



MEET SUMMONS

2010 RBC Bahamas National Swimming Championships

The Bahamas Swimming Federation (BSF) hereby invites all member clubs and Unattached registered swimmers to participate in the 39th Royal Bank of Canada National Championships.

1. DATES AND VENUE

Dates: June 23rd to June 26th 2010

Venue: Betty Kelly Kenning National Swim Complex, Sports Centre Drive, Queen Elizabeth Sports Centre, Oakes Field, Nassau.

The pool will be open 90 minutes before the start of competition.

2. POOL SPECIFICATIONS

10 Lane, 50 Metre, Competition Pool utilizing Electronic Timing Equipment by Colorado Timing Systems. 25 Metre Warm-Up/Down Pool available.

3. RULES OF COMPETITION

The competition will be governed by the National Championship Rules and in accordance with FINA Rules 2009-2013 FINA Rule SW 4.4 shall be applied.

In the preliminary heats of swimming, the start will be “over the top” in the freestyle, breaststroke and butterfly events.

Any preliminary event with eight (8) or less entries shall automatically become a final to be swum in the afternoon/evening session.

4. AGE-GROUPS

Pursuant to NCR3.1, the recognized age-groups for Girls and Boys entered in the competition are:

- 8 and Under
- 9 - 10
- 11 - 12
- 13 - 14
- 15 and Over

Competitors shall swim only in their respective age groups. Their competitive age group shall be determined by their respective ages as of midnight on **31st December** of the preceding year.

5. CLUB ELIGIBILITY

All member clubs and participating swimmers must be in good financial standing with the BSF and registered for **2010** prior to the published Registration Deadline.

6. EVENT ELIGIBILITY

Individual Events:

All entry times shall have been achieved in a sanctioned meet within a year since the last National Championships, and can include times achieved in the previous National Championships, regardless of the one year period.

Proof of entry times shall be submitted to the BSF along with the entry where the entry times are achieved in a sanctioned swim meet outside of The Bahamas.

There is no limit on individual events; however, only the ten (10) best times will be counted for calculation of Age group Awards. All points will be counted for team points.

Any BSF registered coach who signs a National Championships Meet Entry Form or submits entries electronically thereby certifies (i) that all entry times stated therein are correct and true; and, (ii) that all competitors named therein are eligible to participate in a National Championship. The coach assumes responsibility for all false or incorrect times and all competitors entered by her/him, and may be subject to a fine.

Relay Events:

A competitor who has not qualified for any individual events may represent his club or team in relay events for his or her age group provided that competitor is registered for 2010 with the BSF.

7. MEET FEES AND SURCHARGES

Meet fees and National Team Surcharges for the Championships are:

\$6.00 per swimmer per individual event

\$25.00 per club team per relay event

\$3.00 per swimmer for BSF Surcharges

All meet fees and surcharges must be submitted with the Meet Entry Forms. Entry forms will not be processed and will be deemed to have not been received if the meet fees are not included.

8. TECHNICAL MEETING

The Meet Director or his delegate will hold a Technical Meeting with all Head Coaches at **7.00 PM** on Tuesday **June 22nd, 2010** at the Pool for the purpose of receiving scratches and reviewing entries.

9. ENTRIES LIMITATIONS

Individual Events: There is no limit on individual events; however, only the ten (10) best times will be counted for calculation of Age group Awards. All points will be counted for team points.

Relay Events: Clubs may enter three relay teams per age group per sex, however, only the “A” designated team will score.

10. MEET ENTRIES

All entries are to be submitted electronically using HY-TEK software. Any entries received in any other format will be subject to a \$50 surcharge fee. Entries must include the swimmer’s BSF Registration number, assigned by the BSF.

A print-out of the HY-TEK files should also be provided to the BSF prior to the entry deadline.

Manual entries can be accepted, using the attached meet entry grid, but will only be accepted subject to a \$50 surcharge fee included with the entries.

