



KAIZEN INVITATIONAL SWIM CHAMPIONSHIPS
October 6th – 8th 2023
The National Aquatic Centre
Sanction # 22309

Facilities:

Olympic Swimming Pool 8 Lane 50 M, with 25 M warm up and warm down pool
Colorado Electronic Timing System (CTS6): pads with back-up buttons

Session Times:

Fun	Friday, October 6, 2023	5:30 p.m.
Excitement	Saturday, October 7, 2023	8:30 a.m.
Joy	Saturday, October 7, 2023	3:00 p.m.
Energy	Sunday, October 8, 2023	9:00 a.m.

The pool will be opened one hour before each session for warm up.

Eligibility:

All Clubs and Swimmers, in good standing, registered with the ASAJ or other WORLD AQUATICS affiliated Federations.

Registration: The ASAJ register closes on Friday September 15, 2023 at 4:00pm.

Age Group ages for the meet shall be as of midnight December 31, 2022.

Masters ages for the meet shall be as of midnight December 31, 2023.

Entry Limit:

Individual Entries – No limit

Relays- Maximum two (2) teams per club per event

400 m, 800 m, 1500 m Individual Events – Maximum four (4) swimmers per club per event in any combination. The top 24 entry times received will form these events, i.e. maximum three heats per event.

The Meet Director reserves the right to change meet warm-up, start times, or drop/move events, add breaks in order to hold an efficient meet.

Entry Fees – Hy Tek:

J\$500 per swimmer per individual event

J\$800 per relay team

Entry Fees – Non Hy Tek:

J\$650 per swimmer per individual event

J\$950 per relay team

Deck Entry and Time Trial

Absolutely no deck entry will be allowed. Time trial must be submitted before the start of the first event of the session and attract a fee of \$1000.

Surcharge:

\$500 per swimmer to offset miscellaneous costs

Entry Deadline:

Friday September 22, 2023 at 12:00 pm.

Late entries will be treated and billed at \$650 per individual event and \$1000 per relay.

Entries are to be emailed to kaizenswimclubja@gmail.com or delivered to the ASAJ office.

Entry fees are to be paid before the start of the meet. Late payments will attract a 15% penalty fee.

Concession:

TBC.

Rules and Regulations:

1. WORD AQUATICS Rules and ASAJ By-Laws in force at the time of the competition will apply, except as modified in this Summons. WORLD AQUATICS Masters Rules will apply to Masters Events. See additional Rules and Regulations below.
2. ALL EVENTS ARE TIMED FINALS.
3. Relay cards are in duplicate, the original must be handed in to the Recorder thirty (30) minutes before the start of the first event of the Session; the copy must be handed to the head lane time keeper at the beginning of the event.

Any change must be made no later than four (4) events prior to the scheduled event number, after that only on the presentation of a valid medical certificate. The swimmers must be named in order of swimming in accordance with FINA rules.

4. There will be no marshalling area for the meet. The next heat must be behind the blocks while the current heat is in progress. It is the responsibility of the coaches to get their swimmers to the starting block. It is the responsibility of the swimmer to swim in the correct lane and heat assigned to him/her. If a swimmer swims in the wrong lane or heat then the swimmer will automatically be disqualified.
5. **Clubs are required to provide volunteers to act as timekeepers and perform other functions essential to the smooth running of the competition.** Volunteer name list will be at the entrance for persons whose names are submitted with the club's entries. Volunteers **MUST** report to the Meet Referee at least **sixty (60) minutes** before the start of the session. **Clubs that do not provide the following number of volunteers will not be allowed to participate in the competition;**
 - ❖ 1-10 swimmers entered – 1 volunteer per session
 - ❖ 11-20 swimmers entered – 2 volunteers per session
 - ❖ 21 & more swimmers entered – 3 volunteers per session
6. Once the swimmers are under the starter's orders and he/she has taken control of the race, no swimmer may then enter the race. If this occurs, the swimmer will be disqualified.
7. Competitors will only be allowed to swim in their respective Age Group. See exception at #8

8. The 2nd year 9 - 10 age group swimmers, who will be swimming in the 11 - 12 age group in 2023, will be permitted to swim as exhibition swimmers in the 11 -12 age group for the events that are not available at the 9 - 10 age group. The 2nd year 11 - 12 age group swimmers, who will be swimming in the 13 - 14 age group in 2023, will be permitted to swim in the 400 metre I.M. and the 800/1500 metre freestyle events as exhibition swimmers. No exhibition swim will allow the swimmer to earn points individually or for their team.

9. Scratches are allowed at any time.
10. Time Trials will be held at the end of each session upon request and at the referee discretion.
11. The swimwear of all competitors shall be in good moral taste and comply with WORLD AQUATICS Rules. The referee has the authority to exclude any competitor whose costume does not comply with this WORLD AQUATICS Rule.
12. False starts – The WORLD AQUATICS starting rules (SW4) will apply.

- 13. Intermission will be held at the discretion of the meet Referee.
- 14. Mixed events will be scored separately by gender and age group.

OFFICIALS

Referees and Starters on the FINA Swimming Lists no. 21 & 22 will officiate at each session.

DOPING CONTROL

During the competition, anti-doping control tests may be conducted, according to the control rules established by WORLD AQUATICS.

World Records and World Junior Records

As per Doping Control 5.3.3.1, any athlete equalling or breaking a World Record in Swimming, as defined in the WORLD AQUATICS Swimming Rules, shall be tested immediately after the race, or at the latest, 24 hours after the race.

Continental or National Record

Should an Athlete equal or break a continental or a national record during the 2023 Kaizen Invitational Swimming Championship and not otherwise be selected for testing, the member federation may request of the Jamaica Anti-Doping Commission (JADCO) to conduct testing on such athlete upon payment of a fee determined by JADCO.

