



CAYMAN ISLANDS NATIONAL SWIMMING CHAMPIONSHIPS 2024

MEET SUMMONS

The Cayman Islands Aquatic Sports Association (“CIASA”) invites member clubs and eligible swimmers to participate in the Cayman Islands National Swimming Championships 2024.

SANCTIONED BY:	Cayman Islands Aquatic Sports Association (“ CIASA ”)
POOL DATES AND START TIMES:	10 February – 13 February, 2024 <ul style="list-style-type: none">• Saturday and Sunday: Prelims @ 8:30AM and Finals @ 5:30PM• Monday and Tuesday: Prelims @ 8:00AM and Finals @ 6:00PM
POOL VENUE:	Camana Bay Sports Complex ***CIASA EVENTS AND THE CAMANA BAY POOL ARE <u>NUT-FREE</u>***
COURSE:	Outdoor 25 metre pool with 8 lanes; only 6 lanes will be used for competition. During competition one lane may be used for warm-up/cool-down with one unused lane between the racing course and the warm-up/cool-down lane. Prelims may be run in fewer than 6 lanes should the Meet Referee decide we do not have the number of officials needed to properly officiate the session.
WARM-UP:	<ul style="list-style-type: none">• Saturday and Sunday: @ 7:15AM and 4:00PM• Monday and Tuesday: @ 6:45AM and 4:30PM All lanes will be open for coach supervised warm-up during designated warm-up times. The pool will close 15 minutes prior to the start of each session. During prelims and finals swimmers may warm-up or cool-down in the one outside lane. Feet first entry will be required by all swimmers during warm-up except in lanes officially designated for warm up dives and sprints. During competition, entry into the warm-up lane may only occur at the non-starting end of the pool. Feet first entry will be required at all times during competition.
OPEN WATER DATE	February 3rd, 2024, 07.00AM
MEET DIRECTOR OW	Colleen Williams (Assistant Meet Director Martin Trott)
OPEN WATER VENUE:	Governor's Beach
OPEN WATER COURSE:	1Km loop
MEET DIRECTOR SW:	Steve Broadbelt and TBD
MEET REFEREE:	TBD The Meet Referees will be in charge of the meet. Any queries regarding conduct of the meet should be directed to them or to one of them if both are not present.
RULES:	World Aquatics pool swimming rules will govern the meet, except where noted below. 1. Swimmers (SW) must swim in the age group as determined by their age at midnight on <u>31 December, 2023</u> – OW will be 31 December, 2024.



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2. Flyover starts will be in effect during prelims. Swimmers must exit the pool immediately after the beginning of the next race.
3. Swimmers must exit the pool on the side. Under lane lines and up the stairs to the side of the pool.
4. Prelims will be swum from slowest to fastest and circle seeded with the last **two** heats.
5. Events, unless specified otherwise, are open to swimmers aged 9 and over. 8 & Under events will be swum as timed finals only.
6. Finals for events will be swum as an Super final and three age group finals:
 - Super final (no age restriction)
 - 15 & Over Final
 - 13-14 Final
 - 11-12 Final
 - 9-10 Final
7. Swimmers in the 9-10, 11-12, 13-14 and 15 and over age groups may select to swim in their age group final instead of the Super final.
8. Finals will be conducted as one race up to 6 swimmers per event.
9. 25 meter events will not be officiated and will be swum as mixed events.
10. A maximum of ONE swimmer not affiliated to CIASA could be permitted per final and will swim as "Exhibition" (will be granted on a space-available basis).
11. Each 9 & Over swimmer may swim 3 events per day.
12. Each 8 & Under swimmer may swim 2 events per session.
13. Cayman Islands Special Olympic swimmers may be placed in age groups not corresponding to their age at the discretion of the Referee.
14. Each relay team must consist of 4 competitors. Relay cards must be handed to the technical table no less than one hour before the start of each relevant session. Swimmers must swim in their correct age group and in the order listed on the Relay card.
15. Only 11 & Over swimmers can use the backstroke ledges for the start. We ask coaches to instruct their younger swimmers do not attempt to use the backstroke ledges.
16. Swimmers competing in 10 & Under events may not compete in tech suits. This must be controlled by the Coach. Non-compliance with the above rules may result in disqualification.
17. No pace-making shall be permitted in the warm-up/down lane.
18. Each team will be required to provide 4 timers per session.
19. Swimmers may need to provide counters for distance events.
20. The 400 Free, 400 IM, 800 Free and 1500 Free will be swum as timed finals. The fastest heat will be swum in finals (PM session) and all other heats with prelims (AM session).
21. The meet director will delay the competition when lightning is detected within 10 miles radius of the swimming pool and remain in effect until a minimum of 20 minutes has passed since the last strike is observed within an 10 mile radius.