No late entries will be accepted after the entry deadline, except authorized by the BSF Executive Council and will be subject to a penalty of not less than 100% of the normal meet fees. Any changes made to entries prior to publication of the Psych Sheets will result in a \$50 penalty per change. In any event, all Changes must be authorized by the BSF.

11. SCORING

Scoring for the National Championships shall be in accordance with NCR13 of the National Championship Rules.

Determination of the Individual Best Swim Award(s) is based on the Fina high points report issued by Hy-Tek software.

12. AWARDS

Awards will be issued in accordance with NCR14 of the National Championship Rules. Specifically, High Point and Runner up Trophies in each Age Group/By Sex as well as Trophies to the Best Swims calculated using the FINA Points Scoring System.

13. JURY OF APPEAL

When returning their Meet Entry Forms, clubs should also submit the name of their representative on the Jury of Appeal as required by NCR 11.2.3 of the National Championship Rules.

14. OPENING CEREMONIES

There will be a brief Opening Ceremony at **6.00 PM on Thursday, June 24th 2010**, before the start of Session 3. Teams will assemble at **5:45 PM** for the March-In of Swimmers and the playing of the National Anthem.

15. CLOSING CEREMONIES AND PRESENTATION OF AWARDS

The Closing Ceremony will be held on **Saturday, June 26th 2010**, immediately following the competition when High Point Trophies, Best Swim Awards and the National Championship Trophy will be presented.

16. ENTRY DEADLINE

All Meet Entries (together with all meet fees, surcharges and Jury of Appeal Nominations) should be delivered to The BSF Public Relations Director, Kathy Dillette, at St. Andrews School or emailed to her at bsf_news@yahoo.com no later than **5:00pm on June 7th, 2010**.

17. ACCEPTABLE ENTRY FORMATS

Entries will only be accepted as follows:

- (1) Hy-tek Electronic Files only should be forwarded to John Bradley at jbradley@bs.ibm.com. Confirmation emails will be sent on receipt of all entries.**
- (2) On a Memory Stick with a hardcopy printout signed by coach and submitted before above deadline. A penalty of **\$50** will apply to all late entries
- (3) On official Nationals entry form signed by coach and submitted before above deadline. Manual/Paper Entries are subject to a **\$50** surcharge fee

18. CONTACT PERSONS

Any questions or information concerning the 2010 National Championships should be directed to:

Mr. Algernon Cargill
President
Bahamas Swimming Federation
(242) 502-1500 or fax (242) 322-3048
Email: Algernonc@hotmail.com

Mrs. Kathryn Dillette
BSF Public Relations Director
(242) 324-4800 or fax (242) 364-7047
Email: bsf_news@yahoo.com

Mr. John Bradley
Meet Director and First VP BSF
(242) 323-7350 or fax (242) 393-8944
Email: jbradley@bs.ibm.com

19. LANE ASSIGNMENTS FOR WARM-UPS (ALL SESSIONS)

Lane Assignments will be advised after the entries have been received and processed.

20. MEET OFFICIALS

Member clubs are responsible for providing all **Timers, Chief Timers, Marshalls, and (Lap Counters** session 1 only) as follows:

- Session 1 (Wednesday evening) – Sea Bees, YMCA, Freeport Aquatics, ***Dolphins*** and Flamingos
- Session 2 (Thursday Morning) – All Clubs (led by ***Sea Bees***)
- Session 3 (Thursday Evening) – Sea Bees, YMCA, Freeport Aquatics, ***Dolphins*** and Flamingos
- Session 4 (Friday Morning) – ***Swift Swimming*** & Orca & Unattached
- Session 5 (Friday Evening) – ***Barracudas***, Sea Waves, Abaco Swim Club & Blue Marlins
- Session 6 Saturday Morning) - ***Barracudas***, Sea Waves, Abaco Swim Club & Blue Marlins
- Session 7 Saturday Afternoon) – ***Swift Swimming***, Orca & Unattached

*The clubs **italicized** are required to take the lead in organizing the officials and ensure that there is coverage as required for all positions.*

Enclosed is a NSC List of Meet Officials Form to be completed by each club and returned to the Meet Director with the Meet Entries Form. The BSF is responsible for assigning Referees, Starters and Stroke/Turn Judges for each session.

