/M 50 M Backstroke	15-17	Finals
Event 15/16	F/M 100 M Butterfly	11-12	Finals
Event 17/18	F/M 100 M Butterfly	13-14	Finals
Event 19/20	F/M 100 M Butterfly	15-17	Finals
Event 21/22	F/M 4x100 M Freestyle relay	11-12	Finals
Event 23/24	F/M 4x100 M Freestyle relay	13-14	Finals
Event 25/26	F/M 4x100 M Freestyle relay	15-17	Finals

## COMPETITION PROGRAMME - SWIMMING

### ORDER OF EVENTS

#### **Session # 3 DAY 2, APRIL 4<sup>th</sup> - Start 9:00 AM**

Event 2728	F/M 200 M Freestyle	11-12	Prelims
Event 29/30	F/ M 200 M Freestyle	13-14	Prelims
Event 31/32	F/M 200 M Freestyle	15-17	Prelims
Event 33/34	F/M 50 M Butterfly	11-12	Prelims
Event 35/36	F/M 50 M Butterfly	13-14	Prelims
Event 37/38	F/M 50 M Butterfly	15-17	Prelims
Event 39/40	F/M 100 M Backstroke	11-12	Prelims
Event 41/42	F/M 100 M Backstroke	13-14	Prelims
Event 43/44	F/M 100 M Backstroke	15-17	Prelims
Event 45/46	F/M 400 M IM (slower heats)	13-14	Timed Finals
Event 47/48	F/M 400 M IM (slower heats)	15-17	Timed Finals
Event 49/50	F/M 4x100 M Medley relay	11-12	Prelims
Event 51/52	F/M 4x100 M Medley relay	13-14	Prelims
Event 53/54	F/M 4x100 M Medley relay	15-17	Prelims

#### **Session # 4 DAY 2, April 4<sup>th</sup> - Start 6:00 PM**

Event 2728	F/M 200 M Freestyle	11-12	Final
Event 29/30	F/ M 200 M Freestyle	13-14	Final
Event 31/32	F/M 200 M Freestyle	15-17	Final
Event 33/34	F/M 50 M Butterfly	11-12	Final
Event 35/36	F/M 50 M Butterfly	13-14	Final
Event 37/38	F/M 50 M Butterfly	15-17	Final
Event 39/40	F/M 100 M Backstroke	11-12	Final
Event 41/42	F/M 100 M Backstroke	13-14	Final
Event 43/44	F/M 100 M Backstroke	15-17	Final
Event 45/46	F/M 400 M IM (fastest heat)	13-14	Timed Finals
Event 47/48	F/M 400 M IM (fastest heat)	15-17	Timed Finals
Event 49/50	F/M 4x100 M Medley relay	11-12	Final
Event 51/52	F/M 4x100 M Medley relay	13-14	Final
Event 53/54	F/M 4x100 M Medley relay	15-17	Final

## COMPETITION PROGRAMME - SWIMMING

### ORDER OF EVENTS

#### **Session # 5 DAY 3, April 5<sup>th</sup> - Start 9:00 AM**

Event	55/56	F/M 200 M Individual Medley	11-12	Prelims
Event	57/58	F/M 200 M Individual Medley	13-14	Prelims
Event	59/60	F/M 200 M Individual Medley	15-17	Prelims
Event	61/62	F/M 50 M Breaststroke	11-12	Prelims
Event	63/64	F/M 50 M Breaststroke	13-14	Prelims
Event	65/66	F/M 50 M Breaststroke	15-17	Prelims
Event	67/68	F/M 100 M Freestyle	11-12	Prelims
Event	69/70	F/M 100 M Freestyle	13-14	Prelims
Event	71/72	F/M 100 M Freestyle	15-17	Prelims
Event	73/74	F/M 200 M Butterfly	11-12	Prelims
Event	75/76	F/M 200 M Butterfly	13-14	Prelims
Event	77/78	F/M 200 M Butterfly	15-17	Prelims
Event	79/80	F/M 4x200 Free Relay	13-14	Prelims
Event	81/82	F/M 4x200 Free Relay	15-17	Prelims