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PHOTOGRAPHIC/AUDIO VISUAL NOTICE:	The use of audio-visual recording devices and photographic equipment, including cell phones, is not permitted in locker rooms, changing areas, restrooms or behind the blocks. This meet may be covered by the media, including photographs, video, webcasting and other forms of obtaining images of athletes participating in the meet. Entry into the meet is acknowledgement and consent to this fact.
NO FLASH PHOTOGRAPHY WILL BE PERMITTED AT ANY TIME DURING THE MEET	
SWIMWEAR:	Only swimsuits complying with World Aquatics swimsuit specifications may be worn in any CIASA Swimming sanctioned or approved competition. Wearing a swimming cap is mandatory, swimmers must wait until they are out of the pool to remove it.
DECK CHANGING:	Changing on pool deck or outside of a designated changing facility is strictly prohibited. Failure to abide by this rule may result in expulsion from the competition.
ELIGIBILITY:	Open to all CIASA-registered swimmers or swimmers registered with other national federations. Documentation of registration may be required prior to participation.
SUBMITTED TIMES:	Times submitted must be the best recorded short course meter or long course times from this or the preceding swim season (NO WORK OUT TIMES). No Time (NT) entries will not be accepted. All non-conforming times will be seeded last. SCY times will be converted for US swimmers. Coaches and swimmers should be prepared to verify all submitted times.
FINALS:	A competitor not wishing to take part in the final in which qualification was earned shall withdraw within thirty (30) minutes following the preliminaries of the event in which the qualification took place. The finals awarding of the national champion titles are: <ul style="list-style-type: none">• 9-10• 11-12• 13-14• Super Final For reasons related to Hytek we cannot name the finals distinctly. The Super final shall be named Super or A ; and the 15 and over final should be named "B Final" (which means that there is no title or medal for this final).



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AWARDS:	Individual medals for 1st to 3rd place in the ranking to be established after the 9-10, 11-12, 13-14 and Super Finals (and 50m for those 8 years and younger). An age group swimmer participating in Super Finals cannot claim the title of age group winner of his age group. No "High Point" awards will be awarded, and no Team scores will be kept. There will be NO awards for swimmers who are not members of CIASA.
ENTRY DEADLINE:	Electronic Entries: Midnight, 07 February 2024. Non-Electronic Entries: Midnight, 03 February 2024 .. There is an additional charge of CI\$5.00 per swimmer for non-electronic entries. ***THERE WILL BE NO LATE ENTRIES***
ENTRY FEES:	CI\$10.00 per swimmer CI\$2.50 per event CI\$ 25 per relay
EMAIL ENTRIES TO:	technicaldirector@ciasa.ky
PAYMENT:	CASH/CHEQUE/ELECTRONIC TRANSFER TO BUTTERFIELD BANK ACCEPTED Please make cheques payable to "Cayman Islands Aquatic Sports Association"
CONTACT:	CAYMAN ISLANDS AQUATIC SPORTS ASSOCIATION PO Box 10376 Grand Cayman, KY1-1004 CAYMAN ISLANDS Tel: +1 (345) 916 5432 Email: ciasaboard@gmail.com Web: www.ciasa.ky
CIASA is an affiliated member of WORLD AQUATICS, PAQ, CCCAN, CARIFTA, CIGA AND THE CAYMAN ISLANDS OLYMPIC COMMITTEE	



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Day 1 - Saturday 10, February 2024

Session 1 Warm up @ 7:00am - Prelims @ 8:30		Session 2 Warm up @ 4:00pm - Finals @ 5:30pm	
F	800m Free (13 & older) Slowest heats	F	800m Free (13 & older) Fastest heats
M	1500m (13 & older) Slowest heats	M	1500m (13 & older) Fastest heats
F	200m Breast	F	200m Breast 11-12 13-14 15 & older Open
M	200m Breast	M	200m Breast 11-12 13-14 15 & older Open
Break 10min		MIX 25m Back 8 & under	
		Award Ceremony	
F	50m Back	F	50m Back 9-10 11-12 13-14 15 & older Open
M	50m Back	M	50m Back 9-10 11-12 13-14 15 & older Open
F	100m Butterfly	F	50m Butterfly 8 & under
M	100m Butterfly	M	50m Butterfly 8 & under
F	Relay 4x50m Free 12& under	F	100m Butterfly 9-10 11-12 13-14 15 & older Open
M	Relay 4x50m Free 12& under	M	100m Butterfly 9-10 11-12 13-14 15 & older Open
		Break 10min Award Ceremony	
		F	Relay 4 x 200m Free 13 & older
		M	Relay 4 x 200m Free 13 & older