Protests:

Protests are possible if the rules and regulations for the conduct of the competition are not observed; if other conditions endanger the competition and/or competitors; or against decisions of the referee. All protests to the Referee’s Decision must be submitted to the Referee in writing within 30 minutes after the announcement of the disqualification, signed by the Team Manager or Head Coach and accompanied by J\$2,500.00 Protest Fee. If the protest is upheld the fee will be returned to the Club.

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 club shall be entitled to nominate a representative to serve on the Jury of Appeal. Nominations will be submitted in writing along with the entries.
- C. The Jury of Appeal shall be comprised of 3 persons drawn from the pool of nominees submitted by each club. Nominees shall be members of the ASAJ Council or Swimming Committees.

Pre Competition Warm-up Rules:

In the 50m pool, in the interest of the swimmers safety, the rules outlined below will be observed during warm-up prior to the start of each session. There shall be NO DIVING IN CIRCLE SWIMMING LANES AND TURN PRACTICE LANES, entry to these lanes is to be feet first, from a sitting position. A Safety Marshal will ensure compliance.

START/FINISH END (NORTH)							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
15m Dive Sprint Only	25m Dive Sprint Only	Circle Swim Only	Circle Swim Only	Circle Swim Only	Circle Swim Only	50m Pace Lane Only	Turn Practice Only
Turn Practice Only	Turn Practice Only	Circle Swim Only	Circle Swim Only	Circle Swim Only	Circle Swim Only	50m Pace Lane Only	25m Dive Sprint Only
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8

TURN END (SOUTH)

In the 25m pool all lanes will be circle swimming, with feet first entry from a sitting position at all times.

Awards and Points:

The 11-12, 13 – 14 and 15 & Over 800/1500m Freestyle events will be swum combined/mixed for seeding purposes, but will be scored separately per gender and age group.

13 & Over individual events will be placed and scored according to the Age Groups: 13-14, 15-17, 18 & Over.

11 & Over individual events will be placed and scored according to the Age Groups: 11-12, 13-14, 15-17, 18 & Over.

10 & Under individual events will be placed and scored according to the Age Groups: 8 & Under, 9-10.

8 & Under individual events will be placed and scored according to the Age Groups: 6 & Under, 7-8.

Masters will be placed and scored according to the Age Groups: 25-29, 30-34, 35-39, 40-44, 45-49, etc.

Points for each individual event by age group will be awarded as follows: 9, 7, 6, 5, 4, 3, 2, and 1 for 1st to 8th place, respectively.

Points for relay teams will be awarded as follows: 18, 14, 12, 10, 8, 6, 4, 2 for 1st to 8th place, respectively. Medals will be awarded to the first three places in all events by age group, including Masters.

A Trophy will be awarded to the 1st place club.

Events

FUN

FRIDAY OCTOBER 6, 2023

5:30 p.m.

1-2	200 M Individual Medley	F/M 10 & Under
3-4	200 M Individual Medley	F/M 11 & Over
5-6	50 M Butterfly	F/M 11-12
7-8	50 M Butterfly	F/M 13 & Over
9	800 M Freestyle	Mixed 13 & Over
10	1500 M Freestyle	Mixed 13 & Over

JOY

SATURDAY OCTOBER 7, 2023

3:00 p.m.

34-35	200 M Breaststroke	F/M 11 & Over
36-37	50 M Backstroke	F/M 11-12
38-39	50 M Backstroke	F/M 13 & Over
40-41	50 M Backstroke	F/M Masters
42-43	100 M Butterfly	F/M 11-12
44-45	100 M Butterfly	F/M 13 & Over
46-47	50 M Butterfly	F/M 9-10
48-49	50 M Butterfly	F/M Masters
50	400 M Individual Medley	Mixed 13 & Over
51-52	100 M Freestyle	F/M 10 & Under
53-54	100 M Freestyle	F/M 11-12
55-56	100 M Freestyle	F/M 13 & Over

EXCITEMENT

SATURDAY OCTOBER 7, 2023

8:30 a.m.

11-12	200 M Freestyle	F/M 11 & Over
13-14	50 M Breaststroke	F/M 11-12
15-16	50 M Breaststroke	F/M 13 & Over
17-18	50 M Backstroke	F/M 8 & Over
19-20	50 M Backstroke	F/M 9-10
21-22	100 M Backstroke	F/M 11-12
23-24	50 M Butterfly	F/M 8 & Under
25-26	100 M Backstroke	F/M 13 & Over
27	200 M Butterfly	Mixed13&Over
28-29	200 M Medley Relay	F/M 10 & Under
30-31	200 M Medley Relay	F/M 11-12
32-33	200 M Medley Relay	F/M 13 & Over

ENERGY

SUNDAY OCTOBER 8, 2023

9:00 a.m.

57-58	200 M Backstroke	F/M 11 & Over
59-60	50 M Breaststroke	F/M Masters
61-62	50 M Breaststroke	F/M 8 & Under
63-64	50 M Breaststroke	F/M 9-10
65-66	100 M Breaststroke	F/M 11-12
67-68	100 M Breaststroke	F/M 13 & Over
69	400 M Freestyle	Mixed 11 & Over
70-71	50 M Freestyle	F/M Masters
72-73	50 M Freestyle	F/M 8 & Under
74-75	50 M Freestyle	F/M 9-10
76-77	50 M Freestyle	F/M 11-12
78-79	50 M Freestyle	F/M 13 & Over
80-81	200 M Freestyle Relay	F/M 10 & Under
82-83	200M Freestyle Relay	F/M 11-12
84-85	200M Freestyle Relay	F/M 13 & Over