#### **Session # 6 DAY 3, April 5<sup>th</sup> - Start 6:00 PM**

Event	55/56	F/M 200 M Individual Medley	11-12	Final
Event	57/58	F/M 200 M Individual Medley	13-14	Final
Event	59/60	F/M 200 M Individual Medley	15-17	Final
Event	61/62	F/M 50 M Breaststroke	11-12	Final
Event	63/64	F/M 50 M Breaststroke	13-14	Final
Event	65/66	F/M 50 M Breaststroke	15-17	Final
Event	67/68	F/M 100 M Freestyle	11-12	Final
Event	69/70	F/M 100 M Freestyle	13-14	Final
Event	71/72	F/M 100 M Freestyle	15-17	Final
Event	73/74	F/M 200 M Butterfl	11-12	Final
Event	75/76	F/M 200 M Butterfly	13-14	Final
Event	77/78	F/M 200 M Butterfly	15-17	Final
Event	79/80	F/M 4x200 Free Relay	13-14	Final
Event	81/82	F/M 4x200 Free Relay	15-17	Final

## COMPETITION PROGRAMME - SWIMMING

### ORDER OF EVENTS

#### **Session # 7 Day 4 April 6<sup>th</sup> - Start 9:00 AM**

Event	83/84	F/M 400 M Freestyle (slower heats)	11-12	Timed finals
Event	85/86	F/M 400 M Freestyle (slower heats)	13-14	Timed Finals
Event	87/88	F/M 400 M Freestyle (slower heats)	15-17	Timed finals
Event	89/90	F/M 50 M Freestyle	11-12	Prelims
Event	91/92	F/M 50 M Freestyle	13-14	Prelims
Event	93/94	F/M 50 M Freestyle	15-17	Prelims
Event	95/96	F/M 100 M Breaststroke	11-12	Prelims
Event	97/98	F/M 100 M Breaststroke	13-14	Prelims
Event	99/100	F/M 100 M Breaststroke	15-17	Prelims
Event	101/102	F/M 200 M Backstroke	11-12	Prelims
Event	103/104	F/M 200 M Backstroke	13-14	Prelims
Event	105/106	F/M 200 M Backstroke	15-17	Prelims
Event	107/108	F/M 4x50 M Freestyle Relay	11-12	Prelims
Event	109/110	F/M 4x50 M Freestyle Relay	13-14	Prelims
Event	111/112	F/M 4x50 M Freestyle Relay	15-17	Prelims

#### **Session # 8 Day 4, April 6<sup>th</sup> - Start 6:00 PM**

Event	83/84	F/M 400 M Freestyle (faster heat)	11-12	Timed finals
Event	85/86	F/M 400 M Freestyle (faster heat)	13-14	Timed Finals
Event	87/88	F/M 400 M Freestyle (faster heat)	15-17	Timed finals
Event	89/90	F/M 50 M Freestyle	11-12	Final
Event	91/92	F/M 50 M Freestyle	13-14	Final
Event	93/94	F/M 50 M Freestyle	15-17	Final
Event	95/96	F/M 100 M Breaststroke	11-12	Final
Event	97/98	F/M 100 M Breaststroke	13-14	Final
Event	99/100	F/M 100 M Breaststroke	15-17	Final
Event	101/102	F/M 200 M Backstroke	11-12	Final
Event	103/104	F/M 200 M Backstroke	13-14	Final
Event	105/106	F/M 200 M Backstroke	15-17	Final
Event	107/108	F/M 4x50 M Freestyle Relay	11-12	Final
Event	109/110	F/M 4x50 M Freestyle Relay	13-14	Final
Event	111/112	F/M 4x50 M Freestyle Relay	15-17	Final