Day 2 - Sunday 11, February 2024

Session 3 Warm up @ 7:00am - Prelims @ 8:30		Session 4 Warm up @ 4:00pm - Finals @ 5:30pm	
F	200m Free	F	200m Free 11-12 13-14 15 & older Open
M	200m Free	M	200m Free 11-12 13-14 15 & older Open
F	50m Butterfly	MIX	25m Butterfly 8 & under
M	50m Butterfly	F	50m Butterfly 9-10 11-12 13-14 15 & older Open
F	100m Back	M	50m Butterfly 9-10 11-12 13-14 15 & older Open
M	100m Back	Award Ceremony	
Break 10min		F	100m Back 9-10 11-12 13-14 15 & older Open
F	100m Ind. Med 9-10 Timed Finals	M	100m Back 9-10 11-12 13-14 15 & older Open
M	100m Ind. Med 9-10 Timed Finals	F	50m Back 8 & under
F	400m Ind. Medley	M	50m Back 8 & under
M	400m Ind. Medley	F	400m Ind. Medley 13-14 15 & older Open
F	Relay 4 x 50m Medley 12& under	M	400m Ind. Medley 13-14 15 & older Open
M	Relay 4x50m Medley 12& under	Break 5 min. Award Ceremony	
		F	Relay 4 X 100 Medley 13 & older
		M	Relay 4 X 100 Medley 13 & older



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Day 3 - Monday 12, February 2024

Session 5 Warm up @ 6:45am - Prelims @ 8:00		Session 6 Warm up @ 4:30pm - Finals @ 6:00pm						
F	200m Ind. Med.	F	200m Ind. Med.	11-12	13-14	15 & older	Open	
M	200m Ind. Med.	M	200m Ind. Med.	11-12	13-14	15 & older	Open	
F	50m Breast	F	50m Breast	9-10	11-12	13-14	15 & older	
M	50m Breast	M	50m Breast	9-10	11-12	13-14	15 & older	
F	100m Free	MIX	25m Free 8 & under Timed Final					
M	100m Free	Award Ceremony						
Break 10 min		F	100m Free	9-10	11-12	13-14	15 & older	
F	200m Butterfly	M	100m Free	9-10	11-12	13-14	15 & older	
M	200m Butterfly	F	50m Breast 8 & under					
F	1500m Free (13 & older) Slowest heats	M	50m Breast 8 & under					
M	800m Free (13 & older) Slowest heats	F	200m Butterfly	11-12	13-14	15 & older	Open	
		M	200m Butterfly	11-12	13-14	15 & older	Open	
		Award Ceremony						
		F	1500m Free Fastest heat		13 & older			
		M	800m Free Faster heat		13 & older			
		Break 5min						
		F	Relay 4 X 100 Free		13 & older			
		M	Relay 4 X 100 Free		13 & older			

DAY 4 - Tuesday 13, February 2024

Session 7 Warm up @ 6:45am - Prelims @ 8:00		Session 8 Warm up @ 4:30pm - Finals @ 6:00pm					
F	400m Free	F	400m Free	13-14	15 & older	Open	
M	400m Free	M	400m Free	13-14	15 & older	Open	
F	100m Ind Med 8 & under Timed Finals						
M	100m Ind Med 8 & under Timed Finals						
F	50m Free	F	50m Free	9-10	11-12	13-14	15 & older
M	50m Free	M	50m Free	9-10	11-12	13-14	15 & older
Break 10 min							
F	100m Breast	MIX	25m Breast - 8 & Under - Timed Final				
M	100m Breast	F	100m Breast	9-10	11-12	13-14	15 & older
F	200m Back	M	100m Breast	9-10	11-12	13-14	15 & older
M	200m Back	F	200m Back	11-12	13-14	15 & older	Open
Break 5 min.							
Relay 4 x 50 Free Mixed 12 & under			M	200m Back	11-12	13-14	15 & older
Break 10 min Award Ceremony							
Relay 4 x 50 Free Mixed				13 & older			



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ADDITIONAL INFORMATION

Swimmers may enter either as an exhibition swimmer in an event or may request a time trial in an event of their choice. However, please note the availability of both exhibition swims and time trials **does not** change the qualifying/selection process for CARIFTA, Island Games or other meets.