21. ORDER OF EVENTS

Pursuant to NCR5.2, the programme of events for the National Championships in a 50 metre pool shall be as follows:-

PROGRAMME OF EVENTS

There will be no delay of races to allow swimmers who have entered successive and/or multiple events rest time.

All odd numbered events shall be for girls only and all even numbered events shall be for boys only.

Day 1 Wednesday June 23rd, 2010 Session 1 Start Time: 6:00pm

Type		Event
Timed Final	1	Girls 8 & Under 200 IM
Timed Final	2	Boys 8 & Under 200 IM
Timed Final	3	Girls 9-10 200 IM
Timed Final	4	Boys 9-10 200 IM
Timed Final	5	Girls 11-12 200 IM
Timed Final	6	Boys 11-12 200 IM
Timed Final	7	Girls 13-14 200 IM
Timed Final	8	Boys 13-14 200 IM
Timed Final	9	Girls 15 & Over 200 IM
Timed Final	10	Boys 15 & Over 200 IM
Timed Final	11	Girls 8 & Under 200 Freestyle Relay
Timed Final	12	Boys 8 & Under 200 Freestyle Relay
Awards Events 1-12		
Timed Final	13	Girls 9-10 400 Freestyle
Timed Final	14	Boys 9-10 400 Freestyle
Timed Final*	15	Girls 11 & Over 800 Freestyle
Timed Final	16	Boys 11-12 800 Freestyle
Timed Final*	18	Boys 13 & Over 1500 Freestyle
Awards Events 13-18		
Timed Final	19	Girls 9-10 200 Freestyle Relay
Timed Final	20	Boys 9-10 200 Freestyle Relay
Timed Final	21	Girls 11-12 200 Freestyle Relay
Timed Final	22	Boys 11-12 200 Freestyle Relay
Timed Final	23	Girls 13-14 200 Freestyle Relay
Timed Final	24	Boys 13-14 200 Freestyle Relay
Timed Final	25	Girls 15 & Over 200 Freestyle Relay
Timed Final	26	Boys 15 & Over 200 Freestyle Relay

**These events will be seeded events and will be swum as mixed aged groups but scored within the correct age group.*

Day 2 AM Thursday, June 24th, 2010 Session 2 Start Time: 9:00am

Type	Event
Timed Final	27 Girls 8 & Under 200 Freestyle
Timed Final	28 Boys 8 & Under 200 Freestyle
Timed Final	29 Girls 9-10 200 Freestyle
Timed Final	30 Boys 9-10 200 Freestyle
Timed Final	31 Girls 11-12 200 Freestyle
Timed Final	32 Boys 11-12 200 Freestyle
Timed Final	33 Girls 13-14 200 Freestyle
Timed Final	34 Boys 13-14 200 Freestyle
Timed Final	35 Girls 15 & Over 200 Freestyle
Timed Final	36 Boys 15 & Over 200 Freestyle
Timed Final	37 Girls 8 & Under 50 Breaststroke
Timed Final	38 Boys 8 & Under 50 Breaststroke
Prelims	39 Girls 9-10 50 Breaststroke
Prelims	40 Boys 9-10 50 Breaststroke
Prelims	41 Girls 11-12 50 Breaststroke
Prelims	42 Boys 11-12 50 Breaststroke
Prelims	43 Girls 13-14 50 Breaststroke
Prelims	44 Boys 13-14 50 Breaststroke
Prelims	45 Girls 15 & Over 50 Breaststroke
Prelims	46 Boys 15 & Over 50 Breaststroke
Prelims	47 Girls 9-10 100 Backstroke
Prelims	48 Boys 9-10 100 Backstroke
Prelims	49 Girls 11-12 100 Backstroke
Prelims	50 Boys 11-12 100 Backstroke
Prelims	51 Girls 13-14 100 Backstroke
Prelims	52 Boys 13-14 100 Backstroke
Prelims	53 Girls 15 & Over 100 Backstroke
Prelims	54 Boys 15 & Over 100 Backstroke
Prelims	55 Girls 9-10 100 Butterfly
Prelims	56 Boys 9-10 100 Butterfly
Prelims	57 Girls 11-12 100 Butterfly
Prelims	58 Boys 11-12 100 Butterfly
Prelims	59 Girls 13-14 100 Butterfly
Prelims	60 Boys 13-14 100 Butterfly
Prelims	61 Girls 15 & Over 100 Butterfly
Prelims	62 Boys 15 & Over 100 Butterfly

