



FLOW

The FLOW Invitational Swimming Championships



Shrewsbury Aquatic Centre, Ratho Mill, St Vincent

Thursday, August 24th – Sunday, August 27th 2017

MEET SUMMONS

The St Vincent and the Grenadines Swimming Federation (SVGSF) extends to you a cordial invitation to attend the annual FLOW Invitational Swimming Championships meet to be held at the Shrewsbury Aquatic Centre at Ratho Mill, St Vincent and the Grenadines. This event is sanctioned by the SVGSF in accordance with FINA Rules.

1. POOL SPECIFICATIONS: 6 LANE 25 M POOL, Colorado Electronic Timing System.

2. SCHEDULE:

The pool will be open for warm-up 75 minutes before each session and will be closed 10 minutes before the start of each session.

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|---|-------------------------|
| • Thursday, August 24th | Session 1 – 6 pm |
| • Friday, August 25 th | Session 2 – 6 pm |
| • Saturday, August 26 ^h | Session 3 – 10.30 am |
| • Saturday, August 26 th | Session 4 – 5.30 pm |
| • Sunday, August 27 th | Session 5 – 10.30 am |
| | Presentation of Awards |

3. COMPETITION RULES:

The competition will be conducted in accordance with FINA Rules 2013-2017 in force at the start of the competition. FINA Rule SW 4.4 shall be applied. Throughout the Meet there will be a no FALSE-START rule for age groups 9-10 and older, and a two false start rule for younger age groups.

The starts, where possible, may be ‘over the top’ in the freestyle, breaststroke, butterfly and individual medley events.

4. AGE GROUPS:

Individual events: -

6 & Under;
7 - 8,
9 – 10,
11 - 12,
13 - 14,
15 & OVER

Relays:

Freestyle Relays will be in age groups 10 & Under; 11 to 14 and 15 & Over.

The Swimmer's age on December 31st, 2016 will determine the age group in which he/she is eligible to participate

Events may be swam as age group events and/or open events. However, irrespective of how swam, they will be scored by age group as above.

In the open events the minimum age is 9 years old.

5. REGISTRATION, ENTRIES & Rules:

Each Club must submit a letter of sanction to the Meet Director from its Federation indicating that participating swimmers and clubs are in good financial standing. Competitors must be registered swimmers with the Federation of the Country sanctioning their participation.

Entries MUST be made using the Hy-Tek Team Manager file and MUST reach the Organizing Committee no later than Wednesday, August 9th 2017 at 6pm. Entries should be sent by email to svgasa@gmail.com

The following rules shall apply to all entries:

Events may be swam as age group events and/or open events. However, irrespective of how swam, they will be scored by age group as above.

1. There is no limit to the number of swimmers which a Club can enter in an individual event. However only the two highest placed swimmers in a particular Club will score team points.
2. Each Club may enter multiple teams per relay event but only the first relay team per club will score team points. Each Club will designate the scoring relay team as team A. Teams B, C & others will not be eligible for team points.
3. There shall be no restrictions on the number of events in which an individual competitor may participate.
4. Swimmers missing their respective heat will not be allowed to take part in that event.
5. There will be no heats or preliminaries. All events are timed finals.
6. The pool will be open 75 minutes before each session for warm-up.
7. The warm up routine will be an open lane format with sprinting taking place in lanes 1 & 6 for 20 minutes before the end of the warm-up session. Pace laps will take place in the inner lanes.
8. Swimmers competing in relay events must be registered in the meet.
9. Ad hoc deck entries will NOT be accepted.
10. Swimmers must report to the waiting area at least 5 heats before the event in which he/she has been entered. If the swimmer is not in the waiting area by the designated time a decision may be taken that the swimmer has scratched the event.

11. Time Trials:

All requests for time trials must be submitted each day before the start of the day's session on the prescribed form indicating the following: Name of the Swimmer, Sex, Age, Club affiliation and the event. Swimmers requesting time trials must be entered in the meet and the fee is US \$5.00 (EC \$12) for each event requested.

6. Entry fees:

Entry fees are as follows:

- (a) US \$20 (EC\$55) per team (for teams of more than 5 swimmers) PLUS:
- (b) US\$2 (EC\$5) per event per swimmer.
- (c) **All scratches after Tuesday, August 15th will be charged the penalty fee of US\$7.00 or EC \$20.00.** The penalty must be paid before the swimmer is eligible to swim in other events in this meet or in subsequent SVGSF organized meets. Each Club is required to submit to the SVGSF Office the name of their scratch fee Coordinator, i.e. the person from whom the scratch fee will be collected on behalf of the Club.

Entry fees must accompany entries. Participating Clubs from overseas are required to pay entry fees on arrival.

7. AWARDS:

- a. Medals will be awarded to the first three (3) swimmers in each event for all age categories of age 12 and below.
- b. The team scoring the highest overall points shall be the winning team and shall be awarded a trophy.
- c. Team points will be accumulated in each age group (top two swimmers for each team finishing in the top eight positions) and relay events.
- d. Trophies will be awarded in each age group category to the top male and top female swimmers with the highest aggregate of points. Relay points will not be taken into consideration in this category of award.
- e. Individual age group championship trophies and the overall Team Champion trophy will be presented following the last event and medals will be given to the team delegates.