The following are the definitions of time trials and exhibition swims to be used for the 2024 National Swimming Championships. Also, below are the conditions under which a time trial or exhibition swim may be requested for the 2024 National Swimming Championships.

Exhibition swims:

Exhibition swims are defined as non-scoring swims which take place during the actual regularly scheduled events or as a regularly scheduled event during the competition schedule.

Exhibition swims are offered only to swimmers from abroad (non CIASA members), masters, BRAC, John Gray HS.

The followings are the conditions and procedures for exhibition swims for the 2024 National Swimming Championships.

1. Exhibition swims will be granted on a space-available basis. No new events or heats will be created for exhibition swimmers.
2. Male and Female swimmers may not compete in the same event and heat at the same time.
3. Swimmers must also swim in their correct age group as outlined in the meet information. If an individual is competing in a given age group for the meet that individual may not compete as an exhibition swimmer in an open or senior age group unless the event itself is not offered in the individual swimmer's age group.
4. An individual may only compete in and use a time for the event being contested by other swimmers in the event. Should the swimmer wish to have a split time recorded during the event the full event must be completed legally for the split time to count.
5. Exhibition swims will be non-scoring swims and no awards will be given for the swims.
6. Exhibition swims may be requested for open space as both or either a preliminary or final swim. Extra lanes will not be created in either preliminaries or finals.
7. Exhibition swims for prelims must be requested by 3pm the day prior to the day an event will be contested. Exhibition swims in finals must be requested within 30 minutes of the conclusion of prelims on the day of the event.
8. An exhibition swim will count in the number of individual swims allowed for the athlete in question .
9. Exhibition swims as preliminary swims will be seeded based on the swimmer's best time and seeding will be as outlined in the meet information for all swimmers. Seeding for finals will have the exhibition swimmer in an outside available lane, thus they will be seeded as if they have the slowest time in relation to the scoring swimmers but ranked with other exhibition swimmers if more than one individual is competing.
10. Each swimmer may compete in a maximum of two exhibition swims .
11. Requests for exhibition swims should be made to the Meet Referee, who will then consult the National Technical Director.



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Time Trials:

Time Trial swims are defined as non-scoring swims which take place outside an actual regularly scheduled event or during the competition schedule. Time Trials may not occur during regularly scheduled events or competitions. Time Trials are conducted based on the request of the swimmer's coach. Time trials will follow the conclusion of a meet session. The scheduling of time Trials may not cause any meet session to go longer than 3 hours (at the discretion of the Meet or Session Referee); including the normal event program and the time trials.

The following are the conditions and procedures for time trials during the 2024 National Swimming Championships:

1. Time Trials will be granted on a time available basis at the discretion of the Meet Referee.
2. Time Trial are not an additional event. A Time Trial can only be requested in an event for which the swimmer is already registered.
3. To benefit from a time trial, the swimmer must justify a previous time in the target event no greater than 1.5% off the target time.
4. Time trials apply to obtain qualifying times: Juniors, CARIFTA, CCCAN, Island Games.
5. Reminder: a Time Trial will not be considered for National or CIASA records.
6. Swimmer's age groups have no bearing for Time Trials.
7. Time Trials will be non-scoring swims and no awards will be given for the swims. However, times will be considered official times.
8. Time Trials will not count in the number of individual swims allowed for the athlete.
9. Time Trials will be seeded based on the current meet format. Male and Female swimmers must be separated by at least one lane. Swimmers may request not to compete in a mixed male/ female event. In the event a single swimmer requests not to swim in a mixed event all individuals of the same gender will compete together.
10. Each swimmer may compete in a maximum of **THREE** Time Trials during the meet unless they are a Masters swimmer or a Cayman Brac swimmer.
11. No Time Trials will be conducted following the Monday and Tuesday morning sessions of the 2024 National Swimming Championships.
12. Requests for time trial swims should be made 30mn before the beginning of session to the Meet Referee, or in the absence of the Meet Referee, the Session Referee, who will then consult the National Technical Director.



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Protests:

Protests are possible:

- a) if the rules and regulations for the conduct of the competition are not observed.
- b) if other conditions endanger the competition and/or competitors, or
- c) against decisions of the Referee; however, no protest shall be allowed against decisions of fact.

Protests must be submitted:

- a) to the Head Referee
- b) in writing,
- c) by the responsible team or coach.

All protests shall be considered by the Referee. If the Referee rejects the protest, the Referee must state the reasons for his or her decision.

All protests shall be considered by the Referee. If he rejects the protest, he must state the reasons for his decision.