Type Event

Awards Events 19 - 38

Finals	39	Girls 9-10 50 Breaststroke
Finals	40	Boys 9-10 50 Breaststroke
Finals	41	Girls 11-12 50 Breaststroke
Finals	42	Boys 11-12 50 Breaststroke
Finals	43	Girls 13-14 50 Breaststroke
Finals	44	Boys 13-14 50 Breaststroke
Finals	45	Girls 15 & Over 50 Breaststroke
Finals	46	Boys 15 & Over 50 Breaststroke
Finals	47	Girls 9-10 100 Backstroke
Finals	48	Boys 9-10 100 Backstroke

Awards Events 37- 46

Finals	49	Girls 11-12 100 Backstroke
Finals	50	Boys 11-12 100 Backstroke
Finals	51	Girls 13-14 100 Backstroke
Finals	52	Boys 13-14 100 Backstroke
Finals	53	Girls 15 & Over 100 Backstroke
Finals	54	Boys 15 & Over 100 Backstroke
Finals	55	Girls 9-10 100 Butterfly
Finals	56	Boys 9-10 100 Butterfly

Awards Events 47- 54

Finals	57	Girls 11-12 100 Butterfly
Finals	58	Boys 11-12 100 Butterfly
Finals	59	Girls 13-14 100 Butterfly
Finals	60	Boys 13-14 100 Butterfly
Finals	61	Girls 15 & Over 100 Butterfly
Finals	62	Boys 15 & Over 100 Butterfly

Awards Events 55 – 62

Timed Final	63	Girls 11-12 400 Medley Relay
Timed Final	64	Boys 11-12 400 Medley Relay
Timed Final	65	Girls 13-14 400 Medley Relay
Timed Final	66	Boys 13-14 400 Medley Relay
Timed Final	67	Girls 15 & Over 400 Medley Relay
Timed Final	68	Boys 15 & Over 400 Medley Relay

Day 3 AM Friday, June 25th, 2010 Session 4 Start Time: 9:00am

Type		Event
Timed Final	69	Girls 11-12 400 IM
Timed Final	70	Boys 11-12 400 IM
Timed Final	71	Girls 13-14 400 IM
Timed Final	72	Boys 13-14 400 IM
Timed Final	73	Girls 15 & Over 400 IM
Timed Final	74	Boys 15 & Over 400 IM
Timed Final	75	Girls 8 & Under 100 Freestyle
Timed Final	76	Boys 8 & Under 100 Freestyle
Prelims	77	Girls 9-10 100 Freestyle
Prelims	78	Boys 9-10 100 Freestyle
Prelims	79	Girls 11-12 100 Freestyle
Prelims	80	Boys 11-12 100 Freestyle
Prelims	81	Girls 13-14 100 Freestyle
Prelims	82	Boys 13-14 100 Freestyle
Prelims	83	Girls 15 & Over 100 Freestyle
Prelims	84	Boys 15 & Over 100 Freestyle
Timed Final	85	Girls 8 & Under 50 Butterfly
Timed Final	86	Boys 8 & Under 50 Butterfly
Prelims	87	Girls 9-10 50 Butterfly
Prelims	88	Boys 9-10 50 Butterfly
Prelims	89	Girls 11-12 50 Butterfly
Prelims	90	Boys 11-12 50 Butterfly
Prelims	91	Girls 13-14 50 Butterfly
Prelims	92	Boys 13-14 50 Butterfly
Prelims	93	Girls 15 & Over 50 Butterfly
Prelims	94	Boys 15 & Over 50 Butterfly
Prelims	95	Girls 9-10 100 Breaststroke
Prelims	96	Boys 9-10 100 Breaststroke
Prelims	97	Girls 11-12 100 Breaststroke
Prelims	98	Boys 11-12 100 Breaststroke
Prelims	99	Girls 13-14 100 Breaststroke
Prelims	100	Boys 13-14 100 Breaststroke
Prelims	101	Girls 15 & Over 100 Breaststroke
Prelims	102	Boys 15 & Over 100 Breaststroke