Award Ceremonies – Daily as Time Permits

8. SCORING:

Individual Scoring shall be as follows:

First Place	-	9 points
Second Place	-	7 points
Third Place	-	6 points
Fourth Place	-	5 points
Fifth Place	-	4 points
Sixth Place	-	3 points
Seventh Place	-	2 points

Eighth Place - 1 point

9. TECHNICAL OFFICIALS:

The SVGSF in conjunction with the affiliated Swim Clubs in St Vincent will provide the Officials for the competition. Overseas clubs are invited to submit the names of any qualified persons willing to serve as Timers / Judges for the meet.

All meet officials are required to check in with the Meet Referee and Chief Timer one hour before the start of the competition.

Refreshment will be served to Meet Officials during the Competition.

10. TECHNICAL MEETING:

A brief Technical meeting will be held at the Shrewsbury Aquatic Centre on Thursday, August 24th, 2017 at 5pm.

Coaches of teams from overseas with queries or problems are asked to approach the Meet Director/Meet Referee upon their arrival or to communicate any issues or concerns by email to svgasa@gmail.com

11. REFRESHMENT:

Food and drink will be available for sale on the premises throughout the meet.

12. CONTRIBUTIONS TO SWIMMING:

Daily entry fees to the Shrewsbury Aquatic Centre for non-swimmers and coaches will be EC\$10.00 or US\$4.00 for Adults 11 years old & over.

Children: 10 years and under (daily wristband) – EC \$5.00. US \$2.00

Heat Sheet daily - EC\$10.00 or US\$4.00

Printed results: (Full)-EC\$25.00 or US\$10.00 and available on request.

13. ACCOMODATION:

The following are hotels located in the Villa area near the Shrewsbury Aquatic Centre (SAC).

Paradise Beach Resort

Email: info@paradisessvg.com

Tel: (784) - 457-4795

Website: www.paradisessvg.com

Beachcombers Hotel

Emails: beachcombers@vincysurf.com

Tel: (784) – 458 - 4283

Website: www.beachcombershotel.com

Mariners Inn Hotel

E-mail: frontdesk@marinershotel.com

Tel: (784) 457-4000

Website: www.marinershotel.com

Sunset Shores Hotel

E-mail: sunshore@vincysurf.com

Tel: (784) 458-4411

Website: www.sunsetshores.com

Blue Lagoon Hotel

E-mail: stay@bluelagoonsvg.com

Tel: (784) 458-4308

Website: www.bluelagoonsvg.com

14. TRANSPORTATION:

Sailors Tours

Telephone: 246-429-3528

Fax: (784) 456-2821

E-mail: sailortours@hotmail.com

CLUBS OR NATIONAL FEDERATIONS REQUIRING ASSISTANCE WITH ACCOMMODATION OR TRANSPORTATION PLEASE CONTACT THE SVGSF VIA EMAIL AT svgasa@gmail.com

Please see next page for the order of events for this meet

ORDER OF EVENTS

8 & Under	9- 10	11 - 12	13 - 14	15 & Over
Session 1 - Thursday, August 24th - Competition starts at 6PM				
			Fly 200	
	Fly 100		Free 800	
Back 50	Back 100		Back 200	
Time trials				
Session 2 - Friday, August 25th - Competition starts at 6pm				
Free 100	Free 400	Free 400	Free 400	Free 400
Break - Opening Ceremony				
Breast 50	Fly 50	Fly 50	Fly 50	Fly 50
Time trials				
Session 3 - Saturday, August 26th - Competition starts at 10am				
			400 IM	
			Free 1500	
Fly 50	IM 100		Breast 200	
Time trials				
Session 4 - Saturday, August 26th - Competition starts at 5.30pm				
	Free 200	Free 200	Free 200	Free 200
BREAK				
Breast 25	Breast 50	Breast 50	Breast 50	Breast 50
Fly 25		Fly 100	Fly 100	Fly 100
BREAK				
		Back 50	Back 50	Back 50
Free 50	Free 100	Free 100	Free 100	Free 100
Session 5 - Sunday, August 27th - Competition starts at 10.30am				
IM 100	200 IM	200 IM	200 IM	200 IM
BREAK				
Back 25	Breast 100	Breast 100	Breast 100	Breast 100
	Back 50	Back 100	Back 100	Back 100
BREAK				
Free 25	Free 50	Free 50	Free 50	Free 50
Eliminator Sprints- age 8 & Under (25M) - 9 to 12 (50M) - 13 & Over (50M)				
Eliminator Sprint Rules:				
Top 6 in each category (male and female race) - Top 2 progress to next round				
Top 4 in each category (male and female race) - Top 4 progress to next round				
Top 2 in each category (male and female race) - to determine the Champion!!!!				