

# **The SAC Invitational Swimming Championships**

Shrewsbury Aquatic Centre, Ratho Mill, St Vincent

**Thursday, February 20<sup>th</sup> To Sunday, February 23<sup>rd</sup>, 2025**

## **MEET SUMMONS**



**The St Vincent and the Grenadines Swimming Federation (SVGSF) extends to you a cordial invitation to attend the annual SAC 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 World Aquatics Rules.**



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

**2. SCHEDULE:**

The pool will be open for warm-up 60 minutes before each session and will be closed 10 minutes before the start of each session.

Thursday, February 20 <sup>th</sup>	Session 1 – 6pm
Friday, February 21 <sup>st</sup>	Session 2 – 6pm
Saturday, February 22 <sup>nd</sup>	Session 3 – 10.30am
Saturday, February 22 <sup>nd</sup>	Session 4 – 6pm
Sunday, February 23 <sup>rd</sup>	Session 5 – 11am

**Presentation of Awards**

**3. COMPETITION RULES:**

The competition will be conducted in accordance with World Aquatics Rules in force at the start of the competition. Throughout the Meet there will be a no FALSE-START rule for age groups 9-10 and older, and a one-false start rule for the younger age group.

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

**4. AGE GROUPS:**

**Individual events: -**

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

***The Swimmer’s age on December 31<sup>st</sup>, 2024 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 any events over 200 meters, 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 Friday, February 7<sup>th</sup>, 2025 at 6pm. Entries should be sent by email to [svgasa@gmail.com](mailto: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. **There is a 12 event limit on the number of individual events in which an individual competitor may participate for scoring purposes.**
3. Swimmers missing their respective heat will not be allowed to take part in that event.
4. There will be no heats or preliminaries. All events are timed finals.
5. The pool will be open 60 minutes before each session for warm-up.
6. 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.
7. Ad hoc deck entries will NOT be accepted.
8. 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.
9. Each Club will be limited to one (1) team per relay event **for points**; however it will be permitted to include more relay teams to a maximum of two in each relay event.
10. All relay events are Mixed and in the relays each Club must enter 4 competitors (2 of each gender).
11. **All scratches after Saturday, February 15<sup>th</sup> will be charged the penalty fee of EC \$20.00.**
12. **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 EC \$10 for each event requested.

## **6. Entry fees:**

**Entry fees are as follows:**

- (a) EC \$50 (US\$20) per team (for teams of more than 5 swimmers) PLUS:
- (b) EC \$5.00 (US \$2) for each event for each swimmer.
- (c) **All scratches after Saturday, February 15<sup>th</sup> will be charged the penalty fee of 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 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 (only the top team per club will score points).
- d. Team trophies will be presented following the last event and medals will be given to the team delegates.
- e. Trophies will be awarded in each age group category to the top male and top female swimmers with the highest aggregate of points.

**Award Ceremonies – Daily as Time Permits**



## **8. SCORING:**

Points will be awarded as follows:

PLACE	INDIVIDUAL	RELAYS
1	9	18
2	7	14
3	6	12
4	5	10
5	4	8
6	3	6
7	2	4
8	1	2

## **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.

## **10. TECHNICAL MEETING:**

A brief Technical meeting will be held at the Shrewsbury Aquatic Centre on Thursday, February 20<sup>th</sup>, 2025 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](mailto:svgasa@gmail.com)**

## **11. FOOD & Beverage:**

Food and drinks 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).

<p><b>Paradise Beach Resort</b>          Email: <a href="mailto:info@paradisessvg.com">info@paradisessvg.com</a>          Tel: (784) - 457-4795          Website: <a href="http://www.paradisessvg.com">www.paradisessvg.com</a></p>	<p><b>Blue Lagoon Hotel</b>          E-mail: <a href="mailto:stay@bluelagoonsvg.com">stay@bluelagoonsvg.com</a>          Tel: (784) 458-4308          Website: <a href="http://www.bluelagoonsvg.com">www.bluelagoonsvg.com</a></p>
<p><b>Beachcombers Hotel</b>          Emails: <a href="mailto:beachcombers@vincysurf.com">beachcombers@vincysurf.com</a>          Tel: (784) – 458 - 4283          Website: <a href="http://www.beachcombershotel.com">www.beachcombershotel.com</a></p>	<p><b>Sunset Shores Hotel</b>          E-mail: <a href="mailto:sunshore@vincysurf.com">sunshore@vincysurf.com</a>          Tel: (784) 458-4411          Website: <a href="http://www.sunsetshores.com">www.sunsetshores.com</a></p>

**14. TRANSPORTATION:**

**Sailors Tours**  
 Telephone: 784-457-1712  
 Fax: (784) 456-2821  
 E-mail: [sailortours@hotmail.com](mailto:sailortours@hotmail.com)

**CLUBS OR NATIONAL FEDERATIONS REQUIRING ASSISTANCE WITH ACCOMMODATION OR TRANSPORTATION PLEASE CONTACT THE SVGSF VIA EMAIL AT [svgasa@gmail.com](mailto:svgasa@gmail.com)**

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



## ORDER OF EVENTS

<b>SAC Invitational - 2025</b>				
<b>8 &amp; Under</b>	<b>9 - 10</b>	<b>11 - 12</b>	<b>13 - 14</b>	<b>15 &amp; Over</b>
<b>Session 1 - Thursday, February 20th - Competition starts at 6pm</b>				
			Free 400	
Fly 25			Back 50	
<b>Session 2 - Friday, February 21st - Competition starts at 6pm</b>				
			Free 200	
Free 25			Back 100	
			Fly 100	
<b>Session 3 - Saturday, February 22nd - Competition starts at 10.30am</b>				
			800 Free/200 Back/200 Breast	
			Time trials	
<b>Session 4 - Saturday, February 22nd - Competition starts at 6pm</b>				
			Breast 100	
Back 25			Fly 50	
IM 100			IM 100	
Free 50			Free 50	
			Relays MIXED - Medley 4x50 (10 & Under / 11 to 14 and 15 & Over)	
<b>Session 5 - Sunday, February 23rd - Competition starts at 11am</b>				
Breast 25			IM 200	
Free 100			Free 100	
Breast 50			Breast 50	
			Relays MIXED - Free 4x50 (10 & Under / 11 to 14 and 15 & Over)	
<b>Breaks will be scheduled between events at the discretion of the Meet manager</b>				