Day 3 PM Friday, June 25th, 2010 Session 5 Start Time: 6:00pm

Type Event

Awards Events 63 - 76

Finals	77	Girls 9-10 100 Freestyle
Finals	78	Boys 9-10 100 Freestyle
Finals	79	Girls 11-12 100 Freestyle
Finals	80	Boys 11-12 100 Freestyle
Finals	81	Girls 13-14 100 Freestyle
Finals	82	Boys 13-14 100 Freestyle
Finals	83	Girls 15 & Over 100 Freestyle
Finals	84	Boys 15 & Over 100 Freestyle
Timed Final	103	Girls 11-12 200 Backstroke
Timed Final	104	Boys 11-12 200 Backstroke

Awards Events 77 - 84

Timed Final	105	Girls 13-14 200 Backstroke
Timed Final	106	Boys 13-14 200 Backstroke
Timed Final	107	Girls 15 & Over 200 Backstroke
Timed Final	108	Boys 15 & Over 200 Backstroke
Finals	87	Girls 9-10 50 Butterfly
Finals	88	Boys 9-10 50 Butterfly

Awards Events 103 - 108

Finals	89	Girls 11-12 50 Butterfly
Finals	90	Boys 11-12 50 Butterfly
Finals	91	Girls 13-14 50 Butterfly
Finals	92	Boys 13-14 50 Butterfly
Finals	93	Girls 15 & Over 50 Butterfly
Finals	94	Boys 15 & Over 50 Butterfly
Finals	95	Girls 9-10 100 Breaststroke
Finals	96	Boys 9-10 100 Breaststroke

Awards Events 85 - 94

Finals	97	Girls 11-12 100 Breaststroke
Finals	98	Boys 11-12 100 Breaststroke
Finals	99	Girls 13-14 100 Breaststroke
Finals	100	Boys 13-14 100 Breaststroke
Finals	101	Girls 15 & Over 100 Breaststroke
Finals	102	Boys 15 & Over 100 Breaststroke
Timed Final	109	Girls 9-10 400 Freestyle Relay
Timed Final	110	Boys 9-10 400 Freestyle Relay

Awards Events 95 - 102

Timed Final	111	Girls 11-12 400 Freestyle Relay
Timed Final	112	Boys 11-12 400 Freestyle Relay
Timed Final	113	Girls 13-14 400 Freestyle Relay
Timed Final	114	Boys 13-14 400 Freestyle Relay
Timed Final	115	Girls 15 & Over 400 Freestyle Relay
Timed Final	116	Boys 15 & Over 400 Freestyle Relay

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Day 4 AM Saturday, June 26th, 2010 Session 6 Start Time: 9:00am

Type		Event
Timed Final	117	Girls 11-12 400 Freestyle
Timed Final	118	Boys 11-12 400 Freestyle
Timed Final	119	Girls 13-14 400 Freestyle
Timed Final	120	Boys 13-14 400 Freestyle
Timed Final	121	Girls 15 & Over 400 Freestyle
Timed Final	122	Boys 15 & Over 400 Freestyle
Timed Final	123	Girls 8 & Under 50 Backstroke
Timed Final	124	Boys 8 & Under 50 Backstroke
Prelims	125	Girls 9-10 50 Backstroke
Prelims	126	Boys 9-10 50 Backstroke
Prelims	127	Girls 11-12 50 Backstroke
Prelims	128	Boys 11-12 50 Backstroke
Prelims	129	Girls 13-14 50 Backstroke
Prelims	130	Boys 13-14 50 Backstroke
Prelims	131	Girls 15 & Over 50 Backstroke
Prelims	132	Boys 15 & Over 50 Backstroke
Timed Final	133	Girls 11-12 200 Breaststroke
Timed Final	134	Boys 11-12 200 Breaststroke
Timed Final	135	Girls 13-14 200 Breaststroke
Timed Final	136	Boys 13-14 200 Breaststroke
Timed Final	137	Girls 15 & Over 200 Breaststroke
Timed Final	138	Boys 15 & Over 200 Breaststroke
Timed Final	139	Girls 8 & Under 50 Freestyle
Timed Final	140	Boys 8 & Under 50 Freestyle
Prelims	141	Girls 9-10 50 Freestyle
Prelims	142	Boys 9-10 50 Freestyle
Prelims	143	Girls 11-12 50 Freestyle
Prelims	144	Boys 11-12 50 Freestyle
Prelims	145	Girls 13-14 50 Freestyle
Prelims	146	Boys 13-14 50 Freestyle
Prelims	147	Girls 15 & Over 50 Freestyle
Prelims	148	Boys 15 & Over 50 Freestyle

Day 4 PM Saturday, June 26th, 2010 Session 7 Start Time: 5:00pm

Type Event

Awards Events 109 - 124

Timed Final	149	Girls 11-12 200 Butterfly
Timed Final	150	Boys 11-12 200 Butterfly
Timed Final	151	Girls 13-14 200 Butterfly
Timed Final	152	Boys 13-14 200 Butterfly
Timed Final	153	Girls 15 & Over 200 Butterfly
Timed Final	154	Boys 15 & Over 200 Butterfly
Finals	125	Girls 9-10 50 Backstroke
Finals	126	Boys 9-10 50 Backstroke

Awards Events 149 - 154

Finals	127	Girls 11-12 50 Backstroke
Finals	128	Boys 11-12 50 Backstroke
Finals	129	Girls 13-14 50 Backstroke
Finals	130	Boys 13-14 50 Backstroke
Finals	131	Girls 15 & Over 50 Backstroke
Finals	132	Boys 15 & Over 50 Backstroke

Awards Events 132 -139 & 125- 132

Finals	141	Girls 9-10 50 Freestyle
Finals	142	Boys 9-10 50 Freestyle
Finals	143	Girls 11-12 50 Freestyle
Finals	144	Boys 11-12 50 Freestyle
Finals	145	Girls 13-14 50 Freestyle
Finals	146	Boys 13-14 50 Freestyle
Finals	147	Girls 15 & Over 50 Freestyle
Finals	148	Boys 15 & Over 50 Freestyle
Timed Final	155	Girls 8 & Under 200 Medley Relay
Timed Final	156	Boys 8 & Under 200 Medley Relay

Awards Events 141 - 148

Timed Final	157	Girls 9-10 200 Medley Relay
Timed Final	158	Boys 9-10 200 Medley Relay
Timed Final	159	Girls 11-12 200 Medley Relay
Timed Final	160	Boys 11-12 200 Medley Relay
Timed Final	161	Girls 13-14 200 Medley Relay
Timed Final	162	Boys 13-14 200 Medley Relay
Timed Final	163	Girls 15 & Over 200 Medley Relay
Timed Final	164	Boys 15 & Over 200 Medley Relay

Awards Events 155 - 164

Swimmers must attend medal ceremonies in team uniform (top, bottom and shoes) NO TOWELS. In the event a swimmer is unable to attend the ceremony, the club may substitute another swimmer. In the event that the podium is left unfilled the club may face a \$1.00 fine for every missing swimmer.

All Swimmers participating in the 39th Nationals Championships must show their ID badge to enter the BKKAC, without an ID they will be charged the entry fee.

BAHAMAS SWIMMING FEDERATION – April 13th, 2010